



ACTIVE LIFESTYLE





Obese mothers-to-be need significantly more NHS care than pregnant women of a healthy weight, a study says.

NHS staff told researchers obese women need closer monitoring and special equipment, and have a higher risk of complications such as pre-eclampsia.

They also said additional abdominal fat can make it hard to feel and scan a developing baby properly.

The University of Teesside researchers, who spoke to maternity staff, called for better education about the risks.

The researchers interviewed 33 heads of midwifery, midwives, obstetricians and other professionals from 16 maternity units in the north east of England for their research in BJOG: International Journal of Obstetrics and Gynaecology.

The BJOG research is the first to look at the impact on the NHS of caring for pregnant women who are obese.

To be told you're partly responsible for the death of your child is absolutely devastating

Maria Thornton, whose son was stillborn

They found the women needed more tests because of an increased risk of conditions such as pregnancy-related diabetes, high blood pressure and pre-eclampsia.

Additional layers of abdominal fat make it hard to feel and scan a developing baby to check its size and heart-rate.

Obese mothers-to-be also need specialist equipment, such as modified beds and wheelchairs.

And they are also more likely to require an emergency Caesarean - and are at an increased risk of complications, such as wound infection and blood clots, after the surgery.

Complications

Professor Carolyn Summerbell, head of the University of Teesside's Centre for Food, Physical Activity and Obesity Research, said: "We're not trying to blame or stigmatise obese pregnant mothers and we would certainly not recommend that overweight mums-to-be go on crash diets".

I don't think women realise how big a risk factor being overweight is

Professor Philip Steer, BJOG

"But our initial findings show reasons for concern with obese pregnant mothers, and there is a lack of weight management guidance and support readily available for them."

The researchers said the practice of monitoring the height and weight of pregnant women, abandoned in the late 1980s, should be re-introduced.

Professor Philip Steer, editor-in-chief of BJOG, told the BBC he had carried out a Caesarean where it had taken two doctors to hold up a woman's fat during the operation.

He said: "I don't think women realise how big a risk factor being overweight is.

"But women are between five and 15 times more likely to suffer complications in pregnancy if they have a body mass index of over 30.

"Much forward planning and co-ordination is required and public education campaigns should focus on a healthy lifestyle agenda, starting in our primary schools.

"We need to nip this in the bud."

Semen quality

A second, separate study, published in the journal Human Reproduction, found obese couples are three times more likely to have trouble conceiving - defined as when becoming pregnant takes more than a year - than those of normal weight.

Danish researchers studied almost 48,000 couples between 1996 and 2002.

If both partners were overweight, there was a 1.4 higher chance of a couple waiting more than a year to conceive.

It has been shown that being overweight or obese can affect semen quality in men, and ovulation, conception and implantation in women.



OBESITY

A leaflet sent to MPs has warned that government targets to reduce cancer and heart disease will not be met without more effort to cut levels of obesity.

The document from the Medical Research Council's centre for nutrition says the problem of people who are overweight is putting a huge burden on the UK.

Obesity is a missing link in the chain of health problems

Dr Susan Jebb

It says half of all adults in the UK are overweight and one in five are obese, compared with one in ten French people.

People clinically defined as obese are twice as likely to die from heart disease, and obese women are 27 times more at risk of developing diabetes.

Obese men are 33% more likely to die from cancer and obese women are 50% more at risk of dying from breast cancer.

'Enormous strain on resources'

Dr Susan Jebb, head of nutrition and health at the Medical Research Council, said: "There is a pressing need to recognise that obesity and overweight people place an enormous strain on our health and on NHS resources.

"Obesity is a missing link in the chain of health problems such as type 2 diabetes, heart disease and cancer.

"As the number of obese people in the UK rises, it will become increasingly difficult to meet government targets for heart disease and cancer."

Obese men in Europe: 10-20%

Obese women in Europe: 10-25%

Obesity in America: 25-33%

Obesity health care expenditure: 2-8%



WHY DIETS DON'T WORK!

No more yo-yo diets!

Most chronic dieters experience an up and down pattern in their weight as a result of an endless cycle of crash diets and over-eating. Dieting slows the metabolism, deprives the body of valuable nutrients and leaves it feeling dehydrated. The result is often cravings and loss of will-power. In turn, more weight will creep on, sometimes making you heavier than when you first started.

The key to losing weight is to find balance in eating and exercise.

Try to balance your calorie intake throughout the day. If you have cravings in the late afternoons, you may not be eating enough earlier in the day. Eat 4-6 light meals a day, starting with a satisfying breakfast.

Eat 5 servings of fruit & vegetables a day. This will help keep your calorie count low and your fibre intake high. Also aim to eat a variety of different foods, concentrating on those that are as close to their natural state as possible.

When exercising ensure that you start with a goal. Whether it is to run a mile or run a marathon, to be able to finish 1 class in a week or finish 5 classes in a week, to swim 10 lengths or swim 100 lengths, have something constructive to work for. There is nothing worse than going through the motions of a work-out, when in fact you don't want to be there.

Have a training program from one of our instructors and book a regular review of your training plan.

Hire a Personal Trainer. This is the ultimate in training. Have someone construct a fantastic training plan. Not only will you get good professional advice, but also someone to motivate and inspire you whilst you work-out.



5 AWESOME TIPS...

...to get you on the road!

EAT 4-6 HEALTHY MEALS PER DAY

Eating small portions more frequently will help you lose weight faster because you will be helping your body keep a higher metabolic rate than most starvation diets, and this is essential when striving for fat loss.

PLAN MEALS AHEAD

Having the right food at home and at work makes it much easier to follow your diet plan without cheating. Choose appropriate-size portions, eat slowly and you are likely not to over-eat.

DON'T SKIP BREAKFAST

This is the cardinal sin. With today's busy lifestyle it can become very easy to miss breakfast. Eating a good, healthy breakfast will kick-start your metabolism.

DRINK PLENTY OF WATER

Try to have at least one glass of water with each meal. This will keep you well hydrated when training and can also aid the weight loss process. Always keep a bottle with you, in the car, at work and whilst you're training.

EAT NEGATIVE CARBOHYDRATES

This sounds complicated, but it's not. A green leafy salad at night may help your weight loss plan, as your body uses more calories digesting the salad than it will gain from it.

THE FOOD

FOOD SWAPS

Educate yourself to a healthier lifestyle

DITCH IT

2 scrambled eggs with milk & butter on 2 slices of buttered toast 25 grams of fat

DO IT

2 poached eggs on 2 slices of wholemeal toast with low fat spread 11 grams of fat

Fat saved 14g

DITCH IT

Buttered croissant 18 grams of fat

DO IT

2 scotch pancakes 5 grams of fat

Fat saved 13g

DITCH IT

McDonalds Quarter pounder with cheese 26.7 grams of fat

DO IT

McDonalds Filet-o-Fish 17.7grams of fat

Fat saved 9g

DITCH IT

Peanut butter on toast 11 grams of fat

DO IT

Marmite on toast Fat free

Fat saved 11g

DITCH IT

Lean roast lamb 17 grams of fat

DO IT

Lean roast beef 5 grams of fat

Fat saved 12g

DITCH IT

Bachelors supernoodles 20g of fat per 100g

DO IT

Egg noodles 6g of fat per 100g

Fat saved 14g per 100g

DITCH IT

Pilau rice 10 grams of fat

DO IT

Boiled rice 1 gram of fat

Fat saved 9g

DITCH IT

Handful of peanuts 8 grams of fat

DO IT

Handful of olives 2 grams of fat

Fat saved 6g

DITCH IT

Bagel with smoked salmon and cream cheese 14 grams of fat

DO IT

Bagel with smoked salmon and light Philadelphia 4 grams of fat

Fat saved 10g

DITCH IT

Cheddar cheese ploughman's 35grams of fat

DO IT

Greek salad with feta cheese and fat free dressing 10 grams of fat

Fat saved 25g

THE FOOD

MORE FOOD SWAPS

Educate yourself to a healthier lifestyle

DITCH IT

Full fat English fry up:
Fried egg, fried bacon, sausage, slice of fried
bread and chips 54 grams of fat

DO IT

Healthy English breakfast:
Trimmed grilled bacon, 2 poached eggs, beans
and 2 grilled tomatoes 15 grams of fat

Fat saved 39g

DITCH IT

Flapjack 19 grams of fat

DO IT

Rice Krispies Square 2 grams of fat

Fat saved 17g

DITCH IT

Crispy Duck 91 grams of fat

DO IT

Chicken Chow Mein 10 grams of fat

Fat saved 81g

DITCH IT

Pastry topped meat pie 22 grams of fat

DO IT

Cottage pie 7 grams of fat

Fat saved 15g

DITCH IT

Lamb Doner Kebab 80 grams of fat

DO IT

Chicken shish kebab 17 grams of fat

Fat saved 63g

DITCH IT

Large Cornish pasty 41 grams of fat

DO IT

Baked potato with
chilli-con-carnie 6 grams of fat

Fat saved 35g

DITCH IT

Mini sausage rolls 9.5 grams of fat

DO IT

Sushi rolls 0.5 grams of fat

Fat saved 9g

DITCH IT

Cadbury's "Boost" 10 grams of fat

DO IT

Cadbury's "Crunchie" 7.5 grams of fat

Fat saved 2.5g

DITCH IT

Low fat crisps 6.5 grams of fat

DO IT

Twiglets 3.5 grams of fat

Fat saved 3g





FOOD FACTS

The truth about what you eat when exercising

Carbohydrates: When you exercise, your muscles burn a type of carbohydrate called glycogen for fuel. To keep these important fuel levels optimal, you must eat a diet rich in grains, beans, potatoes and other types of high-carbohydrate foods. Grains also contain important B vitamins (e.g. thiamine, riboflavin, and niacin) that your muscles need to convert the carbohydrate you eat into energy.

Protein: Fit people need more protein than flabby people do, particularly after exercising, when your body repairs muscle damage and shuttles energy back to your muscles. So include soy, fish, eggs and lean meat in your post exercise meals. Lean meat, especially beef, is filled with iron and zinc, while soy, fish and other types of meat provide other trace minerals that your body needs to cope with regular training.

Fluids: The more you exercise, the more you sweat, and if you don't replace those fluids, you'll soon become dehydrated. Besides hurting your performance, chronic dehydration increases the risk of kidney stones and bladder cancer. Concentrate on drinking plenty of water, fruit juice and sports drinks that contain carbohydrates and electrolytes.

Vegetables: Your body also needs antioxidants found in leafy greens, red peppers, tomatoes, carrots and other colourful produce. Fresh, frozen or canned vegetables all supply a wealth of vitamins, minerals and trace nutrients.

Fruit: Brightly-coloured fruits such as berries, kiwi fruits and oranges, contain lots of antioxidants and phytochemicals. So does fruit juice, but you'll get more cholesterol-lowering fibre and other nutrients from whole fruits.

Dairy: Consuming low fat dairy products is the easiest way to ensure that you're getting plenty of bone-strengthening calcium. As a bonus, dairy products also offer a good dose of protein.

Healthy fats: The fats found in fish, nuts, avocados, olives, olive oil and flaxseed oil are actually quite good for your heart. Additional research shows that these healthy fats may fight inflammation and muscle soreness and may even boost immunity. Use healthy fats in place of heart-clogging saturated and trans fats found in margarine, butter and processed foods. But do remember that all types of fat contain more calories per gram than either carbohydrates or protein. So, if you're watching your weight, watch your overall fat intake.

Treats: Chips, cake, fizzy drinks and doughnuts are not recommended foods. They offer few nutrients and too many calories and are likely to contain either saturated fats or trans fats, two of the biggest artery cloggers. But let's face it; one of the reasons you exercise is to eat the foods you love. So munching on cakes and fatty snack foods now and then is not a big problem, provided these foods don't become dietary staples.



EATING & EXERCISE

When to eat and exercise

We all know it's a bad idea to swim on a full stomach, but what else should you know about eating and exercise? It stands to reason that to achieve your fitness goals you need to eat a nutritious, balanced diet and drink plenty of water. If you don't, you won't be able to work out as efficiently as you could, or recover properly afterwards.

A lot of myths surround the question of whether you should or shouldn't eat before and after exercise. Some people recommend exercising on an empty stomach because they believe it forces the body to use excess fat as energy. The only time you should do this is first thing in the morning and even then for no more than 30 minutes. Exercising for more than 30 minutes pre-breakfast or on an empty stomach at any time means the body doesn't have enough fuel to perform correctly. This may result in fatigue and muscular atrophy (when the body uses muscle rather than fat for its energy). People with low blood pressure, diabetes or other medical problems should check with their doctor or fitness expert before even contemplating early morning empty stomach work-outs.

When is the best time to eat?

- **Before:** Eat at least 2 hours before a work-out. If you work out when your stomach is still full your body will be too busy digesting the food to push the blood around the body. The digestion process will also leave you lacking in energy.
- **After:** Once you've finished exercising, eat something within an hour to help recovery and fitness progression.

5 WAYS TO LOSE 100 CALORIES

1. **Cycling (10 minutes).** Just 10 minutes of steady cycling will burn off 100 calories and strengthen your legs and heart. If you have kids, it's a great excuse to get everyone out into the fresh air together.
2. **Skipping (15 minutes).** Skipping works the heart and lungs and gives your legs and upper body a great work-out too. Make sure you have a good pair of cross trainers and that you stretch your leg muscles, especially your calves, before and after each session.
3. **Walking (15 minutes).** It's the easiest and simplest exercise known to man. Walk to work one day if it's not too far, or park the car/get off the bus earlier than usual and get moving.
4. **Jogging (15 minutes).** If a brisk walk uses 100 calories in 15 minutes, you can expend even more calories by adding a few minutes of jogging. Do this twice a day and you'll probably be burning at least 300 calories each day.
5. **Dancing (20 minutes).** Nothing improves leg muscle tone, cardiovascular fitness and your mood more than a good old dance. You don't have to go to a nightclub and you don't need a partner, try out some of our fantastic dance classes at the club.



GOAL SETTING - Goal setting will help you focus and commit to your plan, so promise yourself the following:

“I will set realistic goals”

If you want to diet, decide how much weight you need to lose and work towards that goal realistically. Ideally, you need to aim to lose 2 pounds per week. While this may not sound like a lot, you're more likely to achieve permanent weight loss if you do it slowly.

“I will reward myself”

If you are on a diet and being strict about calories, it's important to reward yourself every few weeks because this will strengthen your will to stick with the diet. Treats, such as a facial, manicure or pedicure are great because they make you feel good about yourself.

“I won't be too hard on myself”

If you are dieting and don't reach your goal each week, don't beat yourself up. We all have days when we eat too many unhealthy foods. Just decide to focus on healthy foods the following day. If you aren't losing weight it's possible you have reached a plateau - fat takes a long time to work off, so stick with it.

“I will find an exercise I love”

Set a meeting with an instructor and talk through what you like and dislike. Keep variety in your work-outs and you will start to enjoy the gym experience.



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