



Eat, drink & lose weight... Forever!

The WeightWise Newsletter

Is it True?

A good nights sleep will help with weight loss—Yes! Researchers have found that people who sleep between 6 and 8 hours per night had a greater chance of achieving their weight-loss goal compared to those who slept less or more. It is important to point out that the study does not imply weight loss can be achieved by getting a healthy amount of sleep alone.

Adjusting your food intake and your exercise output are proven methods of achieving weight loss and these routines may be easier to adhere to if you have adequate sleep.

International Journal of Obesity , (29 March 2011)

Portions, portions, portions...



Lost your way?

Phone us on 5221776 and we'll put you back on track with your food, fluid and exercise!

Success Story

Mrs X is a 58 year old woman referred by her Cardiologist. Her blood pressure fluctuates, she is on high dose cholesterol lowering medication and has a family history of poor heart health. She had dieted on and off over the last 20 years.

In April 2010 when she came to WeightWise her weight was 79.4kg, total cholesterol was 5.8(on medication) and ratio 3.8.

After completing the WeightWise programme along with regular follow up appointments, in August 2011 Mrs X weighs 64.0kg. Her total cholesterol is 3.5 and ratio is 2.3. This is an excellent result from simple lifestyle changes.

Vegetable of the Month

Broccoli originated in Italy and translated means 'little sprouts' It's a very versatile vegetable and can be served in many ways—steamed, stir fried, lightly sautéed and blanched for salads.

Broccoli is full of vitamins and phytochemicals. It's high in Vitamin C, A, and folate as well as being high in fibre.

Did you know ... broccoli has nearly twice as much Vitamin C as an orange (per 100g)?

Next time you steam your broccoli—toss it in this easy sauce for a delicious quick flavour.

Sauce

- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- ½ cup chopped fresh coriander

