



Slimming & Health
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LETTER

Guess what day it is today?

Guess what day it is today? The day I contemplate my new year's resolution. Yes, you guessed it – weight loss. This year I am enlisting *Slimming & Health* for some help. That's why I have subscribed to the magazine. Thanks for a great mag.
Anna Cameron, VIC

New year, new me

My new year's resolution? Just one: to lose 18kg and get back to a comfortable 68kg. After three major spinal injuries and six operations, I'm left with only about 25% of the lumbar muscles most people have and now I have degenerative osteoarthritis of my sacroiliac joints. A weight loss of 18kg would reduce my chronic pain problem, help me to live a more normal life and extend my future independence. I'm 66 years old and told that losing weight is difficult or impossible at my age. But, in between spinal injuries, I've been successful before. Thank you for the special motivation calendar [Jan 09] – that will be a help.
Elizabeth Cowen, Ballarat

Maximum motivation

Thank you so much for a wonderful and inspiring magazine. I accidentally came across it while standing at a supermarket checkout and decided to subscribe due to its easy reading and educational aspect. When I get my monthly mag, I feel motivated to stay with my exercise plan, pick up plenty of shopping and cooking tips and think 'I can do anything'.
Helen Thompson, via email

Thanks girls!

I would just like to acknowledge the good work of the girls at Curves in Parramatta, NSW. I've been going to their gym for five months and have lost 4.5kg and 22cm overall. I have learnt so much about how to eat high protein

and low carb over five meals a day. I would recommend this program to anyone. I would like to see more low-GI

recipes in the magazine, as I buy every issue and have since it was first published. It gives me inspiration and motivation to not give up.
Christina, via email

Stop kidding myself

I was interested to read the 'Portion Perfection' story [Feb 09]. It's easy to con yourself that an extra spread of butter or two teeny pieces of garlic bread won't make much of a difference but, as the pictures of the same meal with extras added show, it really adds up over a day. I've been much more careful of those added extras that I tend to eat without even thinking and I'm already feeling the difference.
Jessica Taite, QLD

Portion perfection

I'm writing to bring your attention to a repeated misconception I have found in your magazine. In the Jan 09 issue, the information listed under the regular BMI table (page 8) and also in the 'Ask The Experts' reply by Joanna McMillan Price (page 43) both state that 'muscle weighs more than fat'. It cannot and does not. A kilo is a kilo whether it is a kilo of steel or a kilo of feathers. Think about it. Both weigh a kilo but a pile of steel would be much smaller than a pile of feathers due to their respective volumes. Muscle takes up less space than fat, which is why you may have lost centimetres from your body measurements but have not lost kilos from your body weight. I would appreciate you printing my letter to dispel this misconception and finally set the record straight once and for all.
Claire McGreevy, via email