

A Svelte New You!

How about starting off the year with New Year's resolutions you can actually keep? Thankfully, we have just the right products and tips to help you look and feel fabulous in 2011.

Start the year with superfoods

If your waistline has expanded and your energy levels flagged due to the festive excess, you need Superfood Elite by Pure-XP. It is the best detox and energy drink I've discovered and one of Harrods' bestselling health supplements. Within a couple of weeks I felt lighter, my energy levels soared and my digestion improved. This phenomenal product is packed full of 29 super-ingredients – organic greens, vegetables, fruits, bio-active mushrooms and sprouts. As such, it is bursting with antioxidants, phytonutrients, enzymes and chlorophyll. It is convenient to take as it comes in a powdered form and blends well with water, juices or smoothies. If you take just one supplement this year, make it Superfood Elite. Available at Harrods and www.purexpelite.com

Get beautiful skin

If the stresses of last year and the festive overindulgence have left your skin in need of TLC, look no further than HA Elite by Pure-XP. I was absolutely amazed at how highly effective this product is. Within a few weeks my skin looked plumper and more

radiant, with fewer age lines and wrinkles. HA Elite contains 100 per cent hyaluronic acid of low molecular weight for better absorption. Available at Harrods and www.purexpelite.com

Discover LegMaster Power

Are you making headway with your get fit resolution? If not, try out the LegMaster Power. I found its quick benefits absolutely magical. Use it for just 60 seconds several times a day, and you will see amazing results within days – fabulous legs, tight buttocks, abs and a beautiful svelte figure. Voted 'the best exercise product ever' by UK Channel Five's *The Gadget Show* and endorsed by numerous celebrities, it really is the ultimate exercise machine for 2011. Available at www.legmaster.com

Try Out Ki Fit

Meet your personal trainer and dietician all in one in the portable shape of the Ki Fit armband. This clever gadget monitors every calorie you eat and burn every minute of the day. It also tracks your physical activity and



Model: Preeti Dhara (Elite Model Management);
Photographer: Kerry Monteen



workout effectiveness, and both sleep duration and efficiency. You can upload all the data via USB on to your computer to monitor your progress 24/7. Use the personal manager to adjust your diet and exercise plan to reach your weight and fitness target. Absolutely ingenious! Available at www.kiperformance.co.uk

Eat Yourself Slim

Protein is the holy grail of a successful weight loss. Include protein in every meal by eating more fish, lean meat, lentils, beans, tofu, eggs, yoghurt, nuts and seeds. Add to it lots of vegetables, and you'll never have to diet again!

Get Trim With Green Tea

Forget skinny lattes and go for green tea instead. It is high in polyphenols which can help burn off fat.

Sleep More And Weigh Less

Studies show that after a night of shorter sleep people consumed more than 500 extra calories than those who slept for eight hours. Beware of the cumulative effect – 500 extra calories a day equals one pound of fat in a week!



See Yourself Looking Svelte

This is my clients' favourite 'exercise'. Visualise yourself at your ideal weight. See and feel the difference and hear the compliments of how great you look. Say to your subconscious mind – this is how I want to be. See yourself eating smarter, increasing your activity levels and losing weight easily. Practice before each meal. Remember, whatever your mind can see your body can do!

Note: Always consult your doctor before changing your diet or taking any supplements! □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people



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