

HEALTHY LIFESTYLE

Right food key to flat stomach

LOSING BULGE REQUIRES MORE THAN SIT-UPS

Loretta Mostofi
AUSTRALIAN AND WORLD FIGURE CHAMPION

WITH obesity numbers on the rise in Australia, and yet so many more low fat products and new age fad diets out there, what are we doing 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 the seven out of 10 middle-aged men or six out of 10 middle-aged women who are overweight or obese in Australia, based on a Baker Heart Research Institute study.

Government statistics show that the waistlines of Australians have increased from 56 per cent in 1995 to 61 per cent in 2007-2008, which

is increasing their risk of gaining Type II diabetes and heart disease.

Regardless of your build or height, if your waistline is wider than 94cm for a male or 80cm for a female, then you have a higher percentage of internal fat deposits covering

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your internal organs, which puts you at a higher risk of chronic disease.

There is no pill that would magically melt the fat away and there are no spot reduction methods on reducing stomach fat.

If your attempt to tackle this bulge is doing hundreds of sit-ups a day, then that isn't enough. I see so many

people try this approach of spot reduction without getting results.

I assure you that your attempt is building a stronger core and toning your abdominal muscles, but without changing a few 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 focus on your nutrition, daily aerobic activity and strengthening your core muscles.

Secondly aerobic activity is vital to reduce that stubborn fat.

● **Visit the north shoretimes.com.au to read about Loretta's top five stomach exercises to strengthen the core.**



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SOCCER

Fun start for Tigers

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 goal-kicking, 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 Sydney 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 under-10 players have had a huge boost to their pre-season, thanks to some words of advice from Chelsea FC youth football coaches.

The 13 Northbridge players were joined by players from Chatswood Rovers and 180 children, aged 9-13, from various footy clubs across the state.

The Red Force juniors were put through their paces at the Sydney Olympic Park Athletic Centre, by Christopher Woodward, Samuel Hubert, James Lambdon and David Monk.

They completed a series of skills stations designed to help refine control, shooting, dribbling, heading and passing skills, among other activities.

Parents and coaches watched the action unfold from the sidelines as the young football fanatics embraced the rare opportunity to broaden and strengthen their football skills.

Northbridge Red Force FC under-10's team co-coach Scott Lewis said: "The boys were drilled and put through their paces for 2½ hours, and when it ended, they wanted

more. "Many in the team are Chelsea FC supporters, and this was the perfect way to kick off our soccer season.

The under-10s who attended were Oliver Shackell, Aiden Riethmuller, Callum Riethmuller, Oscar Mason, Charley Laforest, Benjy Laforest, David Klumpp, Ethan Lewis, Mitchell Parras, George Barraclough, Harry Veil, Will Bucknell and Max Clarkson.

The Samsung-Chelsea FC Youth Football Camp began in 2007 and to date, more than 1650 children around the world have taken part.



Northbridge Red Force under-10 football team.