

# fitbits

» burn baby burn

» energy to burn

**FOUR SLICES OF MEATLOVER'S PIZZA**

TO BURN off the extra energy the body gets from four slices of meatlover's pizza, you would need to:

- Play netball for an hour and 27 minutes
- Swim for 57 minutes at 30 seconds a 50m lap
- Play volleyball for an hour and 25 minutes
- Do four hours and 53 minutes of vacuuming

Source: [fitness2live.com.au](http://fitness2live.com.au) energy balancer



» expert

**ANDREW JOBLING, HEALTH AND FITNESS AUTHOR**

**Q** I'm doing one of those weight loss programs. They told me to get a "fat" picture of myself, put it on the fridge and look at it every day to motivate me to lose weight. I have been looking at it every day for nearly two years and doing all the right things, but I just can't lose weight. In fact, I'm putting weight on. Can you help?

**A** Isn't it amazing how that happens? I know story after story of people that have experienced the same thing. The explanation as to why you are not getting the results you want is actually quite simple. By looking at "fat" pictures of yourself, you're focusing every day on what you don't want. I don't know if you've heard the saying that you get exactly what you focus on — good or bad. To give you a simple example: when I was getting my motorbike licence I was instructed to turn my head when taking a corner and look in the direction I wanted to go.

This was quite challenging at first, but I found that if I didn't turn my head to look around the corner I would keep going straight, in the direction of my vision, and almost run off the road.

It is a simple principle of life — if you focus clearly on what you want, you will move towards it. In your case, because you are looking a fat photo of yourself every day, without even knowing it, that is exactly what you are attracting.

Our subconscious mind is a powerful thing and it will bring into your life exactly what you give your attention and focus to.

The solution is simple — put up a picture of exactly how you want to look and focus on that every day.

While looking at this picture, imagine yourself having achieved it and the associated feeling. Do this every day and I guarantee your results will change.

Don't ask me how this works, all I know is it does work.

Let me know how you go in the next month or so. Good luck.

**more >** [www.andrewjobling.com.au](http://www.andrewjobling.com.au)

• To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email [extrawell@heraldsun.com.au](mailto:extrawell@heraldsun.com.au)

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» this just in

ALMOST all sexually active Australians say they have had unprotected sex, and yet more than half say they have never been tested for a sexually transmitted infection (STI).

A poll of more than 1000 people aged 18 to 40 also found "unsafe sex" was reported throughout the age groups, not just among young people.

"The majority of safe sex campaigns are targeted at youth these days, yet this research shows that 35 to 40-year-olds are just as exposed to unsafe sex practices," says Jill Michelson, national clinical adviser for Marie Stopes International.

"More needs to be done to get the message to them to stop."



» what is

**SCOLIOSIS**

THIS is a sideways curvature of the spine. Its causes are unknown but usually occurs in adolescent girls.

The most common type is idiopathic ("cause unknown") scoliosis, which makes up 85 per cent of all cases, affecting about five in 1000 people.

Severity depends on when it develops. If it occurs early in puberty or just before a growth spurt, it can be more severe.

Symptoms include a hip or shoulder being higher than the other; an uneven or rolling gait; lower-back pain; and fatigue after prolonged sitting or standing.

» weekly weight loss tip

**EAT MORE AT HOME**

EATING out can be a killer when you're trying to lose weight. You simply don't know what's going into the food, or how it's prepared. You may think ordering vegetables is the right thing to do, but those vegetables may have been cooked in butter.

Cooking at home means you know exactly what you're eating.

» rrp **FLY ACTIVE WRIST POCKET, \$10**

ONE of the annoying things about going for a run is the inconvenience of carrying keys or spare change. That's where FLY Active comes in. The FLY Active Wrist Pocket is a wrist band with a secure pocket to stash keys and coins and has an emergency ID tag inside to store your name, address and any medical details you choose. Made from a stretchy lightweight fabric, it can be used as a sweatband and survives regular trips through the washing machine. **more >** [flyactive.com.au](http://flyactive.com.au)

» **1360** In milligrams, this is the amount of salt in one serve of two-minute noodles. The recommended daily allowance is 2300mg per adult.

## » extrawell - directory

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Qualified Thai females, 7 days, 13 Chapel St WINDSOR 9510-6768</p> <p><b>EXCLUSIVE RELAX.</b> by appointment: 0447 447 555</p> <p><b>FIRST CLASS RELAXATION</b> 11 a.m - 7 p.m., 7 days, Eastern Suburbs ☎ 0401510131 ☎</p> <p><b>FULL BODY CARE</b> Excellent Massage, Herbal Footspa Free \$1 per min, \$30 per half hour \$50 1 hr : Open 10am - 7 pm : 6 days: Ladies and Gentleman welcome. ☎ Ph 9687 8153 ☎. 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