

Your questions in April

Guest contributor, Fitness trainer **Sue Heintze** answers your questions

Q I've recently got married, but after losing a fair bit of weight for my wedding, I'm finding it hard to keep my motivation levels high. Please help!
- Sarah, St Kilda, Victoria

A **If you fall 'off the wagon', get right back on it.** Even if you fall completely off the wagon, don't beat yourself up.

Just get right back to it without missing another beat. Too many people mess up once and then think their entire progress is ruined. They feel as if everything they've done prior to that day was wasted and there's no sense in going on. Even worse, they rationalise, "I already messed up, so it doesn't matter now, I might as well keep going."

Q I've heard that a cheat meal can help keep me on track of my goals, but I'm worried that it will only undo all my hard work. What are your thoughts?
- Fay, Christchurch, New Zealand

A **Give yourself permission to have 'cheat meals' – and schedule them in.**

A cheat meal every now and then can actually help you lose body fat by speeding up your metabolism if your diet is otherwise low in calories. A planned 'cheat meal' here and there helps you to stay on your program better in the long run. If you're too strict all the time, you will set yourself up for cravings and bingeing.

Q Is it okay to include a nightly wine as part of my healthy eating plan? I love a wine with dinner, but don't want it to affect my results!
- Astrid, Scarborough, WA

A **If you're serious about your fitness goals, drink infrequently and in moderation.** Providing the rest of your diet is excellent, a moderate intake of alcohol may be an acceptable addition. A dry wine is probably your best choice. Alcohol almost totally inhibits your body's ability to metabolise body fat. When

there's alcohol in your bloodstream, you're not burning fat. Alcohol is also one of the major triggers for binge eating. We often use alcohol as a means of 'relaxation' – after a hard day at work, or when the kids have gone to bed, it's nice to sit down and enjoy a glass of wine. Yes, alcohol may relax you physically, but it will relax your mental focus as well. It also is well-known to significantly increase your appetite. These two combined make for a dangerous 'cocktail' – pardon the pun!

Q I'm worried that the Easter holiday will interfere with my fitness plan. How can I maintain a balance without causing a scene!
- Dee, Tasmania

A **Continue with your regular pattern of eating small, frequent meals.** Many people allow this busy period to throw them off their regular eating schedule. When there's a big dinner or party scheduled, many people think that skipping a couple of their earlier meals to 'save room' for the big one later is a good idea. It's not. This is a sure-fire way to invite a binge that could set you back for days. Don't lose your consistency or your momentum. Continue with your pattern of eating small, frequent meals all year round. When you are faced with a dinner out, just keep the meal smaller.

For diet and fitness tips visit Sue's website at www.idealbodiesonline.com *



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