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Find the new FITNESS & DIET PLAN to suit you

Which of this year's hottest weight-loss and exercise trends will work best for you? Anna Magee helps you stick to the plan you choose

Know your excuses – it's not your age and probably not your metabolism
(louiseparker.uk.com)



1 THE FASTING HYBRID

THE SKINNY If you found 5:2 too restrictive, a new hybrid marries the proven principles of fasting for weight loss with

the Mediterranean Diet for longevity and health. *The Mount Athos Diet* (Vermillion) is based on the diet of the monks of Mount Athos in Greece, where cancers, strokes, heart disease and Alzheimer's are virtually unheard of.

CAN EAT One day a week, eat what you like, three days a week eat vegan and three days a week eat typical Mediterranean – fish, dairy, chicken, plenty of nuts and seeds, wholegrains such as quinoa, oats and rice, olive oil – plus a glass of red wine.

CAN'T EAT On fast days you avoid alcohol, all meat and dairy. On all except fast days you avoid red meat, sugary and processed foods.

FOR YOU If you like the rigidity of fasting during the week but like to

indulge at the weekend. And if you naturally tend not to eat much meat. **NOT FOR YOU** If fasting at any time makes you cranky or feel deprived.



2 TAKING THE ALKALINE CURE

THE SKINNY A-listers flock to the famous Mayr Clinic in Austria to kick off controlled weight loss in a clinical setting. Now, its head medic Dr Stephan Domenig has released *The Alkaline Cure* (Modern Books), outlining a two-week programme based on its famous "cleanse". Our Western diets, he claims, are high in sugar, meat and caffeine, so lead to an acidic system that results in tiredness, digestion problems and weight gain. The vegetable-rich menu aims to balance the blood pH

levels and make blood more alkaline, aiming for a pH of 7.4, which it's claimed leads not only to weight loss but increased vitality, stronger bones, and better mood and immune function.

CAN EAT Butter, full-fat dairy, quality meat such as beef, tuna and salmon, endless vegetables, grains such as quinoa, spelt bread and buckwheat porridge, maple syrup, eggs, olives, herbal teas and soups.

CAN'T EAT Sugar, alcohol, coffee, tea or processed foods.

FOR YOU If you're tired, bloated, constipated or get frequent colds.

NOT FOR YOU If you think life without tea, coffee, alcohol or the occasional treat is not worth living (it's strict!).

3 surprising tips that work

Sports psychologist Sloan Sheridan-Williams has a few unexpected tips that could help.

✦ **SIT AT THE END OF THE TABLE** When at a lunch or dinner with friends, sit at the far end of the table. Research has shown people who sit in the centre graze more, and consume more calories in the form of bread, dips, olives and sharer platters.

✦ **PAY IN CASH** These days, it's all too easy to put everything on credit, which increases impulse meal choices and extra side dishes. Pay in cash or, better still, set a budget and leave your cards at home, and you will opt for fewer calories when you're buying lunch or eating out.

✦ **INFLATE A BALLOON** It encourages deep breathing, helping to reduce stress. Many people overeat due to emotional issues, so taking time out to regulate your breathing has a knock-on effect of reducing over-consumption of calories.



3 THE SMART WOMAN'S QUICK FIX

THE SKINNY New plan *2 Weeks In The Fast Lane Diet* (Kindle ebook), from nutritionist Fiona Kirk,

aims for quick but safe weight loss without cravings. You eat two to three filling meals a day but leave five hours between each meal. This allows for the fat-burning hormone glucagon to prompt the release of stored fat from fat cells, and supplies enough fuel for the body's organs until the next meal. It's based on Kirk's Seesaw Strategy, in which you avoid starchy carbohydrates for three days and eat them every fourth day, then start again for anything from four to 30 days.

CAN EAT Chocolate and butter every day. Rice, muesli, toast, pasta and sweet potato every few days, two pieces of fruit each day, plenty of lean proteins, salad and vegetables on all days.

CAN'T EAT Starchy carbs for three out of every four days.

FOR YOU If you want to lose half a stone quickly but don't want to give up your favourite foods.

NOT FOR YOU If you get dizzy or tetchy if you go for long periods without eating.



4 FLEXIBLE PALEO THE SKINNY

The original paleo or caveman diet advocates eating how our ancestors ate – avoiding all grains, legumes, dairy, refined sugars, alcohol and processed foods.

But it's restrictive. A new book, *Your Personal Paleo Diet* by Chris Kresser (Piatkus), makes it more flexible.

CAN EAT Lean meats, fish, eggs and poultry, nuts, olives and olive and sesame oil, coconut fat and non-starchy vegetables. It also allows full-fat dairy in small amounts three times a day, low-GI carbohydrates such as sweet potato and yams, legumes such as lentils, chickpeas and beans three times a week, and a few cheat meals each week.

CAN'T EAT Refined sugars and processed foods.

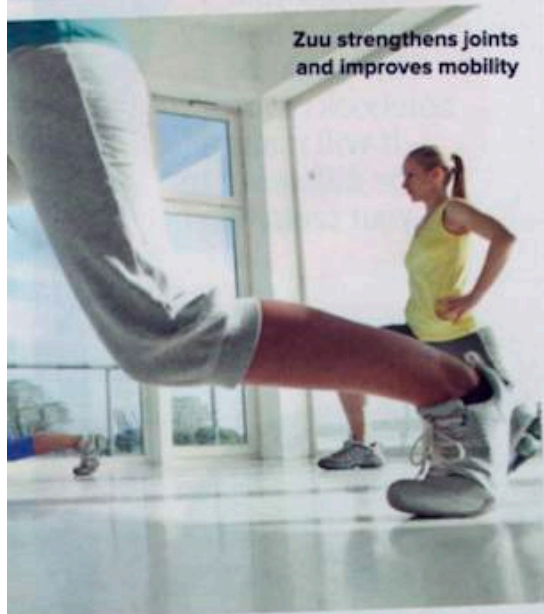
FOR YOU If you hate calorie counting or struggle with sugar cravings.

NOT FOR YOU If you are vegetarian or vegan.



NOW PICK YOUR WORKOUT!

Zuu strengthens joints and improves mobility



1 ZUU PRIMAL EXERCISE

THE SKINNY As toddlers, we move around instinctively – crawling, squatting, crouching, pushing and pulling. This primal movement is similar to the way animals behave in the wild and is the basis for a new workout called Zuu, which is so effective that it is being adopted by everyone from the military to the supermodel set. Unlike more traditional workouts that focus on one isolated action at a time (such as a bench press or ab crunch), Zuu simultaneously combines large muscle and smaller stabilising muscles to strengthen joints and improve mobility, as well as burning up to 600 calories in 30 minutes.

FOR YOU If you have a good basic level of fitness but want to try something new, which pushes your body to the max.

TRY IT Zuu classes are being rolled out to Virgin Active gyms nationwide this summer.

Visit virginactive.co.uk

2 YOUR PHONE AS FITNESS FRIEND

THE SKINNY A new range of lifestyle apps that communicate with each other. The Lifesum app lets you track what you eat and how much you exercise. Now it has teamed with partner apps including Moves, which tracks the steps or distance you take while it's in your pocket or handbag, along with Runkeeper, which tracks your >>

Just-launched site movementformodernlife.com features classes from the UK's best yoga teachers for £10.99 a month



You don't need to join an expensive gym to improve your fitness

GYM TO GO



From step-ups on a park bench to pull-ups on a sturdy branch, a new book by personal trainer Jon Denoris gives exercises to do anywhere. Celebrity fan Jo Wood says, "The Pop-Up Gym will inspire you to get up and train anywhere, whether it's at home or on the go. Thanks to Jon, I am the fittest I have ever been." *The Pop-Up Gym* (Bloomsbury Sport).

TRY IT Requiring no equipment, just enough space to do a star jump and a basic level of fitness, you can do this workout anywhere, anytime. A four-minute audio is available for £5.99 from Lucy's website, lwrfitness.com

4 HYPOXI

THE SKINNY Hypoxi is an exercise bike encased in an egg-shaped pod that applies high and low pressure to the lower body as you cycle to stimulate blood flow, drain toxins and reduce cellulite. Hypoxi trainer Priya Calay says the beauty of the system is that, "it is a gentle exercise that stimulates metabolism and burns stubborn fat deposits." The unique body-shaping method was developed in the 90s by Dr Norbert Egger, and is popular with celebrities including Cheryl Cole and Victoria Beckham. At just 30 minutes per training session, the time involved is minimal.

FOR YOU If you want a gentle but effective exercise to target cellulite and stubborn areas of fat on the stomach, hips, bum and thighs.

TRY IT Prices vary, but in general, you should expect to pay around £450 for 12 sessions, and you should see results after six sessions. To find a Hypoxi studio near you, visit hypoxi.net

runs. You programme Lifesum with your weight goal and the diet you're on, hook it up to the activity apps and let your phone be your butt whipper on the diet and fitness front. Lifesum also deliver daily motivations and recipes to keep you on the right path.

FOR YOU If facts and data keep you on the straight and narrow – there's no escaping them with these apps!

TRY IT Download the free Lifesum app from iTunes (also available for android) or the gold membership app, which starts at £2 a month. Moves and Runkeeper apps are free from iTunes with android versions available.

3 FOUR-MINUTE WORKOUT

THE SKINNY According to fitness expert Lucy Wyndham-Read, it takes four minutes to make a difference. "Short workouts are ideal in the morning," says Lucy. "They are based on 20-second bursts of very high-intensity exercise, followed by ten seconds' recovery. Then you repeat that cycle eight times. The burst of hard training raises your natural calorie burn by 35 calories an hour. Best of all, it stays like this for up to ten hours."

FOR YOU If you're starting a fitness regime after an exercise break.

Steps to changing your habits

Psychologist Anna Hamer has practical tips on making your new lifestyle stick (ahamer.co.uk).

÷ IMAGINE AN ELECTRICAL CIRCUIT

Whether it's learning a new dance step or changing a lifestyle habit, our brains need to create a neural pathway. Imagine it as an electrical circuit – every time we repeat the experience, the electrical circuit gets stronger.

÷ CHANGE ONE EVENT IN THE HABIT PATTERN

If you head

for the fridge to eat something as soon as you get home, delay going into the kitchen for ten minutes.

This will alter your established pattern and make it easier to break the habit.

÷ REPEAT, REPEAT, REPEAT

Simply thinking new and encouraging thoughts such as "I can do this", "I am strong" and

"I can be athletic" can help build your new circuit. The trick is to repeat them and the new behaviour until it begins to feel natural. Contrary to popular belief, which says habits take 21 days to change, research from University College London has found it's more like 66 days on average, so stick with it! w&h

Record your progress in a diary. This could be a notebook or an app – it will make a huge difference to your progress



Get the lowdown on the latest diets at womanandhome.com/wellbeing