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Media Release – Is Dieting Really the Answer to Losing Weight?

From: NZ Register of Exercise Professionals



Is Dieting Really the Answer to Losing Weight?

For those who want to shift a few kilos for health, or just to feel better in your jeans, it can seem like drastically reducing food intake, or eliminating food groups can be the answer.

And as a nation we could do with losing some weight. Despite all the advances in health and science that should be helping us live a longer and healthier lives, we are facing a future where many of us die earlier than we need to due to unhealthy food choices, and lack of regular physical activity.

In fact NZ Ministry of Health research puts one in four adults (aged 15 years and over) in the obese weight category (27.8%).

So why is it that in a country that spends a fortune on weight-loss plans, food and products (In New Zealand low-fat food sales account for \$100 million a year alone) we are we not getting any healthier?

Many people try and lose weight by investing time and money in food plans, quick fix diets, and 'detox' plans that promise results for little effort. While their intentions are well meaning, if health and weight-loss is the aim, then a balanced, sensible approach and advice from a professional rather than from an advertisement is essential. So despite the hefty price tag diet plans, products and systems cost, they are not providing the results, and the health, you want.

So before you invest time and money in your health and reducing your waistline consider these 3 Important Steps:

1. Real food equals real results

No one chemical, food or supplement is going to make you healthier. In fact, it's our reliance on processed food that is causing much of the damage. Real food, in as close to it's natural form as possible, is going to have better health results than anything out of a packet. Combine plenty of unprocessed food in a balanced diet, with treats kept to a minimum, and with regular exercise to help you maintain a healthy weight.

2. It's going to take some effort

With the huge volume of unhealthy but cheap and readily available food on offer, and the increasing demands on our time, any change of lifestyle is going to take some work. Time and effort spent preparing healthy meals, and taking time out to get active may be a challenge in the short term, but the long-term gains will be worth it. The added benefit of exercising is that it can improve your mood and increase your energy levels, which will make the effort very worthwhile.

3. Exercise plays an important role in health.

It is true that you can't out exercise an unhealthy diet, but exercise is an important contributor to health. While the latest diet product may claim that you can lose weight effectively without exercise, the World Health Organisation reports that physical activity is fundamental to energy balance and weight control. Also the Ministry of Health recommends lifestyle approaches rather than single factor approaches to weight loss. In the words of Dr Robert Butler of the Longevity Centre, USA: "If exercise could be put in a pill it would be the most widely prescribed medicine in the world".

So instead of looking for a quick fix, talk to a Registered Exercise Professional about making exercise a part of your weight-loss plan.

References

- *Ministry of Health. 2010. Implementing the Clinical Guidelines for Weight Management in New Zealand 2010/11: Implementation Plan. Wellington: Ministry of Health.*
- *Global strategy on diet, physical activity and health – World Health Organisation*
- *Surgeon General's report on activity and health*
- *A focus on nutrition: Key findings of the 2008/09 NZ Adult Nutrition Survey*

Contact Details:

For interviews and further information, please contact Richard Beddie Chief Executive, Exercise New Zealand richard@exercisenz.org.nz, telephone 0800 66 88 11, or Stephen Gacsal REPs Registrar, at stephen@reps.org.nz telephone 0800 55 44 99 - www.reps.org.nz

Who is the NZ Register of Exercise Professionals (REPs)?

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

