



10 Summer Body Tips

Here are 10 top tips for helping you to get slimmer for summer

1. Keep hydrated - Drink plenty of water at least 2 litres a day. Drink out of a 2 litre bottle, and that way you can easily measure how much you are consuming. Drink more than 2 if you are exercising. Thirst is often mistaken for hunger so drink first and then if you still feel hungry then have something to eat. Drink herbal and fruit teas to top up your water intake and to add variety.

2. Eat 5 a day - Make sure you eat at least 5 portions of fruit and veg a day. They will ensure you get your daily vitamins that you need and they are not calorie dense but will still fill you up. Try to eat new fruits that you may not usually buy and always use freshly prepared food in meals and cut out any processed foods. Try buy seasonal foods that are produced locally.

3. Cut TV time - Time in front of the TV usually means snacking, I know it does for me! Summer is here so get off the sofa and find something else to do.

4. Pick up a new activity hobby- This works in conjunction with the previous tip. Now the weather is improving get out and get active. Go play tennis, go for a walk, head down to George Bancroft park and have a go on the climbing walls (go to www.blackpool.gov.uk/Services/A-F/Climbing for more information), anything you will enjoy doing.

5. Eat small but often - We have all heard it before it's just a matter of programming it into our schedule to allow it. Breakfast, snack, lunch, snack, evening meal.

6. Up the intensity of your workout - try to condense your current workout into $\frac{1}{2}$ the time. Train one body part (eg shoulders) then move straight onto another (eg glutes) then the first area is recovering whilst another is training. Up your weights and reduce the reps slightly, this will rev up your metabolism to achieve more muscle definition and tone.

7. Cut car usage - Get out of your car and get walking for all those short journeys that could easily be walked. If you have further to go get your bike out.

8. Cut alcohol consumption - Try to cut your weekly units as the calories soon add up. 1 glass of wine is approx 116 calories, bitter - 187Kcal, Cider - 204Kcal, Vodka and Coke - 120Kcal. "With 7 calories per gram, the number of calories in alcohol is second only after fat (9 cal/g). The calories in alcohol are metabolised first by the body, ahead of burning fat - which is not desirable if on a weight loss diet" (www.nutracheck.co.uk).

9. Be good - Set your plan and try to stick to it. Whether that is an exercise or eating plan. Once you have started aim to be good. If you can't be good all of the time stick to the 80/20 rule. You can allow yourself to be bad 20% of the time if you are good 80 % of the time. If you work hard through the week you can afford to treat yourself on a Sunday, as long as you don't blow it out of proportion.

10 Write down your summer body goals - People who write down their goals are 500% more likely to achieve them. Goals must be Specific, Measurable, Achievable, Realistic and given a Timescale. Set yours today write it down and keep it some where in view like stuck to your fridge!!! (e.g loose 2cm of my waist in 3 weeks)

Please keep your questions and feedback coming as they are important to me and help me to provide the health and fitness information that is important to you. Please forward this onto anyone who you think may be interested.

Emma xx

www.ecn-bodyworks.co.uk

Root@ecn-bodyworks.co.uk

07875468854