

Fight for your health

Taekwondo instructor, *The Biggest Loser* trainer and author **Tiffany Hall** is passionate about life-long fitness. We chat with her about self-discipline, good food and smashing those scales for good

What's your verdict on diets?

I think diet is a swear word because we should be eating healthily and exercising so that we can enjoy our food. Dieting is particularly dangerous for young people because it stuffs up your metabolism. It's all about training the inside first and then the outside – training inside out. It's about harmonising your hormones, regulating your metabolism so that your body does all the hard work for you.

When you go on diets it really interferes with your hormones

Everyone is so obsessed about dress size and the reality is, the healthier you are, the better you will look. It's not about a dress size or number on the scales, it's about every choice being healthy and then you will look the best you've ever looked.

How does your martial arts background influence your attitude to fitness?

My martial arts is everything in my philosophy to health. Health is about self-awareness and I learnt this through martial

and sauces then restock your kitchen with nutritious food.

Set times to eat every day and try to maintain those times. The worst thing with busy days and schedules and trying to fit in meal times is it can be 3pm before you eat and then you just grab a muffin and coffee. This will regulate your eating patterns and your metabolism. I set reminders in my phone.

Also, set regular times to exercise, whether it's in the morning or after work, and when that alarm goes off put your runners on and go and do it – even if you have to sleep in your workout gear! Set a time and you become accountable.

What's the best way to build a positive body image?

Smash the scales! It drives me nuts, people standing on scales trying to achieve the perfect number without really understanding what the number is. You can fluctuate kilos in terms of how much water you drink. Scales are not a fantastic indication of fat loss. Always have a favourite pair of jeans and check in with them every three or four weeks – if they still fit you're on track.

Talk well to yourself and whenever you catch yourself talking down tell yourself three things that you like about yourself.

Concentrate on the fit not the fat. Setting yourself fitness goals is far more healthy than setting yourself weight loss goals, whether it's running non-stop for 20 minutes or going for a walk every day.



Tiffany's book *Weightloss Warrior: How to win the battle within* (\$34.95) is available from all good bookstores. *

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and puts your metabolism into starvation mode, so you're teaching your body to store fat. Working on *The Biggest Loser*, I really do see the product of a lifetime of dieting and that is obesity, because their metabolisms are so heavily trained to store fat and use food ineffectively as energy that they end up adding years to their lives.

The number one thing is always training your metabolism – it's about balanced eating, not saying no to any foods, eating regularly, harmonising your hormones and understanding that every single body is different.

arts. A lot of my contestants on *The Biggest Loser* have no self-awareness to understand if they're hungry or hurting.

My martial arts background also helps with discipline. Health isn't a fad that you go on or off – health is a discipline like a martial art and you have to be committed to it every day.

What are your top tips for changing not-so-healthy habits?

When it comes to food, you have to do a kitchen makeover. You have to get rid of all the temptation – throw away packaged snacks, soft drinks