



ROME WASN'T BUILT IN A DAY...

PILLARS OF HEALTH

Fat loss; the mystery...

Picture this. You wake up, it's a lazy Sunday morning.... You crawl out of bed in your skivvies and head towards the kitchen to make your morning tea or coffee. On your way out of the bedroom **you pass your mirror...** you pause. Does what you see make you **smile or grimace?**

When asked this question most people reply that they are not satisfied with themselves physically. Why is that? As a trainer who has been doing fitness and weight loss for many years the biggest obstacle that my clients seem to **want to overcome** is that of **unsightly body fat**. The widely held belief, even in the medical community is that body fat is a result of what most

people would term 'a bad diet'. I'm here to tell you that what you've believed for a long time is not necessarily true. What we eat plays a role in our overall health to be sure, but does it result in body fat? Body fat is deposited when too much insulin is released related to quantities, timing and types of food. Interestingly body fat has been tied to ALL the different types of foods... Atkins for instance believes that carbs are the culprit, many other groups believe in 'low-fat' alternatives and others claim that protein and its sources are to blame. I offer this in response. How many of you know someone who

can eat anything and never gain weight.... They don't even exercise much.... Doesn't that bug you? How do you think they do it? I'm going to offer the simplest of explanation: **Look at kids. They eat often, they eat small, they play lots.** We have been told that metabolism lowers with age. Not so. Metabolism lowers with inactivity and changes in lifestyle and its associated habits. **BEAT FAT.** Eat often, eat well, eat small & go play... Moderation and balance; are the keys to fat loss.

RISE UP!

If you think you (or someone you know or love) could benefit from this type of knowledge... please have them email us:

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UN Satellites: Global Devastation (CTV.ca)

The UN has just released an atlas aimed at showing industrialized nations 'the effect of lifestyle on the environment'. This devastation is not noticeable at ground level due to its gradual occurrence, however the 'changes are as devastating as a Tsunami or

a flood' Pascal Peduzzi of the UN Environmental Program told reporters. 'Their impacts stretch beyond ... physical borders, affecting countries, regions and the planet as a whole.' Kofi Annan (UN secretary general) added that 'like all species on

earth we are bound by our common dependence on the environment.' He also stated that 'If we are to **build a world of peace we need to have clean water...air and enough resources.**' Does your lifestyle support us? **Come learn how it can!!**

Health umbrella : (Health pro search)

Physiotherapist	-
Massage Therapist	-
Cooking /Food Instructor	Shaya / Maxine
Water Specialist	Ken Newman
Clinical Counsellor	Michael Danyluk
Naturopathic Doctor	-
Chiropractor:	Dr. Dale Detzler

Pillar Facts:

- **Eating** nuts and seeds gives you an excellent source of protein and essential oils!
- Being **dehydrated** causes 'bloating' in the extremities and abdomen as well as the feeling of being fat.
- Does your mattress support you correctly? It affects your **sleep** and your posture!
- **Breathing** deeply is the easiest way to remove stress from your life.
- Weighted **exercise** offers the chance to avoid osteoporosis later in life.