



Back To The Routine.

September is here and the holidays are over! I hope you all had a fantastic time and have returned refreshed and ready to get back to the old routine.

I'm sure like most people reading this the excesses of the holidays have taken their toll. Those jeans that once fit snugly are now bulging at the seams and you may have a new set of love handles perched nicely on top of your waistband!

How do you get your old body back?

Don't worry! We're here to help! Follow these simple rules to get you back on track. For the next two weeks cut out the unnecessary rubbish from your diet.

One of the main reasons we enjoy our holidays so much is that we can let our hair down and do things we don't normally do at home. It's probably the main reason we go isn't it?!

Daily consumption of alcohol, ice cream and fatty foods can really take its toll on our metabolism and immune system (as well as our figures!) It's often the reason why we get a cold or feel run down when we return home from holiday.

Take care with what you feed your body for the next two weeks. Give it what it needs to support your immune system and your metabolism.

In order to do that avoid alcohol, all wheat and gluten products that can inflame your gut and all processed foods that offer no nutritional support to your body and can be very harmful to your system.

Follow this rule: "If you can't pronounce it, don't eat it!"
Secondly, Drink more water!

I've gone on about this before, but for a reason. Your hydration status will improve your metabolism, your alertness, your immune system and your fat storage!

Aim to drink about 2 litres per day. If you're looking at that and dreading the extra toilet visits that will come about as a result of that then use this trick. Put a pinch of sea salt (not table salt) in your water – you shouldn't be able to taste the salt. This will help your body hold onto those vital fluids.

Step 3

Begin a weight training programme. Most people's idea of losing weight is to pound away on the treadmill or bike for hours and hours each week.

Not only will this become incredibly boring for you but you will be losing the main component that will aid in your weight loss – Muscle!

I will speak about this more in a later newsletter but trust me on this one. Weight training will improve your strength, your shape and burn more fat than any cardiovascular exercise.

What are you waiting for?