

50 WAYS to a FITTER, fabulous YOU!

Give your body, mind and soul the ultimate pre-wedding makeover with these essential tips that *really* work

1 Bigger portion sizes mean we eat, on average, 150 more calories a day than 20 years ago - so for an easy way to see the pounds fall off, reduce your portions. According to dieticians, the plate we eat from should be the size of our two palms.

2 "As one of the body's major detox organs, a healthy liver is essential for achieving a beautiful bridal complexion," says Alice Mackintosh at thefooddoctor.com "Try adding half a cup of Epsom salt to your bath twice a week to get liver-supporting sulphur into the body."

3 A recent study found that slimmers who ate protein-rich eggs for breakfast lost up to two thirds more weight than other dieters. Yet another great reason why your husband-to-be needs to make you breakfast in bed!

4 If weigh-ins make you want to cry, step away from the scales and take a photo of yourself each month instead. That way you will have visual proof of how your body is changing.

5 "Avoid fat-laden ready meals by making extra portions of soups, stews and low-fat curries every time you cook," says Holland & Barrett nutritionist, Alex Thompson. "Stashed in the freezer for nights when you can't be bothered to cook, it's healthier and kinder on the wedding fund!"

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Love a Starbucks? Get your caffeine hit without the calories by switching your mocha (400 calories) for filter coffee - only 10 calories!



7 "Brides often tell me they can't afford the gym, but everyone can spend just 10 minutes a day doing bodyweight exercises (like sit-ups and push-ups) that require no equipment at all," says Stuart Ayles at speedflex.com "Done every day, you will soon see incredible results."

8 Feeling a bit overwhelmed by everything? Write down how you would like your life to turn out in five, 10 and 20 years. Putting this time aside to think about what you really want to achieve (even if it is bagging a job as Ryan Gosling's PA) will help boost optimism and positive thinking.

9 "Try breathing deeply, in and out through the nose," says Danielle Collin at faceyogaexpert.com "It takes just a few minutes to calm the central nervous system and help you deal better with stress. Very

handy for dealing with those Bridezilla moments!"

10 Think a lie-in will balance out your bridal insomnia? Experts say it's actually better to go to bed and wake up at the same time every day, to help regulate your body clock and improve sleep quality.

11 "Wearing a strapless dress for W-day? Make use of TV ad breaks by mastering the sofa dip," says James Evans at Xtreme Boot Camps. "With legs straight, dip down until your bottom touches the floor and repeat 15 times. You'll soon have the sexy, toned arms of your dreams."

12 Avoid a wedmin meltdown by declaring at least one night a week a wedding-free zone. Snuggle up with a book or watch a good film. Just as long as it isn't *Bridesmaids* or *My Best Friend's Wedding...*

13 "If you're trying to shape up, stay motivated by keeping a fitness journal to record personal milestones," says Sam Clayton at [Herbalife](#). "Setting small goals will keep things fresh and rewarding."

14 Too busy for the gym? Tone arms by holding bags with a slightly bent elbow next time you hit the shops. Or get vacuuming, it burns a whopping 200 calories an hour! Err, we might stick with shopping...

15 Diet versions of your favourite foods are often packed with sugar or salt to give them flavour - not great. A better option is to go for a healthy handful of unsalted nuts or hummus and veggie sticks to help you stay full for longer.

16 "Forget expensive energy drinks and juice a beetroot when you need a stamina boost," says personal trainer, Gemma Hirsch. "It's proven to help you exercise for longer."

17 Belting out a song is a quick way to make you feel happier as it boosts levels of the bonding hormone oxytocin. Altogether now: "*I'm getting married in the morning, ding-dong the bells are gonna chiiiiime!*"

18 Studies show green tea helps burn fat by boosting metabolism, thanks to the brew's high levels of polyphenol antioxidants. Yes, you could actually drink yourself slimmer...

19 "Sex burns calories and reduces stress," says Kate Thompson at [confetti.co.uk](#) "It's more fun than hitting the treadmill!"

20 Include lots of lean protein in your diet to increase feelings of fullness. Studies show eating the meat or eggs off your plate first makes you less likely to reach for seconds.

21
Eating chillies has been found to boost the metabolism by turning up body heat, which leads to more calories being burned as the body cools down.

22 Think buying fresh is the secret to bagging superwoman health and supermodel skin? Most varieties of frozen fruit and veg actually contain higher levels of antioxidants and vitamin C than fresh produce. It's cheaper too!

23 Put aside just 10 minutes a day to meditate. Sit in a quiet place, close your eyes and concentrate on your breathing - clearing your mind of thoughts that pop into your brain. It's a great way to banish stress.

24 Lose weight the French way, by indulging in cheese, wine and cake - but in moderation. Another top tip from our très chic friends across the channel is to eat salad with every meal, leaving less room for Hobnobs.

25 OK, it may sound gross, but sweating really is good for you. "It eliminates toxins, breaks down fat and helps you lose weight," says Iona Wesle of [mydetoxdiet.com](#) "Unwind in the sauna or take up hot yoga."

26 Make avocado your new best friend. "Not only is it nourishing for the skin, the stone in the middle makes a great massage tool," says Amanda Elias at [bravuralondon.com](#) "Apply the flesh as a mask, then roll the stone gently around the face for a thrifty facial."



27
Did you know that drinking 500ml of water before a meal increases calories burnt by up to 30 per cent? It's the ultimate no-brainer weight-loss trick.

28 Eating out with your girls? You're more likely to follow a friend's not-so-sainly choices after them, so make sure you put your order in first.

29 Got a headache? "Place your fingers on the outer edge of your eyebrows where your temples are," says Danielle Collins at [faceyogaexpert.com](#) "Massage in circular motions for 30 seconds to promote feelings of instant calm."

30 Burn a peppermint scented candle to help you de-stress. Peppermint is known to promote positivity; just what you need after a long day.

31 Feeling run down? Eat more spinach. Packed with vitality-boosting iron and vitamin C, pop it in salads and omelettes for a healthy pick-me-up.

32 Partied hard on your hen night? "The morning after, mix quarter teaspoons of turmeric, cinnamon and ginger powder with hot water," says Mary Lou Harris at [newyoubootcamp.com](#) "It helps the liver flush out alcohol and eases a headache."

33 There's no denying Kelly Osbourne is looking hot right now. Her secret? Ten minutes hula hooping a day. Fab for toning abs, thighs and upper

arms - crank up Bananarama and relive the glory days. Neon sweatbands optional.

34 Your choice at the bar can have a huge impact on your dress size. A large glass of red wine contains 170 calories while a vodka and slimline tonic contains just 58. Cheers!

35 "It sounds odd but certain fats, such as Omega 3 found in fish, actually help burn fat," says Linda O'Byrne at [atkins.com](#) "Why? Because essential fatty acids are vital to many body functions, which means they are less likely to be stored as fat."

36 Planning on wearing a gown with a nipped in waist? A US study found dieters who ate three servings of low-fat yoghurt a day lost more weight around their middle. Less painful than crunches...

37 Need a boost to rock the aisle? Aromatherapists use grapefruit oil to increase confidence. Add three drops to a handkerchief and breathe in when you need a lift.

38 "Magnesium supplements are great when emotions are running high as they have a calming effect on your nervous system," says Primrose Matheson at [primroseskitchen.co.uk](#) "Take them in the evening for a good night's sleep."



39 “Start each morning with a facial massage to wake up the skin,” says make-up artist Jules Cardozo-Marsh. “Apply a refreshing cleanser, then starting from the chin, sweep upwards and outwards towards your temples.”

40 An apple a day may or may not keep the doctor away - but it will certainly kick-start your healthy eating and help shift that muffin top! It's high in leptin - a hormone known to regulate appetite.

41 Eating in front of the TV a lot? You could be missing your body's stop sign. The brain takes up to half an hour to register you are full, so eat without distraction (that means *Eastenders*), and at the dining table, and you are less likely to overindulge.

42 For a simple morning detox, add a slice of lemon to hot water. This cleanses the system and helps to get rid of toxins. Quick, easy and cheap - we like the sound of that!

43 Want to get that gorgeous glow for the big day? Anti-ageing expert, Tina Richards says, “Follow a Mediterranean-style diet packed with protein (such as chicken, eggs and fish), and essential fatty acids, to keep skin looking youthful.”

44 Want a hot bod like Kelly Rowland? It's all about the 80/20 rule. She follows the mantra that if you eat well and exercise most of the time, you can forgive a few slip ups! Well, there are days when only the sofa and Pringles will do...

45 “When you repeat an activity on a regular basis it becomes a habit you can't do without,” says Kate Thompson at confetti.co.uk “Stick with that Zumba class and it will soon be a joy not a chore.”

46
Make like Gwyneth Paltrow and dance around the house to disco tunes. It raises your heart rate, burns fat and builds lean muscle. Plus it's fun!

47 According to the experts, interval training - quick bursts of intense exercise - may be the secret to a fitter figure. Do a four minute run to raise your heart rate, sprint for 20 seconds, rest for 10 seconds and repeat. You'll burn around 120 calories in just 12 minutes.

48 Boost your metabolism and decrease your appetite by eating a couple of handfuls of almonds a day.

49 It's during sleep that our body gets on with maintenance work and getting around eight hours helps to reduce stress and supercharge weight loss. A proper night's sleep will also make you look refreshed and gorgeous.

50 Something as easy as switching a creamy soup for a vegetable one or topping your potato with cottage cheese rather than Cheddar will make a difference to your wobbly bits. If all else fails, there's Spanx! ■