

## The Tyreless Challenge

05/06/2009

Do you put on just a little weight every winter and then not lose all of it when summer rolls around? Morning Show Nutritionist Caroline Salisbury says that most people put on half a kilo during winter - and often it stays on.

So, how do we avoid this trap? Easy, keep up with our Tyreless Challenge and follow the tips.

The Morning Show has recruited two lovely listeners to take part in the challenge. Over the coming months Pen Howarth and David Nordsvan will be guided by Caroline and her "team" of experts including an exercise physiologist and a psychologist.

We'll chart their progress on this blog and through stories on the website as well.

<http://blogs.abc.net.au/.a/6a00e0097e4e68883301156fcb20e2970c-pi>



David Nordsvan discovers the concept of a portion plate with Caroline Salisbury.

<http://blogs.abc.net.au/.a/6a00e0097e4e688833011570c05fce970b-pi>



<http://blogs.abc.net.au/.a/6a00e0097e4e68883301156fcb2eea970c-pi> David, Caroline and Pen talk about their reasons for being involved in the Tyreless Challenge.

Are you going to be part of the challenge? Email us here to let us know how you're going!

Posted on June 5, 2009 by Virginia Jones in [Canberra: Mornings](#) | [Permalink](#) | [Comments \(5\)](#)

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