

# ECHO Active

A guide to a healthier you

## ECHO signs up to a great fitness deal

# FOR THE

TO get Liverpool active in 2009, the ECHO has joined forces with Executive Fitness in Dale Street.

Executive Fitness is exclusively offering ECHO readers a complimentary week-long Platinum Membership in January.

Ring the gym for an appointment to activate the week's free membership taking the ECHO coupon below on your first visit.

Those who respond with an ECHO coupon will also be entered into a prize draw for a meal for four at Liverpool's PanAm restaurant.

The PanAm has signed up to take part in the ECHO's Lose a Million Pound Campaign and has devised a new dish, Southeast Asian Chicken - sesame soy noodles with wok-fried vegetables - to satisfy those who are



**FIT TO EAT:** Head chef James Hughes from Pan Am and Chris Kinch, of Executive Fitness

committed to lose a few pounds during the challenge.

The week's free Platinum membership to use at Executive Fitness includes one complimentary Personal Training Session or one complimentary Crystal Clear beauty treatment,

unrestricted access to the state-of-the-art, totally air conditioned gym - complete with personal viewing TV screens on all cardio equipment, unrestricted access to all studio classes and complimentary towel service. (Terms and conditions apply).

PanAm executive chef Mark Farrell said: "PanAm has always made it simple for people who are keeping an eye on calories to eat well.

"We are giving all of our patrons an opportunity to kick-start 2009!"

Tony O'Brien from Executive Fitness said "Exercise and healthy eating go hand in hand for a healthy body - it's not about a quick fix or fad training.

"We are delighted to be able to offer ECHO readers the chance to visit our gym, to ensure a lasting commitment to fitness."

● Executive Fitness Clinics are on 0151=236 2882.



**SLIM:** St Helens comedian Johnny Vegas has lost five stone, and urges ECHO readers to fight the flab

## If I can do it, anyone can, says Vegas

ST HELENS comedian Johnny Vegas has shed five stone to support Liverpool's Lose A Million campaign.

Today he urged ECHO readers to join him in fighting the flab by committing to get fit through the ECHO-backed city challenge.

Later this week Liverpool primary care trust will re-issue its challenge for the city as a whole to pledge to lose a million pounds in weight.

Johnny said he would advise anyone who knows they need to improve their health to sign up for a healthier lifestyle.

"A couple of years ago it dawned on me that I wanted to feel healthier and realised that I needed to lose weight.

"So far I've lost about five stone but I've had to give up the kebabs and cut down on the pints for a more balanced diet.

"My dad's even

weighed in by giving me his home-made broth that I freeze and reheat when I'm working away in Spain.

"I'm even having more baths now after taking up swimming which has helped burn off the calories."

He added: "If I can do it, anyone can.

"It's been a lot easier than I thought and I'm saving money.

"I'm sticking to my way of doing it and it's

working. Any improvement is good for you. Just stick at it and you'll notice the difference and feel better.

"Liverpool's Lose A Million challenge is a great campaign for people in the city to sign up to.

"Knowing Scousers, they'll get behind this and lose a million pounds.

"Go for it and good luck."



### Special Offer

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Address: .....

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Telephone: .....

## GO EAT... PEANUT BUTTER

PEANUT butter is one of the 'bad' things in life that IS actually good for you.

It's high in calories because it's packed with the same healthy monounsaturated fats as olive oil.

Peanut butter is very high in glutamine - an amino acid needed for many different processes in the body. It is also the most abundant amino acid in muscle tissue.

Peanut butter also contains high levels of protein, low levels of vitamin E and is also a worthwhile

source of iron, niacin (vitamin B3) and fibre.

According to researchers, people who eat a diet high in foods like olive oil, avocados, and peanut butter are more likely to lose weight and keep it off than people following a

more regimented, lower-fat diet.

People also feel fuller and eat less after snacking on peanut butter than after eating other foods.

● Some brands contain undesirable additives that do more harm than good. Check the ingredients or simply choose an organic brand to get the maximum nutritional benefit.

● For peanut butter recipes visit [liverpoolecho.co.uk/active](http://liverpoolecho.co.uk/active)



**CHOC AND CHIPS:** Emma's favourites

## WHAT MAKES

### HOW DO YOU KEEP FIT?

I TRY to keep as active as possible and have always been sporty. I am a member of a gym and try to go at least three or four times a week. Sometimes I like to play squash as I have always loved it since my dad got me into playing it aged seven. I got to play at county level, but while I am not that good any more I still find it really energising. It appeals to me too as I am quite a competitive person. In