

Tipping the scales

Get inspired by Healthy Weight Week activities

By ELLISHA PUGLIA
ellisha.puglia@tweednews.com.au

THE Christmas period has taken its toll on diets but Australia's Healthy Weight Week may help get you back on track.

There will be free events in Coolangatta and the Tweed on Thursday, January 27 for those who want to learn how to maintain a healthy weight and a healthy lifestyle.

The author of Portion Perfection, dietician Amanda Clark will be holding a series of events on the day and

said there will be advice and tips for everyone who attends.

"We know people gain weight over Christmas," she said.

"The average person will gain between 1.5 to two kilos each year at this time and it stays on."

Starting at 9am DST there will be a free beach walk with Great Ideas Nutrition dietician and exercise physiologist Chloe McKenna. Meet at Great Ideas in Nutrition on the corner of Dutton Street and Marine Parade Coolangatta.

At 10.50am there will be a free

supermarket tour at Coles supermarket at Tweed Centro. Learn from the experts about what to look for on a food product label.

A cooking demonstration will follow the supermarket tour back at the Great Ideas location in Coolangatta at 1.30pm where you can watch the team in action as they demonstrate how to prepare a healthy meal and serve the perfect portion.

The afternoon will then end with body composition testing.

Register for any of these events on (07) 5536 6400.



AUTHOR of Portion Perfection dietician Amanda Clark is holding a series of free events for Australian Healthy Weight Week.