

**WANT TO BE A BOXER, OR JUST LOOK LIKE ONE?**

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For more information or to book a consultation call Monique Duval at 416-402-7354 or email: boxermonique@hotmail.com

**Healthy eating is different from dieting**

Being overweight or obese is one of the leading health risks to men, women and children in Canada today.

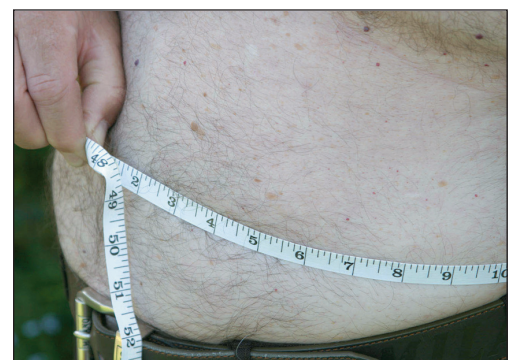
- 47.9 per cent of Canadians were overweight or obese in 1998.
- Today that number is over 50%.
- 40 per cent of women and almost 30 per cent of men are trying to lose weight on any given day.

Many people trying to loose weight look for a quick fix to shed the extra pounds. They starve themselves or go on fad diets and are happy to see the pounds disappear. Unfortunately, this loss is less likely to be maintained because taking off weight so quickly does not teach healthy eating.

Most chronic dieters experience an up-and-down pattern in weight as a result of the endless cycle of crash diets. While on a crash diet your body clues in to the fact that it is receiving a very low number of calories. As a result, your body adjusts your metabolism so that it burns fewer calories in order to perform all the necessary bodily functions. Your metabolism remains low when you stop dieting. It now takes fewer calories for you to gain weight, making it more likely that you will put on weight at the end of your diet with the return of your eating habits.

Dieting slows your metabolism, deprives you of valuable nutrients and leaves you feeling dehydrated and mentally unfocused.

If you have been caught up in yo-yo dieting for years it does not mean you are doomed to be overweight. It is never too late to change your lifestyle and include healthy



eating to ensure optimal health and proper weight management

Healthy eating is different from dieting in several ways:

- Healthy eating promotes selecting foods from all food groups to ensure your body gets all the essential nutrients.
- Healthy eating promotes portion control so that overeating does not lead to being overweight.
- Healthy eating does not drastically restrict calories which can result in serious health problems.
- Healthy eating guidelines apply to all ages no matter what your weight.
- Healthy eating is meant to be a life-long way of eating,

These changes will bring more success and satisfaction than any restrictive or fad diet.

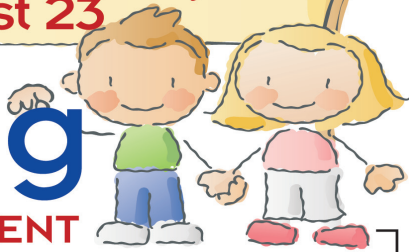
It is important to remember that the excess weight did not appear overnight and it will not disappear overnight. Permanent changes in your weight require permanent change in your life. There are no quick fixes when it comes to weight loss it should be slow and consistent. For good health and lasting results, aim to lose one to two pounds per week.

Weight loss is not a race, it's a process.

—Article provided by Herbal One, Georgetown

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