HEALTHY LIFESTYLE

Right food key to flat stomach

LOSING BULGE REQUIRES MORE THAN SIT-UPS

Loretta Mostofi AUSTRALIAN AND WORLD FIGURE CHAMPION

there, what are we doing internal fat deposits covering out changing a few wrong to have unwanted stomach fat?

Are you having trouble doing up the zipper on your jeans? Are they getting tighter around the waist? Do you find it impossible to see your toes past your protruding stomach?

If you can relate to any of the above, you may be one of your internal organs, which focus on your nuthe seven out of 10 middle- puts you at a higher risk of trition, daily aerobic acaged men or six out of 10 chronic disease. middle-aged women who are overweight or obese in Aust- magically melt the fat away ralia, based on a Baker Heart and there are no spot re- is vital to reduce that stub-Research Institute study.

Government statistics stomach fat. show that the waistlines of If your attempt to tackle shoretimes.com.au to read Australians have increased this bulge is doing hundreds about Loretta's top five from 56 per cent in 1995 to 61 of sit-ups a day, then that stomach exercises to per cent in 2007-2008, which isn't enough. I see so many strengthen the core.

heart disease.

Regardless of your build or I assure you that your WITH obesity numbers on height, if your waistline is attempt is building a the rise in Australia, and yet wider than 94cm for a male or stronger core and tonso many more low fat prod- 80cm for a female, then you ing your abdominal ucts and new age fad diets out have a higher percentage of muscles, but with-

There is no pill that would magically melt the fat away

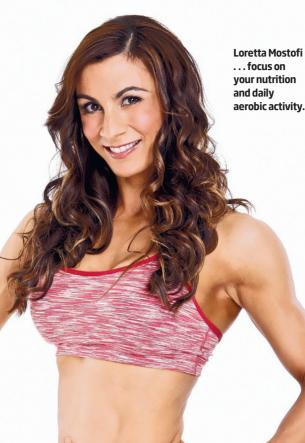
There is no pill that would your core muscles. duction methods on reducing born fat.

is increasing their risk of people try this approach of gaining Type II diabetes and spot reduction without getting results.

other factors in your lifestyle, your abdominal area will always be padded with that extra winter coat. The best advice I

can give as a personal trainer is to tivity and strengthening Secondly aerobic activity

• Visit the north



Fun start for Tigers

SOCCER

THE Northern Tigers Family Football Day will see the club kick off the season with a bang and some bangers.

While supporting the under 20s and 1st grade teams as they go up against the Bankstown City Lions, families can enjoy a barbecue and try their luck at goalkicking, dribbling and juggling competitions with great prizes up for grabs.

Event organiser Trevor Fulton said: "The Family Football Day is a fun way to show your support to the teams in their first game of the season and for the teams to prove how good their sides are."

The 2012 Northern Tigers 1st grade team boasts some top-notch players.

The squad includes Adam Biddle, a former Sydnev FC player who is returning from injury.

TIGER FEVER

WHAT: Northern Tigers Family Football Day WHEN: First kick-off is at 12:30 WHERE: Mills Park, Baldwin Ave. Asquith

COST: Gold coin donation or FREE if you wear a Tigers polo

SOCCER

Boys broaden skills at Chelsea FC camp

NORTHBRIDGE Red Force youth football coaches.

The 13 Northbridge players the state.

The Red Force juniors their football skills. were put through their paces at the Sydney Olympic Park under-10's team co-coach The Samsung-Chelsea FC Athletic Centre, by Christo- Scott Lewis said: "The boys Youth Football Camp began pher Woodward, Samuel were drilled and put through in 2007 and to date, more than Hubert, James Lambdon and their paces for $2^{1/2}$ hours, and 1650 children around the David Monk.

They completed a series of more. "Many in the team are under-10 players have had a skills stations designed to Chelsea FC supporters, and huge boost to their pre- help refine control, shooting, this was the perfect way to season, thanks to some words dribbling, heading and pass- kick off our soccer season. of advice from Chelsea FC ing skills, among other activities.

were joined by players from watched the action unfold Riethmuller. Oscar Mason, Chatswood Rovers and 180 from the sidelines as the Charley Laforest, Benjy children, aged 9-13, from young football fanatics em- Laforest, David Klumpp, Ethvarious footy clubs across braced the rare opportunity an Lewis, Mitchell Parras, to broaden and strengthen George Barraclough, Harry

Northbridge Red Force FC Clarkson. when it ended, they wanted world have taken part.

The under-10s who attended were Oliver Shackell, Parents and coaches Aiden Riethmuller, Callum Veil, Will Bucknell and Max



Northbridge Red Force under-10 football team.