



## Win Coleen Nolan's latest fitness DVD

BLOCKBUSTERS will be replaced by a glut of fitness DVDs this month as everyone tries to shift a few pounds after Christmas.

Loose Women panellist Coleen Nolan has released her latest **Let's Get Physical Workout** which is set to classic Eighties hits and WEEKEND has five copies to be won.

Coleen lost three stone with her first DVD in time for her wedding and two stone with her second to get ready for Dancing on Ice. For her third she wanted to focus on body confidence and has created a fitness programme which helps women love the body they are in.

In the DVD, Coleen has joined forces with her new trainer, GMTV's Deanne Berry. Together the girls have created four individual workouts to 80s hits. Coleen says: "Believe me when I say I know how tough it can be starting out or maintaining a fitness routine but I lost over five stone with my first two DVDs so I know it really is worth it."

"With my latest DVD I've found a new way to keep fit and shapely without the calorie counting."

"With Let's Get Physical you can fit a workout into your daily routine because there are four 20-minute sections."

Coleen Nolan's Let's Get Physical Workout costs £19.99 and is in shops now.

To be in with a chance of winning a copy, answer the following question:

**Which pop group does Coleen belong to?**

- The Supremes
- The Nolan Sisters
- Bucks Fizz

Send your answer in a letter or on a postcard with your name, address and daytime telephone number to Coleen Nolan Competition, Features Department, Gloucestershire Media, 1 Clarence Parade, Cheltenham, GL50 3NY. The closing date is January 9.

**Rules:** Winners will be contacted by telephone. Winners may be required to take part in publicity. No cash alternative is offered. No purchase necessary. Employees of Gloucestershire Media and Universal Studios and their families are not eligible to enter. The Editor's decision is final.

# Shape up for a bright new you

The pounds have piled on and you need to lose them. But where do you start and how do you stay looking good? Gloucestershire style consultant Kate Parker and fitness and health coach Anna Mason are teaming up for a workshop to help you through the bad times. **WEEKEND** asked them for their advice

## Kate Parker, style consultant and personal shopper

I want to encourage women to think about how they dress while they lose weight, rather than putting it off until they reach their goal weight.

By the time they have reached their goal weight, women often find that their body has become unfamiliar to them and they feel even more uncertain about what to wear.

While we are actually losing the weight is a great time to stop and look at ourselves in the mirror (full length please) and begin to understand what clothes really work for us. Whatever body size we are, fundamentally, our silhouette remains the same.

Good dressing is about balancing the proportions of our body – creating flattering lines, learning to take the eye to our good points and disguising (not covering up) our not so good points. Sometimes when we gain weight we lose sight of our good points, but they're there and this is the perfect time to be reacquainted with them.

In the workshop we will look at the importance of starting with a good foundation and why great fitting underwear is key.

We look at the dieters' dilemma of what to do when, having lost a few pounds, your clothes are beginning to look baggy and unflattering, but you are still a way from your goal weight.

Dressing to look your best while you are losing weight can also be a great motivator to keep you on track. Here are some stylish weight-busting ideas:

These shoes would look fabulous with thick black opaque tights, or black trousers, and the pink heel adds a pop of colour. £25 from Marks & Spencer



Wrap dresses can be instantly altered by tightening the wrap belt. Wear a camisole underneath to avoid any gaping. This one, at Phase Eight, is reduced to £59

## STYLE TIPS

■ Treat yourself to gorgeous accessories as you hit your goals. They will still fit once you have lost the weight.

■ Any 'transitional sized' items you purchase should be fairly classic pieces in neutrals that will work easily with your existing wardrobe. Consider eBay, dress agencies, or borrowing from friends, to save money.

■ Use accessories to add pops of colour to your look and to nod to current trends.

■ See if you can get some of your favourite pieces altered to fit your new frame. Make sure you get a recommendation for a good seamstress.

■ A belt can sometimes be used to cinch pieces that become baggier.

■ A wrap dress can be a useful piece as you can adjust it as you lose the pounds.

■ Good grooming will add polish. A great haircut and colour are always worth the investment. Remember you wear your hair every day.

■ Invest in a couple of new bras during your weight loss journey. The right fitting underwear will make your clothes look better.

■ Don't get too hooked on sizing. Some stores operate a 'vanity sizing' policy. Instead, look for pieces that are a great fit.

■ Don't hold on to the larger clothes you have slimmed down from. Say goodbye to them and hello to the new you.



Accessories are a great way to brighten your look says style consultant Kate Parker



This stretch snake belt is useful for cinching in clothes that have become baggy, due to weight loss. It's £9.50 from Marks & Spencer. And treat yourself to a new bag as you reach your goals – this one at TK Maxx is £24.99

## Workshop details

Get in Shape, with style consultant and personal shopper Kate Parker and Anna Mason of Distance Dieters, is on February 8 at The Grange, Welford Road, Long Marston, near Stratford-upon-Avon. Book before January 16 for £129 (normal price £149) on 0845 533 5302 or 01242 620687.



Eat well and take exercise, says Anna Mason, fitness and health coach. It's all about making lifestyle changes that will stay with you forever

## How to make the changes

### 1. Making lifestyle changes

How many resolutions have you set only to break them by the third week of January at the latest? Weight loss, if you are to succeed, needs to be taken seriously and with determination. Take the decision to lose weight in terms of lifestyle changes. Changes you will be making for ever... not just until the end of January.

### 2. Set realistic goals

How much weight do you want to lose and by when? Be realistic, remember it took a great deal longer than two weeks to gain 10lbs so it will take a great deal longer than two weeks to lose it.

But with dedication, determination and making the correct changes, the average person can expect to lose 10lbs (if not more) in six to eight weeks. It is unhealthy for us to be overweight and unhealthy for us to be underweight. Our optimum healthy body weight must reflect a Body Mass Index (BMI) of between 18.5 and 24.9. This will mean a different dress size for most of us depending on height and build. None of us are the same, so look to the health aspect and not the dress size.

### 3. Put your plan into action

Decide to implement your lifestyle changes by eating well and taking exercise. Don't just talk about it, make it happen.

### 4. Remove all temptation

Empty your store cupboard and fridge of all those foods you know will not help you lose weight. Rid yourself of all the processed and sugar laden foods. Chuck out the biscuits and crisps, most of the tinned food, much of the cereal and bread and all the low fat foods.

### 5. Get organised

Stock up with the right foods to help you lose weight, keep it off for good and feel energised and invigorated. Fresh fruit and vegetables, lean meat, fish, porridge, natural yogurts, full fat salad dressings, olive oil, herbs and spices.

### 6. To drink

Avoid alcohol and caffeinated and decaffeinated tea and coffee. Alcohol upsets the balance of blood sugar in your system and is likely to turn you into a nibbler if not a muncher. Caffeinated tea and coffee upsets your hormone balance and hinders weight loss. Decaffeinated tea and coffee have more toxins added during the decaffeination process. Drink caffeine-free

## Anna Mason, fitness and health coach and founder of Distance Dieters

herbal and fruit teas and coffee and drink plenty of water. Water helps to flush out our systems and aids weight loss as well as hydrating us.

### 7. Feel good and be positive

Exercise alone, unless you exercise for hours everyday, will not help you lose weight. However exercise is very important and helps to keep our hearts healthy, our bodies toned and our minds positive. Many of us enjoy different levels of exercise so whether you are a gym goer or exercise-shy we should all be exercising for around 20 minutes three to five times per week. To make the most of your gym workout make certain you see an instructor and get the routine changed every four to six weeks. Or you could simply get outside and walk and enjoy the benefits of fresh air.

### 8. Food and exercise diary

Keep a record of everything you eat and drink and any exercise you take. You have to be truthful. Continue to keep your food diary during your weight loss, which helps to embed all of those new habits. If you haven't lost weight, the answer will be in your diary.

### 9. Take photographs

Take photos of yourself, face on, in profile, and from behind. Wear black leggings and a leotard or tight T-shirt to enable you to see your shape properly. Re-take these photos as you lose weight. A great motivator!

### 10. Stick to it

Be determined, stick with it and you will succeed. The trick is to lose weight in a healthy way and re-educate yourself so that you don't put it back on again. This requires lifestyle changes that you make forever not simply while you are losing weight.

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## Eat plenty of the right foods for energy

FITNESS and health coach Anna Mason (pictured, top right) founded Distance Dieters, which helps busy people to lose weight online, by telephone and email. She maintains we can reach our ideal weight by choosing satisfying portions of good, everyday foods that we like. Sometimes just a few tweaks to

what is eaten when can make all the difference. She suggests:

■ Reducing sugar in your diet, whether in processed or unprocessed foods, helps your body burn fat.

■ Stoke your engine, raise your metabolism with foods that give you energy but don't put on weight. Eat three meals plus two

healthy snacks daily – you must eat plenty of food to lose weight. If you crash diet, your metabolism slows down thereby actually hindering weight loss.

■ Give up bread because the sugar rush this gives us just makes us tired. Replace your lunchtime sandwich with lean meat or fish or other protein

and a salad packed full of vitamins and nutrients.

■ Drinking plenty of water helps your body work at its optimum level of efficiency and aids fat loss. Aim for 1.5 litres a day.

■ Avoid all processed foods, low fat and pre-packaged diet options – eat foods as close to their natural state as possible.