

Body beautiful



The secret to looking good on the outside is taking care of the inside. Celebrity exercise trainer and nutritionist Kathleen Alleaume answers the most common questions about diet and fitness

People are always complaining they don't have time to go to the gym after work. Are there some simple exercises we can slot into our day?

"Although the recommendation is to do 30 minutes of moderate intensity physical exercise on most days of the week, incidental exercise can also make the difference between being overweight or a healthy weight. If finding 30 minutes a day is a challenge, you can accumulate your 30 minutes or more throughout the day by combining a few shorter sessions of activity of around 10-15 minutes each. For example, take the stairs instead of the lifts, go to the bathroom on another floor, do some heel raises while brushing your teeth, do push-ups on the kitchen bench while waiting for the kettle to boil, or lunges or sit-ups during a commercial break."

How does this help?

"Moderate intensity exercise will cause a slight but noticeable increase in your breathing and heart rate. A good example is brisk walking where you are able to comfortably talk but not sing."

What is the minimum amount of exercise a person needs to do each week to see weight loss? Can you recommend the best exercises for this?

"To lose weight, you need to aim to do 60-90 minutes of moderate intensity physical activity most days of the week."

We have often heard about radical juice diets, Liz Hurley's cabbage soup diet and particularly Beyonce's maple syrup diet, which all promise to drop kilos within a week. How effective are these, and are they damaging to your system?

"Celebrity-endorsed diets do more harm than good. These diets may provide short-term results, but they are difficult to sustain and ultimately they deprive you of the essential nutrients that only balanced eating can offer. Also quite often the weight lost by fad dieting tends to be regained within a year, which may actually be fuelling the current global obesity crisis."

Tell us some of the side effects of fad diets.

"Fad diets cut out key foods so they can cause symptoms including;

The only way to lose weight is to make really big changes in your lifestyle."

How much weight can a person expect to lose each month following a regular exercise programme and nutritious meal plan?

"The recommendation is no more than 1kg a week. Slow and steady, but permanent results."

'In short, losing weight is not easy. So my advice is to get as much support as you can.'



Hollywood star Gwyneth Paltrow adheres to a strict diet full of organic produce

You have celebrity clients including Russell Crowe – is it difficult to get stars into shape in a short amount of time?

"Most stars have the luxury of having a structured eating plan with a personal chef and personal trainers, which gives them plenty of support and holds them more accountable, all of which makes it easier to achieve their goals at a faster rate. In short, losing weight is not easy. So my advice is to get as much support as you can."

How do you keep your clients motivated?

"I get my clients to write down a few realistic goals and to be clear about how they can achieve them. For example, I would like to lose 10kg. Therefore to lose 1kg a week I will walk for 30 minutes every day and eat fruit for snacks."

"It's also important to keep things fresh and mix it up to banish boredom. And lastly, to reward themselves when they have achieved their short-term goals, such as buying a new piece of clothing, a spa facial or pedicure."

We see stars such as Madonna and Sharon Stone with incredible, seemingly ageless bodies. They both talk about the benefits of yoga to achieve such form – is this a must as part of a fitness programme?

"A good health and fitness programme is one that is all-rounded, meaning it incorporates cardio, strength and flexibility components. Yoga has many health and fitness benefits including strength, flexibility, balance and relaxation – all of which are important in a balanced and healthy lifestyle."

It is said breakfast is the most important meal of the day – why is this?

"Break the fast is what breakfast means. If you eat dinner at 8pm and don't eat until 11am – that is a 15-hour fast which is too long. Breakfast kick-starts the metabolism, and we know that metabolism is what burns calories. Breakfast is also an opportunity to get the majority of your daily nutrients, such as calcium in yoghurt or milk, protein in nuts and grains, low GI carbs in wholegrain cereals and antioxidants in fruit or vegetable juice – all important nutrients for a balanced diet."

Dietitians often talk about the benefits of eating five small meals a day – is this better than the standard three meals a day?

"The general theory behind eating small, more frequent meals is that it will increase your metabolism (how fast the body burns calories). However, despite more than 40 years of research, there is still no consensus on whether we are metabolically better off eating three regular meals a day, or five or six smaller ones throughout the day.

preference. Almost all experts agree the most successful formula for maintaining a healthy weight is to pay more attention to portion size, keep active, eat regularly – whether that is three times a day or six – and eat a balanced diet."

Celebrities such as Gwyneth Paltrow are often heard talking about the benefits of organic food. Is this necessary?

products, it's important to make sure the produce you buy comes from certified growers and producers. There have been a number of studies comparing the nutritional content of organic and conventionally grown plants and most have shown no significant differences in key vitamin and mineral content. However, research has shown that although the differences are small, some organic food has lower nitrate levels, higher vitamin C levels and higher levels of selenium."

What are your top tips to lose weight?

"Avoid soft drinks, cordials, biscuits, cakes and lollies because they have a high sugar content. If drinking fruit juice, have no more than one cup of 100 per cent juice per day to avoid the excess sugar."

dietary fats – such as butter, fried chicken, hamburgers and fries, biscuits and pastries.

women should aim to have no more than two standard drinks per day and should aim to have two alcohol-free nights per week. Try to eat more fresh foods and less processed foods (foods high in fat, sugar and salt).

had enough. If you continue to eat, particularly foods high in saturated fat, the extra kilojoules will be stored as fat."



Kathleen offers three favourite recipes for a nutritionally balanced day

For a perfect metabolism starter, pour one cup of hot water and squeeze in 1/4 lemon.

Breakfast Bircher Muesli

Mix 3/4 cup rolled oats with 1/2 cup of 100 per cent apple juice. Let it soak overnight in the fridge. The next day add two tbsp natural low-fat yoghurt, one tsp seeds (pepita/sunflower) and one cup of fresh berries.

Light Tuna Lunch

Wholegrain rye bread with one small tin of tuna, two slices of avocado and 2 1/2 cups of salad vegetables. This is one serving of carbs plus one serving of protein and two servings of vegetables.

Balanced Dinner

One cup brown or basmati rice cooked plus 100g grilled chicken/fish/lean red meat plus 1/2 plate of cooked dried bean, legumes or non-starch vegetables such as broccoli, cauliflower, pumpkin, zucchini, capsicum. This is one serving of carbs and one serving of protein and two servings of vegetables.

Snack on either a piece of fresh fruit, a small tub of low-fat yoghurt and a small handful of raw mixed nuts.

Kathleen is also the founder of Right Balance.

For more information, visit: www.therightbalance.com.au