

Continued from page 3, Metabolism

- 1.) **Don't skip breakfast**, eat a high protein, high fibre breakfast to kick start your metabolism in the morning. Some suggestions are Oatmeal and Eggs.
- 2.) **Exercise regularly**. Include a variety of types of exercise so your building more muscle which will help burn calories.
- 3.) **Eat more small meals** throughout the day, especially healthy snacks.
- 4.) **Red Peppers and Green Tea** have been rumored to help boost your metabolism. Eat reasonable portions of healthy foods and a good variety every day.
- 5.) **Get plenty of sleep, about 7 hours a night** should help you feel refreshed. You may have less junk food cravings when your body is getting proper rest every night.
- 6.) **Combat stress** by enjoying the outdoors, walking in a green space, sitting near a body of water, getting fresh air.
- 7.) **Meditation** can help you relax and ward off stress. Much the same as not getting enough sleep, if you are under too much stress, it can trigger food cravings.

More information on Metabolism boosting foods can be found on our website:

www.oldfashionfoods.com

Disclaimer: Old Fashion Foods reserves the right to all content herein. The content in our Newsletters and Tip of the Month is for informational purposes only. Information contained in this advertising medium is not intended to diagnose, treat, suggest a course of treatment, cure or prevent any disease, condition or malady. Information is derived from numerous sources and is not to be considered medical claim.

OLD FASHION FOODS carries many products that may help you boost your metabolism and ultimately lose excess weight, have more energy and feel better. Stop in at any one of our locations and speak to our knowledgeable staff.



OLD FASHION NEWSLETTER

September 2012—Edition 9



Coming Event

OLD FASHION FOODS

presents

'THE PICTURE OF HEALTH EXPO'

SATURDAY, OCTOBER 20

10 a.m.- 6 p.m.

at the Italian Club, 2148 - Connaught St., Regina



Enter to Win **'VITAMINS FOR A YEAR'***

*(12—\$50.00 Gift Certificates, one a month for 12 months)

< ipad

< Books

<T-Shirts

< BMX Bike

< Gift Bags

< Gift Certificates

< Aussie BBQ

< Gift Baskets

< Vita-Man Bucks

30 suppliers bring you the latest and best that

Vitamins and Health Foods has to offer. Be sure to stop in for the cutting of

"The Picture of Health" Cake at 2:55 p.m. Free Cake while it lasts.

7 Guest speakers featuring Lorna Vanderhaeghe & Brad King.





CUSTOMER APPRECIATION DAYS

Tues., Sept. 4, Mon., Oct. 1, Mon., Nov. 5, Mon., Dec. 3

2013 Mon., Jan. 7, Mon., Feb. 4, Mon., March 4,

Mon., April 1, Mon., May 6, Mon., June 3, Tues., July 2

15% OFF * Everything in the Store. Unless otherwise marked , some exclusions apply.*

METABOLISM : Laura's Story,

When Laura was younger, in her teens, in her 20's, 30's, even her early 40's

she could eat anything she wanted, whenever she wanted and she never once worried about weight gain.

It was a non-issue, so when she was diagnosed with an under-active thyroid

in her late 40's, she didn't realize how they would be connected.

Now in her early 50's and about 30, umm, ok, closer to 40 pounds overweight she's looking around and wondering how did she get here?

It makes her mad that jeans and tops don't fit her anymore and if she wants to find something to fit, she's shopping in the plus sizes or looking for XL tags.

She goes for a walk almost every night, she has started riding her bike and she's trying to cut down on what and how much she eats, but it doesn't seem to be working. She just hovers between 2 weights on the scale only about 2 pounds difference.

She decided to do some research and the following is what she discovered to help boost her metabolism and in turn help her to lose weight: (continued on back page)