

LOOSING WEIGHT ON A BUDGET



Keeping fit and looking after yourself doesn't have to cost the earth, it just takes some thought and a little time says *Emily Hogarth* personal training and nutrition expert

When trying to lose pounds, pennies can matter just as much, especially as many diets recommend expensive ingredients. If losing weight is difficult, slimming on a budget is equally challenging. Here's how to take care of your eating and your bank balance.

Tips to stay on top during the credit crunch:

- Have meat free days or maybe try being vegetarian for a week, for example, spaghetti without meat, salad, sandwich and soup.
- Eat beans, pulses, lentils, brown rice, pasta, potatoes.
- Make your own packed lunches to keep down your spend and so you're not tempted.
- Replace regular snacks with seeds, raw nuts and fruit.
- Add spices to food, and garlic, mustard, paprika, ginger, lemon, chili and curry powders to flavor.
- Get outdoors – walking, cycling, or jogging in the fresh, crisp air. It's completely free and invigorates your mind and body.
- Buy frozen, tinned, dried fruit and vegetables.

Making soup is an inexpensive and easy way to increase your vegetable intake.

If you want to look like a goddess at the New Year's Eve party you need to plan ahead with a party 'pretox' - a diet and workout detox plan that promises to get you in peak condition and ready to wow.

The month before Christmas means party, party, party. It

sounds fun, but there's always a flip side, a Ying to the Yang, a rise before the fall. In this instance it's likely to be a cold, pasty skin, aching liver and lacklustre attitude. You've committed the cardinal sin; you're officially partied out before New Year's Eve.

The key to success is in creating a seven day meal plan, tailored around your lifestyle. I always find it helps to give clients structure and it's also really convenient.

The answers to most health concerns can often be found in your diet and subsequently your body reacts to these foods. However, in today's world of fad diets and conflicting messages it's not always easy to make the right food choices. This is where a nutrition and lifestyle expert can help.

A sensible and sustainable healthy eating supplementation plan can assist with a wide range of health issues. To help with this, an expert will evaluate your nutrition profile and provide you with a tailor made program to help you look and feel better than ever.

If you feel waffley about getting fit, you're unlikely to stick to a routine. Having clear objectives and a challenging, yet achievable goal, such as losing half a stone before holiday, will motivate you to get to the gym or take that afternoon walk on days when you just want to toss out your trainers. One way to encourage yourself to keep a fitness commitment is to sign a contract with yourself stating your goals. ■

The Fitness & Lifestyle Company
07899 966 352
www.fitnessandlifestylecompany.com

