



the vitality eating system





Cat says

A hectic lifestyle can play havoc with your eating habits and at the end of the day you are what you eat!! You can't rely on faddy diets to be nutritionally balanced or to

keep you going all day. I always start the day with a good breakfast which keeps me full of energy all morning.

Top nutritionists have put together a healthy eating plan called the **Vitality Eating System**. A 7 day plan of delicious low-fat breakfast, lunch and dinner menus have been devised by the experts and means you should never go hungry. They have an approved selection of healthy 'snacks' so you don't feel you are missing out.

Eating a nutritionally balanced diet containing complex carbohydrates, like bread, pasta and cereals along with protein, fruit and vegetables is essential for boosting energy levels and staying in shape. Beauty comes from within.

So what are you waiting for ...

diets don't work

This is not another quick fix diet promising miracle results but a realistic and achievable eating plan based on healthy eating guidelines. According to the **Food Standards Agency's 'Balance of Good Health'** we should be eating **50% of our energy intake as complex carbohydrates**, such as bread, pasta, cereals, rice and potatoes.

The eating system provides a healthy

long-term option to faddy 'quick fix' diets and yo-yo dieting and focuses upon effective proven strategies for tackling weight gain.

The 7-day eating system provides effective and practical advice for consumers about healthy eating for life. Created by **top nutritionist Anita Bean**, the eating plan provides three flexible systems created for different weight loss goals.

your weight

depends on the number of calories you

take in each day through your diet compared with the number you use up through exercise and activity. For most women the basic calorie requirement is around 2,000 a day. If you eat more than this you'll put on weight, eat less and you'll lose weight – it's that simple! But the best way to lose weight is to eat less and also to exercise. Regular activity boosts your metabolism, helping you lose weight and keep it off.

secrets for successful weight loss

According to the **Medical Research Council's 2003 report on obesity Tackling the Weight of the Nation**, regular activity and balanced eating is the key to losing weight and keeping it off.

Experts recommend:

- Be more active
- Eat less fat and proportionally more wholegrain and high fibre carbohydrate foods
- Consume less added sugars, especially from soft drinks
- Reduce your portion sizes
- Plan regular meals, including breakfast

take the test

Carrying too much weight increases your risk of high blood pressure, type-2 diabetes, heart disease and some types of cancer. Your **body mass index (BMI)** expresses your weight in relation to your height and works out whether you are overweight, underweight or just right for your height.

Measure your height in metres and weigh yourself in kilograms. To work out your **BMI**, divide your weight by the square of your height.

Remember that as individuals we all come in different shapes and sizes. The **BMI** is a rough guide as to whether you are overweight in relation to your height.

My calculation	Example
A. My weight = _____ kg	71 kg
B. My height = _____ m	1.65 m
C. My height ² (B x B) = _____	1.65 x 1.65 = 2.72
D. My BMI (A ÷ C) = _____	71 ÷ 2.72 = 26

what it means

BMI less than 18.5: Underweight

You may need to eat more.

BMI 18.5 – 24.9: Normal weight

Good for you – make sure you eat a balanced diet and take regular exercise.

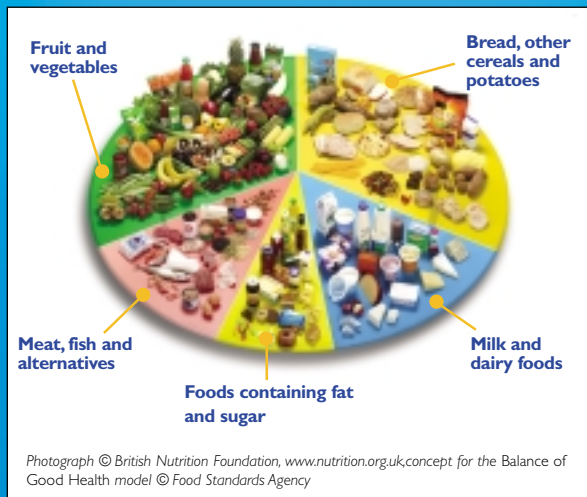
BMI 25 – 29.9: Overweight

Following this diet plan and taking more exercise will help you move towards a healthier weight.

BMI more than 30: Seriously overweight

Your health is at risk so you should follow this diet plan and start doing regular exercise. Check with your doctor before you start.

what is healthy eating?



The Balance of Good Health

shows that all foods can be part of a healthy diet. It is achieving the right balance and variety of foods that is important for health. This guide, produced by the **Food Standards Agency**, divides foods into five groups – bread, cereals and potatoes; fruit and vegetables; dairy foods; meat, fish and alternatives; fats and sugar. The foods in the largest groups should be eaten most often and foods from the smallest group should be eaten least often.

how many calories and grams of fat?

According to the government, you should get around 50% of your daily calories from carbohydrates like **bread, pasta, wholegrain cereals, potatoes and rice**, and no more than 35% from fat, with the remainder from protein.

Fat, especially saturated fat from meat and dairy products, increases the risk of **obesity, heart disease, diabetes and some cancers**. Check this box to find out how many calories and how much fat you should be consuming each day. You can check this table against the fat content on the food label.

If you follow this advice you should lose **½-1kg (1-2lb) a week**, which is a safe and healthy rate of weight loss.

The more overweight you are the greater the amount of weight you need to lose. In order to

keep the weight off you need to lose this **extra weight more slowly** which is why you start off with more dietary fat than someone who has less weight to lose.

Weight to lose	Daily Calories	Maximum daily fat (g)
Less than 6 kg (approx 1st)	1250	49
6- 19 kg (Approx 1-3 st)	1500	58
More than 19 kg (approx 3 st)	1750	68

the low-down ...

There are dozens of different diets claiming amazing weight loss. Each diet strategy sounds persuasive but do these diets really work? In reality, long-term weight loss is about learning healthy eating habits for life, not adopting a quick-fix fad diet. The only way to lose weight is to burn more calories than you eat. And the only way to keep it off is to change your lifestyle.

Low-carbohydrate diets (such as the Atkins diet)

claim: Diets high in carbohydrates cause our bodies to produce too much insulin, which controls blood sugar level, meaning food is more readily converted into fat.

does it work? You may lose weight on this diet because if you cut down on bread, potatoes, pasta and cereals and eat only meat, eggs and vegetables, you tend to eat fewer calories. In the short term, you are at risk of constipation and lethargy due to a lack of fibre and important nutrients supplied by carbohydrates. The long-term health risks remain unknown. You are also likely to get bored and slip back to old ways.

Food combining diets

claim: Your body cannot digest proteins and carbohydrates at the same time. This results in a range of health problems, including weight gain. Therefore, you should eat only fruit in the morning and then one protein and one carbohydrate meal a day.

does it work? There is no scientific evidence to support the claim – the body can digest mixtures of carbohydrates and protein. If you lose weight on this diet it's because you eat less and can't snack between meals.

Meal replacements

claim: Replacing up to two meals a day with shakes, bars or soups makes you lose weight.

does it work? Provided you stick to the regime you will lose weight but only because it takes the guesswork out of portion control and meal preparation. However, it can be hard to stick to and it doesn't teach you how to shop, cook and eat healthily so you are likely to return to old habits once you stop.

...on popular diets

The Blood type diet

claim: Your blood group works together with the rest of your body chemistry to determine the food groups you should eat or avoid to stay healthy and slim (O types, for example, should cut out carbohydrates, which upset their systems).

does it work? There is no evidence to support the claim. Cutting out whole food groups could limit your intake of certain nutrients your body needs to stay healthy. Also family mealtimes could be a nightmare if your blood types don't match up.

Strict detox diets

claim: Eating nothing or fasting on fruit, vegetables and lots of water or, in some diets, herbal drinks, rids your body of fat-storing toxins.

does it work? The rapid weight loss resulting from strict detox diets is mostly due to fluid. You will put the weight back on when you start eating again.

Low fat diets

claim: Limiting fat, in particular saturated fat, makes you lose weight.



does it work? A low-fat high-carbohydrate diet is the healthiest way to lose weight. Provided you choose wisely (fibre-rich foods) and practice careful portion control, you'll eat fewer calories and lose weight.

facts...

fact

Bread is not fattening

It's not bread that's fattening but what you put on it. There are as many, if not more, calories in the spread you put on a slice of bread as in the bread itself. So use as



little margarine or butter on bread as you can; spread it thinly, use a reduced fat or low fat spread or even omit altogether if you're having bread with soup or a meal, or with beans or cheese on top. One slice of bread provides only 70 calories – less than a biscuit!

fact

The salt content of bread has been reduced

Bread manufacturers have recently reduced the amount of salt in bread by



around a third. In fact, the Food Standards Agency has commended the bread industry for leading the way

in reducing the salt in food.

fact

Actual allergy to wheat is very rare

1 in 3 people believe they have a food allergy or intolerance, but in reality less than 2% actually do. Only 0.3% suffer from



coeliac disease, true wheat allergy. This means that up to a third of the



population, including children, are unnecessarily depriving themselves of valuable food substances. If you think you may have a food allergy, you should consult your

doctor before removing major food groups from your diet.



...about bread

fact

Bread is an important source of fibre

More than a quarter of our daily fibre intake comes from bread – essential for a healthy digestive system. Research shows that fibre may help protect against certain cancers and type 2 diabetes. Six slices of wholegrain bread provides 70% of the recommended daily intake for fibre.



selenium (which protect cells from damage by toxic substances including smoke and pollution)

and phytonutrients (plant substances that help protect against disease). White bread is a good source of calcium, which is important for strong bones.



fact

Bread is good for your health

Over 50 scientific studies have shown that eating wholegrain foods, as part of a balanced diet, can reduce your risk of suffering from heart disease and cancer by up to 30%.

According to the British Nutrition Foundation, eating three servings of wholegrain bread or cereal can have major health and nutritional benefits. It is the whole grain 'package' – including fibre, antioxidants, vitamins, minerals, carbohydrates and phytonutrients – that protects the body against many diseases.



fact

Bread is a great source of essential nutrients

Bread provides B vitamins (to help the body convert food into energy efficiently), iron (for transporting oxygen around the body), zinc (for the growth of new cells, healing and fighting infection), antioxidant nutrients such as vitamin E and



part I nutrition

Top Tips

- Eat a **good breakfast**. US researchers have found that people who eat breakfast are a third less likely to be obese compared with those who skip the meal. Eating first thing in the morning helps stabilise blood sugar



levels, which regulates appetite and energy. So you're less likely to be hungry during the rest of the day and snack on unhealthy foods.

- Although **wholemeal bread** contains more fibre and nutrients, white bread provides more dietary calcium.



- Eat **five** portions of fruit and vegetables a day. As well as fibre, fruit and vegetables are rich in vitamins (especially **vitamins A and C**), minerals and other important plant nutrients, which help keep you healthy and boost your immunity.
- Don't forget to include beans and pulses in your diet. They're **good sources of fibre** so keep you feeling full longer.
- Don't skip meals. Leaving long gaps between meals sends your body into starvation mode, triggering it to burn muscle instead of fat.



- Eat throughout the day. Plan to eat a meal every four or five hours, if possible, with **1–3 healthy snacks** in between (see: *How many calories?*) to keep you from getting over hungry.

Understanding the Glycaemic Index

The **Glycaemic Index (GI)** ranks all carbohydrate foods according to the effect they have on your blood sugar level, against a glucose standard, which rates 100, the fastest of all carbohydrates to be absorbed into your bloodstream.

Foods that break down more slowly during digestion have a low GI and produce only a small rise in blood sugar. They include grainy breads, pasta, wholegrain cereals and pulses, fruit and vegetables. Eating protein or fat with a high GI carbohydrate will lower its GI – for

example a slice of bread with butter or cheese has a lower GI than bread on its own.

Low GI foods can reduce the feelings of hunger and may help you to resist the urge to overeat. Foods with a high GI are more quickly digested and provide fast release energy which can be particularly useful after exercise when you need a quick boost. Always aim to eat a well balanced diet based on a variety of foods. This should help you maintain healthy blood sugar levels anyway.

super sandwiches

For a really healthy sandwich it is best to make your own. Cut bread really thickly or buy thick sliced and fill with one of the following low fat fillings suggested:

- **Wholemeal sliced bread filled with low fat soft cheese, chopped apricots and walnuts** ...*a lunchtime meal rich in calcium and iron.*
- **Sliced white bread filled with tuna, tomato, watercress and low fat salad dressing** ...*provides a good dose of folic acid and essential fatty acids.*
- **Ciabatta filled with reduced fat mozzarella, grilled peppers and low calorie pesto dressing** ...*rich in vitamin C, vitamin A and calcium.*



- **Wholemeal pitta bread filled with crumbled feta cheese, cucumber, chopped mint, fresh sliced tomato and baby spinach** ...*a good source of iron, folic acid and calcium.*
- **Rye bread topped with cottage cheese, grapes and chopped dates** ...*a good source of calcium, vitamin C and fibre.*
- **Olive bread filled with houmous, green salad and raw sliced peppers and grilled courgettes** ...*a good source of protein, folic acid and vitamin A and C.*
- **Bagel filled with low fat soft cheese and smoked salmon** ...*provides calcium and essential fatty acids.*
- **Crusty white roll filled with mature cheddar, sliced apple and pickle** ...*a source of calcium and vitamin C.*



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How many calories?

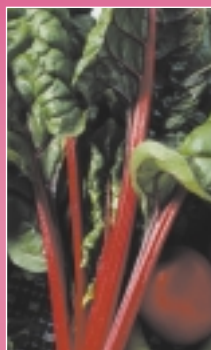
The diet plan provides approximately **1250** calories a day.

If you have less than a stone to lose, you should also choose **1** snack each day.

If you have between one and three stone to lose, aim for **1500** calories, including **3** snacks.

If you have more than three stone to lose have **1750** calories, including **5** snacks.

- Select three daily meals, plus snacks, to make up your calorie allowance.
- The more overweight you are the greater the amount of weight you need to lose. In order to keep the weight off you need to lose it slowly, which is why you start off with a higher calorie intake and more snacks than someone who has less weight to lose.
- In addition, you can have 200 ml skimmed milk for use in hot drinks, or on its own.
- Have 6 – 8 glasses of water throughout the day. You can also have regular tea, green, herbal or fruit tea.
- You can have unlimited amounts of green salad, green leafy vegetables, herbs and spices.



Snacks

(approximately 125 calories each)

- One (200 ml) yoghurt drink
- One pot low fat fruit yoghurt
- One slice wholemeal toast with 1 teaspoon spread* and 2 teaspoons jam
- 1 apple and 1 large banana
- 2 crispbreads with 2 teaspoons peanut butter
- 5 Brazil nuts or walnuts
- 1 small banana and 4 dried apricots
- One small wholemeal roll with 1 teaspoon spread and Marmite



- One hot cross bun
- 1/2 English muffin with 1 teaspoon spread; 1 small fruit (e.g. satsuma)
- 1 banana mixed with 2 tablespoons low fat plain yoghurt
- 1 piece of fresh fruit with 1 tablespoon nuts or seeds
- 1 small bowl (25 g) bran flakes / cornflakes with 150 ml skimmed milk
- One slice (40 g) French baguette with 1 teaspoon spread
- 1 wholemeal cracker with 1 tablespoon houmous and carrot, cucumber and celery sticks



Fruit and Vegetables – what's a portion?

Where one portion of fruit is indicated on the menu, select one from this list. Vary your choices so you get more nutrients.

- 1 medium fruit: apples, oranges, bananas, peaches and pears

- 2 small fruit: satsumas, apricots, plums and kiwi fruit

- 1 cupful of berry-type fruit: grapes, strawberries, raspberries and cherries

- 1/2 large fruit: mangos, papayas and grapefruits



- 1 glass fruit juice: all 100% fruit juices (not fruit drinks)
- 1 dessert bowlful of mixed salad vegetables: lettuces, salad leaves
- 2 tablespoons cooked vegetables: broccoli, cauliflower, carrots and green beans



- Half a cupful of pulses: baked beans, kidney beans, lentils and chickpeas



day one

Breakfast

Egg and toast

1 boiled egg with 1 slice of wholemeal toast spread with 1 teaspoon spread.*

One glass (150 ml) of fruit juice or one portion of fruit.

Lunch

Chicken (or cheese) and salad sandwich

Wholemeal sandwich with 2 teaspoons reduced-calorie mayonnaise, 2 slices of cooked chicken and salad leaves,

One side salad with balsamic vinegar or oil-free dressing.

One portion of fresh fruit.

✓ *Use 2 slices of low-fat cheese instead of the chicken.*

Dinner

Stir-fried pork with mushrooms

Cut 85 g pork fillet into thin slices and stir-fry with 1 teaspoon chopped garlic over a high heat in 2 teaspoons sunflower or sesame oil. Add 2 teaspoons soy sauce and a little chilli paste (optional). Once the pork has browned, add 225 g mixture of vegetables (try sliced mushrooms, carrots, leek, cabbage, mange tout or beansprouts). Cook for 2 or 3 minutes or until the pork is cooked through. Serve with 230 g (cooked weight) cooked wholemeal noodles.

✓ *Use 100 g tofu instead of pork.*

One pot (150 ml) low calorie fruit yoghurt.

day two

Breakfast

Porridge with honey

Porridge made with 45 g oats and 200 ml skimmed or semi-skimmed milk, topped with 2 teaspoons of runny honey.

Lunch

Pitta with houmous

Fill one wholemeal pitta bread with 2 tablespoons houmous and salad leaves.

A side salad of tomatoes and cucumber with 1 tablespoon olive oil dressing.

One portion of fruit or one glass (150 ml) of fruit juice.

Dinner

Lentil and vegetable soup

Bring to the boil 300 ml vegetable stock, add 60 g red lentils and cook for 10 minutes.

Add ½ chopped onion, 1 sliced carrot, 2 broccoli florets and 1 cauliflower floret and continue cooking for a further 20 minutes until the vegetables are tender. Season with salt and pepper.

1 tablespoon grated cheese.

One wholemeal roll with 2 teaspoons spread.*

One portion of fruit.

day three

Breakfast

Fruit smoothie

Place a little crushed ice, 1 banana, 6 partially frozen strawberries or 10 raspberries, 150 ml orange juice and 3 tablespoons plain yoghurt in a blender, smoothie maker or food processor and process until smooth.

Lunch

Muffin pizza

Split and toast a wholemeal English muffin. Spread pasta sauce over each cut side, scatter over 2 tablespoons grated cheese and thinly sliced red peppers, onions or mushrooms. Place under a hot grill until the cheese is bubbling.

Leafy salad with 2 teaspoons olive oil dressing. One portion of fresh fruit.

Dinner

Grilled trout with garlic and herbs

(You can substitute any oily fish)

Brush each side of a small whole trout (gutted) with a little olive oil and grill for 8 – 10 minutes turning once halfway through cooking. For the dressing, mix together 1 crushed garlic clove, 1 tablespoon olive oil, a little lemon juice and 1 tablespoon fresh coriander (or other herb). Pour the dressing over the grilled fish.

3 tablespoons (115 g cooked weight) brown rice.
2 portions of vegetables.

✔ *Substitute a quorn fillet for the fish.*

day four

Breakfast

Bagel with cheese

Split and toast a bagel then spread with 1 tablespoon low-fat soft cheese.

One glass (150 ml) of fruit juice or one portion of fruit.

Lunch

Tuna salad with cherry tomatoes

Ready-prepared mixed salad leaves, a few cherry tomatoes and slices of red pepper tossed with a small tin (100 g) of tuna and 1 tablespoon olive oil dressing.

One wholemeal roll with 2 teaspoons spread.*
One portion of fruit.

✔ *Use 200 g mixed beans (tinned or from the deli counter) instead of tuna.*

Dinner

Turkey and vegetable kebabs

Cut a turkey breast (90 g) into 2.5 cm cubes. Place in a dish with sliced courgettes, cherry tomatoes and yellow pepper slices. Cover with a marinade made with 1 tablespoon balsamic vinegar, 6 tablespoons olive oil, 1 tablespoon Dijon mustard, and 1 teaspoon chopped fresh thyme, and leave for 1 hour. Thread the turkey and vegetables onto 2 skewers then cook under a preheated grill for about 12 minutes.

Serve with 3 tablespoons (115 g cooked weight) brown rice.

½ banana mixed with 3 tablespoons low fat plain yoghurt.

✔ *Use 100 g smoked tofu instead of turkey.*

day five

Breakfast

Muesli and fruit

40 g muesli with 100 ml semi-skimmed or skimmed milk and a portion of fresh fruit (e.g. grated apple, strawberries, sliced banana).

Lunch

Chicken wrap with salad

Fill one wrap with 85 g cooked sliced chicken, salad leaves and 2 teaspoons low-fat dressing.

One side salad with balsamic vinegar or oil-free dressing.

1 pot (125 g) low fat fromage frais.

✔ Use 2 tablespoons houmous instead of chicken.

Dinner

Steamed cod with roasted vegetables

(You can substitute any white fish)

Place ½ sliced red pepper, ½ diced aubergine, ½ sliced red onion in a roasting tin. Drizzle over 1 tablespoon olive oil; add a few sprigs of rosemary, a chopped garlic clove and a few olives. Toss lightly and roast in the oven (200C/400F/gas mark 6) for about 30 minutes. Meanwhile, steam a 150 g cod steak for 15 – 20 minutes (depending on the thickness of the fish). Spoon the vegetables on a plate and lay the cod on top.

✔ Use 45 g crumbled feta cheese instead of the cod.

1 baked apple filled with 1 tablespoon sultanas and 1 teaspoon runny honey.

day six

Breakfast

Muffin with honey

1 toasted wholemeal English muffin with 1 teaspoon spread* and 2 teaspoons honey.

One glass (150 ml) of fruit juice or one portion of fruit.

Lunch

Baked beans on toast

2 slices of wholemeal toast with 2 teaspoons spread* and 150 g baked beans.

One side salad with balsamic vinegar or oil-free dressing.

One portion of fresh fruit.

One pot low fat fruit yoghurt.

Dinner

Grilled chicken with pasta

Grill a (130 g) chicken breast brushed with olive oil.

Serve with 180 g (cooked weight) wholemeal pasta tossed in 1 teaspoon olive oil.

2 portions steamed or boiled vegetables.

✔ Use 1 quorn or nut cutlet instead of the chicken.

Long term

You can stay on the diet for as long as you need to lose weight. Once you are at target weight, gradually increase your portion sizes until you maintain weight without losing any more.

However, you should keep to the healthy eating principles (see 'Balance of Good Health', page 3 and 'Top Tips', page 8) at least 80% of the time.

day seven

Breakfast

Cereal and toast

A small bowl (25 g) bran flakes with 100 ml skimmed or semi skimmed milk.

1 slice of wholemeal toast with 1 teaspoon spread* and a little Marmite.

Lunch

Baked potato with tuna

225 g baked potato with 100 g tuna mixed with 1 tablespoon reduced fat mayonnaise.

One portion of vegetables or salad.

One portion of fresh fruit.

✓ Use 2 tablespoons (85 g) cottage cheese and 1 tablespoon nuts or seeds instead of the tuna and mayonnaise.

Dinner

Steak dinner

Grill a (150 g) lean lamb / beef steak (fat removed) for 8 minutes, turning once.

175 g boiled or mashed potatoes.

2 portions of vegetables.

4 tablespoons fruit salad.

✓ Substitute a nut or vegetable cutlet for the steak.

* Where spread is indicated, use a reduced fat spread (such as olive oil spread) or a low-fat spread

✓ Vegetarian option

snack swaps

Replace 1 oz Cheese

with ½ oz very strong cheese

and save 70 – 100 calories

Replace Oil for cooking

with Oil spray

and save 120 calories per 1 tbsp

Replace Pain au chocolate

with 2 slices wholemeal toast with marmite

and save 100 calories

Replace Crisps

with Twiglets

and save 50 calories per 25 g bag

Replace 2 chocolate biscuits

with 2 rice cakes with jam

and save 60 calories

Replace Chocolate bar

with Breakfast or cereal bar

and save 150 calories

Replace Fizzy drink

with Diet drink

and save 136 calories per 330 ml can

Replace Creamy fruit yoghurt

with Very low fat yoghurt

and save 119 calories per 150 g pot

Replace Cheesecake dessert

with Fruit salad

and save 150 calories

part 2 activity

Regular activity is vital for good health and weight loss. Not only do you burn calories during exercise but it also boosts your metabolism, making you burn more calories even when you're not exercising.

Regular activity will:

- **Help control** your weight
- **Improve your body tone** and shape
- **Protect your health** by lowering the risk of heart disease, type 2 diabetes, cancer and osteoporosis
- **Increase your fitness** and strengthen your heart and lungs
- **Strengthen** your bones
- **Reduce stress** and boost your mood



How much?

Experts recommend a minimum of 30 minutes exercise, three to five times a week.

This should include a combination of

cardiovascular exercise (anything that makes you feel slightly out of breath) – such as fast walking, running, cycling or swimming – and strength training – such as weight training or toning with tubing or resistance bands.



However it is better to undertake a 10 minute exercise session than nothing at all. Aim for a realistic and practical 10 minute session during the day and repeat 3 times daily.

	Calories burned in 10 minutes*
Standing	14
Sitting (reading)	11
Walking around at work	23
Fast walking	53
Running	95
Gardening	59
Swimming	95
Cycling (leisurely)	71
Salsa dancing	53
Yoga	47
Tennis	83

* Source: American Heart Association, John Hopkins University

Build activity into your daily routine – walking or cycling some or all of the way to work, taking the stairs, going for a walk in your lunch break, cleaning the car, dancing, or playing with your children in the park.



part 3 positive thinking

The key to success in exercise is setting your goals and focusing your mind on reaching them.

Make a list

Write down **five reasons** why you want to lose weight. This will focus your mind on achieving your goal. If you have a great reason for doing something you'll be motivated to stay the course. Committing your goals to paper signals a **commitment to change**.

Set realistic goals

Your weight loss goal should be **realistic** – attainable for your body size, natural shape, and lifestyle.



Read your list each day

Keep this list somewhere you can see it each day, such as on a bulletin board, your fridge door or your desk at work. The goals will constantly remind you that they are **waiting to be achieved**.

Make a date

Set a **clear timescale** for reaching your goal. Decide on a deadline – this prompts action and sets your plan in motion. Without a clear deadline, it's easy to put off starting your programme and you end up never achieving your goals.

Visualise

Have a clear mental picture of how you will look once you have achieved your goal. Imagine



what you will be wearing, how you will be feeling and what your life will be like.

Visualising success is a powerful tool in achieving success. Use an old photo of yourself that you like or a magazine photo for inspiration.

Believe it's possible

Being slim isn't something that happens to other people – it can happen to you too. You have to believe that you will lose weight and be slim. Ban negative phrases, such as 'I can't', from your vocabulary; instead try to see the **positive 'can do'** side at all times.

Reward yourself

Give yourself a **reward** when you have reached a goal. Decide this in advance to **boost your motivation** – perhaps a new outfit, a trip to the theatre, or a salon beauty treatment.



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