



Get into shape for Summer!

by Ginny McArthur

Every year new diet books and magic pills appear on the market promising fast, easy weight loss.

Unfortunately one basic truth remains, if you put more calories into your mouth than you expend as energy, you will gain weight.

Our increasingly busy and convenience based lives create fewer opportunities to move and burn calories and many more opportunities to consume high sugar, high fat, nutrient poor foods.

To readdress this balance we have to get out of the car and away from the TV or computer screen and get moving.

Simple, small changes over time make huge differences to our health and well being.

But remember any changes you make have to be long term lifestyle choices that you can live with forever- if you want permanent weight reduction and health benefits the changes you make must also be permanent.

Fad diets will always be popular, we all want fast results. But the truth is small changes to our exercise and eating habits make a huge difference over time.

If you feel ready to make a long term commitment here are some ideas to help get you started.

Eat Breakfast.

Breakfast is essential to kick start your metabolism. Overweight people often skip breakfast.

- Eat some lean protein at every meal
- Protein is like putting fuel on the fire to keep your metabolism going and your body burning fat

Fill up on veges and salad.

- They are low in calories and high in fibre and disease fighting anti oxidants and phyto chemicals

Steer clear of junk and over processed foods.

- Eat fresh foods as close as possible to how nature intended.
- Learn to recognize what are nutrient dense everyday foods and what are treat foods.

Plan ahead.

- Failing to plan is planning to fail.
- People who think they don't have time to eat properly usually aren't planning ahead

Eat out don't pig out.

- Don't let friends pressure you into eating or drinking more than you want
- Find out how things are cooked, what's in the sauces and order extra steamed veges or salad

Drink plenty of water

- Every process that turns food into energy requires water
- If you are only slightly under hydrated you will feel tired and listless

Remember you only have one body

- It is not indestructible - start looking after it
- Quit putting things into it that are doing harm

Walk when you can- get out and enjoy life with your kids, grandkids, friends or dog- being happy burns more calories!

Come and join us on our ever popular 12 week lifestyle programmes and feel fitter leaner and healthier for summer. ■

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Spring Is In The Air And Christmas Is Just Around The Corner!

Finally, after a very, very long cold winter, spring is in the air. Traditionally it's a time to do a clean sweep of the house, shake off the dust, clean out those cupboards and scrub up the BBQ. It's a great time to shift around accessories and furniture, pack away bits and pieces that have been on show for the winter and search out spring and summer inspired cushions, throws and revive pieces of painted furniture in the fresh clear colours of spring and summer.

Now is a wonderful time to take a good hard look at those feature walls you painted in bright colours several years ago, which are now in need of a little TLC. Is wallpaper an option?

It is definitely worth investigating and is now very much a design tool. Wallpaper offers a wonderful range of possibilities. The choice of wallpapers is staggering and you could be forgiven for feeling swamped by the variety of designs, textures and colours. Not only is there a choice of patterns but also a choice of stockists - everyone from interior designers' showrooms to the huge DIY "sheds" now sell wallpaper. So

if you are at all confused, the simplest place to start is with a specialist showroom or department within a shop. Most of them display new wallpaper collections in co-ordinated pages of vast books. These books not only provide an ideal way of viewing designs at close range, but give as accurate an idea as possible of how the co-ordinates will work once in situ.

Making a choice

As well as the vast choice of patterns and designs around, wallpaper itself comes in different forms and textures.

Lining Paper - used as an absorbent surface to paint or wallpaper on. Often used when the surfaces are just too damaged to do anything much with.

Woodchip - used a lot in the 1980's to give that very textured country look. It's great for hiding poor surfaces. This is designed to be painted when hung. This can look stunning when teamed up with a very minimal look plus gives great texture and movement to an otherwise bland plain look.

Paintable Papers - these are usually textured and once again have great hiding power. These must be painted as they do not have any cleaning ability.

Vinyl - as it is coated with plastic, vinyl papers are very strong and may be scrubbed clean. Most modern mass produced papers are vinyl now.

Prepasted - most New Zealand made papers are pre-pasted. If the manufacturers' instructions are followed, this method of hanging is easy and very quick.

Paste The Wall - many European wallpapers that are coming into the country are Paste The Wall. This is a great way to apply wallpaper. Paste the wall with a roller and hang the paper! No letting the paper rest, no sticky lengths of paper to handle.