



# Worried about **squeezing** into that teensy-weensy bikini?

Relax! If you want to shed a few extra pounds, fitness and lifestyle expert *Emily Hogarth* says now is the best time to make healthy changes to your diet and that warmer weather has plenty going for it to make weight loss easier

**T**here are so many delicious fruits and vegetables at your fingertips. You're wearing less clothing so you're more body-conscious, that creates more of a natural awareness. And it's easier to be active.

We all fall off the health wagon at some point in time. The main thing is to stay positive and realise you are normal and that the human body is a wonderful machine and can repair any damage very quickly. Your body wants to be healthy, full of energy and live a long life after all.

We all hear the words "optimum health" being floated around. What does optimum health really mean? Well, the good news is we can all achieve it by sleep, exercise, relaxation and eating unlimited fruits and vegetables.

Firstly, optimum health is free!

There is no scientific answer to lifelong health. It is common sense, by sticking to fresh, natural foods and avoiding chemicals, additives, pre-prepared meals and drinks. There is no need to count points, calories or have meal replacement drinks. Change your way of eating by just reading the ingredients. What is actually in the food? Rather, than how many points is this? Anything you don't understand or can't pronounce is a big no no. Anything that ends in acid, or contains vegetable oils or E numbers is best avoided.

Great foods are whole foods and remember fresh is best. If you don't know what's in it don't eat it. Try as many different types of fish,

fruit, vegetables, lentils, beans, rice, pulses, meat, and potatoes. These are whole foods, for example: King Prawns with garlic, chilli and lemon with roasted vegetables including sweet potato, aubergine, tomatoes, pepper, mushrooms, onions and cous cous. These are foods that have not been modified or messed with.

Exercise should be free and enjoyable. You don't have to pay for monthly gym membership to have a healthy body. Get moving and start by gentle walking. Buy a pedometer for only a couple of pounds and this is a great kick start to any exercise regime as you will walk more. Walk initially, for 30 minutes per day and then build up to a slow steady jog.

Jogging at a slow steady pace works the heart and burns fat at a good rate. The fat burning zone is 65%-75% of your heart rate, so you can still talk easily and run with ease. Correct posture and making sure your core is activated will take the pressure of your knees, so you can enjoy this form of exercise for the rest of your life. Yes – you can still be 80 years old and still go out jogging! Now this is optimum health.

If you take care of yourself and try to avoid processed foods, stress, toxins in the environment, and make a conscious effort of keeping your body clean by healthy eating and daily exercise you too can experience optimum health. And most importantly look good in that bikini on the beach! ■

If you have any questions or feedback, please contact Emily on: [info@fitnessandlifestylecompany.com](mailto:info@fitnessandlifestylecompany.com)

