



## 4 Simple Strategies for **WEIGHT LOSS SUCCESS**

### **1. Eat a balanced, nutrient-rich, high fibre diet.**

When planning your meals and snacks for the week, make sure you include a variety of nutritious foods such as lean protein, beans and other legumes, vegetables, low-fat dairy products, healthy unsaturated fats (such as those found in nuts and seeds), whole fruits and whole grains. Avoid highly processed, sugary and starchy carbohydrate foods that can cause swings in your blood sugar, affecting your metabolism and leading to unhealthy cravings. Also avoid saturated fat and trans-fat-laden snacks and fast food.

### **2. Exercise often and maximize your workout.**

Exercise speeds up your metabolism and helps you achieve quicker weight loss results. Your level of commitment is entirely up to you, but try to work in some exercise every day. The most efficient way of exercising is to do intervals where you alternate bursts of fast, intense activity with periods of slower, less intense recovery. Doing interval walking outdoors or on a treadmill or elliptical trainer, for example, for at least 20 minutes a day can help you shift your metabolism into high gear so that you burn more calories and fat in less time. The key is to create a realistic exercise plan that you'll be able to stick to. Alternating interval exercise with core-strengthening exercises on different days is best.

### **3. Get more quality sleep.**

You can never be truly healthy without getting enough quality sleep. When you get more sleep, you feel better and healthier. People who sleep less tend to weigh more. Sleep deprivation can alter your metabolism and interfere with the production of hormones that help regulate your hunger levels and your metabolism. So when you lack sleep, you're not only tired but you're also hungry, which sets you up for long-term overeating, weight gain and a host of other health problems. Be sure to get the recommended minimum of eight hours of sleep each night. If you're having trouble sleeping, keep a sleep log to help you track your sleep habits. Include in the log what time you go to bed and wake up each day; what foods, beverages and medications you're taking; and what time of day you exercise, along with anything else you think is important to share with your health care professional. This can be a helpful tool when you're trying to figure out what's causing your sleep issues.

### **4. Seek out support.**

Look to your friends and relatives for encouragement. They may want to join you on the diet, but even if they don't, they can offer inspiration and motivation as you move toward your health and fitness goals.



# Six Ways to Lower Your Cholesterol

## 1 Limit saturated fat.

Saturated fat (also called “animal fat”) from foods such as poultry skin, full-fat dairy products, and fatty cuts of beef, lamb and pork can stimulate cholesterol production in the body, causing a rise in your total cholesterol and your LDL (“bad”) cholesterol.

## 2 Avoid trans-fats.

Trans-fats (or partially hydrogenated oils) may be even more damaging to cholesterol levels than saturated fat because they can raise your LDL (“bad”) cholesterol while lowering HDL (“good”) cholesterol. Studies have shown that trans-fats may also increase your risk of cancer. Choose products made with healthy mono-unsaturated and polyunsaturated fats, which are found in olive, peanut, sunflower and canola oils.

## 3 Maintain a healthy weight.

Being overweight can cause an increase in LDL cholesterol. For many people, losing weight decreases your LDL, and as an added bonus, for every two pounds you lose, your HDL level may also show an increase.

## 4 Exercise wisely and often.

At least 20 minutes of aerobic exercise that incorporates interval training every other day can also help lower LDL levels and raise HDL levels. Combining a healthy eating plan with exercise can help accelerate your weight loss as well, which will likely lower cholesterol levels even more. The important thing about exercise is consistency, so participate in aerobic activities you truly enjoy. Walking, swimming and biking are all good choices.

## 5 Quit smoking.

Cigarette smoking is a major risk factor for heart disease and cancer, and can also contribute to low HDL levels. Quitting smoking can raise HDL levels by up to 10%.

## 6 See your doctor regularly.

If adopting these healthy lifestyle behaviors doesn't help lower your cholesterol, or if you have a family history of high cholesterol or heart disease, talk to your doctor about a medical therapy program of cholesterol-lowering drugs.

## RECIPE of the MONTH

### Herb & Quinoa Salad

- 3/4 cup water
- 1/2 cup quinoa
- 3 tbsp. lemon juice
- 1 tbsp. olive oil
- Salt & pepper (to taste)
- 3 scallions (all parts), thinly sliced
- 1 small cucumber, peeled & diced
- 3 tbsp. fresh parsley, finely chopped
- 2 tbsp. finely chopped fresh mint
- 3 large beefsteak tomatoes
- 2 oz. low-fat feta cheese, crumbled

In a small saucepan, bring water to a boil. Add quinoa and a pinch of salt, then bring back to a boil. Reduce heat to low, then cover and simmer about 6 minutes until nearly all water is absorbed and quinoa is tender and chewy but not soft. In a medium bowl, combine lemon juice, oil and salt and pepper to taste. Fold in the quinoa, scallions, cucumber and herbs. Toss until thoroughly coated.

Season further to taste, if desired. Slice tomatoes thinly and arrange on serving plates. Spoon about 1 cup of quinoa over the tomatoes and crumble the feta cheese on top. Serve immediately. Serves 2.

#### Nutritional information per serving:

Calories 350 • Protein 15 g  
Carbohydrates 47 g • Fiber 7 g  
Total Fat 14 g • Saturated Fat 4 g  
Cholesterol 10 mg  
Sodium 410 mg