



Six tips for a healthier you

Ideally you need to have your actual calorie requirement worked out but failing that there are a number of steps you can take to become healthier and leaner.

1. Consume fewer calories from processed foods. Generally foods closer to their natural state will have less hidden fat, sugar and e-numbers than processed foods. Buy fresh and cook it yourself- that way you know what's in it.

2. Reduce your portion size, chew your food and stop when you are full are all good ways to take control of your eating.

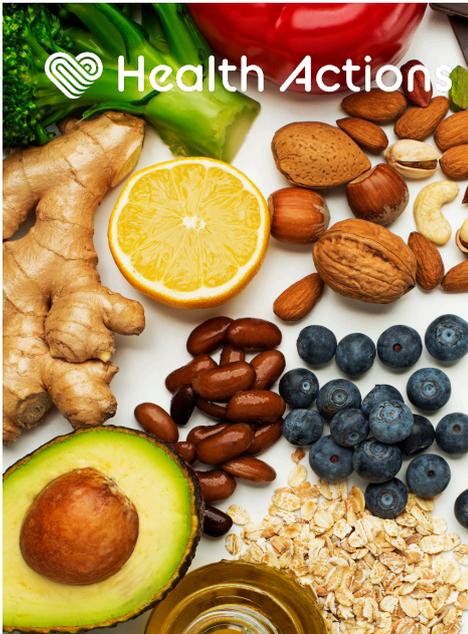
3. Aim for 3 meals and 2 snacks during the day. Eating smaller amounts more often will level blood sugar

and insulin levels, curbing cravings and boosting your metabolism.

4. Drink plenty of water (no water used to scald a tea-bag doesn't count!)

5. Add as much activity into your day as you can - e.g. walk up and down stairs during the advert breaks whilst watching TV in the evenings, take stairs whenever there's a choice, go for a walk during your lunch break, etc.

6. Rest- relaxation and sleep are also very important parts of a healthy lifestyle. Stress has been linked to many health problems so take time to relax. Without sleep the body cannot repair itself so work out how many hours you require and aim to achieve that goal on a daily basis



Weight management and nutrition

One of the most common questions I get asked is “how can I tone up and lose weight?” Excess body-fat usually on the bits we hate the most drives our desire to change body shape and magazines portraying impossibly skinny women who seem to obtain these bodies with very little effort do nothing for our self-esteem.

Busy lives with no time to cook, ready meals and take-away services all make it difficult to control caloric intake and so body-fat. Advances in technology have reduced the labour intensity of our work lives and leisure pursuits and given that the human body is designed to use a great deal of energy in the pursuit of the necessities of life and to replenish that energy as completely as possible, it’s no wonder that so many people are overweight to the extent that their health, both physical and mental is threatened.

There are many diets that promise quick fixes but

the simple truth is that if you eat more calories than your body requires the excess will be stored as fat but also if you eat substantially too few calories then your body will hang onto the fat stores you do have slowing your metabolism to cope with the limited fuel and so when you are forced to come off the diet the pounds will pile back on.

If body-fat loss is one of your goals then Lesley will design you a personalised healthy eating plan. Tailor made to fit around your lifestyle.

Burning body fat is a bit like an experiment in a science lab!

It requires a delicate balance of – fuel – from good quality foods.

Water – good old H₂O.

Heat – from exercise and

rest – to allow the body to repair itself.