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Weekend
detours

Men know how to lose weight

MANY of us gals would like to think it is we who can teach the men in our lives a thing or two about healthy diet and exercise habits.

But when it comes to weight-loss, perhaps it wouldn't hurt to pay a little attention to how men approach the task.

For men, it's often simple.

They identify a need to eat the right foods, at the right times in order to fuel their bodies.

They might decide to cut out beer or certain other foods for a set period of time in order to achieve their goal.

But more importantly, they cut out the emotion.

There's no "oh but I need it to get through this task" or "I've been bad today so I'll make up for it tomorrow".

Men don't tend to dwell or feel as much guilt about any dietary slip-ups.

They approach weight-loss in much the same manner as they approach life in general - with one-eyed focus on what they are doing.

While this may be annoying to most multi-tasking females, it's a sure fire way to get results.

Here's a few other tips we can take from the male approach:

■ Stick with the facts: Don't get drawn into every fad diet or latest weight loss craze promising results. Eating less rubbish and moving more just might work.

■ Cut out the emotion: Get rid of the guilt and self-loathing after any dietary slip-ups. Guys are less likely to moan about whether their butt looks big in their favourite jeans. Stop the negative talk.

■ Adopt a one-track mind: Stop over-complicating the issue.



KEEP IT SIMPLE: Eat the right foods at the right times to fuel your body.

Photo: Fotolia

■ Food as a fuel: Stop thinking of food as a reward and instead something that is able to fuel your most effective performance. This will help you to make better food choices because it's the stuff that's going to help you run right.

■ Pull your weight: Guys often head for the dumbbells to buff up their biceps but this isn't such a dumb move. This is a lead we definitely need to follow as it's one

of the most effective ways of increasing metabolism, shifting fat, changing the shape of your body and increasing bone density.

Bec Josey is a journalist and qualified personal trainer. Bec now supports others to get in shape for life as well as events and can be contacted at on 0424 080 321 or via perfect.fit@bigpond.com. For more information visit www.perfect-fittraining.com.au.

Bestseller is altogether moving and profound

IT DOES not generally do to reveal the ending of a novel under review.

But when the entire work concerns the ending to which we all come, then surely it is fair to reveal that here is a personal revelation of "the great unmentionable".

Tahar Ben Jelloun's considerable body of work has followed the life-cycle in dealing with childhood, sexuality, industrial labour, unemployment, marriage and the family, all narrated in the informal vernacular of an immigrant from North Africa to either Spain or France.

Here he deals with "coming home" in the dual sense of returning to "the old village" (in Morocco) and to the world before and after life on earth.

As Mohammed retires from a lifetime of employment, he decides: "I wouldn't like to leave my body in a French hole. It's foolish, what I'm saying, but if I could be certain that my children would often visit my grave... I'd give my body to Lalla LaFrance".

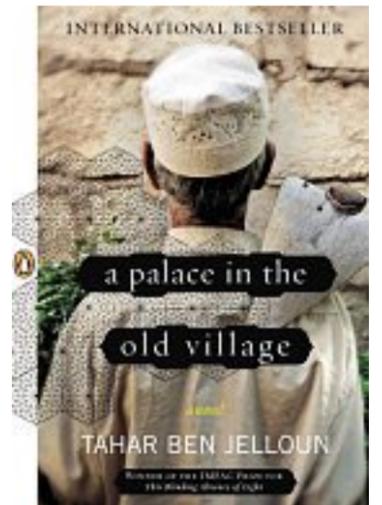
It is his uncertainty that settles the matter. "Mohammed dreamed of bringing everyone back together and having a celebration, but since he was sure his children wouldn't come, he decided to fall ill, gravely ill."

When this ruse fails, he determines to sink his life's savings into digging a hole in the Moroccan desert from which would grow "the palace" that would unite the family and serve as his memorial.

To him it becomes a folly on the scale of an Alhambra, forever unfinished and a monument to his unexpressed creativity.

To the villagers, it is a testament to his sanctity.

In returning to his roots, Mohammed is cutting down the tree of his life, shedding the branches of his family. The generation clash is also a culture clash, for the French-born children are grown and flown, marrying out and car-



ing little for their father's traditional world-view.

This has to be Mohammed's mausoleum, cursed by both his descendants and the Jinns of antiquity.

Finally, "all had become simple, limpid: whatever or whomever he was dying for had fallen down the well of his childhood; he no longer saw them... no longer heard the sound of their voices".

The narrative voice fuses with that of the protagonist.

Mohammed - another name for everyman - is drawn from the popular classes and so becomes their spokesman.

Yet he understands less than ever before about where he has come from and returned to, while it all - himself included - slips into the desert sands.

"Someone cried out, Gone! Mohammed has gone to God! The village has its saint!... An old woman sitting on a stone spoke up: Wonderful! We haven't any water, we haven't any wheat, we haven't any electricity, but we have a saint!"

Ben Jelloun completes the life cycle with an extended meditation on its final stage, part tragic and part farcical, altogether moving and profound.

It's Monday Madness!
WIN! WIN!
WITH THE MONDAY PRIZE PAGE!!!

HOW TO ENTER
Every Monday, we'll give you the chance to win one of 10 different products each month. Buy a copy of Monday's paper and just cut out the picture of the item you want to win and follow the instructions. Make sure you put your name, address and contact telephone number on the back of the envelope!

The competition runs every Monday and the prizes change each month, so you have lots of chances to win. Winners will be contacted by phone and published in The Observer public notices as per the dates in the Monday Madness page.

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