



## Weighty tips for slimmers

Personal trainer Ian Mellis gives 10 tried and tested suggestions that have helped clients at Matt Roberts to lose weight fast

● **TIP 1: DRINK HERBAL TEA**

Herbal teas are calorically low and can satisfy cravings for sweet foods. Try drinking herbal teas such as green tea blends, apple-cinnamon, almond or orange.

● **TIP 2: DON'T STARVE YOURSELF**

Starving only promotes a bigger "rebound" effect which is termed "yo-yo" dieting. If you eat small meals every few hours it keeps your metabolism elevated and stops it from slowing down.

● **TIP 3: DON'T DRINK ALCOHOL**

Alcohol contains empty calories which the body cannot use and will ultimately produce nothing but fat.

● **TIP 4: LIMIT HIGH CARBOHYDRATE FOODS**

To maximise the fat-burning process, it's best to gradually eliminate carbohydrates towards the end of the day. The only time you should not do this is when you exercise in the evening. Match the majority of your carbohydrate intake with when you are busiest.

● **TIP 5: USE LOW-CALORIE FOOD ALTERNATIVES**

Lower-calorie alternatives can always be found: swap soda for water, fried chicken for grilled chicken, fries for baked potatoes, and so on.

● **TIP 6: MOTIVATE YOURSELF**

Try to find an incentive for getting in shape and burning fat. Write down your goal and put it somewhere you see every day such as on the refrigerator in the car or on your desk.

● **TIP 7: DRINK WATER BEFORE MEALS**

Not only will this aid digestion but if you have a glass of water 20 minutes before eating it can partially fill the stomach, so you won't binge or overeat.

● **TIP 8: BE CONSISTENT**

Consistency in your diet and activity.



Drinking water before meals will aid digestion and can partially fill your stomach – so you won't binge or overeat.

Results happen over a period of time, consistency is the key to effectiveness.

● **TIP 9: DON'T USE THE SCALES**

Scale weight is not always reflective of fat loss – it will also show water loss as well as muscle gain. Therefore, individuals may see varied results if they are undertaking a specific diet or a new exercise programme.

● **TIP 10: FOCUS**

What is your focus and is it realistic? Be real with your goals, write them down and

ask the question: are your actions helping you achieve what you want to? If they are not, then rethink your programme and sharpen your focus.

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