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WINTER 2021

Distributed  
to Sandhurst  
residents in  
January &  
July

## Features include:

*Making your life better in 2021*

*Latest housing market news*

*How to stay motivated & on track*

*Tips for a faster Windows computer*

*Turn leftovers into tasty meals*

*The Energy Act*

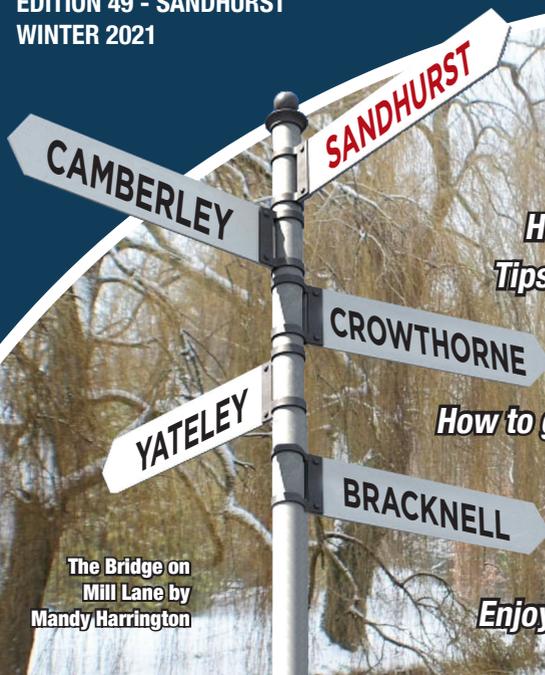
*How to get started working out at home*

*Self care*

*Beauty editorial*

*Looking after your body*

*Enjoy the weekend & still see results*



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## Well...what a year 2020 has been.

### Who could have predicted what was to unfold in March when all our lives were turned upside down.

Coronavirus stopped schools, offices and halted our social lives, changing the world and the way in which we live, possibly forever.

We have all had to adapt to a new way of living and working, but what has really warmed my heart, is the effort friends and loved ones have gone to, to make others feel special and loved; and to keep in touch with each other. Some relationships haven't made it, but I believe any which have, have been strengthened forever.

We've seen people fighting for their lives and livelihood, people losing loved ones and homes: 2020 has been a year where we have seen more than we usually would. I like to think we have developed as people.

Amongst all of this, you have all still been there, supporting our family business, and we couldn't be more thankful than we are.

We have put together a magazine of ways to help you to make the best of 2021 and the best of you. So Happy New Year to each and every one of you. Thank you from the bottom of our hearts.

Lots of love and best wishes...

*Emma*

& the  
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# 10 things you can do in 2021 to make it the best year of your life

**2020 has been particularly hard, and it has taught us some important lessons. It has also given us the opportunity to realise that we need to take control of our health: both mental and physical. Begin with these tips below.**

## 1. Wake up naturally

You might think of it as a strange suggestion. I mean, is it even possible to wake up without an alarm clock? Well, it is. Practice a routine of sleeping on time and waking up at the same hour every day. That's how your biorhythm should work, with no alarms to jolt you out of your slumber. Wake up naturally and start your day with a positive mood.

## 2. Begin every morning with a smile

We know life can take over, and it might feel like an ordeal to smile the first thing every morning, but push yourself to do it. Tell yourself it's going to be a day full of happiness and contentment, and have a wide smile on your face. Positive thinking and imitations can lift your mood for the day and beyond.

## 3. Exercise daily

Get moving. Anything from dancing, jumping on the spot, yoga practice or going for a run will do. Just get your heart pumping. Make sure you're incorporating 20 minutes of exercise every single day for your dose of happy hormones, and if you can exercise outside, you'll reap even more benefits.

## 4. Sing in the shower

Haven't we all felt a sense of happiness when we come out of a nice shower after belting out our favourite song? Oh, and while you are at it, don't forget to put on your best-scented

body wash. Well, it is believed that our favourite aromas have pleasant olfactory memories associated with them that make us feel blissful. Now, that's a good enough reason to enjoy a warm shower and de-stress!

## 5. Practice meditation

We are always hustling, and unfortunately, our culture glorifies that. We are never really told to slow down, but guess what? That's equally important. Practising meditation for about 15 to 20 minutes every day is a healthy practice. In fact, research shows that our brain releases an anti-anxiety chemical called GABA when we practice meditation or yoga. A study in the Journal of Alternative and Complementary Medicine found there is a 27 per cent increase in GABA levels after an hour of meditation.



## 6. Eat breakfast

Most of us are in such a hurry every morning that we forget to eat breakfast, and end up feeling 'hangry'. Well, how about enjoying a nourishing meal packed with your favourite foods every morning? It will help you look forward to something, and at the same time, give you a

boost of energy. It's also a great way to aid weight loss through boosting your metabolism.

## 7. Get into the habit of reading

Get a book from your favourite genre, and lose yourself in a different world. If books aren't for you, try a magazine instead. You could even begin writing your own book, or article for publication here at Foremost.

## 8. Focus on one task

We function on auto-pilot mode and perform tasks mechanically, often juggling several things at a time. Well, the key is to focus on one task at a time. Multitasking actually affects your focus and causes stress. Perhaps men had it right all along...ssshhh!!!!

## 9. Take an afternoon nap

Taking an afternoon nap can be extremely helpful in boosting your mood. At the same time, it ensures "improved alertness and performance without interfering with your night-time sleep." Research also shows that when you do not take a nap in the day, you can become more sensitive to negative emotions.

## 10. Call your friends

There's nothing like venting out or sharing memories to improve your mood. Whatsmore, you'll likely be lifting their mood too. According to a study published by the British Medical Journal in December 2008 by Harvard University, happy friends increase our happiness by 15.3%!

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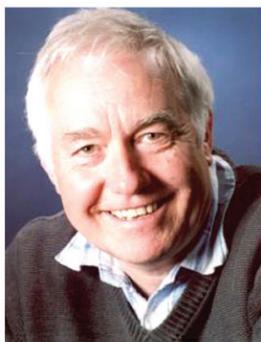
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# Local Sales News

## Local Market Round Up



Over the last 12 full months there have been **1,651 sales** in Camberley. This is a **-27%** change on the previous 12 month period. The average sales price was **£415,919**.

## National Market

December 2020

*We bring you the latest trends in the UK's housing market, with a detailed focus on Camberley.*

### House prices

In September the UK HPI (ONS) reported a 4.7% annual increase in house prices. The South West had the largest annual increase (6.4%) and the North East had the smallest (3.3%).

### Economy

Covid-19 has caused the UK economy to shrink by 11% this year. Office for Budget Responsibility expect the economy to recover to pre-Covid levels by the end of 2022.

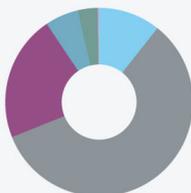
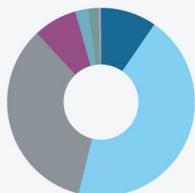
### Transactions

105,630 transactions were recorded in October 2020, 8.1% higher than October 2019 and 9.8% higher than September 2020 (HMRC). Transactions so far in 2020 are -18.1% below the same period last year, non seasonally adjusted.

## Transactions by price band over the last 12 months

NATIONAL

CAMBERLEY



- less than £100k
- £100k-£250k
- £250k-£500k
- £500k-£750k
- £750k-£1m
- £1m-£2m
- £2m-£5m
- £5m+

## House price growth

over 1 year and 5 years

1  
+4%

5  
+23%

## Top transaction

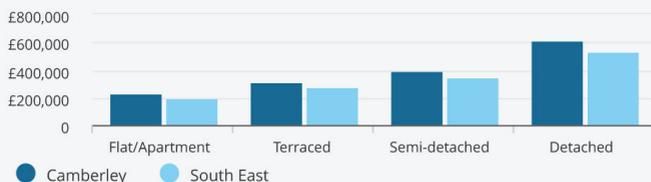
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## Average prices over last 12 months



Article by  
**Giles Mugford**  
(Martin & Co, Camberley)

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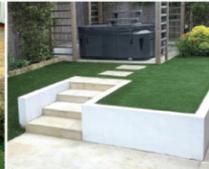


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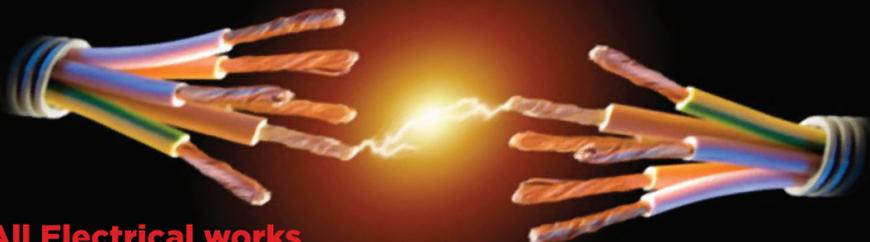
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# How To Stay Motivated And On Track

**New Year is the perfect time to start something new. Below are some tips to keep you focussed and on track when your motivation starts to dwindle.**

## Set A Goal

Goal setting is, quite possibly, the main motivator to keep you on track. Why are you doing what you are doing? Where do you want to get to and why?



So whether you want to run your first or best 5km, you want to lift heavier, or even complete a step challenge and regularly hit on your fitness tracker, find what you want to do, and why you want to do it. If you want to get fit so that you can run around the park with your children, then that can be your goal.

How are you going to get there? By training via a couch to 5km app? How about signing up to a race or telling your friends or loved ones your goal to encourage you to stick to it. Having a goal and a reason to get there is so important.

Fitness challenges can get difficult along the way, whether you're a beginner or a trained athlete. We all think about giving up along the way, what makes the difference is that you find your reason to keep going.

Make your goal trackable, and record your milestones along the way. Seeing yourself achieve will show you that you can do it. You'll see how far you have come and see that you can hit goals; this will encourage you to keep going, keep hitting, and keep aspiring.

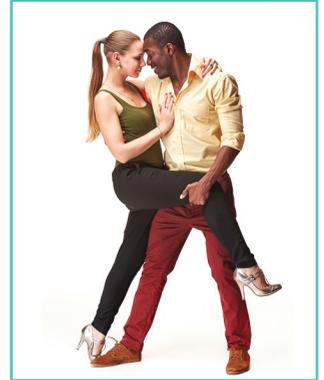
## Routine

Have a plan. Whether it's to get out of bed 30 minutes earlier, put some time aside at the end of your day, or make an extra effort to fit fitness into your lunch hour, decide what you are going to do, and when, and stick to it. A solid routine makes you commit to yourself, meaning you are more likely to follow through with your plans.



## Have Fun

We're not all destined for running races, or pumping iron at the gym. Some of us prefer the therapeutic side of yoga, or the buzz of a Zumba class. Find out what works for you, and do that.



There is so much variety for keeping fit, that you don't need to be doing something you don't enjoy. So from boxing to dancing, lifting to cycling, find your thing and make it your routine.

## Be Kind



Finally, be kind to yourself. We are humans, not robots. You are going to have tough days, tough weeks even, but don't allow missing your workouts to become the norm. Missing one spin class will not ruin your life, but giving up altogether will. It's all about balance.

Article by *Emma Baldwin* (Editor)



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# TOP 5 TIPS

FOR A FASTER WINDOWS COMPUTER



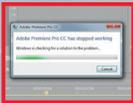
## 5 tips for a faster Windows computer:



**1) More than one Anti-virus** – Yes you need an anti-virus, and Windows 10 has a reasonably good one built in, but should you choose to have another you only need one anti-virus installed, installing more than one will cause them to clash and slow your machine.



**2) Unwanted programs** – Your computer uses a filing system known as the registry, this stores bits of information for each program; by removing unwanted programs you can help to tidy up the registry allowing it to be quicker when finding the information it needs.



**3) Stop programs at start up** – It stands to reason that the more you're asking your computer to do, the longer it will take to process it all. To help prevent this you can press ctrl-shift-esc together to access the task manager, from there you can click on the "Startup" tab and view programs that load when Windows starts and the impact they have on boot time. Some of these can be disabled, i.e. if you have your email loading at boot. Be cautious here because some programs here are required.



**4) Hanging on to temporary files** – Whilst in its normal course of use your computer produces temporary files as well as update files, sometimes they don't automatically get removed once done. By clicking on the Start button and typing "Disk Cleanup" you can bring up the Disk Cleanup utility, by selecting some of the check boxes there and clicking OK, you can clean the drive up. Again, caution here as since a recent Windows 10 update they now include the Downloads folder in this list, and you may not want to delete the contents of that.



**5) Still lacking something** – Even after these tweaks it may still be kind of slow and that may well be hardware related, one of the biggest bottlenecks in current computer is usually not the processor or the RAM but the hard drive. Today, modern technology known as SSDs or Solid state drives far outstrips that of older hard drive technology, offering speeds up to 25x faster and for a reasonably priced upgrade it can take a mediocre or slow laptop back in to something that's a joy to use. One of the bonuses is that with cloning software you can retain all of your programs and customisations and simply move over to a faster drive.

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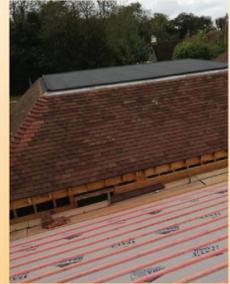
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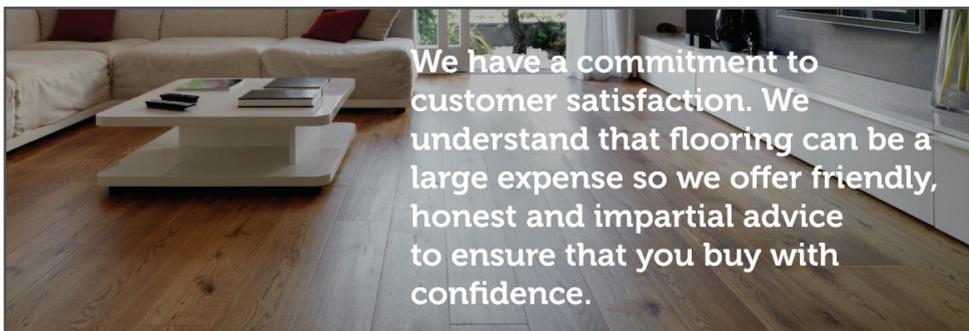
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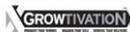
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# Top Tips On How To Turn Leftovers Into Tasty Meals

**It's all too easy to throw away leftover food, as opposed to put it to use. But all you need is a little imagination, to turn those leftovers into tasty meals. Save waste and save on your shopping bill with our great tips below.**

## Pasta Stir Fry

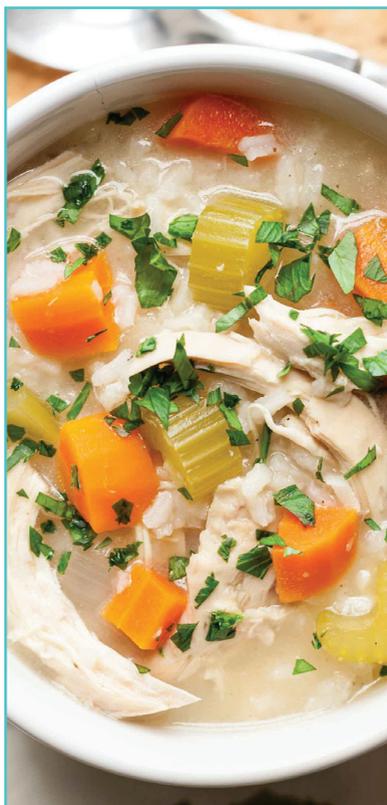
Stir fry is such an easy dish, and so versatile in what you can include. Use your leftover pasta and any other vegetables or ingredients you have in your fridge which need using up. From vegetables, to meats and sauces, anything goes. Due to this dish being so versatile, it really is a great option to use up all those odds and ends, which would otherwise end up in your waste food bin.

## Breadcrumbs

Bread can turn stale far too quickly for our liking, and if you're not into the habit of freezing half a loaf and then defrosting, or feeding the ducks, all is not lost. Why not make your own breadcrumbs? Just grate or mix the bread in a food processor, season as you desire, and use it on your homemade chicken nuggets or fish sticks, perfect.

## Omelette

Omelette can come in a variety of flavours, so whether it's leftover veg you're struggling with, cheese, cold meats, or even last night's pizza, chop it up and throw it in. A great, high protein dish ideal for breakfast, lunch or dinner.



## Chicken and Rice Soup

There are so many things chicken and rice can be used for as left overs, but chicken and rice soup is a fine example of one of the many options available. And once again, it lends itself well to being a versatile dish which you can add any number of flavours to. From herbs and spices, to flavourings and vegetables, make it your perfect way.

## Shepherd's Pie

It's traditional, popular and ideal. Shepherd's pie can be full of the good stuff with plenty of room for steak, mince, potatoes, vegetables, cheese and even breadcrumbs. Make this traditional dish your own with the leftover contents of your fridge and enjoy the health benefits it offers.

These are just a few, very simple ideas for reducing your food waste; not only great for the environment, but also great for your bank balance. You can save hundreds over the year by using your items to their full extent. So before you go to scrape all those leftovers in the bin, think again, and see what you can create in the kitchen.



**Above:**  
Chicken and Rice Soup

**Left:**  
Pasta Stir Fry

**Right:**  
Shepherd's Pie



Article by *Emma Baldwin* (Editor)

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# The Energy Act

**In 2008 the UK government introduced the Energy Act which compelled energy suppliers to allocate funds to improve insulation in domestic properties - known as ECO, the Energy Company Obligation.**

Under this legal obligation, only accredited insulation companies can access the grant funding to pay for wall or loft insulation if it is necessary, meaning the resident has no cost to pay.

Installers obtain funding for households in receipt of certain benefits or those who meet the flexible eligibility rules set down by the relevant local authority, known as Flexible Eligibility for ECO.

Bracknell Forest Council are an industry award-winning local authority recognised for helping their residents to access these grants year on year, largely thanks to the commitment and determination of their Sustainable Energy Officer, Hazel Hill.

Following up on the successful delivery of earlier government ECO schemes, locally based Insta Group are again partnering with them to survey, install and guarantee as many home insulation improvements as possible while the scheme is running.



All the surveyors hold current City & Guilds Diploma qualifications in domestic energy assessments and are trained & equipped to conduct their surveys in a COVID-19 safe manner, maintaining social distancing throughout.

Wall insulation surveys involve the drilling of small inspection holes into the mortar joint between brick courses to check there are no issues within any of the cavities that would prevent insulation works from taking place.

These checks are also to confirm the presence of a damp proof course and wall ties, the condition of the external walls, unimpeded access all around and anything else that could mean the property was unsuitable.

and tanks are fully insulated.

There is no charge for the survey or for any advice and guidance provided as part of the process, just as there is no charge for any insulation works that may be required in your home.

The surveys and associated photographs are checked and approved for installation by an independent Chartered Surveyor before any works can take place. Once the jobs are completed the customers receive a guarantee - 25 years for all cavity work and 2 years for loft installations.

Funds are allocated on a first-come, first-served basis and this phase of the funding obligation, known as ECO3, is due to run until April 2022.



### Bracknell Forest Council ECO Flexible Eligibility Identifying eligible households

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Resident's Signature: \_\_\_\_\_

**The resident qualifies under our 'fuel poor' criteria if they meet one or more of the following criteria:**

In receipt of any means tested benefit.		Cardiovascular conditions	
In receipt of disability-related benefit: including Personal Independence Payment (PIP) Disability Living Allowance (DLA) or Attendance Allowance.		Respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)	
On the Energy Companies' Priority Services register (those at most risk from the effects of a power cut).		Mental health conditions	
Has a pre-existing long term chronic condition such as: heart disease, stroke or transient ischaemic attack (TIA), asthma, chronic obstructive pulmonary disease (COPD) or diabetes.		Disabilities	
Has dementia, learning disabilities or mental ill-health that reduces individual's ability to self-care		Terminally ill	
Aged 60 and over		Suppressed immune systems (e.g. from cancer treatment or HIV)	
		Is pregnant	
		Responsible for a child under 16 living at the property	

**Or the resident qualifies under our 'Low Income High Cost' criteria by meeting both A) & B), as below:**

(A) **Is the resident in receipt of an income-related benefit?**

or

**Does the household have an annual income of less than £35,000, after paying rent/mortgage, council tax and utilities bills?**

**And**

(B) **Does the household have an Energy Performance Certificate (EPC) rating of D or lower?**

**If YES, please provide EPC rating & RRN of the EPC certificate**

EPC Rating:	<input type="text"/>
Certificate RRN:	<input type="text"/>

#### Privacy Notice

Any personal information you give us is held securely and will be used only for ECO Flexible Eligibility and related local authority purposes. Information that is collected for the purposes of ECO Flexible Eligibility will not be used for another local authority purpose, unless the law allows this. By signing this form, you agree to consent to the local authority sharing this information with the relevant Obligated Energy Supplier for the purposes of ECO Flexible Eligibility. The local authority may however share this information where necessary with other organisations, including (but not limited to) where it is appropriate to protect public funds and/or to prevent fraud.

In line with the data protection principles, your personal information will only be retained and used for as long as is necessary. Where that information is no longer required, it will be destroyed in line with relevant destruction policies and processes.

Assessor Initials

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All Insta staff wear their own PPE, are equipped with their own hand sanitiser and conduct their survey and installation work on your home whilst maintaining a safe social distance throughout the process.

This property has been identified as one which could potentially benefit from these measures and you may qualify to have cavity wall *and/or* loft insulation work done **FREE** under our Flex scheme.

The qualifying criteria includes households with **children**, or **pensioners**, or residents with **health conditions**, or based on **income levels below £35,000 after all your Council Tax/Mortgage/Rent and Utilities** have been paid. We hope you will be able to benefit from this offer in some way.

To enquire please ring **Insta Group** on **0800 083 8413** to arrange a survey and book your insulation works. This offer is available on a first come first served basis while funding is available and we expect the demand to be quite high.

You may have an assessor from Insta Group calling over the next few weeks and months to establish if you are interested in this offer.

Or, e-mail: [hazel.hill@bracknell-forest.gov.uk](mailto:hazel.hill@bracknell-forest.gov.uk) if you would like any further information.

Yours sincerely

Hazel Hill  
 Sustainable Energy Officer  
 Bracknell Forest Council

**PEOPLE DIRECTORATE**

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# How To Get Started Working Out At Home

**There are so many benefits to working out from home, such as no waiting for equipment in a sweaty gym, it's free, it can fit around your timetable and you have no commute. So what could go wrong?**



**Motivation.** Motivation is probably the single, most difficult aspect of working out at home. However, with our tips, you'll be eager to get started and ready to succeed in no time.

### Acquire Some Equipment

You won't need loads of fancy things, but a few hand weights and some fitness bands will open up a whole world of workouts to exercise your whole body, so find what you need and keep it accessible.



As well as workout equipment, make sure you have gym clothing. Having the correct clothing will help you to feel comfortable and supported throughout your workout. Just because you might not be seen, it's still important

that you feel great. New gear always works as a great motivator too.

### Get A Routine

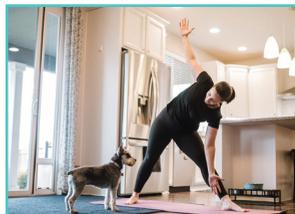
Although you can keep your timetable flexible, to suit your life, you need to have a plan which you can stick to. Instead of thinking, 'oh I don't fancy it tonight, I'll just do it tomorrow', and tomorrow never comes, have a plan. Find when you are most motivated, whether morning or night, and set a guide of workouts, times and days for you to complete. Not everything can wait, you need to make yourself want to do this now.

### Have A Goal

Whether you want to lose weight, get faster, stronger, healthier, or a blend of everything, find your goal and find a way to measure it. When you see success, you will be so motivated to continue.

Make your goals measurable and attainable, so if you want to be able to run a half marathon, why not aim for 5k first, and then build up. You can then work on your

time and pace. Or if you want to lift heavier, again, take it slowly.



Guided training for most aspects can be found online or via an app. Setting goals will also encourage you to keep pushing yourself, and keep improving. Just remember, start small and build up, and remember to reward yourself along the way.

Your home workout needs to work for you. It also needs to make you work. Try to keep the workouts varied, to keep you interested, and keep you challenged. You could also get a workout buddy to keep you motivated too, just ensure if your workout buddy lets you down, you don't use it as an excuse to not exercise yourself.

Article by *Emma Baldwin* (Editor)

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# Finding the Right Nude Lipstick

**The right nude lipstick is a valuable and versatile addition to any makeup bag and offers the perfect daytime or evening look. Sheer lipsticks are very wearable and the ideal finishing touch for daytime chic. The opaque and matt textures can give balance to stronger, more dramatic looks by drawing full attention and focus to a glamorous Smokey Eye.**

There's certainly no shortage of choice. Nude lipsticks are available in an extensive range of textures and tones but finding the right one can be surprisingly challenging. The correct shade and texture when paired with a complementary makeup will bring life and radiance to your skin. Getting it wrong will have the opposite effect and leave you looking drained and washed out.

So where to start? It is very individual, so can be a bit of trial and error, but it's definitely worth investing the time and effort.

## Preparation

A nude lipstick will really highlight dry or chapped lips, so ensure that they are well moisturised before application. Adding a lip liner in a similar shade will add definition and shape to your lips. After lining, fill in your lips completely with the liner, before adding the lipstick to help the colour last longer.

## Choosing the right one

As a general rule very light skin works well with pink and rose-based tones and sheer textures which enhance



**Soft Glam Makeup on Christiane, using MAC Retro Matte Liquid Lipcolour in shade Lady Be Good, finished with MAC LipGlass in Clear.**

the natural lip colour can also be very flattering. Don't make the mistake of choosing a shade which is too light though or your lips will disappear. With a lot of factors to be considered it is important to check how a shade looks on your own skin tone before purchasing, but a couple of my own favourites are Charlotte Tilbury in Pillow Talk and Dior Lip Glow in Rosewood.

Medium and Olive skin tones can choose from warmer nude tones; beige, peach and caramels and if you have darker skin, then rich caramels and dark chocolate hues look amazing. Look out for NARS Audacious Lipstick in Deborah and MAC Lipstick in Velvet Teddy.

With so much choice available, it can be a little daunting and difficult to differentiate between the varying shades and tones. I always recommend selecting a few different nude lipsticks together, as seeing them side by side makes the colour difference more obvious and the comparison easier.

British Celebrity Makeup Artist, Charlotte Tilbury also has very helpful tool – “The Lipstick Finder” on her website which gives a visual idea of how a variety of different colours will look against various skin tones. Give it a try at the link below. [www.charlottetilbury.com/uk/finder/lipstick](http://www.charlottetilbury.com/uk/finder/lipstick)

Article by *Christiane Dowling* (Christiane Dowling Makeup Artistry)



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# Looking after your body

## Sports massage therapy isn't just for sports people, and it's not just about massage!

Many of my clients are runners or cyclists who either have regular maintenance massage sessions, or injury related sessions. These sessions will involve some range of movement assessments then treatments for the areas of the body which need attention. The treatment may involve different massage techniques, stretching, mobility exercises and myofascial cupping depending on the client's needs.

I also have a lot of clients who may not do any sports and have developed chronic pain in areas such as the neck, shoulders or back as a result of poor posture or repetitive movements at work. Sports massage therapy is extremely effective for these clients as we can identify the cause of the pain and use massage techniques (as listed above) to help to address these issues.

When I finish a session with a client, I often send them away with homework! This may be stretches, strengthening or mobility exercises, self-massage techniques, or (most commonly) a combination of these.

A large number of people are working from home at kitchen tables or other areas which are not set up as ergonomically as their previous office work spaces. This has led to chronic pain in the upper back area. So what can you do to begin to alleviate the pain? Here are my 5 top tips...

### 1: Your work desk set up

Look at the height of your work table / desk. Can you use books or something similar to either raise the table or your computer so that you are not hunched over? The hunched forward position puts strain on your rhomboid muscles in your upper back, causing pain. Making changes to enable a more upright position will ease the strain.

### 2: Mobilisation exercises.

At regular intervals throughout the day (maybe set an hourly alarm on your phone) to get up and walk around. Do large arm circles, forwards and backwards, and shoulder rolls. Move your head from side to side, (ear to shoulder) then rotate your head to look over your shoulders. 10 of each movement is enough to loosen up the muscles and help to prevent them getting fixed and stiff.

### 3: Stretches

Stretch out your pectoral (chest) muscle which shortens as you sit in a hunched position.



You can do this by putting your hands behind your head and pushing your elbows back (see picture 1).

### 4: Strengthening or activation exercises

A hunched posture leads to back muscles becoming lengthened, exercises which encourage these muscles to contract and become stronger are essential. Good exercises include:

- 1: lie on the floor face down in a superman position (arms out straight over the head), engage your stomach muscles then raise your arms and upper chest off the floor, hold for 3 seconds then lower to the floor, repeat 10 times.
- 2: stay in the superman position, lift your arms and chest up, then bend your arms, pulling your elbows towards your waist, hold for 3 seconds then return your arms to the straight position and lower

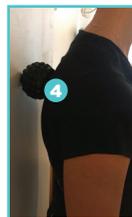
to the floor, repeat 10 times. (See pictures 2 & 3).



Both of these exercises can be made harder by holding weights in your hands.

### 5: Self-massage

A small massage ball, or tennis ball, is a great tool. Position the ball in between your shoulder blade and your spine, then lean against the wall, squashing the ball between your back and the wall (see picture 4). Slowly bend your knees to move up and down, rolling the ball over the tight muscles. This feels amazing!



Remember, it may have taken months for the chronic pain to develop so it will take time and work to reverse the changes and reduce the pain and discomfort. A sports massage will help speed up the process and help to prevent the pain returning.

Article by *Michelle Moran* (Michelle Moran Sports Massage)

## Sports massage therapy is effective at treating aches, pains, and knots which have built up over time.

You may be a long distance runner, or spend 8 hours a day sat working at a desk, or have a manual job involving heavy lifting. It doesn't matter what has caused the aches and pains, sports massage can help.

### Benefits of a sports massage include:

- reduction in muscle tension, pain and discomfort
- increased range of motion (leading to improved performance)
- decreased muscle stiffness or soreness after activity
- increased level of relaxation
- decreased levels of stress
- aids sleep

Book individual hour long sessions, or book a block of 4 which can be used over a 6 month period.



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# How To Enjoy The Weekend And Still See Results

**So many people ask the million dollar question, how is it possible to still enjoy a life at the weekend, without undoing the good work of what you have done all week. Ultimately, no one can live on a diet, nor should we have to.**

Life is here to live and to enjoy, and although with that comes the responsibility of taking care of ourselves and our own health, we also need to look after our mental health and realise that it is ok to let our hair down once in a while too.

Like anything, it is all about balance. In the same way you can't always live on a training plan, you can't always live off of one either, so you need to make your plan work for your lifestyle and your weekend treats, without feeling like you're throwing all that hard work away with a blow out weekend.

## Eating Out

When we dine out, we often overeat. The meals are often more calorific, and we eat more of it, as well as over indulging in alcohol too.

When you're out, it is a social occasion, so try to slow down your eating. If you're having more than one course, leave time between courses, and equally during courses, give yourself time to digest the food you are eating.

It can take our brains around 20 minutes to register that we are full, so when eating at speed, we are likely to over eat. By slowing down, you will recognise that you are full and are less likely to over indulge on that desert, or to encourage yourself to finish everything on your plate.

Give yourself time to enjoy the mouthfuls as you eat them, and



remember, you can always ask for a doggy bag if it really is too good to leave.

## Exercise

Just because it's the weekend, doesn't mean you can become a sofa slob for 2 days. So, you go out with friends and you over eat and drink, fair.



Combine this with less exercise and you're really in trouble. Add some exercise to your weekend plans to soften the blow on your body and to keep your metabolism working.

You could even do this with your friends too to motivate each other through the hangover. Just remember to keep hydrated, as if you've been drinking or are going to be drinking, your body will need the extra liquid.

Finally, whatever you eat, whatever you do, don't think a bad day has ruined all your efforts. Everything, within reason, is fine. Just get straight back to your meal plans once the party is over.

Article by *Emma Baldwin* (Editor)

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