

# Calorie-rich lunch helped lift the blues

**C**HOCOLATE cake and sticky date pudding were on the dessert menu at Life Personal Trainers Spring Ladies Lunch on Friday, proving that a balanced diet can occasionally include high calorie treats.

Held at North Adelaide's Queen's Head Hotel, it raised funds for anti-depression group Beyondblue.

Life Personal Trainers sports dietitian and trainer Tanya Lewis talked about having a healthy lifestyle and the importance of exercise in treating depression.

She invited Life PT clients and friends to enjoy their three-course meals and wines without guilt.



□ Michelle Colley, Philippa Henning, Tanya Lewis and Janica Lewis at the Queen's Head Hotel.