

Handout for Week 7:

Eating and Drinking

Running is one of the best forms of exercise for weight management.

Have a think...would you rather be lighter on the scales or a smaller clothes size?

Most people will say the latter. Appearances are usually a higher priority! As you train, you develop more muscle tissue that weighs more than fat tissue. So you may see a small weight increase in the early days, but along with this a shift in body shape and tone, as the balance shifts towards more lean body tissue. The lean tissue uses fuel so this will help use up excess calories!

Understanding what we eat:

- Look out for hidden fats in meats, biscuits, cakes, pastries and many processed and packaged foods
- Start to look at food labels and identify any obvious and regular pitfalls
- Even if weight change is not an issue, exchanging some of those fats for carbohydrates will improve your energy levels and your vitamin and mineral intake
- Look at distribution of food through the day – try and spread your food over 6 smaller meals. This will maximise efficient storage of food.

How can you tell if you're getting it right?

Most importantly is how you feel. If you feel well generally, healthy and full of energy most of the time then the chances are you are getting it approximately right for your needs.



Tip!

Never deny yourself anything. The more you deny it the more you will want it!