



Better food yields benefits

By **Helen Gregory**

TWELVE weeks ago, 13-year-old Robert Frankel would never have tried wholemeal bread but now it's the only kind he'll eat.

Robert used to make milkshakes with double-cream milk but now he restricts himself to a skim variety – and has persuaded his father Steven and brother Ben to do likewise.

He spends less time watching TV and is far more active outdoors than he used to be

when, weighing 93 kilograms, he was “borderline obese”.

Now he's down to 87 kilos and has set himself a goal of 75-80 kilos.

Robert's refrigerator revolution is a result of his participation in the Loozit Study at the Hills Community Health Centre.

Loozit shows youngsters how to control weight, build self-esteem, manage stress and set healthy lifestyle goals.

Mr Frankel said the family used to have “very bad eating habits” with lots of takeaway

food and dinners that rarely included vegetables.

Loozit has group sessions for children and separate meetings for parents.

Robert now eats fruit and muesli bars instead of chips and lollies and has added fibre to his breakfast.

He's determined to go to reunion sessions four times a year.

Another program began this week.

Details: 9845 1224 or visit www.chw.edu.au/kids/loozit.



No more temptation: The Frankel family have eliminated unhealthy foods from their kitchen.

Picture: Michael Szabath