

BIGGEST LOSER TRAINER TIFFINY HALL'S TOP 10 WEIGHT-LOSS TIPS

1 FAD DIETS ARE SWEAR WORDS

Decide to go off all fad diets forever.

2 EAT MORE TO WEIGH LESS

You have to eat more often to weigh less. Eat healthy meals regularly — breakfast, snack, lunch, snack, dinner.

3 EAT NAKED

I only eat naked. Eat foods close to the source — healthy, nude foods that are undressed, unpackaged, unprocessed. You'll always look your best if you eat naked.

4 AVOID THE SQUIRTS

Many of us overdo our kilojoule quota just with sauces, dressings and toppings.



5 SORRY — MUFFINS ARE CAKES

Muffins are not healthy snacks.

6 LIMIT ALCOHOL

Alcohol is deadly to your metabolism if you are trying to lose weight. Alcohol stalls the fat-burning process. When you drink, whatever you eat gets stored — and you didn't eat a salad with that beer. Mix your drink with soda water to lower kilojoules, or drink a glass of water in between.

7 GET A HEART RATE MONITOR

In order to really understand the energy contained in food, you must understand what it takes to use it up. Strap on your heart-rate monitor and try to burn 2000kj. See how hard and how long it takes to chew up one single morning muffin.

8 NO INVISIBLE FAT — SUGAR

Sugar is invisible fat in your body. Your body has an inbuilt detector to tell your brain when it has had too much fat, but it doesn't have this detection system for sugar. Eating large amounts of sugar increases the hormone cortisol, which is produced in the adrenal gland and is the stress hormone. Sugar temporarily increases blood pressure (for extra thinking) and blood sugar (for extra energy) and suppresses the body's immune system. This sugar high shuts down fat burn.

9 SAY NO TO LIQUID LOLLIES, OR SOFT DRINKS

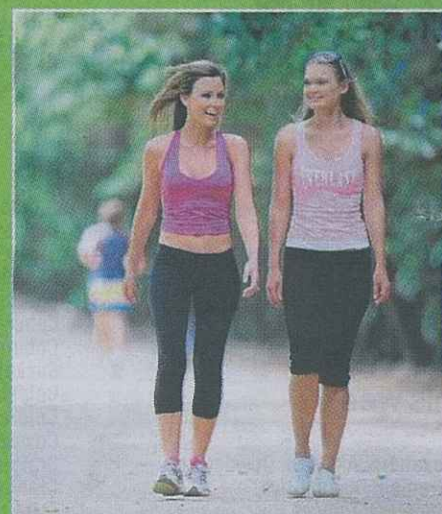
Soft drinks are pure sugar — one alone can contain up to 10 teaspoons of sugars. Also, be aware that juice is full of sugar. I always opt for a nutty, full-fat smoothie over a fat-free, sugar-full juice.

10 WATER

Your greatest weight-loss weapon is the most popular product on the diet market. It suppresses appetite, improves strength, increases speed, helps you lose stubborn fat, improves your complexion, keeps you alert, beats tiredness and helps you sleep well. Good, old water. If you are dehydrated, your body shuts down fat burn and increases cravings. If hydration isn't coming from water, then your body will send you to raid the fridge in search of moisture from food.



Hall appears on *The Biggest Loser, Ten*. Sunday 6.30pm, Wednesday 7.30pm, Thursday 7.30pm, Friday 7.30pm.



FEEL THE BURN

HERE ARE A FEW FOODS, AND THE TIME IT TAKES TO BURN THEM OFF

4847KJ →

≡ BURGER, LARGE FRIES AND A LARGE SOFT DRINK



WALKING (3-6km/h)	3hrs 9 mins
RUNNING (12km/h)	1hr 6 mins
LOW-IMPACT AEROBICS	2hrs 31 mins
CYCLING (21-26km/h)	1hr 24 mins
WATCHING TV	8hrs 25mins

1750KJ →

≡ TAKEAWAY CHICKEN STIRFRY WITH SAUCE AND FRIED RICE



WALKING (3-6km/h)	2hrs 24 mins
RUNNING (12km/h)	51mins
LOW-IMPACT AEROBICS	1hr 55mins
CYCLING (21-26km/h)	48 mins
WATCHING TV	6 hrs 25mins

1410KJ

≡ SPAGHETTI BOLOGNESE

WALKING (3-6km/h)	1 hrs 14 mins
RUNNING (12km/h)	26mins
LOW-IMPACT AEROBICS	59mins
CYCLING (21-26km/h)	33mins
WATCHING TV	3 hrs 19mins



1150KJ →

≡ ONE CHOCOLATE BAR



WALKING (3-6km/h)	32mins
RUNNING (12km/h)	15mins
LOW-IMPACT AEROBICS	35mins
CYCLING (21-26km/h)	19mins
WATCHING TV	1hr 56mins

500KJ

≡ ONE BANANA

WALKING (3-6km/h)	13 minutes
RUNNING (12km/h)	5 minutes
LOW-IMPACT AEROBICS	10 minutes
CYCLING (21-26km/h)	6 minutes
WATCHING TV	35 minutes

* All figures based on someone who weighs 90kg