



Embrace your holiday hotness, says motivational expert Steve Miller

As your well-earned break arrives you really must get away and enjoy the sun, sand and scenery, girls. And don't beat yourself up if you haven't quite managed to hit your target weight. Let's face it – you don't have to put your life on hold just because you haven't quite got there yet. But if you're worried about teetering around in your swimsuit, showing more flesh than usual, or wearing skimpier, flimsier summer tops, fear not, because you will get there! It doesn't matter if you've not quite reached your goal just yet, because by being so focussed, it's getting closer by the day. Holiday happiness really is possible if you have a plan in place, so forget your worries and let's get you sorted!

Steve's book, *Get Off Your Arse and Lose Weight* (£7.99, Headline) is on sale now.

DEAR Dieter

This month successful slimmer Lisa Robson advises a reader...

I'm a vegetarian, but find it really hard to avoid things like cheese, and I often eat ready meals for convenience. Losing weight is really difficult, and vegetables on their own never seem to fill me up. I need some inspiration. Help!

Suzie Stokes, London

Lisa says: As a veggie myself, I know how tricky it can be! Vegetarians often replace protein with extra carbs, and this is an easy way to put on weight. Make sure you include a portion of Quorn-style meat substitute, or tofu, with your meals and go easy on the cheese. Use low-fat sauces and herbs and spices to flavour your food, and invest in a good vegetarian recipe book to give you some ideas. *Cook Vegetarian* magazine is also worth a look for tons of inspiration.



GetInteractive

- 1 Every day of your holiday, celebrate in the glory of your fat melting away. Yes, you are shrinking! Affirm this in your mind as you stroll around the pool and drink healthy juices, while everyone else guzzles that calorific booze, and piles on the pounds. You are in control!
- 2 If you are on an all-inclusive holiday, observe those greedy guts filling their plates with every bit of food in sight. Let this remind you that, for you, this is something of the dim and distant past. And, if the hotel does a running buffet, watch it literally run into the mouths of those people whose eating habits are speeding uncontrollably into disaster.
- 3 As you bare your flesh, mentally say goodbye to it! It's not going to be with you on your next holiday so, come on, be motivated and feel inspired. Determination will see you through. Don't forget to put a big smile on your face because you know that this time it really is for real.
- 4 Congratulate yourself every day as you eat fresh healthy foods and take some exercise. Don't be afraid to step out of your comfort zone – why not take part in a morning aerobics class with the other guests, to get you moving? And do keep remembering why you are doing it. It's for you and not anyone else!
- 5 Try on one of those nice, new, sexy outfits you have treated yourself to. OK, at the moment, there may be a few more ripples showing through than you desire, but let the clothes motivate you to stay on track and keep losing weight, because, girlfriend, it really is the future!

Steve tells it like it is, so get interactive and let him know your progress. Email him at info@stevemillertraining.com

OVER TO YOU!

Sometimes shedding the pounds can seem a lonely business – but you're not on your own! Whatever your slimming query, let us know, and we'll get a *Slim at Home* reader to advise you on how to solve it!

EMAIL YOUR QUESTIONS TO: yourthoughts@slimathome.co.uk with 'Dear Dieter' in the subject line.

(We regret that individual queries cannot be replied to personally)