

# Perth Diet Clinic



## MAINTAINING AN EXERCISE ROUTINE

We all know we should do it, but many of us find reasons not to. Some of these reasons may be plausible at one time or another, there are ways we can incorporate daily exercise into our lives, no matter what your schedule commitments or ailment.

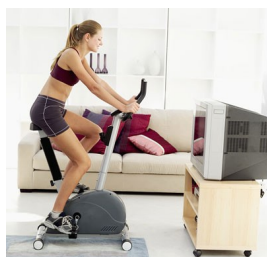
The key to starting and sticking to an exercise regimen is to tackle your excuses head on. Lets take a look at some of the big ones.

### Injury or Ailment

Physiotherapists and exercise physiologists are experts at developing exercise programs to suit an individual's injury, ailment, overall health and physical requirements. If your excuse is injury or a health related issue, visit your GP and ask for a Chronic Disease Plan which entitles you to visit an exercise physiologist for help and ideas.

### Motivation

If the idea of exercise bores you, annoys you or even frightens you, its a good idea to look for some outside motivation. An exercise physiologist can be a great motivator and help you discover what works for you. Hiring a personal trainer short term can force you to attend the gym. Not only will it educate and motivate you, it will also increase the chance that the gym will become a habit rather than a chore. A cheaper option is to join a group class or team sport, where others rely on your attendance and exercise is enjoyed with friends. You will be surprised how quickly your motivation develops when starting an exercise program. Exercise is known to release feel good endorphins. That, coupled with the benefits of weight loss and overall improved health, is sure to get you back in the gym, on the run or at the playing field week after week.



### No Time

This is a popular exercise excuse, and there is quite often merit to it if you have a full time job and a family. However,

your health should be a priority to you and your

family, so finding time to exercise should be paramount. Being able to exercise at home saves both time and money. It allows you to exercise at times that suit you. Try looking online for cheap new or used exercise equipment such as a stationary bike, spin bike or cross trainer. If you intend to train at home, seek advice from an exercise physiologist. They can advise on how often to train, how to incorporate the equipment you have and how to gradually increase intensity and implement variety.

The ever increasing world of exercise apps also makes it easier to train at home. Apps can provide anything from exercise ideas, fully planned exercise classes such as yoga or pilates, to your very own virtual personal trainer. These are an inexpensive and time effective exercise option.

If exercising at home isn't your thing, there are many 24hr gyms. These allow you key card access 24/7 so you can train whenever it suits you. You will be surprised how many people train at odd hours of the day and night.



### Exercise is Scary

There is no better cure for a fear than facing it head on. If it's the idea that exercise is too hard physically or too confusing mentally, then make a small investment in your health and hire a personal trainer for a few sessions to educate you and show you how to start slowly and increase intensity over time. If it is exercising in front of others that puts you off, start in the comfort of your own home with cheap exercise equipment or exercise apps. Another option is to join a 24 hour gym and choose quieter times to train. Gyms such as Curves and Fernwood provide opportunity for women to train among only female trainers and members.

Once you have tackled your exercise excuses, start and don't stop! Don't let new excuses topple you off the exercise bandwagon. If you find a new excuse creeping in, face it head on and jump over your next hurdle. It just might lead you to finding a new and interesting way to exercise.

## MAINTAINING HEALTH AND FITNESS THROUGH CANCER

Both chemo therapy and radiotherapy can play havoc on the body's systems. Side effects vary depending on the type and targeted area. Fatigue, nausea and weight loss are very common. Although it may seem arduous to expect one to focus on exercise and nutrition, maintaining overall physical and mental health can improve energy levels, emotional wellbeing and possibly improve recovery and survival rates.

### Physical Activity

Research has shown that physical activity increases quality of life during cancer treatment. It has been shown to improve feelings of fatigue and



malaise thus enhancing ones overall physical and mental health. Exercise itself helps to improve and maintain heart functioning, muscle mass and strength. This is beneficial to the healthy individual, but provides even greater benefit to a body battling cancer treatment .

It is understandable that the motivation to exercise will diminish during treatment. It may seem impossible to get out of bed some days, but it is important to remember that physical activity will be beneficial. The endorphins released during mild to moderate exercise will improve energy levels each day and potentially improve feelings of nausea. Exercise only to a level you feel comfortable and expect this to change on a daily basis. Any exercise will be better than no exercise.

### Nutrition

The main focus during cancer treatment is to maintain an overall energy intake that will prevent weight loss, or cachexia, commonly seen at such a time. Treatment can cause major changes in metabolism, appetite suppression cause a hyper catabolic, or wasting state. Extreme weight loss of fat and muscle mass greatly reduces the rate of recovery and survival.

Cancer treatment is not a time to start a diet or try to lose weight, unless recommended by your physician. The body requires a range of nutrients from a varied diet, rich in fruits, vegetables, lean meats, fish & chicken, low fat dairy products, healthy fats and whole grains. It is important to realise that like the treatment, food is medicine, and one must try to eat even if appetite is suppressed. Nutritional supplements can be useful as meal or snack replacement as they provide a balance of carbohydrates, protein, fat as well as

a range of vitamins and minerals. Aim for six small meals each day. Choose foods rich in essential fatty acids such as avocados, nuts and seeds and oily fish. You may like to alternate meals with supplements. If you are suffering fatigue, ask family to prepare small meals that you like, have meals home delivered or make the most of 'up times' and prepare freezeable meals. You can order groceries online and have them home delivered to save effort of supermarket shopping. Always have some favourite high energy snacks on hand such as nuts & dried fruit, yoghurt, cheese & crackers, oat biscuits. Avoid high sugar snacks that will provide little in the way of nutrition.

Consider food safety. Treatment will weaken the immune system, increasing risk of food poisoning. Make sure foods are cooked, washed and stored properly. Check expiry dates and keep the food preparation areas clean.

Remember Dietitians are trained to help with advice on eating issues and can choose supplements that are appropriate to the individual.

### DECIPHERING DYSPHASIA

Dysphasia is a difficulty or discomfort with swallowing, commonly caused as a side effect of disease or its treatment. To compensate and reduce discomfort the texture of foods must be altered, making them easier to chew and swallow. The texture of food will depend on ones ability to chew and swallow and will range from liquid, smooth pureed, minced and moist or softened. What is important remember is that a texture modified food should never be bland. It should still be appealing, tasteful and satisfying.

The main concerns for those with Dysphasia are weight loss and lack of fibre in the diet. Reasons for such concerns include a decreased nutritional content of the modified foods, dislike of modified foods and thus preferring not to eat, embarrassment of needing to eat modified foods and the actual difficulty eating. This is why flavour is extremely important. Those with dysphasia must continue to enjoy foods, thus encouraging the maintenance of a full and sustaining diet.

Ensure foods are served and maintained at appealing temperatures. Those with dysphasia have a tendency to eat slower, leaving food to go cold and thus be less appetising. Be aware of foods that pose a choking hazard including stringy foods (eg celery), dry foods (eg popcorn, nuts), tough foods (eg steak), chewy foods (eg dried fruits, gummy lollies), husks, seeds and the skins of fruits and vegetables.

## STAR RECIPES

### Sweet and Savoury Barley Salad



**Serves 4**

#### Ingredients

1 cup raw pearl barley  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
3 grated carrots  
1 deseeded and finely diced red capsicum  
1 tbsp pine nuts  
2 tbsp sultanas  
4 pitted, diced fresh dates  
Juice of 1 lemon  
Juice of 1 orange  
1/2 tsp sweet paprika  
1/4 tsp turmeric  
1 bunch coarsely chopped coriander  
1 tsp red wine vinegar  
1 tsp olive oil

#### Method

Cook barley as per packet instructions  
Set aside to cool  
Meanwhile, combine all other ingredients and toss to combine  
Mix through cooled barley and serve chilled

#### Nutrients per Serve :

KJ - 1310, Cal - 313, Protein - 6.5g, Fat - 7g,  
Saturated Fat - 0.7g, Carbohydrate - 50g,  
Fibre - 11.6g

### Chicken and Artichoke Salad

**Serves 4**

#### Ingredients

500g skinless chicken breast  
Salt and cracked black pepper  
1 large sliced red capsicum  
1 tsp olive oil  
2 x 400g can chickpeas, drained and rinsed  
390g jar marinated artichokes, drained and quartered  
1 punnet halved cherry tomatoes  
1 bunch chopped flat leaf parsley  
2 sliced spring onions  
2 cups spinach leaves  
Juice of one lemon

#### Method

Preheat oven to 180°C  
Season chicken with salt and cracked black pepper, wrap individually in alfoil and bake for approximately 20mins, or until cooked through  
Combine capsicum and olive oil, mix well  
Place capsicum on baking tray lined with baking paper and roast for 20mins  
Remove chicken from oven and allow to cool slightly before dicing into small pieces  
Remove capsicum from oven and allow both capsicum and chicken to cool  
Meanwhile combine chickpeas, artichokes, tomatoes, parsley, spring onions and spinach  
Add chicken and capsicum and mix well  
Drizzle salad with lemon juice before serving

#### Nutrients per Serve :

KJ - 1352, Cal - 324, Protein - 38g, Fat - 7.5g  
Saturated Fat - 1.4g, Carbohydrate - 20g,  
Fibre - 7.6g



Visit our web site at

<http://www.perthdietclinic.com.au>

for nutritional information, health and cooking tips and an abundance of recipes

## CONSULTING VENUES AND TIMES

<b>WEST PERTH</b> <b>12-14 Thelma St</b> <b>Metered Parking in</b> <b>Thelma St (cul-de-sac)</b> <b>Approach Thelma via</b> <b>Murray Street heading</b> <b>into the City).</b>	9322-4680 Peggy Stacy Lindsay Pecoock San Tran Caitlin Warren Louise McEvoy	Mon - Fri Sat	7:00am- 5:00pm  8:00am-12:00pm
<b>ATTADALE</b> <b>Health at 520</b> <b>520 Canning Highway</b>	9322-4680	Wed	2:00pm– 6:00pm
<b>LEEMING</b> <b>South St Physiotherapy</b> <b>Suite 12 /73 Calley Drive</b>	9322 4680	Mon  Wed	2:00pm– 6:00pm  10:00am 2:00pm
<b>ROCKINGHAM</b> <b>Insight Physiotherapy</b> <b>24 Pedlar Circuit</b> <b>(near Bunnings)</b>	9322-4680	Thurs.	9:30am-5:00pm
<b>PADBURY</b> <b>Padbury Physiotherapy</b> <b>2/73 Gibson Avenue</b>	9322 4680	Mon	1:00pm—6:00pm

**Check us out on the web!**  
**[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)**