

HEALTHY LIFESTYLES

Nutrition and fitness add up to leaner, healthier body

By **RENA GALANIS**
Advertising Features Coordinator

A healthy lifestyle - most people would love to adopt

one if only it didn't require watching what they eat and exercising!

Although that may never be the case there are alternatives to replacing favorite foods with tasteless leaf lettuce and the dreaded carrots.

The newly opened Canadian Health & Wellness Centre's mandate is to steer clients away from "yo-yo" diets and exercise trends and get them on a path to long-term, healthy eating habits and physical activity.

"Our goal is to marry nutrition and fitness in order to lay a foundation for changing old habits and forming healthy new ones," says manager, Suzanne McIsaac, who is also a former member of the Canadian National Olympic Gymnastic Team.

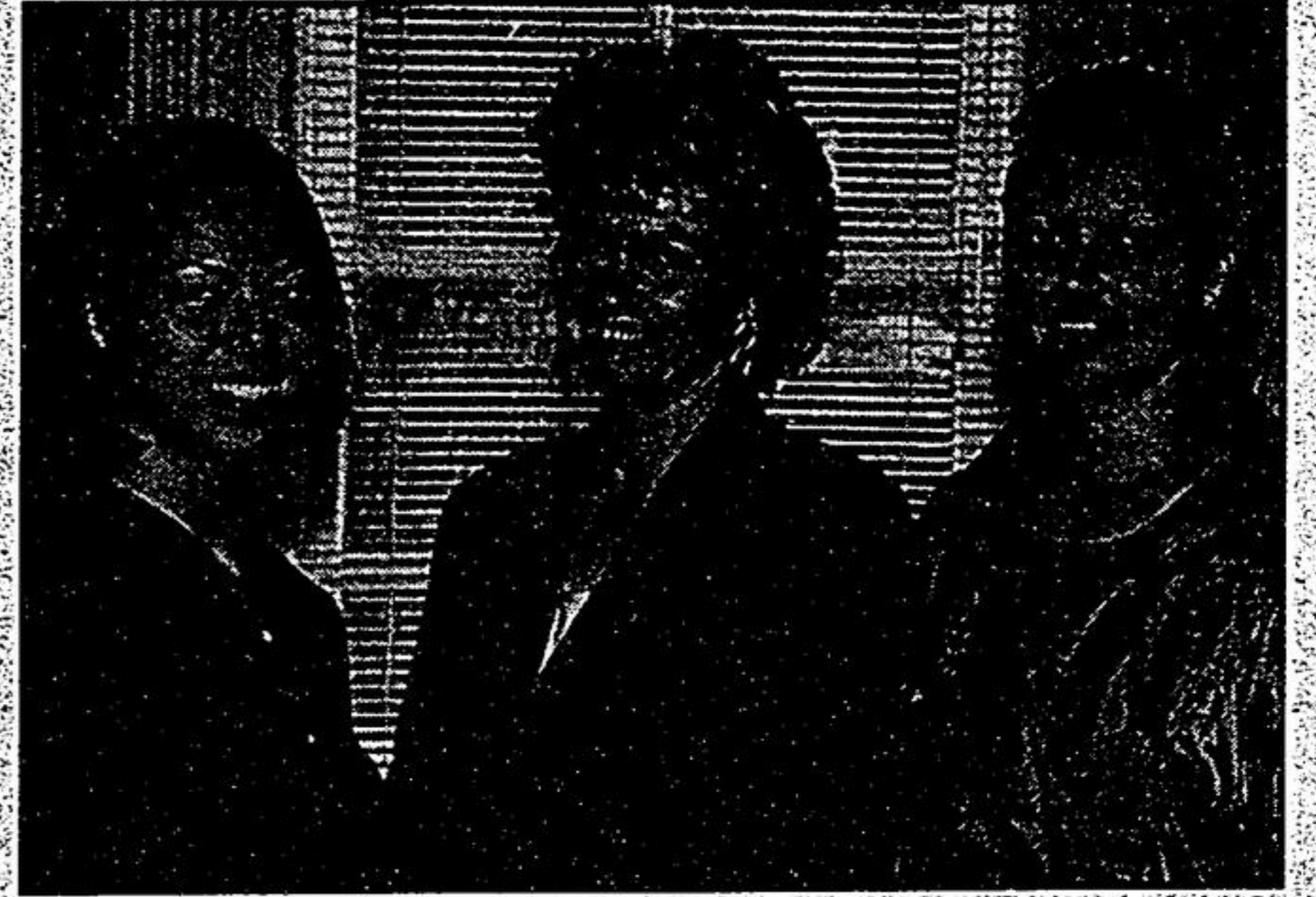
And losing pounds doesn't necessarily equal a healthier, more muscled or toned body. In fact, it can be detrimental to overall health and appearance.

The centre performs a body composition assessment which breaks down a client's fat percentage, lean muscle mass and body water to determine their individual needs in nutrition and exercise.

"In addition, the assessment, which we call a

body blue print, is based on the clients' height, age, and whether they're male or female," McIsaac adds. "Those are all contributing factors to distinguishing their needs."

The test also shows healthy ranges and subsequently a personalized food program is set up by in-house nutritionist, Pamela Bakker, in order to get clients into those



Pamela Bakker (far left), Sheila Kevins (centre) and Suzanne McIsaac, are just three of the health care professionals at the newly opened Canadian Health & Wellness Centre.

areas. Sample menus are included to get clients on the way and they include delicious meals and no less than 1,200 calories a day.

"People are usually surprised by the amount of food they're allowed to eat," Bakker says. "But the plan cuts down on fat, not food."

And, of course, the good news is, the more you exercise, the more food you should and can eat to sustain yourself. The more you develop lean muscle mass, the more you burn calories and again, the more

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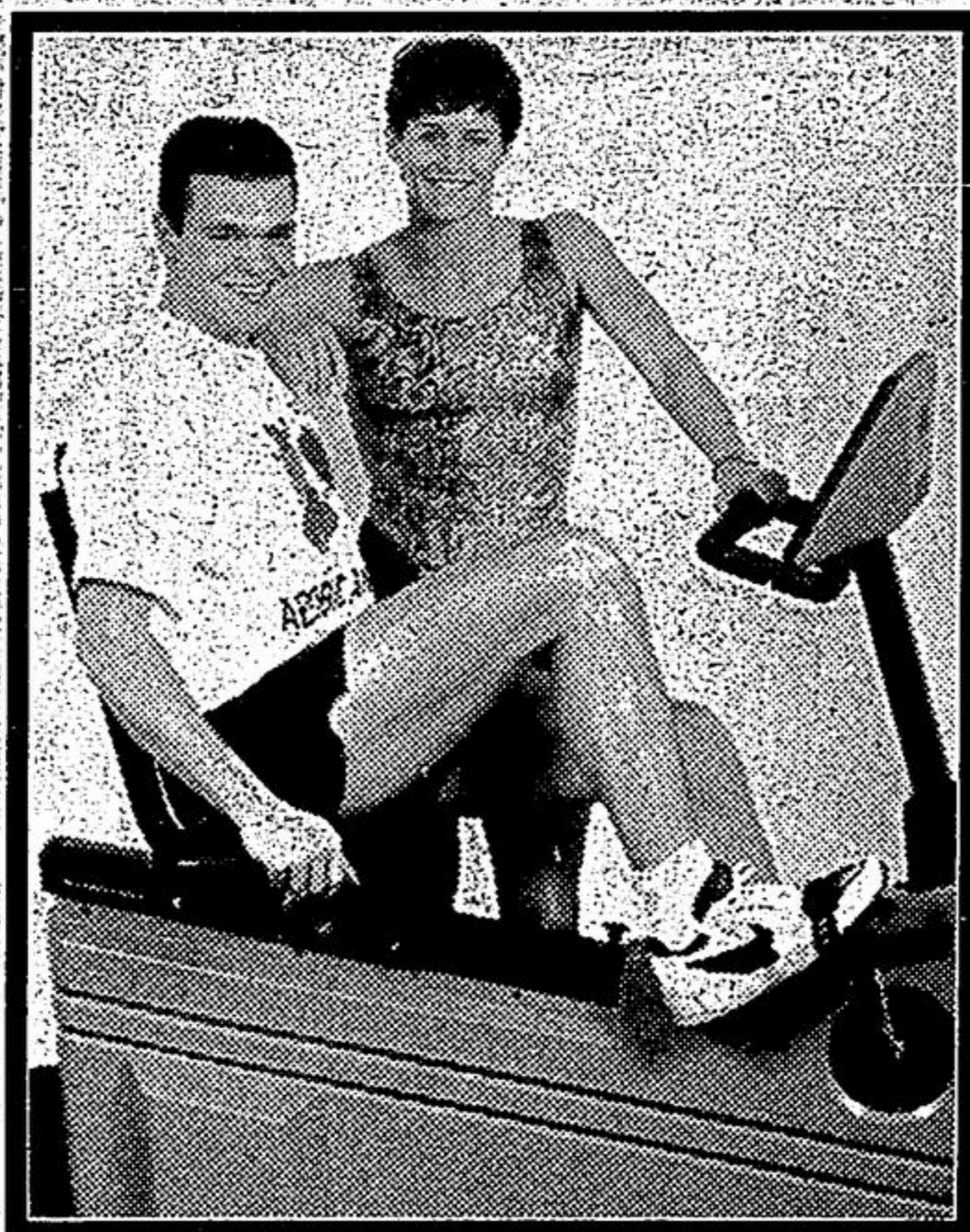
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Fat fine-tuning tips

To keep fat in check, watch your other foods and try some of these fat fine-tuning tips.

- If cole slaw is your preference, replace 1/2 the mayonnaise with yoghurt.
- The next time you stir fry, cut the oil by half and replace the rest with broth or water to cook those vegetables.
- When marinating meats, remember that it is the acidic ingredients such as vinegar, wine or lemon juice that tenderizes the meat.