



# Beware of portion distortion

SPRING is just around the corner and for many people the question that looms large is: How do you want to look and feel in your short sleeve shirt, skirt, shorts or swimmers?

Fitness Works manager Tom Crockett says the best way to get yourself started on the right track and motivated is to follow these four simple steps:

1. Write down some shorter term goals, eg only eight weeks.
2. Write a plan of action – what you are going

to do each week, for example exercise every second day, bike it, walk it or gym it.

3. Do some resistance/weights; you'll tone up and feel firmer and could lose weight faster – two to three times a week is good.

4. Make simple changes to your eating habits, such as portion changes. Remember that regular eating is a good thing.

"This is the time to start taking stock of things," Mr Crockett said.

"Personal nutrition is a very important

aspect of the change towards a better life that most of us find hard to do, but it simply comes back to our portion control.

"Over the past 20 years our portion sizes have increased dramatically, ad-

ding to our weight gain.

"So Fitness Works is now working with the successful author and dietician Amanda Clark to help get Toowoomba's portion distortion under control."

The portion control

system uses everyday items like a plate and bowl which have been divided into segments to measure out the correct portions of vegetables,

protein and carbohydrates required for a balanced diet.

This ranges from 1456kj to 2090kj.

Other products used and for sale at Fitness Works are Amanda Clark's Book "Portion Perfection – a Visual Weight Control Plan" showing exact eating plans with photos to make it easy and practical.

"If you want to put all the pieces of the eating and exercise puzzle together call Fitness Works now," Tom Crockett said.

"We feel so confident we can assist you in achieving your goals that we have attached a free pass for you to come try us and see what all the fuss is about.

"Call us now to make a time to get started!"



Here's a great idea to help get portion sizes under control – plates with dividing lines to help you measure out healthy quantities.