

Beach Body Secrets

Want to get a slim, firm body in time for your big summer reveal? Follow our slimming expert's recommendations and get the bikini body you've always wanted.

Eat smart

Want to lose weight without dieting? Make smart food choices. Start with half a grapefruit before breakfast to stabilise your blood sugar levels. Have a protein-rich breakfast such as scrambled eggs and salmon to keep you full until lunch. Choose a vegetable soup before lunch or a salad with olive oil and fresh lemon dressing before dinner to trick your body into eating fewer calories at the main meal without feeling deprived.

Drink yourself svelte

What's Hollywood's latest slimming secret? It's cran-water – a mix of unsweetened cranberry juice and still mineral water. Sip it throughout the day to help flush out fatty deposits and other toxins.

Go lean

Want to lose fat faster? Increase your protein intake with each meal. Choose fish, skinless chicken, turkey, beans, lentils, tofu, eggs, nuts, seeds, goat cheese and yoghurt.

Achieve maximum fat loss

Want fast results? Combine cardio exercises and weights workouts. Do two or three weight training sessions each week and three cardio interval sessions on alternate days. This programme will help you burn calories, convert fat into muscle and speed up your metabolism. It will also give you energy and keep you motivated. Go for it!

Burn fat and carbs from within

Want to complement your weight management programme? Try BioCare LipoTone Intensive. This formulation supports the body's natural management of fats and carbohydrates when used in conjunction with exercise and a healthy diet. It contains CLA, l-carnitine and garcinia cambogia which help reduce excess weight and increase the



proportion of muscle to fat ratio in the body. It is a perfect companion to a shapelier you! Available at www.biocare.co.uk

Banish water retention

Feeling bloated and suffering from water retention? Reduce your intake of high sodium foods and try natural remedies comprising apple cider, globe artichoke and dandelion. New Nordic Apple Cider High Strength combines all three ingredients. When used as part of a healthy diet, it helps the body to eliminate retained fluids and boosts metabolism. It is a must for a flat tummy and easy weight loss. Available at www.newnordic.com

Get perfect thighs and butt

Would you like to banish cellulite, get leaner thighs and a perkier butt? Look no further than Mama Mio Bootcamp for Butts. This kit contains three spectacular skincare products and two simple but effective four-minute daily exercises. It promises a real difference after only 30 days.

Step one is the Omega Body Buff exfoliator with sweet almond oil, chamomile and vitamin E which stimulates circulation, improves cell regeneration and breaks down the 'orange peel'.

Step two is the Skin Tight Toning Serum to help lift, tighten and tone with papaya enzymes, hyaluronic acid and soy protein complex.

Step three is the Shrink To Fit Cellulite Cream. It contains a powerful mix of guarana-derived caffeine, green tea extract, rosemary and seaweed algae extract which increases microcirculation and helps break down and shrink fat cells turning your orange peel into a peach!

Step four is a set of two exercises to tone up your glutes and hamstrings to take your butt from down-low to up-high. All it takes is your commitment and four minutes a day. This is an

absolute beach body essential! Available at www.mamamio.com

Burn more calories

Would you like to burn extra calories, but don't know how? Try New Nordic Chili Burn. Its active ingredients of chilli pepper, green tea, dill seed, ginger and peppermint oil help increase metabolism, decrease body weight, body fat ratio and mass as well as visceral and subcutaneous fat area. Available at www.newnordic.com

Visualise yourself slim

Want lasting results? Visualise your body the way you want it to look before you go to sleep and when you wake up. This sends signals to your mind to behave, feel and eat like a slim person.

Keep your eyes on the prize

Focus on the desired outcome and commit yourself daily to implementing these recommendations to create a beautiful, healthy and fit body.

Note: Always consult a doctor before changing your diet or taking any supplements and always read the product instructions. □

■ 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

