

# Ruyton XI Towns Slimming Club

- Welcome & Introduction
- Some basic “rules”
  - Everything is OPTIONAL
    - Weighing
    - Measuring
    - Sharing data records
    - Etc.
  - Confidentiality
    - Everything is as Confidential as you want it to be
    - Even the fact that you came here!

# Health Warning!

- I have no medical qualification whatever
- I have no exercise qualification whatever
- So any advice or information offered is at your own risk!
- So what DOES qualify me to be here?
  - **ABSOLUTELY NOTHING**
  - Except that I have lost around 12kg (2 stone)
  - And I have read tons of stuff from the Internet
    - Some more “cranky” than others!

# What can we do?

- Weigh and Measure ourselves
  - Keep records on the cards provided
  - I am happy to keep records for you if you like
    - For doing graphs and charts etc
    - But this is optional, of course
- Share Resources
  - Diet Books etc.
- Share Experiences
  - Comparing Notes etc.
- Learn about diets, exercise, food labelling etc

# Count Calories or Food Weight?

**“Energy can neither be created nor destroyed”**

But we are not a “closed system”.

Energy cannot be turned into weight  
(only by a nuclear reaction!)

So our weight change is “simply” the difference  
between the weight of stuff consumed and the  
weight of stuff ejected.

I don't “count” liquids.

So in practice, the only thing to weigh is food in.

# What to Measure

“Whatever you measure gets better”

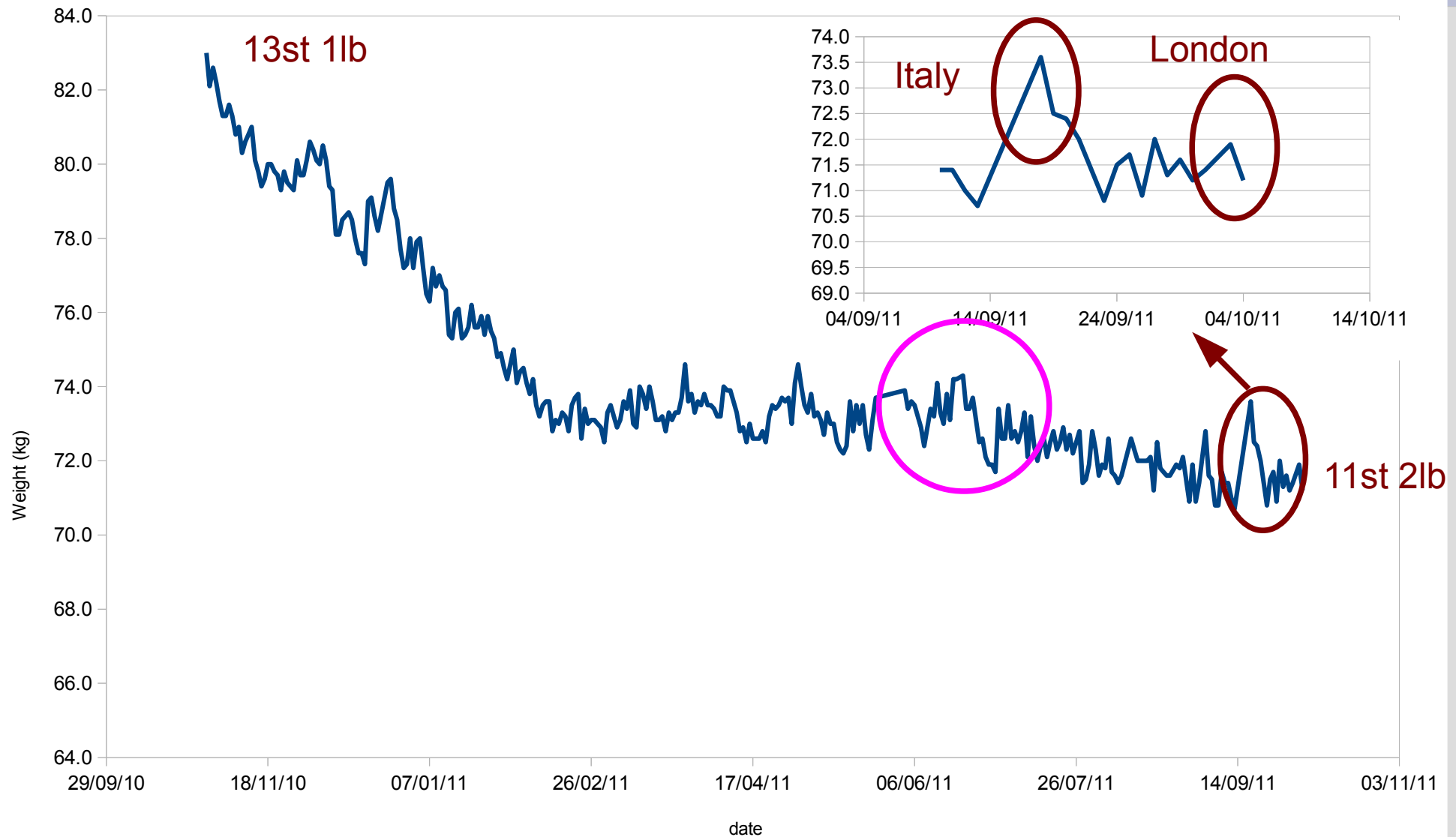
**So Measure Everything!**

I weigh every morning before tea/coffee  
wearing the same night attire on same scales

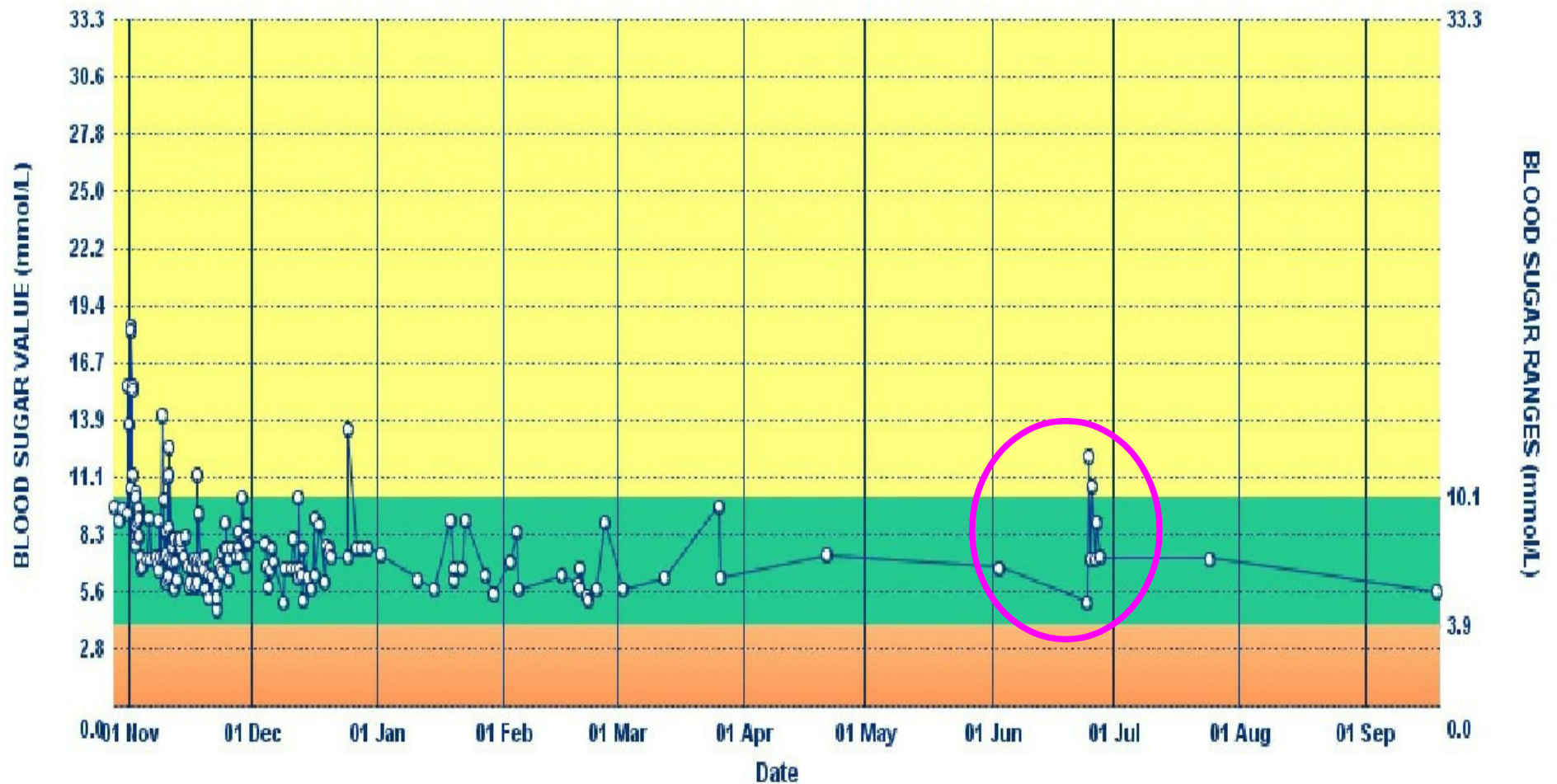
I weigh all solid food intake (well, nearly!)

Blood Sugar, Cholesterol etc.

# My Weight History



# Blood Sugar



# But, unfortunately .....

The ONLY solution is to eat less

I wish there was a better message,  
but there isn't

The “knack” is to eat less, while not being too  
hungry all the time

Fads don't work

People are different



# What works for me

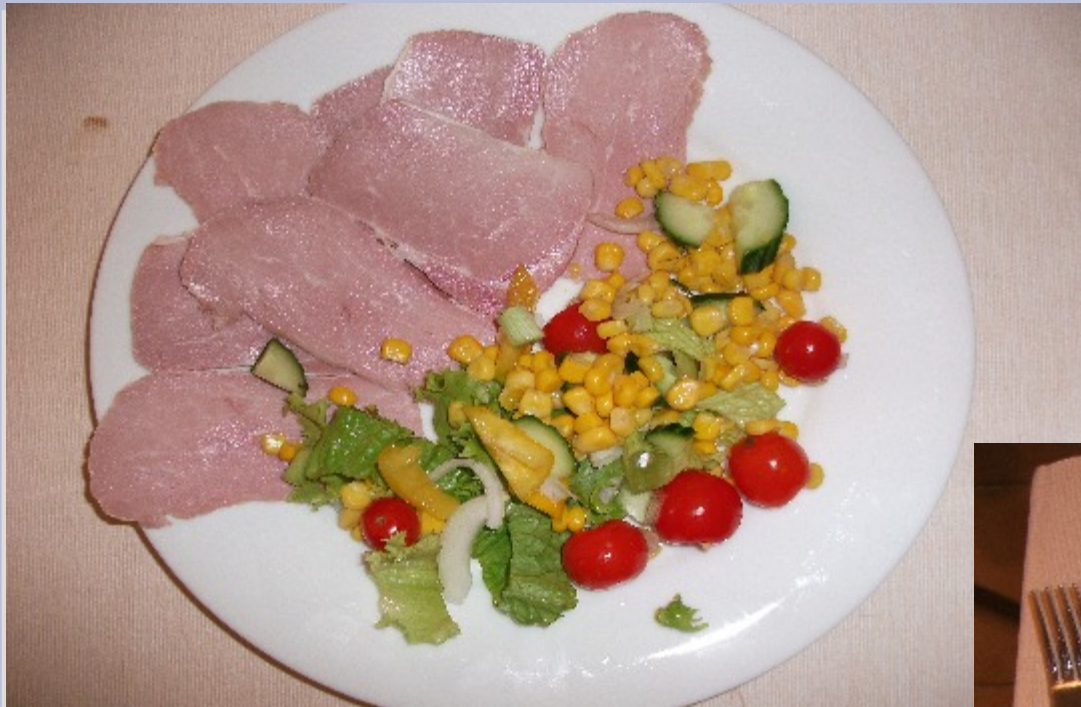
- Low Carbohydrate Intake (Carbohydrate is Sugar)
  - About 60 to 100g per day – includes 35g cereal
- Protein is good – filling and satisfying
  - Meat, fish, cheese etc
  - About 400 – 500g per day
- Some green vegetables or salad
  - But not root veg (like carrots etc) – Carbohydrate rich
- Some fats
  - Including streaky bacon, pork crackling, cream etc
  - My cholesterol has REDUCED (?)

# How?

Smaller Plates – this is a breakfast example



# Lunch Examples



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# Exercise

- Lighter people use less energy for the same exercise
  - About  $\frac{1}{3}^{\text{rd}}$  less for 9st compared with 13st
- It takes a lot of exercise to “burn-off” calories
  - To “burn-off” 1 bag of Walker's crisps (35g 190cal)
    - 2 hrs lawn-watering
    - 1 hr moderate walking (3 mph)
    - $\frac{1}{2}$  hr playing tennis
    - $\frac{1}{2}$  hr Zumba
    - 20 mins vigorous cycling
    - 10 minutes uphill cross-country skiing

# Exercise “Rules”

- Don't overdo it!
  - Start gently
  - Build up slowly
  - Seek medical advice if there are other conditions
- Never Lock a Joint
- Avoid high impact activity
  - Cycling is lower impact than running
- Include “anaerobic” activity as well as aerobic
  - Good for strength as well as higher BMR
- Include stretching
- Don't rely on exercise for weight loss
- Choose something you can enjoy



# Opportunities

Opportunity	When	Where	Cost	Contact
Extend	Thursdays @ 9:00	Victoria Room	£4	Colin Case
Circuits 1	Mondays @ 4:30	Perry Hall	£4	Fenella
Circuits 2	Fridays @ 9:10	Village Hall	£4	Fenella
Gym Equipment	Anytime	Dr's Meadow Field	FREE	
Yoga	Thursdays	School Hall		
Scottish Country Dancing	Wednesdays @ 8:00	Village Hall	£2.50	Anne Smith
Zumba 1	Tuesdays @ 7:30	Corbet Baschurch	£4.50	Carla Watts
Zumba 2	Thursdays @ 7:30	Village Hall	£4.00	Colin Case

# BMR & RMR

- BMR is Basal Metabolic Rate
- RMR is Resting Metabolic Rate
- They are similar – perhaps 1250 cals/day for a 9st woman, for example – that's 50 cal/hr
- Aerobic Exercise (Zumba, Walking etc) only increases calorie consumption while you do it
- Anaerobic exercise (weights) increases your BMR/RMR for several hours afterwards



# Calorie Deficit

Around 7000 Calories are stored in  
1kg of body fat

A normal “deficit” target would be about 500  
calories per day, giving a weight loss of about  
 $\frac{1}{2}$  kg or 1lb per week

Don't overdo it – women should stay above  
1250 cal/day – men above 1800

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# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# The Eatwell Plate

- Split into five segments to represent the five food groups as follows:
  - Bread, rice, potatoes, pasta and other starchy foods = 33%
  - Fruit and vegetables = 33%
  - Milk and dairy foods = 15%
  - Meat, fish, eggs, beans and other non-dairy sources of protein = 12%
  - Foods and drinks high in fat and/or sugar = 8%

(This adds up to 101% due to rounding up)

# Other Resources

- A good (free) web site
  - [www.sparkpeople.com](http://www.sparkpeople.com)
    - Calorie & weight tracking for food
    - Track your own weight
    - Count exercise calories
    - Recipes
    - Apps for iPhone and Android
    - But a bit American!
- Dietician / Nutritionist support from Prescott?

# BMI – Body Mass Index

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx?Tag=Calculators>

## BMI healthy weight calculator

**Sex**  
Male ☒ Female ☐

**Date of birth**  
27 3 46  
e.g. dd-mm-yy

**Height**  
cm 172 or feet 5 inches 7  
e.g. 170cm e.g. 5 feet 7 inches

**Weight**  
kg 70.5 or stones 11 pounds 1  
e.g. 65kg e.g. 10 stone 5 pounds

**Date height and weight were measured**  
Today ☒ Not today ☐ [Why is this being asked and why does it matter?](#)

**Are these details about you, your child or someone else?**  
About me ☒ About my child ☐ About someone else ☐  
This is used to provide you with relevant information and links

[Clear values start again](#) [Get results](#)

## BMI healthy weight calculator

**Results** **Calculation information** [Print results](#)

**Your body mass index (BMI) is 23.83**

18.5 25 30  
Underweight Healthy weight Overweight Obese

This result suggests you are a healthy weight for your height and sex. Maintaining a healthy weight decreases the risk of a range of serious health problems.

[Get more information](#)

[Back](#)

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# Body Fat Measurement

- Skin Pinch
  - “Pinch and inch” on your tummy and your body fat will be about “Fit”
    - But this only measures sub-cutaneous fat
- Bioelectrical Impedance Analysis
  - The normal easy method
  - Tiny electrical current is passed through your body
  - Some Scales have this built-in
  - Many hand-held devices are available
    - These also calculate BMI and some count steps as well
- Some complicated scientific methods
  - Rarely used



# Body Fat Guidelines

Description	Women	Men
Essential fat	10–13%	2–5%
Athletes	14–20%	6–13%
Fitness	21–24%	14–18%
Average	25–31%	18–24%
Obese	32%+	25%+

# Tricks to Eat Less

- Smaller plates
- Smaller spoons
- Discard yokes in omelettes etc.
- Zero-calorie Coke etc
  - They really ARE ZERO calorie
  - But what about aspartame?
  - And can bubbles make you fat?
- Low-fat yoghurt instead of cream

**But, sadly, eating less is essential**

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# Competition

- 50p per week “surcharge”
- Winner is whoever loses the most percentage of starting weight
- Finish date is Tuesday December 13<sup>th</sup> weigh-in
- Winner takes all - shared if a tie
- Colin not included

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# The DUKAN Diet

- The latest “Fashion Diet”
  - Followed by many Celebrities
- But this doesn't mean it is a “con”
  - Many “Fashion Diets” work
  - And if it helps you to stay on it – BRILLIANT!
- But to gain publicity, they seem to have “Extreme” elements
  - Particularly at the start
- And it seems to be a requirement that you feel a bit “unwell” at first
  - “No Gain without Pain”

# The 4 Steps

- Attack
  - For 2-7 days eat only any of 72 protein-rich foods
    - As much as you want! (?)
- Cruise
  - Continue as “Attack” but add any of 28 vegetables
- Consolidation
  - Add fruit, bread and starchy foods plus 2 treats
- Stabilisation
  - Eat what you like, but follow 3 simple rules
    - “Protein Thursdays”
    - No Escalators or Lifts
    - Oat bran every day (3 tbls)

# “Attack” Side Effects

- Decreased energy and/or stamina
- Bad Breath and/or Dry Mouth
- Bit “bunged up”

Drink plenty of water

Weigh your self frequently – at least daily

A five-day “Attack” should lose over 2kg



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# Does it work?

- Yes – to a degree
  - 3kg in ten days
- Side effects?
  - No bad breath
  - Definite reduction in stamina & energy
  - And definitely “bunged up”
- Does the oatbran have a “bunging” effect?
- Is it much different to:-
  - Atkins
  - Slimming World's “Red & Green” days
  - An ordinary “low carb” diet

# Skinning Cats?

- There are many ways to skin a cat
  - And huge similarity between the different ways
- If it works for you, then it **MUST** be a good diet
  - The challenge is to find one that you can stick to
- And Dukan is as good as any
  - And maybe “safer” than some
- And it works!