



# Save the Date...

*Emily Hogarth* of the Fitness & Lifestyle Company in Alderley Edge has helped many brides-to-be lose weight, tone up and feel great. Read on and learn how to safely lose pounds and most importantly appreciate the true value of taking the time to look after your health and wellbeing



Think about how much time goes into planning your dream wedding – trying to find the perfect venue, your dream dress, invitations, the cake, bridesmaid's dresses, flowers and a not-so-pushy photographer! The event in itself can start to feel like a full-time job. Especially when money and time are being exhausted and suddenly you start to stress that you are not going to be the gorgeous bride you hoped for. Emily shares a few top tips from her years training brides and grooms-to-be:

#### **STAY HYDRATED**

Water, herbal teas, fruit and vegetable juices and skimmed milk all count towards your fluid needs and ensuring clear glowing skin

#### **FOCUS ON HEALTH...**

...not weight and start an exercise programme paying attention to defining arms, chest and back muscles

#### **SET A REALISTIC GOAL**

A good goal for weight loss is 1 to 2lb per week

#### **THINK ANTIOXIDANTS**

Beets and blueberries are packed with powerful antioxidants that can cleanse cells and regenerate tissues damaged by toxic substances – better than any skin firming cream!

Emily trained Jonathan and Katie for their wedding last December...

"Clearly you want to look the best you can on your wedding day as the photos will be there forever!" explains Jonathan. "Katie wanted to learn more about nutrition, tone up and wanted to lose some weight in preparation for our big day. We both lead hectic lifestyles and work long hours so we don't often get the chance to exercise and prepare nutritious meals or even sit down to eat regularly.

"The course we chose involved running twice a week, boxing exercises and circuit training. Emily gave us lots of healthy menu suggestions with quick and easy recipes and added lots of fresh juices into our diets.

"I was amazed how much of difference this made week by week. We both felt more energetic, healthier and by losing weight you gain confidence which was worth it for our photos and of course the wedding day. We would recommend Emily to get you motivated and help with sticking to a healthy eating and exercise programme."

Another bride-to-be, Sara, company director, tells her story: "I started using Emily because I desperately wanted to lose a stone in weight (was 10 stone and wanted to get to 9 for my

wedding). I wanted to have more energy and I wanted my skin and dark circles to improve. I exceeded all my goals in just six weeks, and I have never ever felt so fit and healthy."

Whether you are the mother of the bride, a bridesmaid, a member of family or friend we all want to look and feel good on the day. Let Emily help you in achieving your goal.

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