

MAGIC NUMBERS

Whether you loved or loathed school maths classes, there are a few important numbers you need to remember if you want to improve your health.

1 serve of meat, fish or beans

One serve is roughly about 80 grams of chicken or fish, two small eggs, or one third of a cup of legumes.

2 litres of water

While there are many theories about the right amount of fluid to drink, a good guide is to aim for 1.5 to 2 litres per day, depending on your weight (35-45ml/kg).

2 servings of fruit

One serve is considered a piece of medium-sized fruit such as an apple, or four pieces of dried fruit, such as apricots.

3 servings of dairy food

One serve equates to one glass of milk or calcium-enriched soy milk, a small tub of yoghurt or two slices of cheese.

5 servings of vegetables

A serve of vegetables is considered by the Dieticians Association of Australia to be half a cup of cooked vegetables, a cup of fresh salad, or a medium potato -- aim for at least one to two serves per meal.

6 servings of bread and cereals

The National Heart Foundation recommends that we eat at least six servings a day, wholegrain when possible.

7-8 hours of sleep

30 minutes moderate physical activity

Note: these are all general guidelines aimed at healthy adults from 19-60 years old.

Sources: Nutrition Now; NutritionAustralia.org; BBC news at bbc.co.uk; and the Dieticians Association of Australia



Looking for an opportunity to burn off those extra calories consumed over the Christmas break? Or did you make a New Years resolution to get fitter and more physically active? Why don't you organise some friends, family or work mates and get a team for the Perth Intergrated Health Teams Triathlon Series? There's four races left in the series – you can choose between the Enticer Triathlon for Novices, or if you're looking for more of a challenge you can try the Pursuit Triathlon.

Swim, Cycle and Run your way to a happy and healthy 2011.

For more information log on to www.triserieswa.com.au or call 9244 5200



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

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