

# *Tips for Shedding unwanted kilos*

All brides want to loose 1 or 2 kilos before the big day to make sure they look fantastic on their wedding day, especially in their photos. Another reason is that many gowns are backless, strapless and streamlined. You may already be happy with the way you look but we want you to feel confident.

**Note- please get a health check done by your doctor before you take part in our exercise plan.**

The big mistake brides make is that they go on crash diets before their wedding to shed unwanted kilos and then they put all the weight back on (with reinforcements) directly after the wedding.

This exercise and diet regime has been designed not only to make you look great but also feel great. No starving yourself. With this diet you will feel full and also have loads of extra energy to enjoy your big day. We recommend you to start this healthier lifestyle well before your wedding day and to continue you it long after.

Another reason why you should exercise is- As your probably aware planning a wedding can be stressful. Exercise can be a great way to burn off some of that stress and clear your head.

Exercise is also important for a good complexion. Having a good sweat will rid your body of unwanted toxins draws out impurities and clears pores.

If you dont want to take part in our healthy lifestyle plan making these small changes and you will notice a difference.

1. Switch to light or low fat options where possible e.g. dairy
2. Stop drinking soft drinks and fruit juices with added sugar. Limit your tea and coffee intake to a minimum. You will be surprised at how quickly the calories add up.
3. Start keeping a tally on the number of glasses of water you drink a day. Aim to drink 8 per day. This will also help you feel full for longer and will do wonders for your complexion.
4. Aim to eat your 5 serves of vegetables and 2 serves of fruit per day before



you eat the other food group on your food pyramid.

e.g. for snacks have your serves of fruit and then if you are still hungry have something else. Carrot and celery sticks make a great snack and can help you meet your daily quota.

Eat the salad and vegetable portion of your meal first and then eat the extras eg. chips. You will find that you won't have as much room and therefore not eat as much.

5. Reduce your alcohol intake. Alcohol is full of empty calories (need we say more)

6. Change your preparation methods. Do less frying and roasting and more grilling and boiling. Do some research. Buy some new cookbooks and get inspired.

These small changes will make a difference but for some people a personal trainer might be a better option. They are able to tailor a plan to suit your fitness level and weight loss goal. But more importantly they are there to support you and motivate you to push yourself harder than you would if you were left to your own device. They are an excellent way to get outside your comfort level and get the results you really want.

\* Make Sure you have your dress fitted one last time as close to your wedding day as possible to make sure it fits you on the day.

