



### Did you know?

Your weight fluctuates naturally on a daily basis. Aim to weigh yourself at the same time once a week to avoid being discouraged by your body's daily fluctuations.



If you have trouble resisting temptation when it comes to treats like chocolate, there is one simple solution – clean out your cupboard! A cupboard free from junk means a cupboard free from temptation.

## Q&A



with  
Personal trainer  
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studies conclude that people who are overweight are much more likely to develop diabetes than those of normal weight.

In other words, if you are overweight, you are at increased risk for developing diabetes no matter how much you exercise. In contrast, no matter how much you diet, being unfit increases your risk of heart attack. So what does this mean?

This tells us that you cannot have one without the other; diet and exercise are completely complimentary. Treat your body as a whole system and give it healthy attention from all angles instead of focusing on crash diets or once-a-year marathons. To be truly healthy, dedicate gradual, consistent, and long term efforts to eating well and being active simultaneously.

**Q:** *What is more important – diet or exercise?*

**A:** According to research, individuals who are overweight but fit have lower risks of heart attacks than those who are skinny but unfit. Yet, other



# 580 grams

The average amount of fat we consume each week.