



# Slim & Fit

Your guide  
to living  
a healthier  
lifestyle.

# Frugal, Healthy Living

## EAT RIGHT WITHOUT OVERSPENDING

People today are finding ways to cut down on all sorts of expenses, including the basic ones like housing, clothing and food.

At first, the idea of reducing your food budget may seem unthinkable, but with a little bit of practice and a lot of planning it will become easier as you go along.

Here are some suggestions on how you can keep up with your daily food requirements without having to go over budget.

### 1. Create a grocery list and stick to it.

Take the time to list all the food items you absolutely need and leave out the ones you can live without.

Once you're at the grocery store, stick to buying only the items on your list and avoid making impulsive purchases.

### 2. Compare prices.

Just because you are used to a certain product does not mean you can't look around for more practical options.

Keep in mind that branded products usually cost more than lesser known items, but the quality is sometimes just the same.

Also, if a product can be stored for a while without spoiling, you can save a lot by buying it in bulk.

### 3. Recycle coffee grounds.

The average coffee grounds can give you a rich flavor even after two or three uses. In order to maximize the taste of recycled coffee grounds, use a permanent filter on your coffee maker instead of disposable paper ones.

You should also keep the coffee grounds in the fridge in between uses.

### 4. Keep restaurant dinners to a minimum.

It's perfectly fine to enjoy a fancy dinner every once in a while, but as much as possible, try to cook your own meals at home.

If you are on the road and have to eat out a lot, you may want to try local hangouts instead of dining at five-star restaurants all the time.



# Popeye's Diet Secret

## LET SPINACH CHANGE YOUR LIFE

It may seem like old Popeye cartoons were just a clever scheme to get reluctant children to eat spinach. In fact, that may be correct.

However, Popeye's use of spinach to boost his strength was not unfounded, as spinach is one of the healthiest foods for making your body stronger and healthier.

Spinach is considered to be the one of the most nutrient-rich foods. It provides powerful antioxidant protection, is rich in minerals and vitamins and will increase your energy levels.

It is important to also recognize the long-term benefits of incorporating spinach into your diet.

Eating one cup of spinach twice a week has been shown to increase your body's protection against stress, inflammatory problems, car-

diovascular problems, bone problems, and various types of cancer.

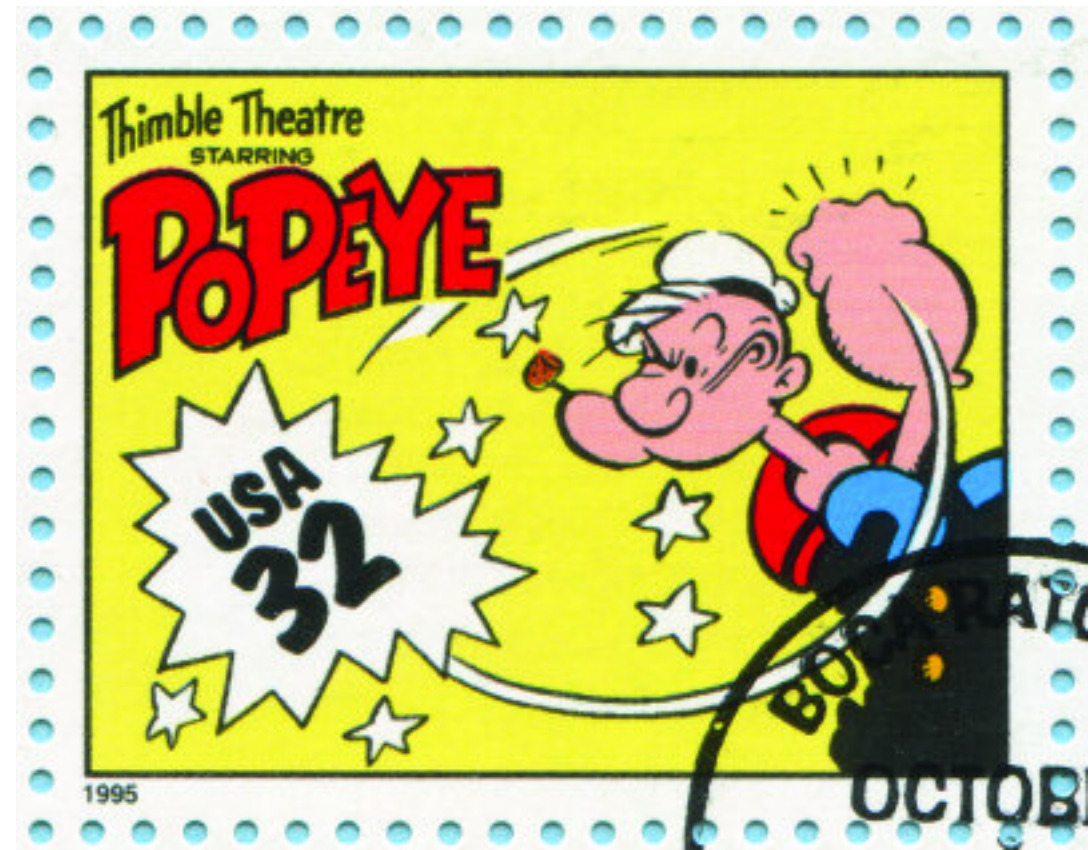
Increasing your intake of spinach might just be a matter of adding it to meals you already eat.

Use spinach leaves in salad. Add spinach to an omelet for added flavor and nutrition. Stir some spinach into pasta dishes or place it on a homemade pizza.

Another easy option is to simply toss some spinach with olive oil and garlic over low heat for a delicious side dish.

Adding spinach to your regular diet is simple. The benefits of increasing your intake will far outweigh the hassle.

**FACT:** Spinach is packed with flavonoids, a type of phytonutrient that has been shown to fight cancer. Flavonoids can slow cell division in human stomach and skin cancer cells. Spinach has also been shown to protect against aggressive forms of prostate cancer.



# Make Your Own Hummus

AN EASY, LOW-FAT TREAT THAT CAN BE MADE AT HOME

Once an exotic treat only found in Middle Eastern restaurants, hummus has become a party food staple in the United States.

Today, you can even find ready-made versions in your grocery store's refrigerator section. If you're a fan of the garlicky chickpea dip, you should know that hummus is not only inexpensive to make, it only takes a few minutes to prepare.

If you have a food processor, making hummus is as easy as dropping in the ingredients and giving them a whirl. The result is a thick, zesty hummus that's far tastier than store-bought, and you can customize it to your own tastes.

What's even better is that homemade hummus is better for you. Without all the oil, preservatives and sodium of the in-a-tub variety, hummus is low in fat, low in calories, and packed with fiber.

Served with baked pita chips, it makes a healthful snack, or hummus can be spread on bread with cucumbers or sprouts for a filling lunch.

## BASIC HUMMUS DIP RECIPE

- 1 can chickpeas, drained
- 2 tbsp. olive oil
- Juice of 1/2 fresh lemon
- 1/4 cup sesame tahini
- 1 or 2 whole garlic cloves (to taste)

**DIRECTIONS:** Combine in food processor and process until smooth. If hummus is too thick, thin with a little water until desired thickness. Sesame tahini has a consistency much like peanut butter and is available in the ethnic food section of almost any large grocery store, or at Middle Eastern markets. One jar will last you a long time, and it stays fresh for a year or more.



## MAKE IT YOUR OWN

Make your hummus extra-special by stirring in extras: chopped Greek olives, roasted red peppers, diced jalapenos, or a teaspoon of your favorite hot sauce can all add an extra kick.

Find your own favorite way to make and serve hummus, and you'll find that you make it time and time again when you're in a pinch and want a healthy snack.

# 5 STEPS TO LOSING 5 POUNDS

Are pumpkin pie and other holiday goodies showing up as extra pounds on the scale? Here are five steps will send those five extra pounds packing in a matter of days.

## WALK

If you want those holiday pounds to take a hike, put on your walking shoes. Walk in the morning before you go to work. The early burst of energy will set your metabolism to burn hotter all day.

If you have a full hour for lunch, use at least half of it for a great walk. It will burn calories and energize you for the afternoon.

## ADD SOME CRUNCH

Crunchy veggies make a great low-calorie snack. Carrots, celery and pepper strips are tasty, healthy and low in calories.

A few crunchy whole-grain crackers are OK, but be sure to read the nutrition facts and purchase a low-fat variety.

## DRINK SUFFICIENT WATER

Drink eight glasses of pure water each day.

When the body isn't hydrated it protects itself by storing water. You probably had a pound or two of stored water long before those holiday pounds came on board.

When you start drinking sufficient water, that stored water weight you are carrying will drop off, too. As an added plus, water is wonderful for the complexion.

## EAT MORE OFTEN

Five to six small meals a day will keep your blood sugar from fluctuating. Your body will more easily absorb the nutrients it needs and give the metabolism a boost as well.

Food breakdown, digestion and absorption burn calories. The act of eating is healthy. Make sure what you eat is also healthy.

## GET SUFFICIENT SLEEP

Studies show that women who sleep five hours or less gain significantly more weight than those who get between seven and eight hours of sleep.

Go to bed a little earlier and do not fall asleep watching television. Sleep study specialists have discovered people who fall asleep while watching television do not sleep soundly.

Adopting healthy eating habits, along with a healthy lifestyle, will help you lose weight and prevent it from returning. Eat plenty of raw fruits and vegetables. Drink water in place of sugary sodas and juices. Make walking and other exercise part of a daily regimen and get plenty of rest.

These five steps will help you restore and maintain your desired weight after any indulgent holiday or celebration.



# It's Not Just the Meals

## PICK WISELY: DON'T LET SNACKS RUIN YOUR DIET

**W**hen you're trying to lose weight, you need to be careful about what you eat between meals.

Calories from unplanned snacks add up fast, and will ultimately prevent you from reaching your ideal weight. When you think about how much effort you put into the rest of your diet, it's a shame to fail because of a few snacks here and there.

Next time you find yourself reaching for something to munch between meals, stop and ask yourself if you're really hungry. Be absolutely honest. Your answer will determine which step you take next.

### ARE YOU REALLY HUNGRY?

If you are reaching for a snack because you're genuinely hungry, then you should go ahead and have something to eat.

Leaving yourself to get ravenous is a mistake because you never know when your willpower will throw in the towel.

The important thing is to be careful about what you eat. Reaching for a quick fix like chocolate, cookies or chips may be tempting, but they won't keep the hunger pangs away for long. Before you know it you will be reaching for another hit.

Instead, aim for a healthy snack that contains fewer calories but makes you feel more satisfied. Good choices are fresh or dried fruit, low-fat yogurt, air-popped popcorn, rice cakes, or chopped up vegetables with low-fat hummus.



PHOTO: ARIWASABI / YAYMICRO.COM

### NOT HUNGRY?

If the answer is no, you're not hungry, then you need to step away from the fridge, cupboard, or vending machine as fast as possible.

Next, establish why you are eating when you're not hungry. Is it out of habit, or could it be because you're

bored?

Whatever the reason, you need to plan a distraction to implement whenever you find yourself reaching for unnecessary snacks. Some people find brushing their teeth not only gives them something to do, but the fresh taste in their mouth takes away

their craving.

Other techniques are to phone a friend, go on the internet, put the kettle on, paint your nails or do some exercise.

It doesn't matter what the activity is, as long as it takes you away from the source of food.

# Secrets to Slimmer Thighs

## TARGET YOUR LEGS FOR GREAT RESULTS

**T**he thighs are among the most common problem areas among overweight people, especially women.

Even women who aren't overweight complain that their thighs are too big or too fat. Unfortunately, there's no shortcut to losing weight in the thighs, or any other part of the body for that matter.

However, there are some very effective exercises, diets and weight-loss programs that can help you lose weight all over your body and eventually help you get the slim thighs you want.

### AT HOME

One of the best ways to achieve slimmer thighs is to perform certain exercises regularly.

Workouts that target the thighs specifically include leg lifts, squats and lunges. These are very simple exercises that don't require any expensive equipment and that you can do at home.

In their desire to lose thigh fat as fast as possible, some people strain their muscles by working out too hard or too long. But this isn't the proper way to do these exercises.

The secret is to start with short but fre-

quent routines. You can gradually increase the duration as your thigh muscles get stronger.

### AT THE GYM

If you prefer working out at the gym using exercise equipment, the best thigh-trimming exercises involve the use of resistance machines. These equipment will not only help you lose excess fat in your thighs, but also make your thigh muscles become stronger and more toned.

While thigh-targeted exercises do work very well, experts recommend that you alternate these with a cardiovascular workout. The combination of resistance training and cardio training will improve the physical condition of all the other parts of your body.

Just remember that there's no overnight solution to overweight thighs. But if you have discipline and determination, and if you follow the right weight loss plan, you can have slimmer and shapelier thighs before you know it.



# Getting Physical Activity at Work

If your job's a sedentary one — one that you sit for long periods of time to carry out — you may think that it's impossible to take any physical exercise while at work.

That's not strictly true, though.

There are ways in which you can be physically active at work, provided you have the motivation. The following tips will help you get regular bursts of exercise throughout the day, benefiting both your physical and mental health.

## TAKE A HIKE

Take the stairs instead of the elevator whenever you can. Start off slowly. Don't make your first trip via the staircase one that involves having to walk up eight flights of stairs. Increase the number of stairs you walk up over time. After a few months this will become a habit and you will rarely even consider about taking the elevator.

## GET AWAY FROM THE DESK

Volunteer to run errands around the workplace. If someone in your department wants something delivered to a colleague three floors down, then volunteer to take it. Don't think that your position and status in the company mean that you can't volunteer for such a task. Leading by example is the best way to lead. You'll gain respect as well as improved fitness levels!

## A LUNCH BREAK

See if any colleagues want to join you for a lunchtime walk. Walking for 30 minutes outside in the fresh air will provide you with your recommended daily quota of exercise, and leave you feeling re-energized for the afternoon ahead.

Remember to take regular breaks from you workspace throughout the day. One trick to ensure you do is to drink plenty of water. At least then you'll have to walk to the washroom every so often.

## TIP: Change How You Meet



One easy way to burn extra calories at work is to change how you meet with people. Instead of doing sit-down meetings all the time, switch to "walk-and-talk" meetings when you've got to have short exchanges with coworkers. And instead of picking up the phone or sending another e-mail, get up and see the person face-to-face. It's healthier and could be a good career move as you communicate better in person.