



Welcome to the HealthPT newsletter. The objective of this newsletter is to provide health and fitness tips along with current research to help you in your training & achieving your goals.

It is hard to believe summer is now officially over & we are moving towards the cooler months. I hope you are all progressing well with you goals for 2010 & are having a healthy & happy year so far.

This month we will focus on:

- [Are you sour from too much sugar?](#)
- [Group Boxing](#)
- [Gift Vouchers](#)

Are you sour from too much sugar???

Recently we over took America as the most overweight nation per capita which is probably our best effort since we took the America's Cup from them in 1984; it is said 60% of Australians are overweight or obese. About 100 years ago the average yearly intake of simple sugars was about 2 kg per person. Today that figure is said to be about 50 kg per person. This along with other processed foods has had drastic effects on our health.

Effect of Sugar

Excess sugar is stored in the liver in the form of glucose. The liver's capacity is only limited, a daily intake of refined sugar soon makes the liver expand. When the liver is at capacity the excess glucose (glycogen) returns to the blood stream in the form of fatty acids. These fatty acids are then stored in the most inactive areas: the, belly, the bum, the breasts and the thighs.

It's when these areas are full of fat, the fatty acids are then distributed among the major organs such as heart, liver and kidneys and this is when degeneration starts. While the effects of weight gain will happen, the body is also stripped of all its minerals and life forces as it tries to break the sugar down and protect the blood supply, & the degeneration of teeth and bones begin. Refined sugar is an immune suppressant; if you find you are constantly unwell, refined sugar along with other processed foods should be the first to go.

Can I eat any sugar?

Yes you can. There are many sugar alternatives to processed sugars (carbohydrates).

- Use unprocessed honey, the one with bees wax in it. Try having it in your tea.
- Fruit - natures own sugar fix.
- Below ground vegies i.e. potato, sweet potato, carrots.

When shopping read your labels carefully if any of your food choices contain words which you have never heard of, cannot pronounce or end in ...ose, don't touch them. They have probably been in the can or box for quite some time and are designed to be there for longer, its dead food.

See if you can eliminate all processed sugar from your nutrition for one month, you may notice a change in yourself.

I understand that nutrition messages can sometime be overwhelming as you try to filter the reality out of all the marketing that is out there. Next month I will be focusing on simple nutrition as it relates to health & wellbeing. In the meantime, if you have any questions regarding recent articles or the information above about sugar, please do not hesitate to contact me.

Group Boxing

Weekly class held every Wednesday morning @ 6.30am @ Clontarf Reserve - \$20 per person per session.

Give me a call if you would like to join us.

Gift Vouchers

Personal Training gift vouchers are the perfect gift for birthdays, morale for employees or a way to say thanks to someone – give the gift of good health & wellbeing. HealthPT can supply gift vouchers for any amount – either a 1 off program session or a series of training sessions. Just give me a call or [email](mailto:matt@healthpt.com.au) to discuss the options you have in mind as we can tailor a package to suit.

Regards,

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