

# New Year's Slimming Solutions

Are you determined to get slim and fit after the festivities? Follow these tried and tested tips to keep yourself looking svelte and toned all year long.

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## Adopt the right attitude

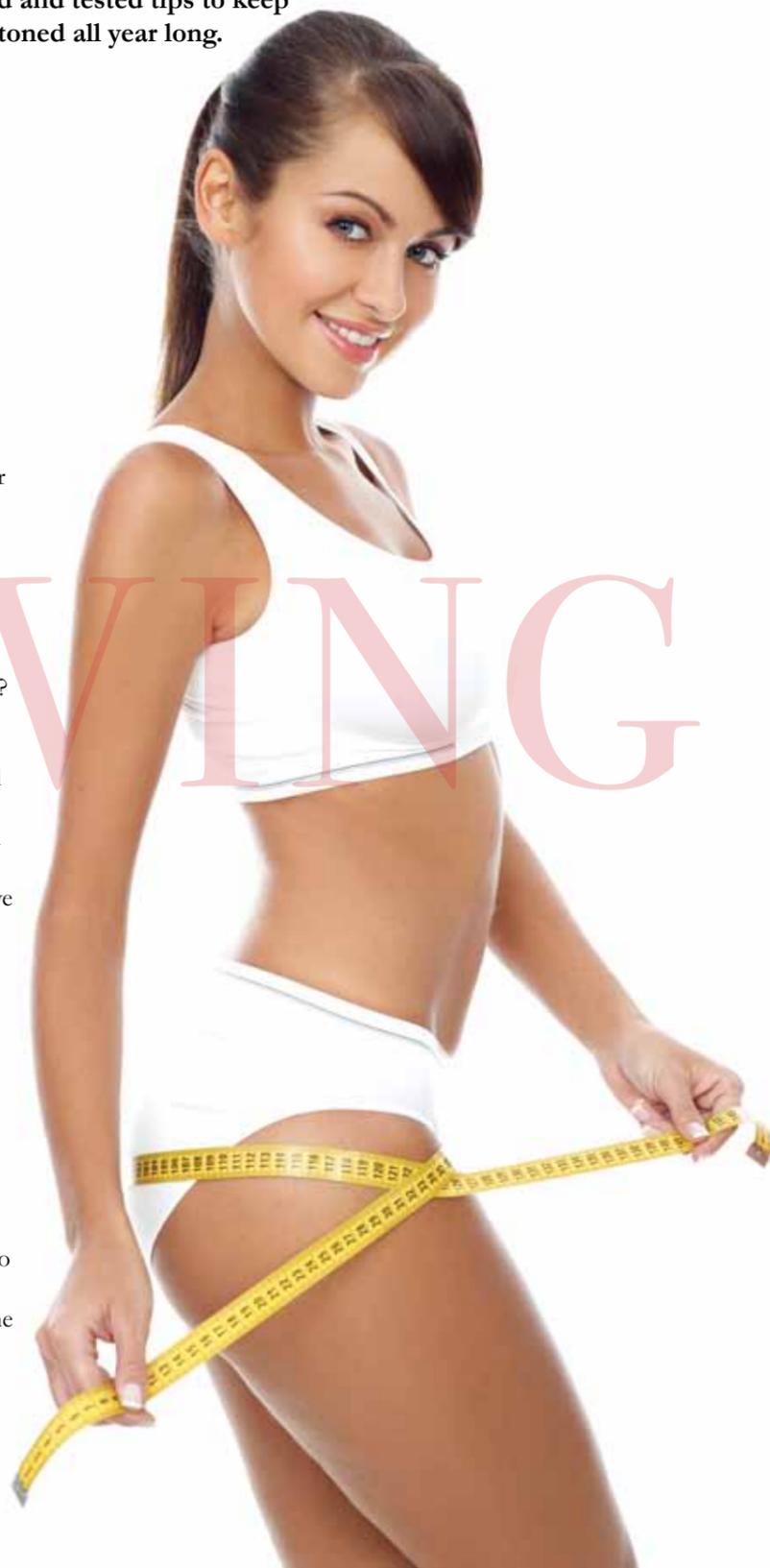
Do you want to enjoy the process of achieving your ideal weight and making it last? Adjust your attitude first. If you perceive weight loss as a painful, punishing process that's devoid of pleasure, you are not going to do it. Similarly, if your attitude towards exercise is such that it is hard and impossible to sustain, your motivation will fade away. Success requires a winning attitude. Start looking at achieving a slimmer figure as a reward for your body to feel lighter and healthier. Also, start viewing exercise as a chance to get fit and energised, and you will keep it up.

## Adjust your lifestyle

Do you want to maintain your new habits? Create a healthy lifestyle to support your ideal weight and exercise programme. Start your day with a cup of hot water and grated ginger. Have scrambled eggs with salmon for breakfast. Fill up half of your plate with vegetables for lunch. Have an early dinner. Include 20 minutes of exercise daily. Remove all temptations from work and home. Stock up on healthy alternatives, so that whatever food you reach out for will be the one that will keep you trim and healthy.

## Create a personal programme

Do you know why diets don't work long-term? They are generic and restrictive. You need a plan that has been specially tailored to your needs. Invest in a good nutritionist, who will help you create a healthy lifestyle and eating habits, as well as work with you to achieve long-lasting results easier and faster. Hire a personal trainer to help you follow the right exercise programme.



## Know what you want

Are you clear about your goals? If not, now is the time to write down your specific desired outcomes, not just "I want to lose weight." Here are some effective specifics: Your motivations as to why you want to do it. Set a starting and target date to reach your goals. How much weight do you want to lose? How will you maintain it? What exercise plan are you going to follow and how often? What benefits you will get as a result? How will you reward yourself (for example, with a massage etc)?

## Visualise yourself looking great

Can you see yourself looking slim? If not, start practising. This is crucial as whatever the mind can see, the body can do. Also, your imagination is much stronger than your willpower. Start seeing yourself looking exactly how you want to look. Make it so vivid that you can feel the way your new clothes fit and how great you feel. Hear the compliments coming your way. Practise this before going to sleep, as soon as you wake up and while having a shower.

## Be especially mindful in the evening

Do you want to know one of the most effective health, beauty and weight loss secrets? Be mindful of your dinner time, portions and proportions. Late dinner is a recipe for weight gain, poor sleep and panda eyes. So have an early dinner and make smart food choices: good quality protein, lots of vegetables and green tea instead of coffee.

## Get supplements that work

These are my top recommendations for successful weight loss, its maintenance and

overall good health:

BioCare MicroCell LipoTone Intensive is a great formulation, which can help break down fats and carbohydrates, as well as balance blood sugar levels. It comes packed in convenient one-a-day sachets. BioCare Body Balance is a unique protein powder formula that contains L-carnitine, CLA and Chromium to help keep your hunger pangs at bay and boost energy levels. Available at [www.biocare.co.uk](http://www.biocare.co.uk)

Pascoe's pH-balance is a great alkaline powder, which helps maintain the body's natural pH by neutralising an acid load of festive excesses; it thus helps shift weight. Available at [www.cressuk.com](http://www.cressuk.com)

Reward yourself with Weleda Citrus Refreshing Bath Milk, which will leave you feeling soothed, invigorated and revitalised whilst stimulating and detoxifying your lymphatic system to restore skin radiance. Available at [www.weleda.com](http://www.weleda.com)

**Note:** Always consult your doctor before changing your diet and taking any supplements. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

