

# Introducing "My Fitness Pal"

Last week, we talked about the benefits of keeping a food diary - just a basic record of what, when and why you eat. You should now have been doing this for the past 6-7 days hopefully.

- *How did you get on?*
- *Was your diary accurate?*
- *Did you miss any meals or snacks?*

The reason behind doing this process was to get you into the habit of logging your food. Whilst doing so the chances are you probably didn't snack quite as much as you normally would - purely because you felt accountable.

## *Did this happen to you?*

If you think back a couple of days, you 'might' be able to remember what you had for lunch or dinner but there's an even bigger chance that you have forgotten about that doughnut you had mid-morning because it was "Sue from accounts birthday", those crisps you munched on mid-afternoon and the few left over Christmas quality street you had in the evening. Add them up though and there's another 400-500 calories you may have forgotten about. Spread that over a week and it can quite easily result in an extra pound of weight (3,500 calories is 1lb). Do this for a few weeks and before you know it, you're wondering where that half stone came from...

You can see how quickly this can all add up can't you? 1lb a week is 4lbs a month and almost 2 stone in 6 months. The problem is that you don't notice a pound in weight gain and you might not even notice 3 or 4lb but when it's 6 months down the line and you notice your jeans feel tighter than they used to and you blame it on the washing machine for shrinking them, you suddenly have a lot of work to do.



The next problem is that because you hadn't noticed the weight gain creeping in over the last 6-12 months, when it reaches the point that you want to lose the excess weight, you want it gone straight away. It might have taken 12 months to appear, but you want rid of it in a fortnight so you look great on your holiday.

This is where the famous crash diets come in and add to your problems. *More on that in another unit though...*

## Your Task for week 2

This week, I want you to start keeping a more accurate food diary using a **free** App called '[My Fitness Pal](#)' - which allows you to scan bar codes of food and drinks you consume and automatically add them to your days diary. It's great, and well worth every penny 😊

[There is a short video here](#) showing you how to set up My Fitness Pal and start recording your daily

food intake. Have a quick look and get yourself set up ready to go and start recording your food **today!**

### **The Secret to success**

For anyone looking to lose some weight, starting fitness is the right thing to do. Your body needs to burn energy in order for you to burn fat and the more you exercise, the more this will happen. However, if you have unhealthy eating habits you are still going to struggle with making this happen as quick as you wish. You will see results, but they will come much slower if you don't change your eating habits as well.

Likewise for someone making healthy changes to their eating habits but not adding any exercise into their daily routine. The results will come, but not as quickly as you may hope for.

However - doing both things at the same time in a steady, controlled way is the secret to weight loss success. Small changes to your eating habits, add in some exercise and slowly increase this over time and **BOOM** - wolf whistle's here you come! 😊

To learn more about healthy eating, nutrition and diets have a look through our other [website blogs](#) here.

So, download My Fitness Pal, create your profile and start keeping an accurate food diary today. You will be doing this for the next few weeks rest and pretty soon I will be asking you to either allow me access to review your diary or send me some screen shots instead so make sure there is something there for me to see 😊.

[My Fitness Pal set-up guide here](#)