

Let's get physical for long-lasting change

SPORTS dietitian and exercise physiologist Kelley Bright says there is no magical solution to losing weight.

The best approach, says Kelley from Great Ideas in Nutrition, is to adopt more physical activity as an ongoing lifestyle change.

"It takes time to put on weight and to lose it, and you are more likely to have long-term success if you lose weight slowly and make changes to your lifestyle that you can stick with for life," said Kelley.

"The current Australian physical activity guidelines recommend that adults put together 30 minutes or more of moderate intensity physical activity such as brisk walking on most, if not all, days of the week.

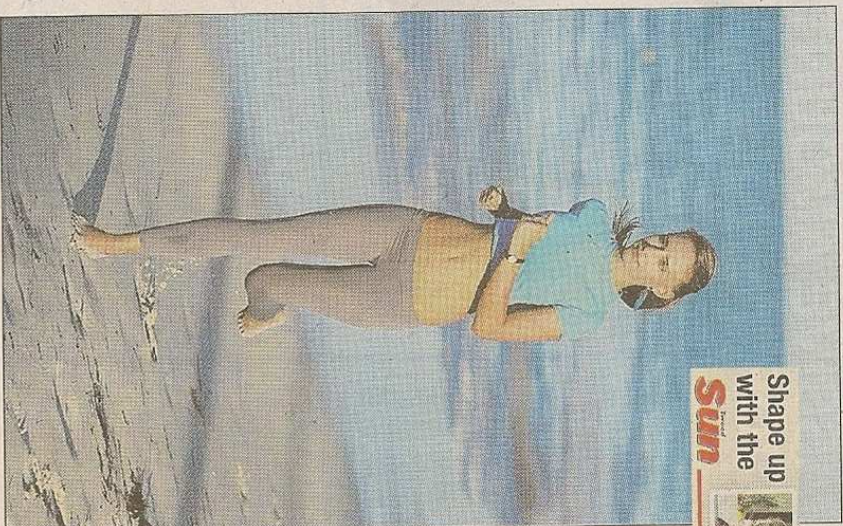
"This can lead directly to improvements around weight, blood pressure, cholesterol, type two diabetes, and bone and joint problems and will also reduce the risk of strokes, heart disease and some cancers."

Kelley said many people don't get the exercise they need due to the modern lifestyle based around office work, television and family commitments.

But she offered a few tips on how to get started.

"The first key is to start slowly and schedule exercise into your day as you would any other appointment, then gradually increase the frequency and intensity," she said.

"It's also important to take on an activity you know you will enjoy



Shape up with the Sun



MOVE ALONG
... You'll keep up with your exercise if the activity you choose is fun for you.

so that there is an element of fun involved to help with motivation, which will also happen if you join a social, group activity such as a walking club.

"Check with the council or community centre for a variety of inexpensive local activity classes such as yoga, aqua aerobics or gentle exercise classes.

"Another great investment is a

pedometer which can be used to gradually build up to 10,000 steps a day."

Kelley said a more active lifestyle will also lead to improvements in mood and overall energy levels.

Kelley Bright from Great Ideas in Nutrition specialises in home visits and exercise prescription for the elderly and unwell.

HERE's a family meal recipe that can be prepared in less than 20 minutes.

It costs less than \$10 and will provide all the energy needed for an active lifestyle.

Bacon, tomato and rocket spaghetti

Ingredients: 400g dried spaghetti; 125g roughly chopped 97 per cent fat-free bacon; 1 tbs olive oil; 500g cherry tomatoes, halved; 3 garlic cloves, crushed; 100g baby rocket; 1/3 cup grated parmesan to serve.

Directions: Cook pasta in a large saucepan of boiling salted water, following packet directions, until tender; heat a non-stick frying pan over medium-high heat, add bacon and cook, stirring occasionally, for 3 to 4 minutes or until light golden then remove to a plate; add oil to frying pan and reduce heat to medium-low and add tomatoes and garlic; cook, stirring occasionally, for 1 to 2 minutes or until tomatoes begin to collapse; drain pasta, reserving 1 cup of cooking water and return pasta to saucepan then add bacon, tomatoes, rocket and reserved cooking water; season with salt and pepper and toss over low heat for 1 minute or until heated through; divide between serving bowls, top with parmesan and serve.