



Sneaky Slim Down Tricks without the Diet Sideshow!

Learn how to slim and tone your body without going on a faddy diet. There are more than a dozen foods that can help you fight hunger, kick your sweet tooth addictions, boost your metabolism and shed pounds

1. **EGGS** - full of protein and help you feel full a lot longer
2. **BEANS** - provide one of your best weight loss pals, keeping your blood sugar on an even keel
3. **SALAD** - start with a big, low calorie salad - you'll consume less afterwards
4. **GREEN TEA** - speeds up the metabolism and burns fat
5. **PEARS** - they beat apples for fibre, filling you up and lowering your blood sugar levels
6. **SOUP** - even the simplest soup (including protein) satisfies you quickly
7. **MEAT** - amino acids in meat and fish slim you down whilst maintaining your muscle
8. **OLIVE OIL** - helps you burn up the calories
9. **GRAPEFRUIT** - shed more than 3 pounds by reducing your insulin levels
10. **CINNAMON** - controls your post meal insulin spikes
11. **VINEGAR** - slows down the passage of food so your tummy stays full for longer
12. **TOFU** - a great appetite quashing protein
13. **NUTS** - not as fattening as you think - revving up your metabolism even when relaxing
14. **HOT RED PEPPERS** - another great appetite suppressant



Ann Mather, Celebrity Nutritionist, FamouslyFit.com



BABY AND YOU

- EXERCISE TOGETHER

Holly Matthews, Celebrity Actress, Feature Writer, FamouslyFit.com



Hey mums! My darling baby has arrived, and if you are like me you will have put on a few extra pounds during the pregnancy. No time to go to the gym?

Well what better way to exercise than doing it with your baby - genuine bonding with a built in bit of resistance! Here is my first suggestion - great for toning the butt, and a little shoulder workout too!

Rocking Baby Squats

- Hold baby securely in your arms at chest height
- Make sure you have a stable stance, feet just more than hip distance apart
- Push back into a gentle squat, weight back over heels
- Gently lift baby up a few inches as you squat (making funny faces of course!)
- Power back up through the squat
- Gently lower baby down a few inches



Variation: Really get to those tummy muscles as well. Instead of gently lifting baby up and down, turn very slightly to the side as you squat

Travelling Goodies

Bunny Stanwey-Mayers, Beauty Editor, FamouslyFit.com

If you are a Brit and live somewhere like the Canaries, you'll be flitting back and forth to the UK regularly.



Air travel always makes you feel dry and groggy, so here are some 'must haves' to reach your destination feeling fresh and raring to go.

Stay Hydrated



Invest in a refreshing Thermal Water Spray from Avene. Soothing, anti irritating and great for sensitive skin. 50 ml spray bottles, so no problems with hand luggage.

Awaken your senses



Tisserand Aromatherapy Travel Ease Essential Oil Roll On Remedy is a must. Awakens, stimulates and purifies. A little on the wrists is just the trick. The 10 ml bottle is perfect for hand luggage.

Stay fresh



Amplex Caring Deodorant - an anti-perspirant roll-on with aloe vera, providing unbeatable, long term protection - so gentle on the skin. Great for using during your flight.



Other Top Tips

- Drink lots of water
- Keep alcohol to a minimum
- Get up, stretch and move around whenever you can

Safe travels!