

Watching their diets

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Audrey Currie (right) chats with her personal trainer Gemma Compton from Mind Body Motion Fitness Solutions. Picture: CARMELA ROCHE

FOR the past 12 months Audrey Currie has been running for her life.

Exercise is not something she necessarily enjoys, but through group exercise with Mind Body Motion Fitness Solutions she has managed to keep fit and healthy.

"I was exercising twice a week, then went to working and had to drop one of the days," she said.

"But I kept eating the same amount and I watched my weight creep up and up.

"So for the past two months I've been watching what I eat."

As a mother of two, Mrs Currie said she went from running around after her youngest, a four-year-old, to sitting at work.

"I had a look at what I was eating and what bad eating patterns I had," she said.

"So I stopped snacking later at night and have made a conscious decision, and things are starting to pay off."

Mrs Currie is part of a large number of people living in the Rouse Hill area who have spent the past 12 months making improvements to their eating habits and started an exercise program.

It is a trend being repeated across Sydney, with 60 per cent of respondents to the Cumberland-Courier Community Pulse Survey saying they had improved their eating habits in the past year.

More than 30 per cent said they had started a fitness program, 14 per cent joined a gym and 6 per cent quit smoking.

Mrs Currie is one of 67 per cent of Rouse Hill Times readers who have improved their eating habits over the past 12 months, and one of the 26 per cent of readers that have started a fitness regime.

Heart Foundation NSW chief Tony Thirlwell said walking for 30 minutes daily, even if it was in 10 minute blocks, was more effective than going to the gym once a month.

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