

better body

# A-Z OF SUMMER WEIGHT LOSS

Easy and effective ways to give your slim-down a kickstart

## Appetite suppressants

Do like the Italians do and add 20ml of prickly pear vinegar to a glass of water before meals. This is said to help control food cravings and appetite. We like Matri Acetai Aceto di Ficodindia, £14 for 200ml (sacila.co.uk).



## Breakfast balance

With intermittent fasting, an on-trend way to shape-up and burn fat, eating breakfast later is key. "A good starting point is 10am. Do this for two-three days, then make it 11am. Another two days, then noon. Don't eat after 7pm. I think everyone should do this a couple times a month. It increases your insulin sensitivity and empowers you with a skill set you can call upon to trim weight and not even have to get on the treadmill," says Dr Karl Zarse, MD and nutritional supplement specialist (empoweringsolutionsonline.com).

## Chew longer

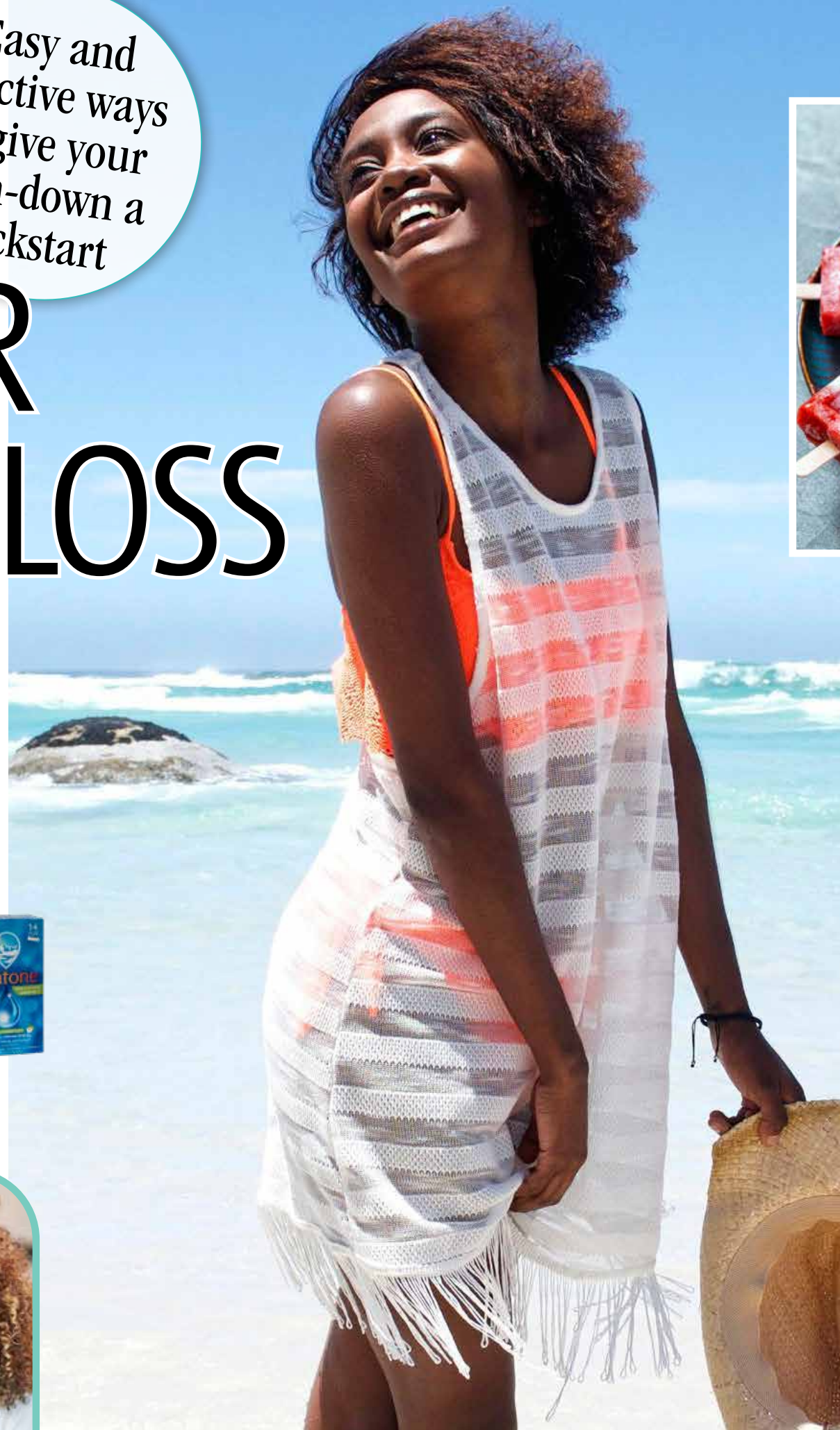
"We've all got used to washing our hands longer, now get used to chewing each mouthful more! Chew until it is liquid, which takes around 30 seconds. This helps you digest your food better so helps reduce bloating and gives your brain a chance to realise when you're full (takes around 20 minutes), so you'll be less likely to overeat," says wellbeing coach Julie Silver (juliesilver.co.uk).

## Drink more

Not drinking enough water can trick your brain into thinking you're hungry. In warmer weather it's particularly easy to get dehydrated, so drink enough fluids so your pee is a pale straw colour. Liven up water by adding slices of cucumber, orange, strawberries and/or mint, or try new Jamu Wild Water, fizzy vitamin-rich botanical waters at just 18 or 20 calories per 250ml can. Raspberry, Blood Orange or Lemon flavours, £20 for 12 cans (jamuwildwater.co.uk).

## Energy booster

Iron deficiency can make you tired – and tiredness can make you crave sugary snacks and battle to exercise. Research shows around 29% of women aged 15-49 are anaemic, so do consider if you're getting enough. Women up to the age of 50 need about 14.8mg a day and over 50 need 8.7mg a day. Good sources are spinach, lentils, brown rice, turkey and mussels. If you feel you need a boost try Spatone Iron Apple, £7.99 for 14 days.



Do 15-30 seconds, then recover for the same duration, for a total of seven to ten minutes." says Nataly Komova, fitness expert at JustCBD (justcbdstore.com).

## Ice lollies

"Most ice cream is high in calories and added sugar, while low in nutrients. Replace it with frozen yoghurt, which you can mix with fruit and freeze as ice lollies. I also love chocolate-dipped frozen bananas – low in calories, high in nutrients and they feel like a real treat," recommends Penny Weston, nutrition and fitness expert at the Made Wellness Centre, Staffordshire (welcometomade.com).

## Jackfruit

If you're giving vegan foods a go, then this vegan meat alternative is worth trying. You'll now find it in sandwiches, wraps and salads in supermarkets. It's got a high-fibre content so is excellent to help fill you up. We like it added to curries and stews too as it absorbs flavours well.

## Flexitarian

If you don't fancy going vegan or veggie this summer, how about a flexitarian diet? "A flexitarian diet is a win-win. It provides loads of food variety, which is helpful for weight loss as food boredom quickly sabotages a diet. You'll get a good variety of plant-based and animal proteins, plus nutrient variety from fruits and vegetables. Plant-based proteins, such as beans and lentils also tend to be cheaper than animal produce," says Suzie Sawyer, Clinical Nutritionist from the Alive! supplement range (feelaliveuk.com).

## Gut bacteria

"Research shows people who are overweight can often have many Firmicutes bacteria. These can take a lot of energy from the food we eat and store them as fat," says Julie. To help get better gut health she recommends a balanced diet, fermented foods, like a tablespoon of unpasteurised sauerkraut with meals, and more magnesium rich foods like dark leafy greens, lentils, beans, pulses and tofu. The bacteria Bifidobacterium longum can also help with metabolism, try Dr. Wolz's Probiocolon, £29.99 for 315g (rossmorehealth.com), which contains this strain.

## HIIT

If you haven't yet tried High Intensity Interval Training, you're missing out on the opportunity to shape up in less time. "For women looking to lose weight and shape their bodies, I suggest you increase your HIIT cardio activities. Try swimming, running, treadmill jogging, cycling and rope skipping.



## Kickstart

"There isn't a better time than summer to have a juice fast to kickstart your weight loss. This refreshing solution helps you lose weight without feeling hungry by reducing sugar and carb cravings. You can lose two to three pounds in just three days with a juice fast detox, which not only increases your metabolism, but also cleanses your body



and supports high energy levels," says Geeta Sidhu-Robb, founder of Nosh Detox (noshdetox.com).

## Lower-cal alcohol

"In the summer, many of us love a glass of wine or two outside in the late evening sunshine. But, too much wine really does help the weight pile on. I recommend switching to a vodka soda, one of the lowest calorie mixed drinks. Add flavour by garnishing it with cucumber or mint or lemon and lime," suggests Penny. We also like new Lilo Zing Botanical Spirit, with lemon verbena and orange peel, at 25% ABV it's lighter than other spirits, £21.99 for 50cl (lilo.co.uk).



## Milky coffee and tea

Susanna Reid has recently revealed she's going to stop putting milk in her coffee, as recommended by Tyson Fury, as a key way for her to get weight loss. There are 52 calories in 100ml semi-skimmed milk versus zero calories for a black coffee or tea – so you can see how the calories can soon add up with a few daily cuppas. If you don't like traditional British tea or coffee black, how about herbal teas instead?

## Night-time snacking

Mindless night-time snacking can be a big reason you're battling to lose weight. If it's a long time between dinner and bedtime then go for something small and enjoy it! "The secret is to find something healthy, quick and tasty. Enjoy a nutrient-rich snack, rich in protein and good fats, under 200 calories that is easy to digest, like eggs or dark chocolate," says Geeta.

## Opt to move more

A new study by Alive! Supplements shows that only a third of us do the recommended 30 minutes of exercise five days a week. "Walking or doing some other form of exercise, 30 minutes after a meal regulates blood glucose, reducing the insulin spike and the likelihood of fat storage. Want to try some gentle running, why not find a 'Couch to 5K' programme or look up other free online training schedules?" recommends Suzie.

Compiled by: Julia Smurthwaite. Photos: Shutterstock

NB. If you are pregnant, breast feeding, under 18 or have a medical condition, please seek professional advice before changing your diet or exercise habits

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## Protein shakes

An easy, summery way to get enough filling protein is to have a protein shake for breakfast, lunch or as a snack. We like the new tasty Tribella plant-based shakes in chocolate or banana, with 25g protein per serving and 24 vitamins and minerals. They're 201 calories per serving when mixed with water (£27.99 for 12 servings, [tribella.com](http://tribella.com)). Or mix with a plant milk – check out the new Lilk Lush Blend, made from oat, coconut and quinoa (£2.25, [lilk.co](http://lilk.co)).



## Quit boring cooking

Many of us have got into the bad habit of overcooking or being boring with veg! "Liven them up in summer by creating low calorie, healthy and filling salads. Or play around with seasoning, like creating a delicious Moroccan dish by adding paprika, cumin powder, coriander, turmeric and cinnamon," says Penny. She also suggests you try grilling or sautéing veg, and add lemon, orange or lime juice to bring out the flavours. Tasty herbs are a great alternative to butter or cheese toppings, try roasted asparagus with rosemary.

## Relax

Mealtimes are often eaten in such a rush, so enjoy slower, calmer meals this summer. "Be fully aware and present during a meal, taking small bites to make sure you are enjoying your food, putting your fork down every few bites and not just gobbling it up. Try new and interesting foods too. If you try a new vegetable every week of the summer, you'll be giving your body lots of new nutrients," suggests Penny.

## Salt

"This can hugely contribute to fluid retention, which can cause your summer outfits to feel tight. Use herbs, spices, garlic and citrus in place of salt to add flavour to your food during cooking and at the table," recommends Sarah Campus, personal trainer and nutrition coach from LDN Mum's Fitness ([ldnmumsfitness.com](http://ldnmumsfitness.com) has over 600 online workouts). The NHS says we should eat no more than 6g of salt a day, which is around a teaspoon.

## Tracking

A new survey by MyFitnessPal shows Britons underestimate their calorie intake by a third. For example, people think fish and chips



with some summery Mediterranean-style roasted veggies. Easy to make, buckwheat pancakes are the perfect start to the day topped with some berries and a dollop of natural yoghurt.

## Excuses

If you want to get in shape you need to stop the excuses and get planning! "Take control of your mindset and make exercise non-negotiable and part of your daily, ideally morning, routine – just like brushing your teeth. By carving out just six to 20 minutes to move your body with a purpose you will experience huge holistic benefits that will last throughout the day, and even have other knock-on effects, such as better nutrition choices, which will in turn help with weight loss," says Sarah.

## Yoga

"As well as health and wellbeing benefits, yoga can contribute to weight loss. It can boost metabolism, improve digestion, tone the entire body, increase flexibility and overall fitness," says Victoria Cranmer, founder of wellbeing travel firm Mindful Escapes ([mindfulescapes.uk](http://mindfulescapes.uk)). Mickey Monroe, a visiting yogi at their UK based Yoga & Healing retreat, suggests adding poses such as the triangle into your routine to engage core muscles and aid balance.



## Zips

Loose clothing with waistbands might be comfy, but they aren't helpful if you're trying to lose weight this summer. "Putting on a pair jeans or anything that has a zip can help you monitor your progress much more effectively than the number on the scale, which I discourage my clients to use," says Sarah.

are 388 calories, but they are actually 1,000! A jacket potato with beans was guessed at 274, but it is 433 and a shop bought Caesar salad was thought to be 298, but it is 508. Track your calories correctly, so you don't overeat too much by mistake.

## Unsaturated fats

"Many people go for low-fat products when trying to lose weight, but we need fat to help us feel full and prevent cravings," says Julie. She recommends you get unsaturated fats by snacking on a few nuts, particularly activated nuts (soak them overnight in sea-salted water for easier digestion), and make your own salad dressings from a drizzle of olive oil, lemon juice and herbs or spices like turmeric and black pepper.

## Vitamin D

While we get Vitamin D from the sunshine, there's no guarantee we'll get lots even in summertime – and even eating a healthy diet is not a solution. "No matter how balanced a diet is, it's important to supplement with a

multivitamin and mineral with good levels of vitamin D, which helps with blood glucose regulation, a key driver for weight loss," suggests Suzie. Try Alive! Ultra Women's Energy Wholefood Plus, £20 for 60 tablets.

## Wholegrains

"Many weight-loss plans demonise grains, but they can be filling and inexpensive and are great when portion-controlled," says Suzie. She recommends quinoa, as it is low in calories (only 222 per cup) and works well