



Health-e-News April 2007

Dear ,

Has watching the 'The Biggest Loser' motivated you to do something to lose those extra kilos? In this edition we focus on ways to lose weight plus all you need to know about low-carb beers. Your mental health is also important. Find out what a 'midlife crisis' is and how to manage it. And how to get rid of your worries. Good luck in your efforts to a slimmer more relaxed you!



Waist not Weight matters more!

We all know being overweight is a risk to your health. What you may not know is that *where* the fat is on your body may indicate future health problems. Get some tips on how to lose weight and common myths about weight loss...

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Facing Midlife Anxieties?

A midlife crisis is a time of personal turmoil and challenges, often brought on by worry about growing older. It's a time when we reflect back on both gains and losses and may become discontented or confused about where life is heading. A core feature of a midlife crisis is a lack of clear goals and plans for the future. Find out how to reduce the midlife anxiety...

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Low-Carb Beer Lowdown

Did You Know?

Walk longer to lose weight!

American research has shown that all walking either fast, slow, long or short will help with weight loss. However, a study has found that women who walked at least 40 minutes a day lost more weight than those who walked 30 minutes daily. So next time you go walking, remember going the extra mile may make a big difference. (American Medical Association, Sept 2003).

Climb stairs for a healthy heart

Building up short bouts of stepping activity throughout your day can help reduce your risk of developing cardiovascular disease. Research has shown that 10 minutes of stepping is equal to a 30 minute walk with respect to cardio fitness. So try taking the stairs whenever you can and stepping up your exercise. (British Journal of Sports Medicine 2005 39: 590-593).

Dieting without exercise harms bone health

Men and women who lose weight by cutting down calories, without exercise, also lose bone at the hip and spine, increasing their risk for the bone-thinning disease osteoporosis and fractures. Adding regular exercise with a calorie-restricted diet helps to shield bones from the harmful effects of dieting (Archives of Internal Medicine, Dec 11/12, 2006).

Health-e-Recipe.

Moroccan-style Beef with

The latest thing in beers is 'Low-Carb'. Are they healthier for you, are they lower in kilojoules and what about alcohol content? We review the latest trend in beers and give you the low-down on the health merits...

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Couscous

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Worry not!

Did you know that worry can be bad for you? It wastes both your time and your energy. So why do we worry? It can be useful to trigger make you do something about a situation, but you also need to know how to turn it off. Find out what to do about worry that won't go away...

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