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FITNESS UPDATE

with **RACHEL LEMAN**
FROM MISS MOTIVATOR



SEASON PROOF YOUR EXPECTATIONS!

Welcome to your November Fitness Update!

As the party season approaches I hear many women

chatting about how they want to lose a few kilos or fit into a particular outfit before Christmas, and you can't escape the social media bombardment of weight loss fads and "shape up for summer" content.

So, let's get real about all this before you embark on a rapid weight loss program that might have you hungry, disappointed and right back where you started.

This month I share my tips on navigating the BS that we are surrounded with when it comes to health and weight loss.

Check the credentials of the person delivering the content or the sales pitch.

The internet is a minefield of "influencers" touting the newest weight loss method or fad diet, or how to grow your bootie and slim your waistline. Focus on building lean muscle mass through regular weight training. Muscle burns kilojoules not fat. Adding weight training to your program won't make you "bulk up", it will help to boost your metabolism, so that you can burn more kilojoules.

Strength training also helps with balance, proprioception and bone density. NOTE:

Regular Strength Training is different to High Intensity Interval Training (HIIT).

If it is an easy quick fix or looks too good to be true then it probably is!

Crash/fad diets and extreme workout programs are never sustainable and can be very damaging to your body, metabolism and hormone levels. Yo-Yo diets have been proven to be detrimental to your long term success as rapid weight loss also results in muscle loss. These slow down your metabolism, contributing to rapid weight gain when you return to normal habits.

Set realistic expectations.

A sustainable amount of weight loss is considered to be 0.5kg – 1kg per week. You really need to be prepared for the long game if you have a significant amount of weight to lose.

Follow dietary guidelines. The Australian dietary guidelines recommends eating a variety of food from all food groups in moderation and limiting alcohol and foods high in saturated fats.

You do you!

Weight loss for health reasons is one thing that I absolutely support, but desiring weight loss

because of the pressure to look a certain way or to feed into media rubbish is not ok.

Switch off! If you find media messaging unhelpful, switch it off! Surround yourself

with people who love you no matter what dress size you are! So, there you have it, don't be pushed into smashing yourself in these coming months, just to get your summer holiday body ready. By all means, make positive changes to better your health but don't be pressured or led astray. Always work with a professional and be kind to yourself, your body and mind. Have fun and stay strong!

Rach x

At Miss Motivator we help women to create healthy routines and behaviour for optimum health and fitness. Pop in and see us or check out our website to grab your free trial.

www.missmotivator.com.au

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