

MK Community Shop at Kingston Centre looking for weekend helpers

Charity shop needs more volunteers

MK Community Shop Kingston is looking for volunteers to help operate its busy charity shop at weekends.

The shop, based at Kingston Centre opposite Tesco, is run jointly by the Pre-School Learning Alliance and Carers Trust Thames charities.

This will appeal to those who want to give something back to the community, who are in the process of getting back into work, or younger people (over 16) who need work experience. There is a full induction programme.

Interested? Call the shop manager on 01908 584672.



Volunteers
Lynda Giffen
and John Lakin

Pick up Celebrate:MK every month from Kingston Centre, outside the MK Community Shop

'Flexible dieting is the ticket to long term body success'

MK personal trainer and nutritional advisor **Joana Todor Back** has joined Celebrate:MK as our resident fitness columnist. She kicks off by explaining the differences between rigid and flexible dieting...



STUDIO 44
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Lots of people have started New Year diets and this is the subject I want to talk about in my first column for Celebrate:MK.

In my 10 years as a personal trainer and sports nutritionist I've been custom building nutritional plans for all of my clients, usually starting with a 'specific diet'.

I assess body composition by establishing body fat vs muscle and, from that, I calculate macronutrients and calorie intake to draw up the perfect diet for each client – and they rapidly lose weight.

But after a period of time this rigid dieting stops working as our body eventually acclimatises to the new way of life, and we slowly become demotivated and uninterested in eating the same foods over and over again.

This is the time when flexible dieting needs to be introduced, which is the ticket

for long term success. In the last few years, the concept of flexible dieting has come to the forefront of weight management/weight loss strategies.

It is a relatively new technique that gives individuals greater control and freedom over their diet with less restriction than a typical rigid diet has.

Macronutrients have significant calorie values. 1 gram (g) of carbohydrates or protein contains 4kcal, whilst 1 gram of fat contains 9kcal.

So, you then add up the quantity of macronutrients you eat and then calculate your calorie intake.

There are lots of ways to track calories out there – I personally like to use MyFitnessPal with all my clients.

I compete as a bodyfitness

model and I've dropped my body fat down to 8% just by flexible dieting.

The point of flexible dieting is that you can eat what we all call 'bad' foods occasionally, as long as they are in proportion/moderation and don't lead to you exceeding the calorie/macronutrients limit for your goal.

It is much better than sticking to the same rigid diet day in and day out with the same daily goal, as planning can be difficult and meals can become very repetitive.

Also, rigid dieting for a long period of time will unbalance your hormone optimisation, which leads to a slower metabolism... which brings me on to next month's subject!

Give me a call on the number below if you would like any personal help with your dieting or training.

Call Joana on 07808 030091 or email joanatraining@gmail.com for further advice or to book her for personal training sessions

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