

# NORTH SIDE

Tuesday, October 28, 2008

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## McFATTENING

Per ounce, Chicken McNuggets contain twice as much fat as hamburger.



## MASSES OF MUSCLES

650

The human body has more than 650 muscles.

## HISTORY OF HYPNOSIS

Hypnosis has been in use for thousands of years. Egyptians had popular 'sleep temples' where people lay and listened to somebody chanting to help cure illness as far back as 1500BC.



## AN OBESE NATION

We are a nation proud of record breaking. In the pool, on the track and in the arena. Now we hold another one. Congratulations Australia, we are officially the fattest nation in the world.

Figures released by Diabetes Australia show 17.5 per cent (3.71 million) of Australians are obese.

The problem is so serious that Westmead Children's Hospital has become one of the first in the world to appoint a specialist to treat childhood obesity.

The growing problem is putting pressure on the economy, the health system and our hearts.

So what can we do? Take pills, poisons or starve ourselves? Sophie Walton looked at three approaches which may ease the strain on the purse and the waistline.

## GO AND GET FIT

Matt Anderson is a fitness fanatic who splits his time between his personal training, boot camp and surf school businesses. His range of fitness alternatives are designed to work for anyone from the beginner to the expert.

"Boot camp is not for the faint-hearted," Mr Anderson said.

Groups are divided into ability levels based on a fitness assessment that includes: a 2.4km run and one minute each of push-ups, sit-ups and squats.

"It's definitely not for beginners," he said.

People looking to start exercising are advised to take personal training classes first. Mr Anderson said this will help establish a base level of fitness and increase motivation.

"If you book a session, you're accountable for getting off your

## ..... Fast Facts

**NAME:** Matt Anderson

**OCCUPATION:** Fitness Guru

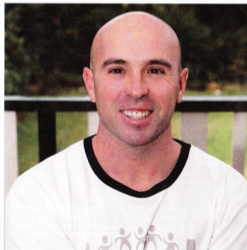
**LOCATION:** Harbourside  
Health & Fitness; bootcamp  
Fitness Sydney; surf school

[www.harboursidefitness.com.au](http://www.harboursidefitness.com.au)

Participants are also given fitness homework if their trainer feels they are falling behind.

For people wishing to participate in group fitness, Mr Anderson suggests surf school. Participants are given a structured two hour lesson learning to surf at Dee Why or Freshwater.

"It's a different fitness field all



Matt Anderson is a personal trainer and surfing instructor.