

SOUTHPORT PHYSIOTHERAPY CENTRE

Winter 2019

Diet



Steven Gordon
B.Phty (UQ), BHMS

***Do
something
today that
your
future self
will thank
you for.***

It's important to have some structure in addressing your diet.

One simple way is to keep a **diary**. Record what you eat and when you eat it.

You can also **keep a record** of what exercises you plan to do and what exercises you actually do.

Removing temptation is an effective measure, so go through your fridge and pantry and take out the high calorie fatty foods.

Also try not to do the groceries when you are hungry as this encourages impulse buying.

Make a grocery list and stick to it.

Don't skip on meals, have 3 square meals a day however try to cut out the snacks in between.

As a general rule, try to minimise consumption of processed foods and increase your fruit and vegetable intake.

Meal portion is important.

Don't overeat.

Stop when you are full and eat slowly.

One technique is to lay down your knife and fork on the plate after each mouthful.

Drink water regularly throughout the day.

Limit caffeine and alcohol.

Sometimes photos can be a good motivating instrument for before and after shots.

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333
F: (07) 5591 4399

southportphysio.com.au