

# 15 Ways To Shape Up For Summer!

Health and weight loss coach Joanne Henson shares her practical and motivating tips to tone up and slim down...

HEALTH AND WEIGHT LOSS COACH JOANNE HENSON IS AUTHOR OF WHAT'S YOUR EXCUSE FOR NOT EATING HEALTHILY? AND WHAT'S YOUR EXCUSE FOR NOT GETTING FIT?, AVAILABLE AT AMAZON.CO.UK PICTURES: ISTOCKPHOTO, REX, SHUTTERSTOCK, ALAMY, GETTY IMAGES

**1** Get started now and give yourself as much time as possible. No crash diets two weeks before your holiday! You don't have to kill yourself in the gym to get fit. Try incorporating more movement into your day – things like taking the stairs instead of the lift, walking instead of driving shorter distances.

**2** Arrange to exercise with a friend – book a Zumba class or arrange a weekend walk – you're more likely to do it if you've made a commitment to someone.

More fun together



**4** When you exercise, incorporate some resistance-based exercises such as using hand-held weights and resistance bands. These will be more effective than just cardio work alone for toning and firming your trouble spots.



**5** Drink plenty of water – a hydrated body functions better so you'll feel healthier and have more energy to exercise. Boost your digestion when you wake with a cleansing glass of warm water with a squeeze of lemon.

**6** Exercise doesn't have to be painful, boring or unpleasant. If you don't like running – don't go running! When you find something you enjoy, it won't feel like a chore, and you'll be much more likely to stick with it. If you don't like the gym, try ballroom dancing, spinning, swimming, cycling, boxercise or yoga – they're all fun ways to get fit.



Swimming is easy on the joints

**7** Avoid meals and snacks which are mainly carbohydrate and eat a good proportion of protein and good fats for a prolonged, steady stream of energy.

**8** Plan around occasions where you know you'll want to indulge – if you're attending a wedding, cut yourself some slack to enjoy the food and wine by being extra healthy in the preceding week. Go off-menu in restaurants – if something comes with fries, ask for an alternative such as vegetables or salad, or ask for the dressing/sauce on the side.



**9** Watch the size of your wine glass. Calorie counts for a glass of wine are generally based on a small glass – 125ml. However most pub measures are 175 or 250ml, so take this into account.

**3** Don't eat less! Simply substitute healthier alternatives so that you still have a full plate – vegetables and salad instead of chips, stews instead of pies, grilled meat and fish instead of fried options. Avoid processed foods – they're full of hidden sugars and are generally low in nutrients. Don't give up if you slip up, though – one slice of cake won't undo days of healthy eating.



**10** Low-fat foods are unsatisfying and often contain more sugar than regular versions. "Good" fats (in nuts, seeds, avocados, oily fish) are filling and great for skin! Eat a rainbow of colours – peppers, tomatoes, berries, beetroot, leafy veg, carrots, sweet potatoes – the more colours the more nutrients, and it makes meals interesting!



**11** Remove temptation – if you can't resist crisps, don't have them in the house! Many salty and sugary foods are purposely formulated to be moreish. The problem isn't you, it's the food. So ditch the guilt, but ditch these foods too. Know that you are never going to be able to eat them in moderation, so restrict them to a very occasional treat.

**12** BritishMilitaryFitness.com instructor Vicky Kerr recommends Sumo Squats to target the inner thigh area. Begin by standing with your feet wide apart, with your feet pointing 45 degrees outwards keeping your head up. Lower your bottom to the floor and lift yourself back up. Repeat 10 times, rest for 30 seconds and repeat.



**14** "Focus on the end goal – keep reminding yourself of how you want to feel in the summer – energised, slim and happy." *What's Your Excuse For Not Getting Fit?* by Joanne Henson, Amazon.co.uk

**13** Squat thrusts work lower limbs and burn calories. Start in a press-up position, hands a shoulder width apart. In one movement jump your legs towards your chest, into the tuck position. Jump your legs back out to the starting position. Do this 15 times, rest for 30 seconds and repeat.

A powerful booster



**15** Replace sugary snacks with energy-boosting celery, carrot and hummus. Try nutritional therapist Angelique Panagos' nutrient-rich, detoxifying green smoothie as a healthy pick-me-up:  
 ♦ 3 handfuls of kale or spinach ♦ 2 sticks celery ♦ 2 apples or ½ mango ♦ ¼ avocado (to make it thick and creamy)  
 ♦ 1tsp ground flax seeds ♦ 0-3 glasses of pure water (to required consistency)  
 Pack tightly in blender, blend together till smooth and serve!

