

welcome...

... to our exciting new look *Good Health*. Our revamped pages are loaded with more fresh ideas and **inspiring stories**. You'll find that our focus continues to be health – yours and your family's.

We know you want to live life to the full, and the additional **fitness**, beauty, lifestyle and food pages are dedicated to helping you achieve all that is essential to your wellbeing.

Yes, it can be difficult to get to the gym sometimes or even off the couch for a walk, so our expert fitness tips aim to encourage you to get up and move.

From your feedback, we know how much you love reading about nutrition. But it is a minefield, so we're taking the hard work out of it for you by keeping you up-to-date with the latest research on diet, nutrition and weight loss.

Because we want you to feel good, **positive** and **empowered**, we also deliver plenty of emotional health stories – from improving your relationships to understanding your teenagers better and coping with your ageing parents.

Health is not just about quitting bad habits and downing a shot of wheat grass every now and then, it's about finding the right balance and choosing a lifestyle that

ultimately makes you and those around you **happy**.

On our cover this month is the lovely **Delta Goodrem** who has dealt with her own health issues in such a positive and inspiring way.

We hope you enjoy the new look and feel of *Good Health*.

And please email us at health@acpmagazines.com.au to tell us what you think. We love receiving letters from our readers... it keeps us in the loop!

Catherine

Catherine Marshall



contributors' health tips



Dr Ross Walker
Regular check-ups with your GP are an absolute must.



Psychologist Jennifer Garth
Step out of your comfort zone.



Personal trainer Heidi Lindahl
Do things that get you results.



Dietitian Amanda Clark
To lose weight, eat slowly and enjoy!



Travel writer Michael Gebicki
Aim for variety in all things.



Wellness editor Sarah Wilson
Eat food in its original state.



Beauty editor Shonagh Walker
Finish showers with a cold water rinse.

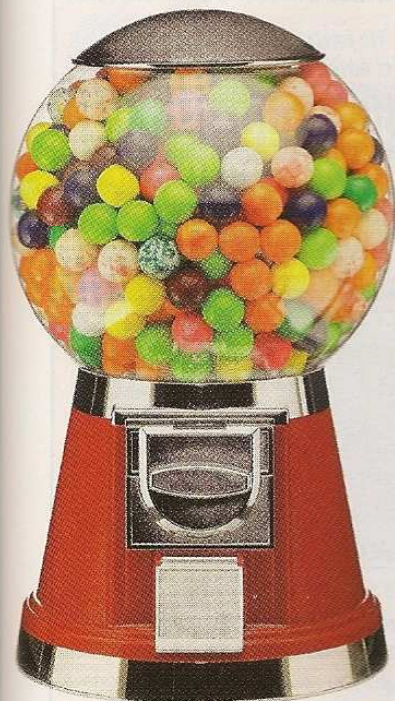


Alternative's writer Angela Donaldson
Be kind – it has flow on health benefits.

“Change is inevitable – except from a vending machine”

Robert C. Gallagher

Get your questions answered! If you would like to have one of our experts answer your questions, email them to health@acpmagazines.com.au. Your questions will be forwarded to the relevant expert, whose answer will appear in a future issue of *Good Health*. No personal correspondence will be entered into by any of our experts.



Q I'm having difficulty controlling my weight and I blame the work lolly jar - I'm drawn to it! What can I do?

A good first step is to raise the issue with your workmates. You'll probably find many others have the same love-hate relationship with the lolly jar or biscuit tin. However, the best strategy is to stay in control of your cravings by planning your own low-GI meals and snacks. So when the urge comes to indulge, you've got something healthy to reach for. Also, try thinking about the last thing you ate and what and when you intend to eat again. You can then feel confident that you don't need the sweet treats.

Q I have noticed there are sugars which claim to be low GI - are these artificially sweetened?

CSR LoGiCane sugar (has a GI of 50 compared to normal table sugar that has a moderate GI of 65) isn't artificially sweetened, but has been sprayed with a natural extract from molasses, which increases the sugar's resistance to digestion.

CSR's other non-artificially sweetened product is called Smart. It uses an extract from the plant stevia, which makes the sugar twice as sweet, so you can halve your use.



Q I regularly rely on frozen vegetables. Am I doing the wrong thing by my family?

Absolutely not. Studies show frozen vegetables often have a higher nutritional content than fresh ones which have been in the fridge for a week.

Frozen vegetables are grown for the purpose of freezing, so once frozen, nutrient loss slows down. You'll never beat fresh vegetables for taste, so if you buy fresh, eat them soon.



Q I'm worried about my nine-year-old son's size. He is 125cm tall and weighs 35kg. What is the right weight for him?

For a boy of your son's age and height, a healthy weight would be 23kg to 29kg. It is generally not a good idea for children to diet, but an accredited practising dietitian can advise you on the best approach for your son's particular situation.

Weight maintenance for children is often encouraged as dieting during childhood can slow or stunt growth. Additionally, growth spurts usually mean that children will reach the ideal height for their weight.

For a body mass index calculator for kids, visit www.bcm.edu/cnrc/bodycomp/bmiz2.html and to find your local accredited practising dietitian, visit www.daa.asn.au.



Amanda Clark is an advanced accredited practising dietitian with over 20 years of experience. She runs her own Gold Coast-based practice.