



## Ready For The Beach?

So its July, the kids break up from school soon and all thoughts turn to your summer holiday and looking good on the beach!

I've had a number of people contact me this week asking me how they can quickly and safely lose ½ stone in the next few weeks.

Is it possible to do this?

Of course it is. Anything is possible if you have the will to succeed and the right plan to get you there.

### PLANNING

The key to success is to know EXACTLY what you want. This may sound obvious but unless you have that exact goal in mind, how you will look, how you will feel and why you want to do it, you will not succeed.

Try this – Reverse goal setting.

Write down your 4 or 6 week goal and then working back give yourself weekly targets you need to achieve. By breaking this down into simple steps you get an exact plan of what you need to achieve and the steps to get you there.

Obviously here at All About You, its our job to provide workout advice to get you in shape, but all of this will be wasted if your diet isn't good. As the old saying goes "you can't out-train a bad diet!"

We don't believe in fad diets at All About You, we encourage people to make lifestyle changes and implement a healthy eating pattern that works for their individual needs and can be maintained – forever!

You don't need to make drastic changes to your diet. Try these 5 simple nutritional tips to get your beach body.....

1. Cut down your portion sizes. – Simple!
2. Remove grains from your diet. Most people can't digest them properly and it leaves them tired and sluggish. Avoid wheat bread, cakes, pies, biscuits and feel better within days!
3. Have protein with each meal. Leave the carbs, control your sugar levels. Suppress your appetite and improve your metabolism.
4. PLAN! It's that word again. Plan your meals. If you are going to succeed you need to think ahead to avoid going for the easy option.
5. Sleep. Without proper rest your body cannot function properly. It requires sugars and stimulants to get by and creates an environment where weight loss is not possible.

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