



April 2008
Vol 3, Issue 4

In this issue

Emotional eating.

It can be hard to recognise, but emotional eating may be why you can't get rid of those extra kilos.

[more](#)

Spotlight on Mark Barson

Mark is a colourful character with a big heart. He has a great sense of humour and is what you'd call an all round honest bloke. Find out his likes, dislikes and thoughts on life.

[more](#)

What's On

Don't forget our group sessions.

Pedal "N" Punch
Express fitness circuits
Alfresco fitness

[more](#)

A special tribute to Helen Grundy

[more](#)

Newsletters are posted on our website.
www.mcallistersfitness.com.au

McAllister's Fitness
5/66 Railway Road
Blackburn Vic, 3130
Ph: 9877 0572
mcallisters.fit@optusnet.com.au

Hi and welcome to the April 2008 newsletter.

This month we discuss emotional eating: what triggers it, the different types and how it can effect your weight without your really knowing it. We have our usual sections with the Spotlight on Mark Barson and the latest news, events and happenings. We also give some value-adds in the form of motivational tips and ideas to inspire you for the coming month and your journey to make 2008 your best.

Have a great month.

Danny

Tip of the month

When trying to lose weight, stick to the 80/20 principle – if you are eating healthy 80% of the time and eat the foods that do it for you 20% of the time (don't go crazy on them), you will eventually start to see the changes. You should never abstain or completely cut foods out, it's not sustainable, have them in moderation (think quality not quantity). One of the secrets to winning the battle with your weight is to be smarter about the way you approach your eating.

At McAllister's we believe that living a healthy lifestyle shouldn't be based on ridiculous fads, restrictive habits and senseless exercise regimes. Our motto is, "It's all about the heart" - have heart for what you do, heart for why you do it and a healthy heart to keep you doing it.

Emotional eating

Most people think of emotional eating as bulimia and anorexia and if you're not throwing up after a food binge or starving yourself to death, you don't have a problem. Emotional eating may not be life threatening, but it is still a concern.

How many times have you felt sad, angry, a little worried or somewhat bored and resorted to food to make you feel better? If so, then chances are you're an emotional eater. Emotional eating is quite often misunderstood, yet so often experienced –it's when you consume food, usually comfort or junk foods, in response to a feeling rather than hunger. Experts estimate that 75% of overeating is caused by emotional responses.



Many of us learn early in life how food can provide comfort, or at least short-term relief, and as a result begin to use it to deal with our emotional problems. Emotional eating becomes a crutch that prevents us from learning the skills to effectively manage our emotions. This type of relationship with food often goes undetected and can have destructive effects on your health.

I'm not talking about extremes in eating like anorexia nervosa, bulimia or over eating, I'm talking about the subtle effects of eating according to what's going on in your life. Having a healthy relationship with food is based on eating healthy foods sensibly; eating when you're hungry and not overindulging. That way, you maintain a healthy body weight and you reflect that image.

To understand this we need to look at why people have such problems associated with food. Quite often when people are struggling with their weight it may not be so much about the food they eat, but more about why they eat. Recognising that you are an emotional eater is the first step in solving the problem. There are various reasons why we repeatedly attach food to our feelings, and once you identify the type of emotional eater you are, you can take the necessary steps to control it.



Examples of emotional eating

Angry eater – Someone who eats because they are mad, upset or disappointed over making a mistake or being let down.

Stress eater – Someone who eats due to work, family or life pressure or anxiety. The chemical cortisol is released in the body during stress, and makes your fat cells more receptive to storing fat. Your appetite increases and that sets off cravings.

Convenience eater – You grab whatever you can (usually take-away) because you are too busy, time poor or can't be bothered.

Boredom eater – You eat because you feel there is nothing else to do and it occupies your time. These people often eat when watching TV, sitting around chatting or to avoid being active.

Social eater – Someone who eats to fit in with others or not to offend, conforms to peer group pressure to avoid confrontation.

Comfort eater – Someone who eats because of the way they feel at the time ie. They are sad, depressed or lonely. Food gives them comfort and somehow makes them feel better about themselves for a while.

Situational eater – Someone who can't resist food on display or because they have seen an advertisement or been prompted about food and feel they just have to have it – instant gratification. The “sir lunch-a-lots” who just have to eat a meal every time they have a meeting or the person who associates food with other activities, for example “I always have a pie at the footy”.

Physiological eater – Someone who eats to a physical response; for instance, they have skipped a meal so they eat a bigger meal to catch up or because they have a headache, a hangover or some other pain.



No matter what your relationship with food, the first step to changing this is identifying your emotional trigger/s and dealing with them.

How do I do that?

The best way to identify eating triggers is to keep a food and behaviour diary. Record what, when and how much you eat along with the stressors, thoughts or emotions that accompany it. This will quickly help identify patterns, habits or behaviours linked to eating, and then you can then begin to address the problem and start to break the habit.

A habit is an acquired pattern of behaviour that often occurs automatically. Herein lies the problem; habits occur automatically, which means you do them without too much thought. This is a tough gig to change, especially when most times the habit has been formed at an early age.

When you hurt yourself, were sad, upset or felt sick as a kid, how often did you receive some special treat from your parents to make you feel better? Mums, God bless them, are always there to ease the pain and make us feel better whenever there is discomfort; and this pampering can continue throughout childhood. This sets up an emotional trigger or association of treats or comfort food and easing pain. It becomes a subconscious act, that develops into a habit!!

Change starts with awareness inspired by desire and action. To put it into simple terms - you have to have the desire to change and act on that desire.

Developing alternatives to eating is another step in gaining control of emotional eating. Rather than reaching for food in response to a trigger, try one of the following techniques:

- Learn to tell the difference between true hunger and a craving
- Understand what triggers your emotions
- Keep temptations away (out of sight out of mind)
- Organise healthy snacks
- Use activities instead of food, like going for a walk
- Learn relaxation techniques or to meditate
- Have a relaxation massage or soothing bath
- Talk to someone – your partner, a friend etc
- Find other pleasurable events other than food to suppress the emotion.

There are many more techniques you can try, but the key is to find something that takes your mind away from emotional eating that eases the discomfort. Using alternative techniques helps you deal with the underlying emotions and teaches you the skills to cope more effectively.

Changing any habit takes time, patience and diligence; but gaining control of your habit can be the very thing that transforms you from being frustrated with your weight to taking action and moving forward to obtain the results you desire.

Spotlight on Mark Barson

Mark has been training at McAllister's Fitness for six years, and has used his training to improve his lifestyle and better his health. Mark leads a busy family life and work life. He is a partner in Charman Partners, an accounting advisors firm. His work involves regular travel, many meetings and various other engagements (some people call them junkets). Even with his busy schedule, Mark manages to get in his regular training sessions and maintain a healthy diet.



What hobbies, sports or interests do you have?

Visiting outback Australia, bird watching (feathered) and fishing.

What special feats or accolades have you achieved from training at McAllister's?

I have mentally broken one personal trainer and have been elevated to chief BBQ operator at the Christmas break up.

Why do you train at McAllister's?

Given my penchant for food and wine, I train to maintain a level of fitness and attempt to trim down over time — a long time!

10 Inspirational Questions

1. What's your favourite song?

'Stay' – Jackson Browne

2. What's your favourite childhood TV show?

'McHale's Navy'

3. What's your favourite movie?

'The Blues Brothers'

4. What's your favourite food?

I don't like to discriminate.

5. Where's your favourite holiday destination?

Outback Australia

6. What is the best piece of advice you have ever received?

Treat people in the same manner you would like to be treated.

7. What's your favourite thing to do on a rainy day?

Reading, pottering in my garage or catching up on the multitude of things I leave half done throughout the year!

8. What really annoys you?

People who believe that they are better than everyone else and are intolerant of others.

9. If you could possess a superpower, what would it be?

To fly—then I wouldn't run out of time so quickly!

10. Whom/What inspires you?

My parents – for bringing up five kids, working their butts off in the process and getting little thanks for it.

What's on

Don't forget our group sessions, the numbers continue to grow and those involved are seeing the benefits as well as having fun. Interested? Just give us a call to book your spot.

All sessions are 30 minutes unless otherwise stated.
The cost is \$12 per session or \$100 for a 10-pack.

Pedal "N" Punch

A dynamic bike and boxing session designed to burn the fat and increase your fitness.

This total body workout will not only burn the calories but will keep you inspired to want more!! Great workout, Great fun!!

Express fitness circuits

An awesome time-efficient fat loss and toning session for all fitness levels. These sessions are designed for anyone who is time poor, wants to get fitter and is keen to lose weight.

Alfresco fitness

A 45-minute outdoor training session (Saturdays only). Aimed to increase your fitness, burn heaps of calories and keep you highly motivated while still having fun!

For more information click www.mcallistersfitness.com.au/page4.php
Or call us on (03) 9877 0572.



back to the top

A special tribute to Helen Grundy

6/05/1966 – 27/03/2008

It is in sadness that we take this opportunity to pay our respects to Helen Grundy who sadly passed away in March from cancer. Helen trained at McAllister's for over six years, and in that time I got to know and understand her very well. She was a wonderful person with a heart of gold who didn't ask for much in life yet, gave so much. Thank you Helen for all the memories, great times and for everything you were. We will miss you very much.

Conclusion

They say it's only in darkness you see the stars. This month for me has been a month of reflection and re-assessment, it made me realise that life is precious and if you see the gift that it is, you'll never take it for granted. We all have the opportunity to make our journey through life one of excitement, enjoyment and success – it's a matter of choice and that choice is yours.

Have a great month.