

Cambridge Inspiration

Issue 15
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DARE TO BARE?

Three slimmers show off their gorgeous post-weight-loss bodies

BEDROOM CONFIDENCE

Home truths about what you may or may not want to hear

WINTER FASHION

Casual classics you can't do without

MISS FIT

Exercises to help with post-pregnancy bulge

FEMALE SLIMMER OF THE YEAR LYN ORR

"Eighteen months ago, I was 23 stone and a size 28. Today, I'm a new woman and a happy size 12"



What is Cambridge Weight Plan?

Since the 1980s, millions of people around the world have successfully lost weight and kept it off with Cambridge

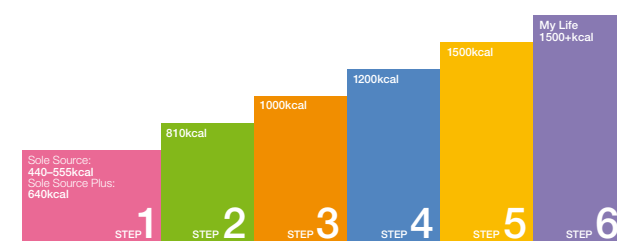
The secret of our success? Cambridge Weight Plan is not only nutritionally balanced, but it also gives you much more flexibility and choice than other weight loss options. The Plan comprises a six-step programme that combines an easy-to-follow eating plan and some realistic and practical lifestyle changes, with the ongoing advice of an accredited Cambridge Consultant®.

Cambridge Weight Plan is about more than just losing weight — it's also about helping you reassess your future approach to food. By making small, simple changes and sticking to them, you can completely change your life. And we'll be with you every step of the way.

All six stages of Cambridge Weight Plan have been devised to help you develop a healthy relationship with food, freeing you to achieve the body, as well as the confidence, you desire.

We'll get you there — and help you stay there!

To help you reach your goal, we've put together a tried-and-tested eating programme that's nutritionally balanced and expertly designed to give you a clear and easy plan to follow.



The Programmes

Step 1 is called the Sole Source Programme® because while you're on Step 1, Cambridge Weight Plan products provide your only source of nutrition. It really is as simple as that.

On Sole Source you will:

- Eat three or four Cambridge Weight Plan meals per day (according to height/gender*).
- Drink an extra four pints/2.25 litres of fluids over the course of the day.

Sole Source (440-555kcal) and Sole Source Plus (640kcal) are Very Low-Calorie Diets (VLCDs) and are designed to achieve fast and effective weight loss together with nutritional assurance. Sole Source Plus is similar to Sole Source, but you can include some conventional food to increase your calorie intake.

Step 2 is a Low-Calorie Diet (LCD) of 810kcal/day, which combines the convenience of Cambridge Weight Plan shakes, soups, bars and porridge, together with a little extra conventional food.

Step 3 is similar to Step 2, but also incorporates some fruit and carbohydrates to bring your total to 1000kcal/day. You still have the convenience of two Cambridge Weight Plan shakes, soups, bars or porridges, but with the added variety of a breakfast, a salad lunch, plus a high-protein, low-GI, low-carbohydrate dinner. There's even a daily fruit and milk allowance.

Step 4 increases your daily calorie intake to around 1200kcal/day. Again, you still have the convenience of two Cambridge Weight Plan meals and, in addition, you'll have a breakfast, a lunch, plus a high-protein, low-GI dinner, which incorporates some healthy carbohydrates like pasta and potatoes. You also enjoy a dessert and daily milk allowance.

Step 5 is the penultimate step to long-term weight management. At Step 5 you'll be consuming around 1500kcal/day. You'll only have one Cambridge Weight Plan meal each day, and your conventional food will include a 300kcal breakfast, a 350kcal lunch, 50kcal of fruits, 100kcal of healthy snacks, a dinner of 350kcal and a dessert of 150kcal.

Step 6 My Life is where your weight loss is sustained long term. By now you should have learnt what your body does and does not need to maintain a healthy weight. From now on you can have 1500kcal a day or slightly more and you can also incorporate one Cambridge Weight Plan meal per day. And don't forget, your Consultant will still be on hand for regular weigh-ins and advice. Plus, you can sign up to our fantastic new My Cambridge service: a sophisticated online food diary. Ask your Consultant for further information.

It's important to note that certain medical conditions may mean that some of the Cambridge Weight Plan Steps are not suitable. If this is the case, your Consultant will explain which part (if any) of Cambridge Weight Plan you can use.

You'll also need to take into consideration your lifestyle and any medical conditions or medication you are on. Your Consultant will be able to explain in more detail.

To find your local Consultant visit www.cambridgeweightplan.co.uk or call 0800 16 14 12.

*Women below 5'8"/1.73m have three Cambridge Weight Plan meals per day; everyone else has four.

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Cambridge
Inspiration

Hello

from the Editorial Director



Welcome to the New Year edition of Inspiration magazine. If you are new to Cambridge then congratulations, you have made the right decision and I wish you lots of success as you embark on your 2012 weight loss journey. If you are already a customer, then well done, it's great to have you back after the recent festive blitz!

Our aim with this edition is simple: to wow, wow and wow you some more.

It starts with our cover girl Lyn Orr. She dropped an amazing eight dress sizes with Cambridge throughout 2011 and is, along with the men's section cover guy Scott Paris (who lost more than 25 inches from his waist) our new Slimmers of the Year.

Got some kinky boots? If not, then find out what you are missing on page 9. Then on page 11 we introduce our new Meals in Minutes recipe book — split into breakfast, lunch, dinner and puddings each recipe fits somewhere within our Steps programme. After that we dare to go bare! Find out what happened when three Cambridge customers did just that on page 12. The Cambridge 810kcal Step is becoming ever more popular so we have a double page feature on page 20 explaining all you need to know.

However, there's no time to catch your breath before we help you stick to your New Year's resolutions on page 35, get you dressed for winter on page 24, discuss 'fatism' on page 39 and even give you some hints and tips for Valentine's Day on page 40.

And this doesn't even include the men's section which features fashion, lists (you've got to love 'em) and grooming advice.

All this and more is bundled together with what readers tell us they love the most about the magazine: real life stories of people who have been successful with Cambridge. In this edition we have 13 such stories. They are the ultimate inspiration and we congratulate them and everyone else who lost weight successfully with us in 2011.

So, if you are new to Cambridge we hope that there is something here to keep you coming back for more. If you are already a customer, we hope there is enough inspiration and entertainment to help keep you on track.

Whichever you are, as always, I hope you enjoy the ride!

Ch McD

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MAG108



Cambridge
EAT EASY™

AVAILABLE NOW



Chicken in Tarragon Sauce



Beef in Pepper Sauce



Vegetable Chilli



Mediterranean Style Chicken



Hake in Lemon Sauce



Cambridge Eat Easy —
Convenience without the calories!

Looking for a tasty, calorie-controlled meal that anyone can enjoy? Want convenience but aren't prepared to sacrifice taste or quality? After an easy-to-prepare meal from Cambridge that suits you and your lifestyle?

If you are, then the new Cambridge Eat Easy range has been created just for you.

Exclusively available from your Cambridge Consultant, Eat Easy meals come in five delicious recipes that require no extra preparation and are perfect for anyone looking for a tasty, low-calorie lunch or dinner. Ranging from between 250–300kcal, the meals offer a tasty, quick and convenient option for those on the go.

Ask your Consultant today about this new exciting range from Cambridge Weight Plan.

"I'm not conscious about hugging people anymore"

Jane Phillips knew she had to lose weight when she didn't recognise herself in photographs.

"I loved food: crisps, chips, bread, wine and dairy — I couldn't resist. I knew my waistline was expanding but I chose to ignore it. I started to buy larger sizes and it was when I actually tried on a size 16 dress that I was shocked that my weight gain had gone this far.

"I had no choice but to buy the dress as the occasion I needed it for was coming up fast. Everyone had a camera attached to their hands that night and the array of flashes meant I was in many pictures. When I caught a glimpse of the photos I didn't even recognise myself — double chin and overweight. I was in tears. I had gained two stone and you could tell.

"Like many slimmers out there, I tried every diet on the market, except Cambridge. Then I remembered that a good friend had been a Cambridge Consultant years ago and she had maintained her weight successfully. This would surely work for me, wouldn't it? Anything was worth a go ...

"The initial first couple of days on Cambridge's Sole Source were a test of my determination, but then I saw the results. I felt so energetic and I knew it was working for me. Cambridge was tasty and filling, and I felt healthy and satisfied. I successfully reached my new weight and have maintained it for many years.

"All my old tent-sized tops and shirts are long gone. When I was larger, I would be conscious of hugging people and always opted to kiss them on the cheek instead. I just didn't want them to touch my love handles. I also drink a healthy amount of water each day, something I never did. I'm in the good habit of having a Cambridge meal every other day for breakfast and I eat fresh food, prepared from scratch. Meat, fish, vegetables and fruit are always on the shopping list. I drink herbal teas and limit my coffee intake. I don't have refined carbs if I can possibly help it. I have found that wheat bloats me. All these little things help me maintain my weight.

"On the fitness front, I do yoga or pilates and have bought a hula hoop, which is lots of fun. I use the hoop at every opportunity and even take it on holiday with me. I went to Spain this year and hooped every day by the pool of the villa. My friend was so impressed that she bought mine from me. I try to walk every day and go the gym once a week.

"Cambridge worked so well for me that I decided to train as a Consultant with my husband George, who also shed his extra weight (Read George's story in the men's section on page 3). As a couple, we couldn't be happier."

Jane's stats
Age: 51
Height: 5ft 3in
Start weight: 11st 11lb
Previous dress size: 14–16
Current dress size: 10–12
Plan: Sole Source





How was it for you?

Why you don't have to be slim to be confident in the bedroom ...

Have you ever wondered if the way you feel about your body can impact on what you get up to between the sheets? The answer is that body confidence, image, looks and weight are not necessarily linked and slim people do not necessarily make better lovers. And when it comes to sex sirens, there is no rule on what size you have to be. Marilyn Monroe was famously a size 16 and ladies from Venus di Milo to J-Lo have been famed for their curves.

Turning to attractiveness in men, most would aspire to have the conventional good looks of Brad Pitt or David Beckham, but some women would also find the likes of Peter Kay or Jonathan Ross attractive too. Actually, according to a survey (1), 40% of women say the most important thing about a man is that he can make them laugh.

The truth is that sexually confident people simply have an energy and vitality about them, which does not correlate to their weight or their waist measurement.

Ah yes, you might agree, but are there any attractive people that lack body confidence, particularly when it comes to matters in the bedroom?

Fact or fiction?

With 63% of women worrying about their bodies during sex (1), the frequency of bedroom activity can soon start to fall below the national average of 2–3 times per week. Notably, 11% of people said they abstained completely.

But even though about one in two women are unhappy with their bodies, an overwhelming 85% admitted that having sex makes them feel good about their shape (1) (regardless of what that shape actually is). Could the mismatch be a lack of body confidence in the bedroom? We certainly think it could.

Let's be honest — this feature is not a self-help guide to better sex. We are not suggesting you light some scented candles, put a Chris de Burgh CD on, ask your partner to give you a massage and wahey... off you go!

Instead, we are taking a serious look at the benefits of improving body confidence, which could result in improved self-image, improved sex, relationships and, ultimately, improved health and quality of life.

In the renowned Cosmopolitan Annual Sex Survey (2), 50% of women claimed there

was room for improvement in their sex lives; 34% would like sex more often; and 24% admitted to feeling self-conscious in the bedroom.

Channel 4 also asked male and female viewers what they were most self-conscious about during sex and the top answer was body shape.

Overall, Cosmo claimed that a lack of body confidence detrimentally affected the love lives of 73% of women. Now that's not only a lot of statistics — that's a lot of women; meaning female readers of Inspiration with low body confidence are certainly not unique.

To put it into perspective, more than seven out of 10 women BELIEVE their lack of body confidence has a negative impact on their sex lives. Notice the keyword in that sentence, 'BELIEVE', meaning it does not necessarily have to be true. Yes, there are ways to 'think yourself sexy' and if you do it right it will happen — you will become sexier.

Don't think, 'Everything would be OK if I was thin because I would have a better sex life'. Instead think, 'Everything will be better when I have more confidence about my body'.

To understand this principle you need to analyse what it is you actually want to improve. Without being too graphic it could simply be to 'restart a flagging love life' or 'be more sexy to your partner' or 'have the confidence to do it with the lights on', etc. Go ahead, make a note of what your aim is and then get ready to read on.

A chemistry lesson

What are the laws of attraction really about? Have you ever fallen for someone who is totally not your type simply because you felt a connection with them? Maybe you went on and married them? The point is, we can't define what it is that makes people attractive to us, or what makes us attractive to other people. Sexual chemistry is a real phenomenon and, more to the point, does not distinguish against body size or shape.



The rules of loving

- Lovemaking is not just for beautiful people
- Learn to love yourself and loving others will be much easier
- Sexual confidence is not about swinging from the chandeliers
- A better body does not necessarily equal better sex
- Everybody has a different level of libido

Your libido is your desire for sexual activity, also known as 'sex drive', and contrary to common belief is not like a light switch that can be flicked on and off. If you can find a way to glow with vitality, and radiate sensuality and charisma, you will inevitably tone up your libido, which will, in turn, contribute to increased body confidence, better self-esteem and, ultimately, better sex.

One option to improve your libido is to awaken your senses. Sight, smell, touch and taste can all play a part in lovemaking. Senses need nurturing to keep them in tip-top condition so next time you are naked in the bedroom, concentrate on the sensation of either a cool or warm breeze on your body. How does it make you feel? Take a bath and really feel the water as it covers your body and smell the soap as it glides across your skin. When you lie down on cool, clean sheets, think how that makes you feel. Maybe you have warm blankets or a slinky satin duvet. Really concentrate on how that material feels against your skin. Make this part of your everyday routine and you will soon be in touch with both your body and your senses.

Don't be ashamed to get to know what you like about your body and what you like being done to your body. Go ahead and feel the connection between the things around you in your bedroom and how they make you feel. By concentrating this way, you will feel less self-conscious with your partner in bed.

A little of what you fancy does you good!

Kissing, skinny-dipping, lights on, dirty dancing, sexy underwear ... you name it, you can try it. Remember, nothing is sexier to a man or a woman than a woman or a man who radiates vitality. So go on and have fun. Schedule dates with your partner or indulge in playful fantasies. At the very least, wear the clothes that make you feel confident (don't save them for best). Make quality time all the time and you will soon know 'how to look good naked'.



Psychological and physical home truths

1. Sex is GOOD for you. According to a survey (3), sex can make you more fertile and help you to live longer.
2. Being obese is clinically proven to increase the risk of impotence.
3. Like most things in life, our love lives have become goal related.
4. Some people blame their weight for a lack of success in their love lives.
5. Some people think that staying overweight will help de-sexualise themselves so that they don't need to find a sexual partner.
6. Negative feelings resulting from overeating can have a negative impact on confidence in the bedroom.
7. Some people believe that they have to wait until they are 'perfect' in order to be loved.

(1) Channel 4 — Great British Sex Survey 2011 — www.sexexperienceuk.channel4.com/the-sexexperience-1000#

(2) Cosmopolitan Sex Survey 2010 — www.cosmopolitan.co.uk/love-sex/tips/the-cosmo-sex-survey-results-are-in-101510

(3) Daily Mail — www.dailymail.co.uk/health/article-2021294/Sex-good-It-makes-fertile-help-live-longer.html

By Chloe Wood



The ultimate bra guide

Most women probably have no idea that they're wearing the wrong size bra. Chloe Wood gets it off her chest ...

We should be ashamed. Eighty per cent of women are wearing the wrong size bra, and yet the right size and style of bra is vital to how we both look and feel. There is no excuse for not getting a well-fitting bra as so many high street stores offer a free fitting service. Once you have been measured and get a great bra, you'll notice immediately how clothes look and fit better, particularly if you are more fuller-figured or have a large bust.

Bra size changes constantly, especially if you are losing weight. For many women this is one of the first places the weight comes off, and if you lose a lot of weight, you'll want good support for your boobs. It is important to get measured in a couple of places and try on a few bras in each as there is not always consistency across brands. It is not unusual for the same size in one make of bra to fit you perfectly and not in another.

Fashion-led brands like La Senza are great for sexy, fun and not forgetting functional bras for the smaller and average size bust. But it is strongly recommended that if you have a bigger bust you go to larger department stores that stock several brands that go up to larger sizes; for example, Debenhams or House of Fraser. If you have a large bust and can go to a specialist store like the fantastic Bravissimo, which has stores all over the UK, you will find the journey worth your while.

Once you have found your size and a brand that works best for you, there are also style decisions to be made. There are so many choices of bras, different cuts, straps and fillings covering every occasion.

It is important to get a few bras for everyday wear — comfortably fitting styles that look great under clothes, like T-shirt bras that give a smooth outline, for example. You will also no doubt have a variety of going-out outfits that will need bras to serve a different purpose: different colours, styles and straps perhaps? Plus no woman should be without a pretty matching set that they love, whether it's for the bedroom or just for yourself; feeling sexy and confident in a set you love is priceless. Expensive brands like Agent Provocateur have beautiful but very expensive sets (you are looking to pay hundreds). But there's no need to spend this much. The high street does fantastic quality, luxury-looking bras for less than £20. Try Matalan and New Look for pin-up style at a fraction of the cost.

Here are some of the different bra styles that you may need in your drawer:

Boost bras

Superboost bras like Gossard's cult Wonderbra are great for smaller busts but also now come in larger sizes should you want great uplift in a particular outfit (unpadded boost bras are called Plunge bras). Not necessarily for everyday wear but a must in every bra drawer.

Gel bras

These are great if you have a smaller bust and want some added oomph. Brands like La Senza and Ultimo have a huge range of gel bras in a variety of colours and prints, and even go up to a triple gel for ultimate cleavage enhancement.

Balcony bras

This style of bra offers less coverage, making it suitable for lower necklines, particularly a scoop or square neckline, while still offering sufficient support for the bigger bust and everyday wear. Pretty and functional.

T-Shirt bras

For light or close-fitting clothes, choose a T-shirt bra, perfect for everyday wear. It eliminates unsightly seams and gives a smooth and sleek silhouette.

Minimiser bras

Designed for DD-plus busts, minimiser bras are great for wearing under button-up tops and give you great structural support. M&S and plus-size brands like Simply Be are great for these.

Sports bras

These are a must for anyone doing any kind of activity. Sturdier than the average bra, they minimise movement and provide comfort, with a range of impact levels depending on the sport.

Strapless/convertible

The possibilities for how you wear your bra straps are endless, with a decent multiway bra. If you need a strapless style you may as well get a good multiway, as you are bound to have a backless/one shoulder outfit in the future.



Kinky boots

Chloe Wood showcases the best boots on the high street to get you through the winter months.

We may moan about the darker nights, shorter days and colder weather, but let's face it ... winter is fabulous for its new-season shoes.

No tight waistbands or not fitting into your size to worry about — shoes really are a pick-you-up purchase. So now is the time to invest in a great pair of boots to see you through the winter. Ankle or knee high, high-cut brogues or Chelsea boots, there are so many styles to tickle everyone's fancy.

Sixties styles are key this time round and look for coloured suede to brighten up a darker outfit. Wedges are also a popular heel this autumn plus super-flattering on the leg. And if you haven't already, invest in a smart flat pair of leather boots, riding or a similar simple style, as they are a wardrobe staple.

Here's a pick of the best boots on the high street, whether for work, day or play.



WORK

1. Leather trim brogue, £85, Asos.com
2. Tan heel, £165, Dune
3. Grey suede lace-up, £115, Bertie
4. Heeled loafer boot, £89, Next
5. Black suede Chelsea, £75, Head Over Heels at ShoeStudio.com
6. Lace-up riding boot, £279, Hobbs

DAY

7. Black heeled knee-high boots, £65, Barratts
8. Tan leather buckle ankle, £110, Bertie
9. Pale tan knee high, £165, Dune
10. Dark green suede Chelsea, £18, F+F at Tesco
11. Faux fur trim wedge, £65, Head Over Heels at ShoeStudio.com
12. Red with cork heel, £22, New Look



NIGHT

13. Glitter, £90, Schuh
14. Black with metallic leopard wedge, £24.99, Internationale
15. Mohair black boot, £165, Dune
16. Black frill front ankle boot, £75, Freemans
17. Suede buckle/lace-ups, £65, Marks & Spencer
18. Multi buckle, £40, Next

Taking baby steps to help couples conceive

With Cambridge babies springing up all over the UK, two super slimmers share their own stories.

The NHS states that the best way to protect your health and your baby's wellbeing is to lose weight before you become pregnant (depending on your weight and BMI). By reaching a healthy weight, you increase your chances of conceiving naturally and cut your risk of problems associated with obesity in pregnancy, such as developing pre-eclampsia and gestational diabetes, as well as increasing the risk of complications during birth.

Inspiration receives many heart-warming stories from couples, some who have struggled for years to conceive, and those who have had an unexpected surprise pregnancy. So we hope we can encourage struggling couples not to give up hope and look to the future positively ... after all, you're on the right path by losing weight!

With thousands of ladies dropping dress sizes and Cambridge babies springing up everywhere, we wanted to focus on the positive consequences of using Cambridge.



Ria's stats
Age: 29
Height: 5ft 5in
Start weight: 20st
Previous dress size: 24/26
Current dress size: 16 (post pregnancy size)
Plan: 810kcal

The Croot family

Ria had tried to conceive for 15 months prior to starting Cambridge.

Then Ria met Consultant Jenni Sugrue in April 2009.

Ria and Dave wanted a second child but the lack of success was causing frustration and they didn't know where they were going wrong. Unfortunately, Ria suffers from Polycystic Ovarian Syndrome (PCOS), which gets worse with weight gain and at more than 20 stone she knew this wasn't helping her chances of conceiving.

But she started with Cambridge and did exceptionally well, dropping six dress sizes. She also went on to win an Inspiration of the Year award and the couple sailed the Med for her prize. At the time they had been trying for a baby for more than two years but then a miracle happened — Ria found out she was pregnant while on the cruise. Their beautiful baby boy, Corban, was born and the couple couldn't be happier with their new addition.



Helen's stats
Age: 36
Height: 5ft 10in
Start weight: 18st
Previous dress size: 26
Current dress size: 18 (post pregnancy size)
Plan: Sole Source Plus



The Watson family

Helen was ecstatic after the birth of her wonderful daughter Harriet.

Helen firmly believes that without Cambridge Weight Plan, she would never have conceived and would not have had the body that could have coped with the strains of pregnancy.

At 36, Helen was considerably overweight and had been for most of her life. It was only on meeting her partner and deciding that they wanted to start a family that Helen was spurred on to lose weight. She contacted her Consultant in December 2009 and was amazed to reach her goal of a size 14 very quickly.

In September 2010 Helen gave birth to Harriet. She never experienced morning sickness, did not suffer with high blood pressure and had no complications: in fact, Helen called it a 'text book pregnancy'.



Want Cambridge Meals In Minutes?

Yes, you read it right — Cambridge has launched its first-ever recipe book. The 96 pages are packed full of tasty, low-calorie meals that you can rustle up in a matter of minutes.

From a scrummy poached egg and bacon crumpet to chilli beef with noodles, Cambridge, along with Heather Thomas who created the recipes, has some really exciting new meals for you to enjoy while following Cambridge Weight Plan.

Slimmers can find useful recipes that fit within the Cambridge Steps calorie targets. This book has a 'round the world' theme to it, as well as giving you recipes that are healthy for people who live busy lifestyles. These recipes are perfect for people who don't have a lot of time to cook but still need to change the way they prepare food and the ingredients they use.

The Cambridge Meals In Minutes book is square and wire-bound, so when it opens on a page, it stays open. The cover is laminate so it can be wiped clean if necessary. It's packed with family-friendly recipes and low-calorie versions of classics, such as chilli con carne, apple crumble and even chicken masala.

Every recipe in the book serves two people, so if you are only cooking for one,

please make sure you halve the ingredients. If cooking for a family of four, you simply double the quantity. At the top of each recipe page, it states the calories, fat and GI of the meal, as well as the time it takes to cook.

The book is also split into sections: breakfast, lunch, dinner and puddings, and many of the recipes can be used on more than one Step. You can even 'Step up' or 'Step down' by taking away or adding ingredients. Down the side of each recipe is a handy guide, letting you know which Step the recipe applies to. However, please read the recipe carefully as you may need to add or take away an ingredient in order for the recipe to fit the Step you are on.

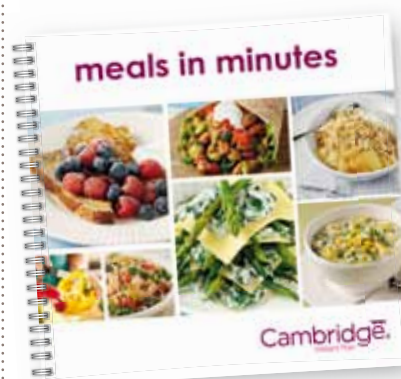
Cambridge has tried to simplify this process by making the calorie count at the top very obvious. So, for example, in the dinner section, the Thai tuna fishcakes are 220kcal as described in the recipe, making it applicable to Step 2. However, if you add new potatoes, it then becomes applicable to Step 3 (a 400kcal dinner), but if you add rice noodles (rather than potatoes) to the basic dish, it then becomes applicable to Step 5 (a 350kcal dinner).

Throughout the book you will see a number of success stories which we hope will encourage and motivate everyone. We hope this recipe book inspires you to get back into

the kitchen and create delicious and tasty meals 'in minutes' without worrying about calories.

Get your hands on your copy of the NEW Cambridge recipe book — OUT NOW and only available from your Consultant.

The recommended retail price (RRP) is £8.99, cheaper than other low-calorie recipe books. However, Meals In Minutes is unique to Cambridge because the calorie and fat content in all the recipes is tied specifically to each Step on the Cambridge programme.



Would you dare to bare?

These three did ... and showed off their semi-naked ambition. We challenged a trio of slimmers to strip off for their first semi-nude photo shoot — and boy were they up for it!

Body confidence is another issue to set your mind to when losing weight. But accepting and loving your new figure after weight loss can also be a bit surreal. Perhaps you've achieved a new weight or dress size you've never been before and the last time you were a size 12, you were 17?

Inspiration magazine challenged three gorgeous gals to do their first semi-naked photo shoot. Andrea Plater, Katie Robinson and Charlie Hewitt joined forces to make the day empowering, energised and, ultimately, beautiful.

Not only did we get our ladies into their underwear but they were also treated to a super-glam makeover.

So let's meet the girls ...



Charlie Hewitt

"I had weight issues from a young age but when I joined the Navy I lost the puppy fat and increased my fitness levels. I fell pregnant and inevitably gained weight. I waited until Suzy was 18 months before embarking on a new weight loss journey with Cambridge."

"The most embarrassing moment I had while overweight was during my Navy days. I was working in a civilian hospital and once a year all military personnel came together in their best dress No 1's for a unit photo."

"I quietly went to my senior and said that I couldn't fit into my No 1's. When my senior double checked if it was OK for me to stand out of the photo, he said 'no' and told me to wear something that did fit. I knew that my colleagues would be asking questions about this arrangement and dreaded turning up on the day. Luckily, the photograph was scheduled for six weeks later — surely I could drop the pounds by then? Well, I did."

"I loved the naked photo shoot; it was an amazing experience. The best part was having clothes selected for me by the stylist — items that I wouldn't usually wear. The experience has definitely made me more adventurous with my choices."



Charlie's stats
 Age: 27
 Height: 5ft 3in
 Start weight: 13st 7lb
 Previous dress size: 16-18
 Current dress size: 10
 Plan: Sole Source

Katie's stats
 Age: 38
 Height: 5ft 7½in
 Start weight: 15st 6lb
 Previous dress size: 18-20
 Current dress size: 12
 Plan: Sole Source Plus

Angela's stats
 Age: 66
 Height: 5ft 2in
 Start weight: 12st 9lb
 Previous dress size: 18
 Current dress size: 12
 Plan: Sole Source Plus



Katie Robinson

"I put weight on throughout pregnancy — it was that stubborn weight that I couldn't lose. I started exercising and eating better but struggled to lose any excess weight."

"I knew exercise and eating better wasn't working for me when I encountered an embarrassing moment while out for a birthday meal with my husband. I was asked in front of a bar full of people when the baby was due. I was mortified and actually struggled not to cry and fought back tears all the way home. My 'before' picture, seen here, was an accident waiting to happen, especially when I thought it was a good idea to sit on my daughter's sand pit. I fell straight through."

"My experience on Cambridge has been amazing. I found it easy to do and it didn't affect family life. My life has turned around in less than a year. I have always been interested in fashion and I'm also able to exercise without my feet, knees, hips and back aching. I'm more active with the kids and I've worn a wetsuit and taken the family body boarding."

"The Cambridge photo shoot was one of the most remarkable days of my life; it is definitely up there with my wedding day and the birth of my two little girls. I was sitting at the studio thinking this time last year I would never have been confident enough to do a naked photo shoot. It was very exciting. I believe the photo shoot has personally marked the end of my weight loss journey."



Angela Plater

"Weight gain for me came about after having my children. I'd consider myself to be a former yo-yo dieter and I never seemed to keep the weight off — something would trigger me off and before you knew it, I had put more weight on."

"Cambridge worked for me because of four vital elements of the Plan: there are many flavours to choose from so I wouldn't get bored; I knew I was getting nutrition; the cost is reasonable and, of course, the support from my own Cambridge Consultant. As I dropped three dress sizes, my confidence increased and I looked better for it. I love archery and my performance improved — I was even asked to shoot for the county. This is when I began to think about work. I had already retired but missed the day-to-day routine and wanted to fill my life with something else. This is what led me to become a life model (thanks to my son Guy who helped me realise something I could be passionate about again). I'd also like to model clothes for real women in the future. This job helps me to celebrate the real me and finally accept who I am."

"The photo shoot was perfect for me and I had a wonderful day. The other models, Charlie and Katie, were a delight; such a pleasure to meet them. I just loved the clothes and became hooked on trying on killer heels. I think all of us at some point thought back to where we had been when we began our respective journeys and compared it to who we are now. I certainly did."



Weight loss inventions

Humans are naturally lazy. It's a fact! Not wanting to experience the pain of getting fit fast, the majority of us will (at some point) turn to a fitness contraption that ends up spending more time gathering dust than accompanying us on our mission to burn some fat.

Over the centuries inventors and scientists have laboured over the answer to easy, fast weight loss. Some have been more successful than others but no one seems to have found the miracle solution. We flit from fad to fad, last year's latest exercise gadget is finally consigned to the archives and we continue the search for the answer to the burning question: "How can I get my butt in shape?"

Could one of the inventions below provide that answer? We'll leave you to be the judge.

The chamber horse

Keeping fit is not just a modern pastime and this eighteenth-century invention was commonly found in country houses across Britain. An early equivalent of the modern-day exercise bike, the chamber horse (or more appropriately named chamber chair) gave you a workout that was similar to riding a horse in the comfort of your own home.

The frame of the chamber horse was constructed using a hardwood like mahogany, several layers of boards were separated by metal coiled springs and the seat was upholstered using hard-wearing leather. Boy did that seat have to take a pounding!

Eighteenth-century gentle folk considered riding a polite and acceptable way to exercise and remain fit. So when faced with inclement weather, wannabe jockeys would remain in the dining area after dinner to work off their meal instead of going for a ride on their favourite filly.

Chamber horses got their name from the trotting motion that the wealthy rider experienced during their equestrian exercise session. By bouncing up and down on the seat the user would get a total body workout: toning their arms, stomach, thighs and buttocks.

Just like a wealthy, good-looking, available gentleman, an original chamber horse is hard to come by. However, if you fancy a ride on a horse but don't like the idea of braving the elements or being at the mercy of an eleven-hundred-pound stallion, replicas are now available.

Rubber weight loss suit

Fancy squeezing yourself into this? With a bit of luck you'll look like Britney Spears in her red latex catsuit, but at worst more like a sack of angry frogs. Either way there is new resistance forming in the guise of a weight loss suit that rubs you up the wrong way and wrestles you into burning the bulge.

This rubbery body sock elevates your heart rate so you burn more calories over an extended period of time. The movement-hampering garment is made of an elastic resistance fabric that opposes our normal direction of motion causing extra exertion for the wearer. Does it result in burning more calories than wearing normal clothes or does it just result in a major Chinese burn?

If you're brave enough to try this one, let us know — we think this one will chafe a bit!

The Hula Chair

Fancy being able to sit on your rear all day and still lose weight? Pert posteriors are being perfected all over the world through daily use of the hula chair. Also known as the 'Hawaii chair', the hula-like circular motion gives your abdomen and stomach a rhythmic workout while seated. If you are unfortunate enough to have a job that involves a lot of sitting down, you no longer need to have an unfortunate waistline too.

Answer the phone, write reports and surf the net while doing your hula workout. Using different speed settings and body positions to complete your workout, you can experience anything from a gentle hula motion that twists and rocks your body into shape to a bucking bronco ride that whips your torso into shape.

If you manage to convince your boss to let you have a hula chair you will probably get some strange looks at first, but if the results are anything like they are reported to be, you may find yourself asking "who's been sitting in my chair?"

Weight loss crazes come and go and these contraptions are probably not the long-term answer to weight loss. Other less-than-helpful weight loss 'cures' have included urine injections (ew!) and wearing blue coloured spectacles to suppress the appetite. We think it is far easier to use Cambridge Weight Plan; it has stood the test of time by helping people lose weight for more than a quarter of a century.



Miss-Fit

Finding the time to exercise can seem an impossible challenge for busy mothers. But fitness expert Penny Porter reveals how we can all squeeze in some physical activity.



Our Sports Scientist and Fitness Consultant
Penny Porter MSc BSc (Hons) MCSP HPC

We all know how difficult it can be to stay in shape and to find time to exercise, and this is especially true for women who have babies or young children. Sleep deprivation, motivation, a lack of time and fatigue all present stern challenges when trying to get back into shape after pregnancy.

The health benefits associated with regular physical activity have been widely proven and to successfully care for your families, it is important that you also look after yourself. It is essential to keep fit so that you can perform all of the arduous tasks that fill up your day being a busy mother.

So, as busy mums, what are the options, and how can we fit exercise into our everyday routines?

The first thing to acknowledge is that you must set a personal commitment to the goal of getting fit. You will also need to develop strong time-management skills. If you look at your weekly schedule, allocate yourself some exercise time of 30 minutes a day. You may need to enlist the help of friends and family to look after your child while you exercise. But if this is planned in advance, it shouldn't pose a problem. If finding 30 minutes of uninterrupted exercise time is impossible, then consider breaking this time down into 10-minute increments, slowly working up to 20–30 minutes, throughout the day. Alternatively just fitting in a few exercises a day that are short and can be done between other daily activities will help. For example, try doing jumping jacks while waiting for dinner to cook.

Set yourself realistic goals that are specific and attainable. For example, if you have not exercised for some time, then doing 30 minutes every day may be too much. Instead, state that you will do 30 minutes' exercise on two days of the week. Next week, increase this slowly, so that you do 30 minutes on three days of the week etc. Be sure to celebrate your achievement when you reach your goal.

Pick activities that you enjoy doing. Think back to what you enjoyed at school: did you prefer team games, such as netball, or going for a bike ride or swimming? There are lots of classes all over the country specifically for mothers with young children. Many of these also allow you to take your child with you, which is a great way to exercise while meeting other mothers and making new friends.

Use family time to allow yourself to be physically active. If your children are old enough, why not walk or cycle with them?

Try walking with your child to school, or taking your baby for a walk in a buggy. Pushing a buggy can be a workout in itself and the fresh air will make you feel healthier.

The benefits of exercise for mothers are numerous and include:

- Increased energy levels
- Improved physical strength and stamina, which will make looking after a young child easier
- Increased self-body image
- Decreased stress levels
- Improved sleep
- Increased physical appearance

- Can help you to think more clearly
- Transfer a calm attitude to your children, who will also feel more relaxed and confident

When can I start exercising after giving birth?

Following birth, you should wait until you have had a satisfactory post-natal check-up (normally at about six weeks) before you start to gradually increase your exercise intensity.

If you have had a Caesarean delivery, you will normally have to wait for 8–10 weeks before you are ready to start exercising. But again you should check with your midwife first.

How do I start?

Aerobic exercises such as swimming and walking are excellent forms of exercise following childbirth.

If you are breastfeeding make sure you exercise after feeding your baby or expressing milk because exercising with full breasts will be uncomfortable. Wear a supportive sports bra, especially if you are breastfeeding.

Always start with a gentle warm-up and build up gradually. Make sure that you drink plenty before, during and after your workout. Stop immediately if you feel unwell or are in pain.

Following pregnancy, it is important that you work your pelvic floor muscles, which form the base of the pelvis. For further information on how to perform these exercises visit: www.patient.co.uk/health/Pelvic-Floor-Exercises.htm

Useful websites for further information www.pushymothers.com are experts in outdoor exercise classes for mums. They have a commendation from the Chartered Society of Physiotherapists and accreditation from the Royal College of Midwives.

The Association of Chartered Physiotherapists for Women's Health has leaflets and information on exercising following birth. www.acpwh.csp.org.uk

Toning up common problem areas — Bums, Tums and Boobs!

As well as aiming to complete 30 minutes of moderate intensity cardiovascular exercise each day, the following resistance exercises can be done at home to help target problem areas. Try to do these exercises at least twice a week, starting with one set, and gradually increasing up to three sets of each exercise.

As always, start with a warm-up and stop immediately if you feel unwell.

Legs and buttocks (bums!)

Sit to stand

Beginner

Sit in a strong chair with armrests.

1. Place your feet on the floor, slightly under the chair.
2. Place your hands on the armrests of the

chair and lean forwards slightly.

3. Slowly using your legs, push your body up off the chair until you are standing upright. If necessary push against the armrests.
4. Then slowly bend the legs and lower the body to a starting position.
5. Repeat 12–15 times.

Advanced

As you get stronger, try to stand without using your arms at all or using only one leg at a time.

Squats

Beginner

1. Stand with feet slightly wider than shoulder-width apart, heels planted firmly on the floor.
2. Holding on to a wall or firm chair for support, keeping your back straight and head up, slowly bend your knees into a partial squat position.
3. Slowly straighten your legs to the starting position, aiding the lifting phase of the movement by pulling yourself up with your arms.
4. As you get stronger, try to squat a little deeper, using less effort from the arms to pull yourself upwards.
6. Repeat 12–15 times.

Always make sure the chair you use to support you is firm and safe when pulling against it.

Advanced

1. Stand tall with your feet hip-width apart, knees slightly bent and feet flat on the floor.
2. Hold a dumb-bell in each hand, with arms extended at the side of the body.
3. Keeping your back straight, abdominals pulled in and head up, slowly bend your knees.
4. Try to squat down until your knees are at a 90-degree angle, with thighs parallel to the floor. However make sure that your knees do not move forwards in front of your toes during the movement. Focus on pushing your weight through your heels. If you can't go this low, go as far as possible.
5. Repeat 12–15 times
6. Slowly return to the starting position.

Abdominals (tums!)

Half curl

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your palms on your thighs.
3. Tighten your stomach muscles, pulling them in towards your spine.
4. Feel your lower back pushing into the floor, flattening the arch and hold this position throughout the exercise.

5. While breathing out, slowly curl up, lifting your head and shoulders off the floor, sliding your fingertips up your thighs, until they reach your knees.
6. Slowly return to the start position.
7. Repeat 12–15 times.

Oblique crunches

1. Lie on your back with your right ankle resting on your left knee.
2. Right arm is placed on the floor out to the side.
3. Keeping your right shoulder down, curl your left shoulder up to the right knee.
4. Repeat with the opposite side.
5. Repeat 12–15 times to each side.

Arms and chest (boobs!)

Press-ups

Beginner

1. Start on hands and knees, with hands shoulder-width apart, fingers facing forwards, and body forming a straight line from knees to shoulders.
2. Look slightly ahead of you (not at the floor).
3. Slowly bend your elbows and move your body towards the floor, making sure that your elbows do not splay out to the side.
4. Stop when your chest and hips are one inch off the floor and slowly straighten your arms to return to the starting position.
5. Repeat 12–15 times.

Advanced

Full press-ups. Instead of starting from your knees, start with your toes on the floor, keeping your back and body in a straight line.

Standard tricep dip (back of arms)

1. Place your hands, with fingers facing forwards, either side of your hips on a secure chair or step.
6. Extend your feet out in front of you, keeping a bend in the knee at all times. The further away your feet are from the chair, the harder the exercise will be.
7. Slowly lower your body weight off the chair by bending the arms.
8. Lower your bottom towards the floor by bending your arms and extending your elbows backwards.
9. Keep your back close to the chair at all times.
10. Pause when your bottom is a few inches off the floor and slowly extend the arms to return to the starting position.
11. Repeat 12–15 times.

“The great thing about the 810kcal Plan is that it didn’t interfere with family meal time”



Successful slimming with Cambridge 810

Shocked by her stats on the Wii Fit, Lana Francis needed one-to-one support to achieve her goal.

“My weight gain started during my pregnancies and I steadily gained over the years. I was so unhappy with myself, I felt ashamed and it knocked my self-esteem. Even the simplest of tasks became difficult and kicking a ball around in the park with my two young sons was embarrassing, uncomfortable and physically challenging for me.

“Food became my best friend for years, comforting me when I felt low, and there were plenty of those times.

“It was Boxing Day 2010 and I was setting up the Wii Fit for the family to play on. It asked me to register my stats and, shock horror, it weighed me in as 14 stone 7lbs. In the New Year I embarked on my own eating plan but I soon got bored and realised I needed more support from someone who knew what they were talking about. This led me to find Cambridge Consultant Julie Petty.

“Julie was friendly, approachable and the most important quality to me was that she was non-judgemental. We discussed the Plans and I quickly got started on the 810kcal Plan so I could incorporate some conventional food into my daily allowance. The Plan was brilliant and my confidence grew each week as the pounds fell away.

“With the 810kcal Plan, I never felt hunger pains and family meal times were never interfered with. I also wanted to do light exercise and this Plan gave me the freedom to do that. I had a Cambridge shake for breakfast, Cambridge soup for lunch, a small meal with my family and a mix-a-mousse for dessert — it was like I wasn’t on a diet. I would recommend this Plan to anyone who wants to lose weight but experiment with new foods or new recipes at the same time. If you’re a busy bee, then the 810kcal Plan will fit into your lifestyle. The variety of Cambridge products is great and they all taste fab!

“My family and husband, Mark, were supportive and after each weigh-in Mark would buy me a small gift or flowers to celebrate. Unfortunately, I did lose a few friendships as I lost weight. Friends started to leave me out of social occasions, called me names and even sent me a home-delivered pizza — perhaps they weren’t my friends after all.

“Despite losing friends, I have gained a whole new confidence and family life has never been better. I’ve learned how to make healthier food choices when I’m out, actively participate in sports and have successfully moved into weight maintenance. I have a few years to catch up on — I’m starting now!”



Step 2

810

810kcal

3 CWP* plus skimmed milk and a protein-rich dinner with vegetables

1 week minimum



Lana’s stats

Age: 28
Height: 5ft 6in
Start weight: 14st 7lb
Previous dress size: 18
Current dress size: 10–12
Plan: 810kcal

Step

2

3

4

5

6

Chicken masala

223kcal Serves 2 Prep: 15 minutes Cook: 15 minutes 1.5g fat 3.5g fibre 0.6g salt low GI

When you fancy something hot and spicy, try making this chicken masala — unlike the version from an Indian restaurant or takeaway, it’s low in calories and fat.

- 1 Onion, chopped
- 2 Garlic cloves, crushed
- 1 Fresh green chilli, finely chopped
- 2.5cm Piece fresh root ginger, peeled and chopped
- 1 tsp Ground turmeric
- 1 tsp Ground coriander
- ½ tsp Ground cumin
- Few sprigs of fresh coriander leaves
- 50ml Water
- 1 Cinnamon stick
- 300g Boned, skinned chicken breasts, cut into strips
- 125ml Cambridge Golden Vegetable Drink or vegetable stock
- 2 tbsp Chopped fresh coriander

Spicy broccoli:

- ½ Small onion, chopped
- Good pinch of cumin seeds
- 2 tbsp Made up Cambridge Golden Vegetable Drink or vegetable stock
- 100g Broccoli, divided into florets
- 1 Garlic clove, chopped
- 1 Fresh chilli, deseeded and chopped
- Freshly ground black pepper

- 1 Put the onion, garlic, chilli, ginger, ground spices and coriander leaves in a blender or food processor, and blitz to a thick paste. Add the water through the feed tube, a little at a time.
- 2 Cook the spicy paste and cinnamon stick in a non-stick frying pan over a medium heat, stirring, for 1 minute. Stir in the chicken and cook for 3 minutes, turning it in the spicy mixture.
- 3 Pour in the stock, cover the pan and simmer for 10 minutes, until the chicken is cooked and tender. Discard the cinnamon.
- 4 While the chicken is cooking, put the onion, cumin seeds and stock for the spicy broccoli in another pan and cook gently over a low heat for 5 minutes, until the onion softens. Stir in the broccoli, garlic and chilli and cook for a further 5 minutes, until the broccoli is tender. Season with black pepper and serve with the chicken masala, sprinkled with chopped coriander.

Variations

- You can use turkey breast instead of chicken in this dish. The calorie and fat counts will stay the same.
- Use a pinch of dried chilli flakes instead of fresh chilli.

Step it up...

- 3 4 5 If you’re on Steps 3, 4 or 5, you can serve this curry with boiled brown or basmati rice — a single portion of 30g rice (dry weight) will add 130kcal and 0.5g fat.

44 Dinner

THE 810KCAL PLAN
Recipe suitable for the
Step 2 programme

For more delicious Cambridge Weight Plan recipes, see the Meals in Minutes recipe book on page 11.





Cambridge Convention 2011

Every year Convention-goers ask: "How will you beat that next year?" Well, once again they found themselves asking the same question!

The weekend took place at the luxurious Sofitel Hotel, Terminal 5, Heathrow — and the planes were not the only things that took off, the atmosphere did too ... from start to finish!

Friday was, as always, for Consultants only and crammed full of updates, news and information, including highlights of 2011, medical updates, launch of a new product range — the delicious new Cambridge Eat Easy range and an exclusive preview of the fantastic new recipe book.

For the first Convention in recent years Consultants joined the stage to share ideas and stories about their business, which gave everyone who came something to relate to. The Consultant Awards were presented, including our precious long-service winners and Consultant of the Year 2011. We were

joined by a real mountaineer, Rebecca Stephens, who wowed the audience with her stories of determination and self-belief

The day was rounded off by a newly formed Consultant pop group, who came from nowhere to bring some gold and sparkle to the finish!

"What a fantastic event. I thought last year's was good, but this year's was even better"

Friday evening took on a New York theme and everyone was entertained by The



Our glamorous Cambridge Consultants



Inspiration winner 2011: Lucy Barkham

Rat Pack while dining on hot dogs and cheese burgers (they were very tiny, honest!). Before long everyone was on their feet and breaking the records for the amount of people you can fit on one stage.

As Saturday started, any after effects of the previous night were blown away (along



My Cambridge winner 2011: Debbie Pierce



Inspiration winner 2011: Liz McLeister



Inspiration winner 2011: Claire Mills



Slimmers of the Year 2011 winners: Lyn Orr and Scott Paris



Inspiration winner 2011: Marcus Missen

with the presenter's trousers) by Mr Motivator who had everyone shaking their stuff to his unique workout. Our Cambridge Catwalkers took the stage, showing off their new figures before an enthusiastic



Jules Gladwin and Leigh-Anna work the Catwalk

and supportive audience — even going all out in beachwear which really raised the temperature! Our International Slimmer of the Year was crowned, with Cyprus taking home the special prize. Sir Matthew Pinsent joined everyone to share some secrets of his success, which included losing some weight with Cambridge. From once needing 6000+ calories per day in order to maintain an Olympic training regime, Sir Matthew suddenly found himself consuming only 555!

The tension built throughout the day, with the amazing Inspiration winners, the My Cambridge award winner and finally the annual Slimmer of the Year Awards, which for the first time resulted in a male and female winner (you can read their full stories in the next edition of Inspiration). Their award destination (Dubai) was brought to stage by a belly dancer, who didn't want to let

go of the winning name!

And so to the evening — a fabulous Gala Dinner, which included an Arabian Nights theme (there was even a camel!). After our newly-formed Consultant pop group entertained, everyone fell silent to take in a mystical show of lights. After dinner, guests mingled — having their photos taken by our official photographers and dancing the night away to the live band until the early hours.

By taking a glance through the photographs in this issue, including all of the fabulous award winners, you will get a feel for some of the atmosphere during the weekend.

It was without doubt an amazing weekend, which created as many new friendships as it did special memories. We all left feeling motivated and inspired and looking forward to the year ahead and ... the 2012 Convention.

Your winter casual classics

As the weather turns, Chloe Wood highlights the cream of the fashion crop for the chilly months ahead.

Brrrr! There's a chill in the air that can mean only one thing ... time to get a new winter wardrobe. But no need to spend a fortune; building up a selection of stylish classics means you'll have day and weekend wear sorted for the upcoming cold months.

You'll save so much money if you buy pieces that won't go out of style. Look after them and they'll be faithful fashionable friends for years to come.

Stick to simple colour palettes of earthy tones and primary colours. Your casual wardrobe can still be colourful and chic; just make sure you stick to more structured or fitted silhouettes where

possible. Comfort is key but must not come at the expense of style.

Seasonal fashion trends do tend to have a cycle and reappear every couple of years, so look out for obvious, familiar trends that will certainly come round again. For example, this winter's popular Sixties look, military styles, prints and checks are safe bets for your 'classic' wardrobe. These sorts of trends are present most years, so you are definitely making a long-term investment.

Here are some classic styles hot off the high street that will serve you for many winters to come.



By Chloe Wood



THE COATS

Think classic, tailored and smart. Go for belted styles to give you shape, double-breasted or Crombie styles if you have more of an athletic or boyish frame. A cape is another great timeless style around every year.

1. Military, £110, Monsoon
2. Two tone, £199, Jonathan Saunders Edition at Debenhams
3. Maroon belted, £85, La Redoute
4. Check, £89, Limited edition at Marks & Spencer
5. Camel cape, £75, Marks & Spencer
6. Double breasted, £58, Next



THE KNITS

Don't go for too much pattern. Block colours in bright primary shades will serve you for years to come and brighten up your wintry outfits. Thicker knits in neutral tones are so easy to wear for those chilly winter weekends.

7. Grey cardigan, £18, George at Asda
8. Red belted jumper, £18, Tu at Sainsbury's
9. Roll neck, £79, Mint Velvet
10. Leopard jumper, £29.90, Mango
11. Yellow cardigan, £65, Phase Eight
12. Stripe short sleeve knit, £20, Matalan

THE SHIRTS/BLOUSES

Shirts are great layering pieces, and loose fitting, flattering cut styles are fantastic and comfy casual wear. Collarless styles undone at the top are so flattering on a bigger bust and longer cuts with a belt look great on any figure. Perfect for under knits.

13. Star print, £25, Florence + Fred
14. Red, £29, La Redoute
15. Fawn short sleeve, £65, Mary Portas for House of Fraser
16. Grey military, £30, Mint Velvet
17. Blue insert top, £24.99, New Look
18. Rust pocketed shirt, £10, Primark



THE TROUSERS

Every wardrobe needs a great pair of jeans, bootcut if you are curvy, plus some well fitting slimmer trousers in a dark colour. Other styles like hareems and cargos may feel more fashion-led but are around every year and will keep things exciting in the trouser department.

19. Wool trousers, £70, Monsoon
20. Bootcut jeans, £16, George at Asda
21. Velvet leggings, £22, Marks & Spencer
22. Hareem pants, £50, Monsoon
23. Green cargo pants, £14, Primark
24. Camel boot cut, £34.99, River Island



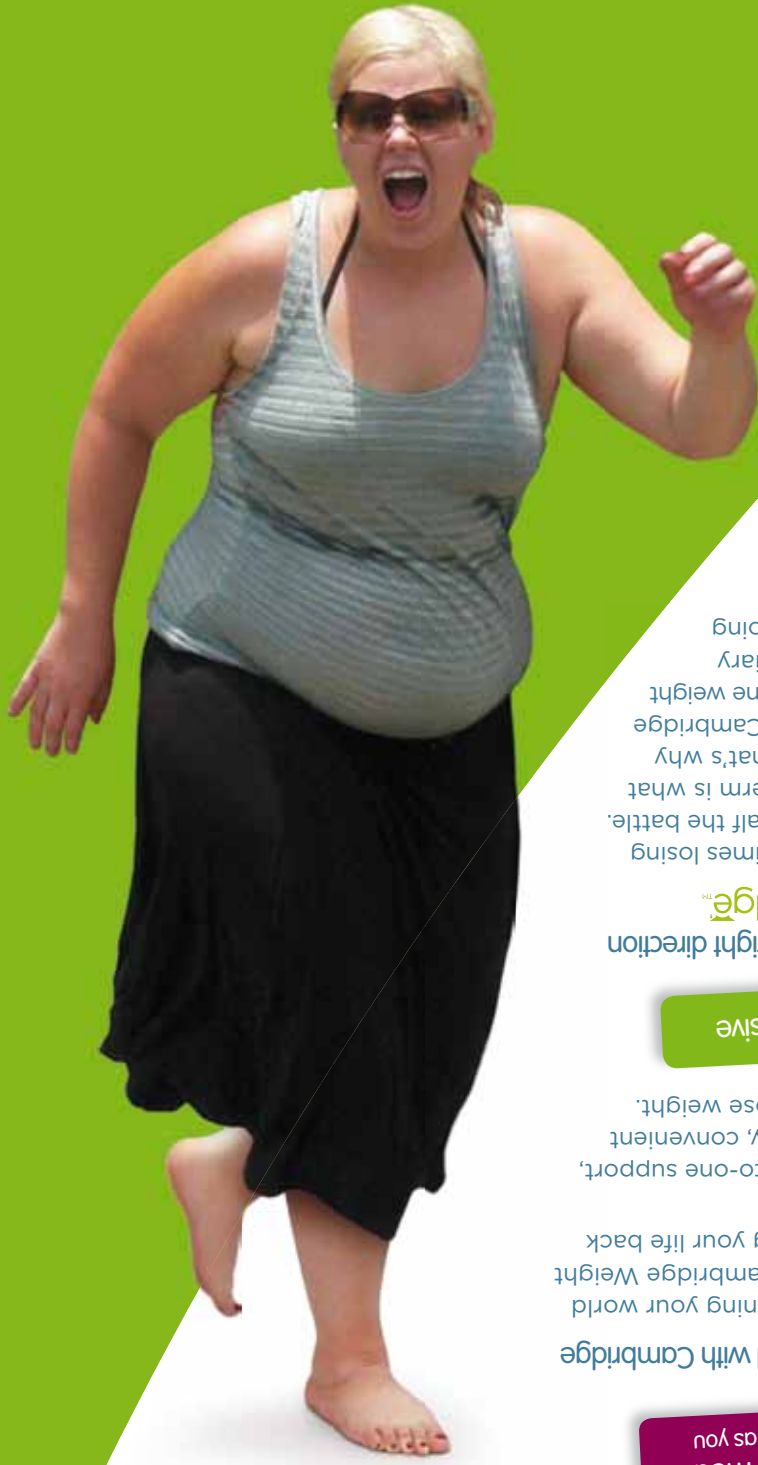
THE DRESSES

Casual day dresses that will last the test of time need to be super-comfy. Wool dresses are great with tights and boots, and pretty tea dresses, despite their retro look, are a classic style; their flattering cuts are always a winner. Look for dresses that you can layer — a polo neck underneath or a chunky cardigan over the top. Classic, stylish and feminine.

25. Maroon frill sleeve dress, £28, Apricot
26. Navy spot tea dress, £42, H! by Henry Holland at Debenhams
27. Knit stripe dress, £39.50, Marks & Spencer
28. Fawn wool dress, £3, Next
29. Blue shirt dress, £17, Primark
30. Block print dress, Principles by Ben de Lisi at Debenhams



Turn your **life** around...



Anna Size 8

*Prices may vary. On our Sole Source Programme you can expect to have three or four Cambridge meals a day depending on gender and height. Please contact your local Cambridge Consultant for more details.

... keep going in the right direction with **My Cambridge™**. We know that sometimes losing weight can be only half the battle. Keeping it off long term is what really matters, and that's why we have created My Cambridge — a sophisticated online weight management food diary that comes with ongoing one-to-one support from a Cambridge Consultant.

New and Exclusive

Lose weight for good with Cambridge. If yo-yo dieting is turning your world upside down, then Cambridge Weight Plan could help bring your life back into balance. With its unique one-to-one support, Cambridge is an easy, convenient and proven way to lose weight.

From around £2 a meal* For a plan as individual as you



Weight loss, a wedding and a new lease of life



As an emotional eater, Anna Bennison needed quick results to remain motivated.

“From four years old, my weight gradually spiralled out of control. I ate comfort food to help me deal with certain emotions — anger, sadness and even nerves. If I got into trouble as a child I would eat to cope with the feelings. My mother was the same and she is a ‘secret eater’ — I grew up watching her ways and soon I was following in her footsteps.

“Now in my late 20s, I experienced an overwhelming desire to change my life for good. I had met a guy and we fell in love — my size was never an issue for him. The relationship soon helped me to appreciate and love myself. His unconditional love for me gave me the freedom to let go of the emotional baggage I kept bottled up and finally live life for the first time.

“I was on a mission and turned my research to the internet. I contacted joint Consultants Sharon Myrie and Laurence Brown. After our initial meeting, I came to realise that I knew my biggest problem was losing motivation a few weeks into a diet because the weight loss was too slow to keep me interested. The great thing with Cambridge was that I saw amazing results in my first week and then the next, until I was seven dress sizes smaller in no time.

“Cambridge has totally changed my life. I started to jump out of bed, ready for the new day and what it would bring. I was sleeping better, my work attitude improved and my relationship went from strength to strength — we even got married. Since losing weight I have bundles of energy, which I have channelled towards exercise, and I run 10km every week.

“Managing my current weight will be a challenge in itself but by making small, effective changes such as enjoying fresh, healthy foods, I can do it. I keep Cambridge firmly in my life; I eat the soups as a filling meal a few times per week.

“My success on Cambridge was down to two reasons. Firstly, I did a lot of work on mentally changing my attitude to food and life in general. The second reason was due to my choice of Consultants. Sharon and Laurence were great and made me aware that I needed to work on my mindset and become more positive in order to firstly lose weight successfully, but secondly to keep it off.

“I have since trained as a Cambridge Consultant — I want to tell the world about our fantastic Plans and help others to achieve their goals.”

Anna's stats
Age: 29
Height: 5ft 6in
Start weight: 16st 9lb (17st 5lb at heaviest)
Previous dress size: 22
Current dress size: 8-10
Plan: Sole Source



“Writing a diary entry each day helped me focus”

Claire Westall overcame a life-long weight battle to finally live life to the full.

“My weight has been a problem for as long as I can remember. I was adopted as a baby and my parents were just amazing. They were the ‘homely’ type and Mum loved cooking huge homemade family meals with the expectation that you should always clear your plate.

“I tried different diets with little or no success for many years. I can recall trying my first diet at 13 years old. I can also remember a friend saying: “You remind me of Dawn French. No matter how big you get, you still look lovely.” I was shocked to hear such a statement but it did make me consider trying to slim once more.

“As summer 2010 approached, I was looking forward to wearing my cropped cargo pants (they were the largest pants I owned) but I struggled to do them up. I threw them into the back of the wardrobe and vowed that enough was enough.

“Cambridge was recommended to me by a friend who looked fantastic after doing the Plan herself. I started Sole Source after contacting Consultant Karen Frier. Each day I wrote a diary entry to help keep me focused and motivated. The support from Karen, who I now consider a good friend, was supportive and encouraging, and this was also a key to my slimming success.

“During my time on the Plan, my mum was diagnosed with cancer and was very ill. I took time off work and became her main carer. It was a traumatic time but being on the Plan helped me through tough days. It gave me something positive to focus on and not once did I gain any weight. My mum was so supportive and would love hearing how much weight I had lost. She would regularly compliment me on how well I was doing. Sadly, I lost my mum, but I know how proud she was of my achievement and she saw me happy.

“The past year has been a whirlwind. The change to my life and that of my family has been a positive thing. I was overwhelmed when I won a Cambridge Inspiration of the Year award in 2010. It has been a great experience. My prize was an all-inclusive cruise around the Aegean — I even wore a bikini for the first time in years.

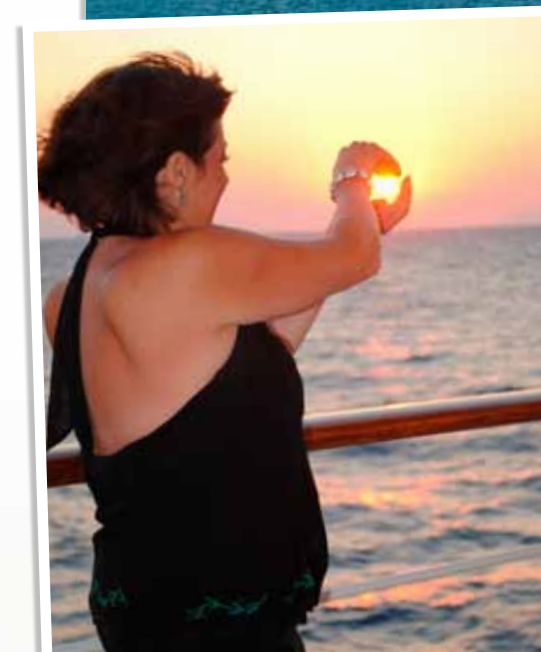
“Managing my weight is something I take very seriously. I completed a 13-mile Midnight Walk for our local hospice, I run and also do Zumba. I also enjoy a round of golf with my husband and two boys. Finally, I have the life I’ve wanted in years.”

Claire's stats
Age: 44
Height: 5ft 6in
Start weight: 14st 4lb
Previous dress size: 20
Current dress size: 12
Plan: Sole Source



Claire's Inspiration cruise around the Aegean

“I even wore a bikini for the first time in years”



A weekend like no other

Out and About with Kerensa



As the New Year is all about a fresh start, I thought I'd try something a little different and go on a 'wellbeing weekend'. A bit of a jolly you may think? Well, as someone who likes a good cup of coffee in front of the TV, dislikes yoga and has never even thought about meditation, this was going to be interesting. I was also to only have one vegan meal per day and then just fruit and juices. And that's without even mentioning colonic irrigation.



Learning to 'sprout'

Day 1

I arrived at the Shining Tree retreat ready for a chilled weekend having had a heavy one the weekend before. However, I was a little nervous about the thought of a vegan diet, no TV, daily yoga, meditation and other 'therapies'.

I was greeted by the very friendly and welcoming Kim and shown to my room in the main house. The room was lovely and I immediately felt relaxed, helped by the scented candles and comfortable bed. I was given a couple of hours to explore the retreat and surrounding grounds before having a 'sprouting class' ... (yes, that was my initial reaction too).

Surprisingly I am genuinely intrigued by 'sprouting' (soaking lentils and then leaving them in a jar in the sunlight to sprout, thus increasing their nutritional value). I was so taken by this that I have actually done this at home a few times with chickpeas — makes a salad taste amazing.

After sprouting, I met James (Kim's husband) to talk about my health issues/

concerns and what to expect over the next couple of days. I then had more free time before meeting at 9pm for my first-ever meditation and Qigong class. Wow, while I was sceptical, I thoroughly enjoyed both meditation and Qigong and have never slept as well as I did that night.

Day 2

Up early for yoga, I decided to have a fully open mind. I have tried yoga many times before and I have to admit it bores me and (probably due to the fact I didn't give it enough time) I never felt the benefit. I'm sorry to say that, unfortunately, during my wellbeing weekend, and despite having three private yoga lessons with a passionate instructor (Kim), I still don't, and doubt I ever will, like yoga ... it's just not for me.

After yoga, I went to make a quick cup of herbal tea and to drink my Rejuvelac — not very tasty but very good for someone with a niggly digestive system. I then went for a swim and sauna before enjoying a wonderful two-hour massage and salt glow therapy.



Salt glow scrub and massage



Tai Chi meditation

It was then time for my healthy eating workshop before eating the fruits (well veggies) of my hard labour and having a nice two-hour nap, a wander round the grounds and reading up on how many different things I could 'sprout'.

At 5pm it was time for my evening therapies with James — electro-acupuncture and colonic irrigation. The latter terrified me and despite having five barrels of water passed through my system, nothing happened — I was most disappointed.

It was then time for another nap (and I had a small stomach ache) before more meditation and Qigong at 8.30pm. Qigong helps to increase oxygen, strengthen muscle tone, aid digestion and bowel function, and harmonise the nervous system. I was learning the Five Meridian Qigong, all of which were benefiting different organs:

Fire: Heart and small intestine
Earth: Spleen and Stomach
Metal: Lungs and large intestine
Water: Kidneys and bladder
Wood: Liver and Gallbladder

The benefits of these slow stretch-like movements were almost instantly beneficial

"Although the point wasn't weight loss, I had actually lost 4lbs over the long weekend"

and this is something I have continued to use since leaving the retreat.

Once again, I had an excellent night's sleep.



Cooking something delicious

Day 3

Up early once again for yoga — a challenge on several fronts, it was early, I was missing an England rugby match and, well, it was yoga again! Luckily this was followed by a shiatsu massage and a leisurely swim.

I then prepped lunch with James, and due to a mini-rebellion against tofu, I was allowed a small piece of salmon; a small but healthy deviation from the usual vegan menu.

It was then time for a walk around the woodlands and another nap. I was amazed

at this time by the amount of quality sleep I was having. Feeling lazy, I made a joke to Kim who informed me that it was my body healing. I was not going to argue as I felt great (although I was missing a proper cup of tea).

At 5pm it was time for my evening therapies once again. Electro-acupuncture for my back and another colonic irrigation. This time it worked as I expected, although I didn't really feel any better afterwards.



Electro-acupuncture

I then had more free time (I checked on my sprouting chickpeas and made some hummus) before my evening meditation and Qigong class. Once again, a blissful night's sleep followed.

Day 4

Yes, you guessed it ... up early for yoga. I smiled through it.

Then it was time for electro-acupuncture and 'body work' — basically manipulated (assisted) stretches. This was amazing and I felt about two inches taller and my back felt better than it had for years.

I then prepped lunch with James once again and enjoyed a very tasty spread before departing at 1.30pm for home.

I can honestly say I felt extremely refreshed and much better — both inside and out — than I had three days earlier. Although the point wasn't weight loss, I had actually lost 4lbs over the long weekend. There are key elements from the weekend that I have kept going, Qigong and sprouting, and others that I haven't — making fresh juices for one daily just isn't practical in my rather crazy world and I'm never going to another yoga class again!

However, I think that's the point ... making small adjustments learnt over the weekend and taking from it what benefits you.



Rachel Newcombe,
Freelance Health Writer

Don't let PMS ruin your diet

If the arrival of PMS triggers a desire for sugary or carb-laden foods then don't panic — you're not alone. Rachel Newcombe explains what you can do to beat PMS, manage your weight and ensure it doesn't sabotage your good diet efforts.

Premenstrual syndrome (PMS) typically occurs in the week or two prior to a woman's monthly period. While some people are lucky enough to sail through life without getting PMS, for others it can vary from mild to moderate or severe.

The causes of PMS are believed to be linked to the changing amounts of hormones — oestrogen and progesterone — in a woman's body during the menstrual cycle, which results in the physical, psychological or behavioural symptoms.

There are more than 100 reported symptoms of PMS, although not everyone gets them all, with some of the common ones being headaches, bloating, breast tenderness, mood swings, feeling irritable, nausea and food cravings.

Controlling PMS food cravings

When you're dieting, the last thing you want to face is an increase in food cravings, so this can be a difficult PMS symptom.

Common food cravings linked to PMS include a desire for sugary food, such as chocolate or biscuits, or carbohydrate-rich food, such as bread, pizza or pasta. Food cravings can be hard to resist, especially when you've got other PMS symptoms and feel a bit low. But before you reach for that chocolate bar, think about how far you've come with your diet so far!

Ensuring your meals are regular and balanced can help in the management and control of symptoms such as food cravings. Regular meals should help keep your blood-sugar levels balanced and your appetite stable, so don't be tempted to skip a meal.

Sometimes you may think you're feeling hungry, but it's actually your body needing water. Choosing to drink a glass of water first could help reduce the cravings and save you from disrupting your diet. Water helps keep your body hydrated; if you get 'time of the month' headaches, keeping fully hydrated is even more important and can help ward them off.

If you're aware that you're more likely to experience cravings before a period, then consider planning ahead and developing a strategy, such as deciding on a suitable snack you could have if you need it. That way you'll be prepared and are less likely to randomly reach for the nearest foods.

Avoiding comfort eating

It's not unusual to feel tired or experience a dip in your mood, plus if you're feeling stressed, PMS symptoms can get worse. When you're feeling low, you may feel tempted to turn to food in the belief that comfort eating could give you the boost you need.

It may appear to give you a quick fix, but as far as your diet goes, comfort eating won't help. Giving yourself treats to look forward to, such as a trip to the cinema, time curling up with a good book or treating yourself to new clothes could provide comfort in other ways and reduce the desire to turn to food.

This is a good time of the month to avoid consuming caffeine-rich drinks, such as coffee or caffeinated fizzy drinks, or drinking alcohol, as both of these are known to affect mood and energy levels and may exacerbate PMS. The caffeine can elevate oestrogen levels and make the symptoms of PMS worse.



Period weight gain

If you've stood on the scales prior to a period and noticed them going up rather than down, even though you've maintained all your good diet habits, don't give up — it could be due to PMS.

PMS is widely associated with bloating and water retention and before a period you can superficially gain weight in the form of fluid. This can range from a few pounds to 4lb–7lbs, but there have been cases where it's been as much as 1kg.

Consuming too much salt in your diet can make fluid retention and bloating worse, so reducing your salt intake can be beneficial.

It's depressing to see the scales going the wrong way but keep in mind that this natural side-effect of your period is masking your real weight. Once your period is over, the bloating and water retention should ease off and your weight should return to its usual level.

Harnessing the benefit of exercise

If you feel energised rather than lethargic in the run-up to your period, then exercising could have added benefits for both a healthy lifestyle and PMS.

Regular exercise is a great way of managing your weight and burning extra

calories. It also helps to keep your hormone levels balanced, plus it can lift your mood as the body releases natural endorphins when you're exercising, which provide a feel-good factor. If you suffer from painful periods, some women find exercise helps reduce the discomfort, which is an added bonus.

Aim to exercise for at least half an hour, five times a week. You may find exercises such as pilates or yoga good for reducing stress and they may be a good option if you're feeling tired, or not so energetic, before a period.

Does weight gain affect PMS?

Losing weight has many benefits for your health and wellbeing, and reducing the risk of PMS is one of them. Research has revealed that you're more likely to suffer from PMS if you're obese, do little exercise and have a BMI of 30 or over.

Being overweight has other effects on your reproductive system too. For example, it could hinder your chances of conception, so if you're keen to try for a baby, losing weight first could up your chances of conceiving.

PMS can make you feel uncomfortable and miserable, but by planning ahead and managing your symptoms, it need not sabotage your diet.

When you're dieting, the last thing you want to face is an increase in food cravings, so this can be a difficult PMS symptom for many women to battle with.

New Year weight loss changed my life

Carly's stats
 Age: 23
 Height: 5ft 4in
 Start weight: 15st 6lb
 Previous dress size: 18-20
 Current dress size: 10-12
 Plan: Sole Source Plus



Wedding bells inspired super slimmer Carly Bourton to get her life back.

"I entered into my first serious relationship when I was 17 years old. I was comfortable with my new partner and consuming takeaways became the norm. The weight piled on and my self-esteem lowered, which just resulted in me comfort eating — it was a cycle that wouldn't end. I had lost confidence and felt almost trapped in another body. I kept feeling 'I shouldn't be this size'.

"During Christmas 2010, my brother Craig proposed to his girlfriend Dannielle and they asked me to be a bridesmaid. Of course, I was excited for them, but then again I didn't want to be a whale-sized bridesmaid on the big day.

"I had eight months to drop four dress sizes and all I kept thinking was that the couple were always going to have those wedding pictures and I needed to look good in them.

"It was the New Year — the best time to make a big change. Lucky for me, my best friend Emma Jones did Cambridge a few years ago and is happily maintaining after losing almost half her body weight. She was the inspiration I needed.

"The advantage of Cambridge is that I didn't have to worry about what to have for lunch or dinner. It was simple to grab my Chocolate Mint Shake when I was on the go. I was strict while on Cambridge and powered through until I was at an ideal weight for my height. The support from my Consultant Lara Williams was a big help throughout my weight loss. I had lost the weight by the summer and my bridesmaid dress fitted perfectly.

"Since weight loss, it has been hard to get me out of pretty dresses (I hadn't wore a dress for six years). I'm more willing to go out for dinner and drinks with friends and no longer feel like the frumpy friend. The biggest change is my increased energy levels and I'm always doing something now. I've had the confidence to train as a Cambridge Consultant last year.

"I've made some changes to my lifestyle that are helping me manage my new weight. I don't go to any extremes but I enjoy walking and swimming. My portion sizes are half what they used to be and I use smaller plates and bowls to help me with portions. I still find that drinking plenty of water throughout the days helps me feel full and occasionally I have a Cambridge bar in my handbag.

"I thank my brother for giving me the incentive to get my life back. I may not have lost weight if it wasn't for the wedding; it was the push I needed. I felt amazing on the actual day and really enjoyed myself knowing that I looked great in a size 12 dress. I'm glad to have the old slim me back now.

"My mum was so proud of my weight loss achievement that she entered me in to the draw to be an Olympic torchbearer — watch this space!"

New Year's resolutions

Destined to be broken or made to last? Inspiration shows how you can stick with your 2012 challenges.



Let's be honest, over the years most Inspiration readers will have made and probably broken many New Year's resolutions. So we thought it might be time to look at the tradition in a new light.

Combining a few interesting facts and some real-life tips, our aim is to put an end to resolutions that are destined to be broken by the end of January 2012.

If you are up for a bit of goal setting then it's out with the old and in with the new.

New Year facts

1. If you live in Ecuador you can get rid of your faults for the New Year by making a straw man (or woman) and burning it.
2. If you live in Greece your children should leave their shoes by the fireside to be filled with presents on New Year's Day.
3. In Spain to ring in the New Year you would eat a grape for every chime.

Be positive to stay focused

Think of your New Year's resolution as a journey, which includes a roadmap and a destination.

Firstly, let's examine where it is you want to get to, i.e. your destination. This goal does not necessarily have to be weight related. Remember that resolutions that are positive are much easier to follow. For example, which sounds more appealing — group A or B below?

Group A

- I will give up smoking
- I will stop eating crisps
- I will not be late for work

Group B

- I will spend more time with the children
- I will learn a new skill
- I will be more active

Once you have decided what your aim is then you just need to form a plan of how to get there — and this plan is your roadmap.

Talk it over with friends and family if you like. Whatever you decide, goals are easier to reach if you share the journey. In the context of weight management you might like to invite someone to start a weight-loss journey with you. If possible, make sure your roadmap has a start and a finish; for example, one year from today I want to be a dress size 14.

Work smart

Another way of working towards goals and life plans is to adopt a method called SMART. Some of you may be familiar with this as it is commonly used in the workplace. It also works really well for your personal life in terms of objective setting.

The acronym SMART relates to goals being: Specific, Measurable, Achievable, Realistic/Relevant and Timely.

If you jot down your goal — let's use the weight-loss scenario — you can plot it with SMART.

SMART

Specific: dress size 14, lose three inches from waist

Measurable: a size or weight specification is measurable

Achievable: weight loss with Cambridge Weight Plan is definitely achievable

Realistic: you must decide how realistic you want to be. Your Cambridge Consultant can advise you on this

Timely: with no timeframe there's no sense of urgency.

Don't just say that some day I want to be a size 14. Instead anchor it within a timeframe i.e. 'one year from today'. This way you set your unconscious mind into motion to begin working on the goal.

Once you have confirmed your SMART goals it is a good idea to write them down and keep them somewhere visible to remind and inspire you. This proven technique will work whether your goals are weight related or are related to improving and enhancing your life.

New Year: New Kelly. She did it and so can YOU!

By now you should be feeling a little more positive about making New Year's resolutions. Thousands of Cambridge Weight Plan clients have lost and maintained weight after making an initial resolution to start the Plan. One of those clients was Kelly Golder, who went down five dress sizes. Mum-of-two Kelly had gained weight with both pregnancies and like so many found it hard to regain her figure.

It was at a New Year's Eve party that Kelly resolved to lose weight over the coming year — and she did. Kelly was featured in a previous issue of Inspiration and you can read more about her story at www.cambridgeweightplan.co.uk

Top tips for goal setting

1. Use the SMART goal technique.
2. Have a clear destination and a roadmap.
3. If possible, get someone to join you on your journey.
4. Make all goals positive — not negative.

Claire's stats
 Age: 31
 Height: 5ft 8in
 Start weight: 17st 4lb
 Previous dress size: 22
 Current dress size: 12
 Plan: Sole Source



My Cambridge and Claire: a perfect match

Claire Mills shares the secrets of her success and how My Cambridge keeps her on the straight and narrow.

"I've been overweight for as long as I can remember. But more and more weight started to creep on when I started my teacher training at university. It was convenient and easy to pop out for a takeaway then cook in the evening when all I wanted to do was relax and unwind.

"When I met my husband Darren, we enjoyed a long period of dining out and I would always have three courses. We'd have movie nights with lots of treats, especially pizza. I fell pregnant in early 2008 and again I saw this as an opportunity to eat whatever I wanted. I was on a bingeing streak.

"As part of my job as a curriculum development worker, I'm involved in many outdoor activities with people aged between 14 and 25. This young group complete an expedition for a section of their Duke of Edinburgh's Award, so it's a really rewarding job.

"Unfortunately, I was finding it increasingly difficult to keep up with them. I wanted to set a good example to this group and being overweight made me feel like a hypocrite.

"A family member told me about Cambridge; it sounded like a brilliant way of

losing weight. I rang my Consultant Elaine Neal-Reynolds that same night and I can honestly say it was the best phone call I have ever made.

"My problem with other diets was that I'd lose a little but gain it back again (with a little bit more). But I loved Cambridge and still do. The first 10 days on Sole Source were hard but I soon experienced high energy levels — energy that I hadn't had in years.

"The continuous support and encouragement from Elaine and my love for the chocolate and banana shakes helped my weight loss. I found the weekly one-to-one sessions invaluable. The chats, the encouragement and the measuring were brilliant. Elaine knew exactly how to guide me into maintenance, offering good advice throughout my progression. I reached my goal weight and I can't tell you how it's made me feel. I'm a new woman wanting to try new things. I now go canoeing and jump 40ft from treetops — just for fun!

"Since the launch of the My Cambridge programme, I'm finding it to be a positive step in helping me with my new weight. I love the food diary, weight tracker, recipes and Eating Guide, which I use a lot.

"Elaine initially introduced me to My Cambridge and I'm glad she did. I feel it is a great resource for Cambridge slimmers who need further help to lose that last couple of pounds and, of course, maintain thereafter. I especially like the Eating Guide, which

helps me when choosing a takeaway or coffee shop replacement — it helps you make healthier decisions but doesn't restrict you socialising. I also use the food-swap feature, which I have used to find lower-fat foods. The food diary is a great tool and, initially, I found that I wasn't eating enough calories although the fat content was too high. I have also created some of the featured recipes which suit the whole family — they have been a big hit too.

"The graphs that My Cambridge produce when you submit your weekly weight is also a great feature as it reassures me that I'm staying in my ideal weight range.

"I would definitely recommend the programme to other Cambridge slimmers as it is an invaluable tool — it's a bargain. I'm in constant touch with Elaine over the phone and also through the messaging system on My Cambridge. Elaine will periodically go on and see what I'm eating and offers me tips on my eating habits through my completed food diary. It is great that Elaine can actually see what I am eating, drinking and give me a kick up the bum when I am not doing the exercise that I should be."

Your Online Personal Food Diary!

1 Continued 1-2-1 support from your Cambridge Consultant®

2 Effortlessly track your daily intake — online and on your mobile

3 Access hundreds of healthy recipes for inspiration

www.mycambridgeweightplan.com

FREE
for 30 days

WIN
5 vouchers to give away

To win a 30-day My Cambridge voucher, answer this question:

Q. How many calories are there in a McDonald's Spicy Vegetable Wrap?

Email your entry to: hannahjones@cambridgeweightplan.co.uk with the subject heading 'My Cambridge Competition'.

All entries must be received by **30 March 2012**.

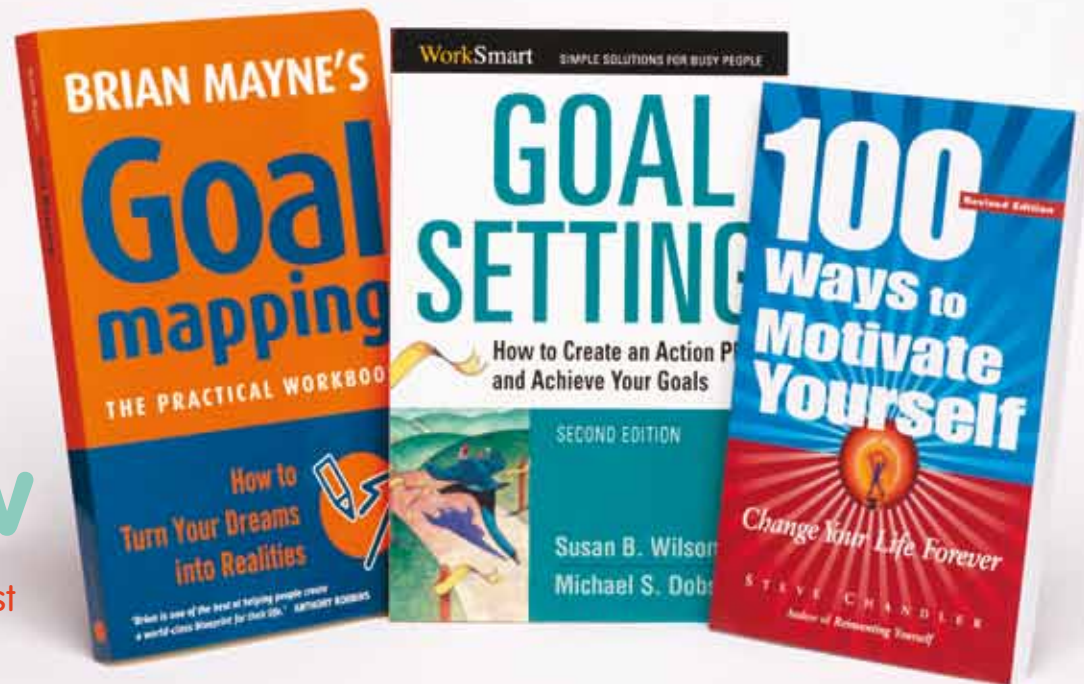
The company will not accept liability for any competition entries that are lost, not received on time, sent without the correct subject heading, or that are sent to the wrong email address. One voucher per winner.

My Cambridge
weight management for *life*



Book review

Make 2012 the best year yet ...



Is 2012 the year for change, the year that you'll slim for good and the year your weight management really takes off?

If the initial prospect of entering 2012 feels a little daunting, please don't despair. Inspiration can help to guide you by recommending three self-help books that focus on self motivation, goal setting and goal mapping. Goal mapping, we hear you say? This is a brilliant form of strategising your objectives now, tomorrow, the near future and even in 10 years' time.

If you're on the road to managing your weight, and 2012 is the year to prove to those who didn't support you through weight loss that you can do it long term, then this is for you.

Goal Mapping: How To Turn Your Dreams Into Realities

RRP: £10.99
Author: Brian Mayne (2010)

Success — why is it so important to many and why are some more successful than others? This is the theory behind this book by inspirational speaker Brian Mayne. The interactive worksheets are great for self-discovery; not only can you express creativity through drawing your goal maps but also question your beliefs and personality. It'll make you question who you are and who you want to be. It will put you in the right direction to help you develop desired qualities.

Dreaming is the first step in creating a goal. By the end of the ninth chapter, you'll be able to focus on your goals, draw your own goal map and see those goals through to the end. It's also important to look at your map every morning to remind yourself of where you are ultimately going.

Great for people who enjoy being creative and wanting to organise the present but also think about the future.

Goal Setting
RRP: £8.99: Amazon
Authors: Susan B. Wilson and Michael S. Dobson (2008)

Ever feel frustrated that despite your best efforts you seem as if you're not getting everything done in a day? Setting a goal and following it through applies to almost everything in life, even weight loss. This book advises and teaches that setting realistic goals correctly is the key to successfully reaching the desired end result.

The chapters will open your eyes to see potential obstacles and talk you through devising a goal strategy and goal management. It's a fantastic read and is practical for the reader so you can keep your goals written down inside the book. The worksheets inside also help you to understand the type of person you may be — it'll identify areas that need improving and help you grow.

If we take weight loss, for example, you could talk through with your Consultant mini-goals per week/month and plan how to

reach these goals. What are your weight loss goals? What are the obstacles or barriers that may have a negative impact on your weight loss? What can you do differently to achieve them? What are your priorities? What areas can be changed to help you succeed? All are vital questions to achieve success.

This would be a great tool for anyone currently losing weight or entering into weight management.

100 Ways To Motivate Yourself
RRP: £12.99
Author: Steve Chandler (2004)

This long-time best-seller talks you through 100 methods to positively change your actions and thoughts. It'll show you how to deal with negative barriers, help you strive to be the best you can and achieve those short-term and long-term goals.

This book will encourage you to grow as a person and increase your self-esteem and even conquer bad habits. It'll even convince you that it's a good idea to have a 'news fast' — where you take some time out from reading papers and watching the news — all designed to help you think and feel more positive about yourself in everyday life. There's a section on how to cope with your problems and a chapter that aims to persuade the reader that competitors are actually good for us.

A great read if you are looking to get ahead in your job or career.

Fatism ...

is it really happening in society?

It's been proved in studies that skinny women make more money than heavier women. But, then again, heavier men make more dosh than skinnier men, so what's going on?

Thinner women make \$22,000 more a year on average, according to a study published in *The Journal of Applied Psychology* in June 2011. The survey, which looks at how weight affects income, shows that women make more when they're skinny as opposed to 'average', while overweight women make the least.

Why? According to the study, people perceive those who are overweight as 'less desirable as subordinates, co-workers, and bosses, and they are viewed as less conscientious, less agreeable, less emotionally stable, and less extroverted than their normal-weight counterparts'.

So if society is punishing women for being overweight, are they rewarding women who conform to an improbably thin standard? Yes. According to the researchers' calculations, over a 25-year career, women who are 25lbs below average weight earn \$389,300 more than women who are average weight.

However, and here's the anomaly, for men, being skinny didn't have the same effect. Instead, skinny men generally increase their salaries by putting on an extra 15lbs. Men who were 25lbs below average weight were actually worse off: they made \$8,437 less than average each year.

As the researchers write: 'Men and women experience opposite incentives

regarding weight in the very thin to average weight range. Whereas women are punished for any weight gain, very thin women receive the most severe punishment for their first few pounds of weight gain.'

The researchers used data from the Bureau of Labour Statistics, starting in 1979, as well as from a large German study.

Because socio-economic status and health (including weight) are often linked, the researchers looked not just at groups of people but at how particular individuals fared in terms of their income when they gained or lost weight.



The changing shape of fashion

A study published in 1989 looking at the size and shape of female fashion models from one agency in London found that since 1967 models had become taller, and that hip and bust measurements were decreasing relative to waist measurement, resulting in models becoming more androgynous. Indeed, many models are encouraged to be size zero (bust 31.5in, waist 23in and hips 34in).

An inquiry reported in September 2007 that up to 40% of models could have an eating disorder.

In 2007, the organisers of Madrid and Milan, two of the most important fashion shows in the global fashion calendar, banned models with a body mass index (BMI) of 18 or below. Fashion labels Prada, Versace and Armani have since gone on to ban size zero models from their catwalks.

However, there is still pressure for those in the media spotlight to be thin. The Duchess of Cambridge has gone from being a size 10-12 to a size 4.

Thinking outside the chocolate box

Valentine's Day

Avoid buying flowers and choccies and go for something more personal on Valentine's Day, says Kerensa Preedy-Houston.

Valentine's Day — you either love it or hate it. But whatever your thoughts, you probably still expect a little Valentine's tat of some variety from your beloved. I've always disliked Valentine's Day with a passion, whether I have been dating or single, but still got a little excited at the sight of a glittery card.

When it comes to presents, think outside the box. This could save both your bank balance and your waistline.

Cook a romantic dinner at home

This way you can control the calories and create an intimate setting more personal to you both. Cooking together can be fun and really quite romantic. You don't have to settle for 'set menus' surrounded by 101 other couples where you just end up people watching more than having a romantic moment with your partner.

Buy something other than chocolates

Apart from ruining my health kick, chocolates to me were always an easy, no-thought choice to buy. I'd rather have something more thoughtful.

Ditch the bouquets

On average, flowers are at least 35% more expensive on Valentine's Day — crazy! I banned all boyfriends from buying flowers on this day on principle. One rather clever ex of mine sent me a bouquet two days earlier ... it was much more of a surprise.

Look for alternatives

This not only shows you care but will often be more appreciated. One year I had been complaining about how the cold had been drying out my hands and for Valentine's Day I received a lovely voucher for a luxury manicure and hand massage. A double bonus in my book:

1. It showed he listened to me when I was moaning.
2. It was something I really appreciated and needed.

I think the key is do/buy something personal. That extra thought and personal touch is more romantic than a bunch of overpriced roses can ever be. If someone is trying to lose weight, is a box of chocolates and a bottle of wine really that thoughtful?



Step out of the cold and enjoy a warming bowl this winter

Give yourself a warm feeling inside with Cambridge's range of soups, porridges and shakes*. Fortified with vitamins and minerals



Visit your local Cambridge Consultant and tuck into a hot bowl today!

*Shakes can be mixed with hot water to make delicious hot drink.

Next generation make-up

Lorna Kings examines the high street products with staying power to keep you looking fresh-faced all day (and night).



We all want to let our hair down from time to time, without the added question: "Is my make-up going to last as long as I will?"

Well, ladies, I can assure you, with the next generation of make-up brands that are flowing into the shops right now, you have nothing to fear.

Prep and prime

On our latest shoot with the lovely Claire Mills, I kick-started her look with MAC's, Prep and Prime Fortified Skin Enhancer in Adjust.

It goes on before foundation and works to brighten up dull skin, while also protecting against pollution and UV rays. It also contains SPF 35. I found this great to prep the skin, while it kept the rest of Claire's make-up fresh throughout the day.

Enhancing foundation

There is a great selection of skin-enhancing foundations available right now. But I was pleased to welcome back the brand Stila with its Perfect and Correct Foundation. This one-step foundation gives medium coverage and high definition, giving the perfect complexion. Most importantly, it is long wear, so it stays where it should.

Eyes and lashes

Using Rimmel's Glam'Eyes Mono Eye shadow, which is long wear and crease resistant, I gave Claire a simple, smudgy, smokey eye using the shade Smokey Quartz over her eye socket, working it out to the corners of the eye.

I then lined the eyes along the upper, lower and inner lower lash with Revlon Luscious Grow Lash liner in onyx black. Not only is it easy to apply, it is also an impact black liner with a botanical and vitamin-rich formula that nourishes and supports healthy lashes.

I worked Rimmel's Mono Eye Shadow in Enchantment over my liner, both setting the liner and blending out any harshness. To finish off the eye, smother on a good helping of black mascara. As well as lash-enhancing liners, there is a whole range of growth-enhancing mascaras. One to try would be Models Own Grow Fast Mascara, with its special formula not only strengthening lashes, but giving us all that much needed added length.

Finishing touches

To finish off the look, add a touch of blush. While I do love crème blushes, I feel they tend to move around a bit, and if you are in for the long haul you want something that is going to stick around. Bourjois Amber d'or Blush Pot is a great, warm colour, easily blended on to the skin, while giving the cheeks a lovely glow.

Alternatively, Stila Custom Colour Blush has been created to work with your skin's natural PH levels for the perfect shade, individual to each and every user.

Sweep on Maybelline's Super Stay 24-Hour Colour in Forever Chestnut and you are good to rock 2012 in style.

GIVEAWAY



We have three make-up bags full of your party must-haves to give away.

To win the goody bag, simply email your name and contact details to: Kerensa@cambridgeweightplan.co.uk by Friday 30 March 2012.

The make-up bag contains:

MAC Prep and Prime Fortified Skin Enhancer: £21, MAC, nationwide
 Stila Perfect and Correct Foundation: £28.50, Boots, nationwide
 Rimmel's Glam'Eyes Mono Eye Shadow: £4.49 Boots, nationwide
 Models Own Grow Fast Mascara: £6, Boots, nationwide
 Bourjois Amber d'or Blush Pot: £7.49, Boots, nationwide
 Stila Custom Colour Blush: £13, Boots, nationwide
 Maybelline's Super Stay 24-hour Colour: £8.99, Boots, nationwide

Disclaimer: Contents may differ to the image shown.

Meet Inspiration's style and make-up gurus

Lorna Kings: Make-up Artist

Age: 26
 Location: Middlesex
 Eye colour: Blazing brown
 Favourite colour: Green (it compliments my fiery hair)
 Website: www.wix.com/lornakings/lornakings

What's your career background?

I graduated with a BA HONS from the London College of Fashion, specialising in make-up for the performing arts. I work on a variety of different jobs and love it.

Have you worked with anyone famous? During my career I have worked with Mark Ronson and his band, Topshop and various Hollyoaks cast members.

What are your hobbies? Going to the gym and singing my heart out at gigs and concerts.

What are you into at the moment? My bright red hair, cosmo cocktails after



work and my black opaque tights with giant black stars on.

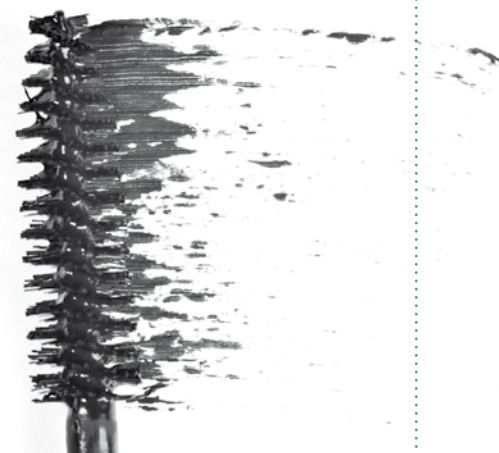
Are you influenced by a particular style? I have my own take on Rihanna's style. I love patterned tights and rosy pink cheeks.

What are your dislikes? Bright blue 1980s-style mascara, worn the wrong way, and caked-on foundation.

Why do you like working with Cambridge slimmers? I love working with real people. Not only is our team a great team to be part of but the slimmers are lovely and you can see they really appreciate what we are doing for them. It's so lovely to see how much their confidence changes from just a day.

"I love make-up shopping. I revert to being a kid in a candy store but on a serious mission."

Lorna Kings



"If I wasn't a stylist, I'd be a vet — I love animals!"

Chloe Wood



Age: 33
 Location: South London
 Eye colour: Green
 Favourite colour: Blue
 Website: www.chloe-wood.com

What's your career background?

I've spent the last eight years styling across a variety of glossies, weeklies and newspapers.

Have you worked with anyone famous? I've worked with Girls Aloud, Fearne Cotton, Denise van Outen, just to name a few.

What are your hobbies? Music, horse riding, the great outdoors and, of course, travel.

Chloe Wood: Fashion Stylist

What are you into at the moment? Fashion, spending time with friends and family, trying different foods, and taking good care of my cat and horse. And my leather jacket: it is a timeless classic and looks vintage. It's actually high street but I have cut the label out so no one can prove that.

Are you influenced by a particular style? I love my Little Pony-inspired hair. Dip dyed hair in pastel colours. It will be huge again for this summer. Tempted myself.

What are your dislikes? Rudeness and arrogance.

Why do you like working with Cambridge slimmers? It's great to share my knowledge with people who appreciate it. It can really affect confidence.



LOVE A LIST

THE TOP 10 CONSPIRACY THEORIES
REMEMBER, EVEN IF YOU ARE PARANOID, IT DOESN'T
MEAN THEY ARE NOT OUT TO GET YOU!

1. 9/11
The Theory: The whole thing was planned by the US Government as a way of propping up the country's military industrial complex.

2. Roswell
The Theory: Aliens arrived by UFO at this New Mexico site in 1947 and have been living off the royalties of film adaptations ever since.

3. Assassination of John F Kennedy
The Theory: To 'grassy knoll' or not to 'grassy knoll', that is the question!

4. Global Warming is a Fraud
The Theory: Is it getting hotter, colder, wetter or drier?

5. Princess Diana was murdered by the Royal Family
The Theory: Because of her alleged impending marriage to Dodi Fayed and conversion to Islam, the British establishment conspired to create the events of that awful night in 1997.

6. Global World Domination (New World Order)
The Theory: Plenty of takers for this: the Illuminati, modern Nazis, the Freemasons, the Antichrist, the Bilderberg group, the Communists, assorted capitalists and every major James Bond villain.

7. Apollo Moon Landings were faked
The Theory: All you need is Photoshop and a disused nanger made to look like Tranquility Base. And why haven't we ever been back?

8. Pearl Harbour was allowed to happen
The Theory: The American public and the US Congress didn't want to join the war but President Roosevelt did, so when that intelligence message came in about the Japanese getting ready to attack he stuffed it in the draw marked: 'Roswell — do not open until 2100.'

9. The Third Secret of Fatima
The Theory: The Virgin Mary appeared to three young Portuguese shepherds in 1917 and told them three secrets. Two were revealed in 1941 but the third was only revealed by the Vatican in 2000. Many people don't believe it is the full text.

10. The Philadelphia Experiment
The Theory: Take one big US warship (USS Eldridge), add to it the Unified Field Theory (which says that the forces that comprise electromagnetic radiation and gravity interrelate with one another), pop in a naval shipyard under wartime conditions, do a bit of light bending so as to make said warship invisible and you have the basis of a pretty bad Hollywood movie.

There are more of these at: www.listsiverse.com

TOP BROADBAND COUNTRIES/ SUBSCRIBERS PER 100 PEOPLE*

1. Denmark	37.4
2. Holland	37.0
3. Switzerland	35.8
4. Norway	33.8
5. Iceland	33.5
6. South Korea	33.5
7. Luxembourg	31.8
8. Sweden	31.4
9. Germany	30.5
10. Canada	30.5
(12. UK	29.4)

OECD countries only: www.oecd.org

THE TOP 10 FILMS THAT WILL (OR SHOULD) MAKE YOU CRY



1. Bambi OK, so which one of you killed Bambi's mom?

2. The Lion King So Simba's got a dad who teaches him a whole load of things. Hang on Simba's dad, don't go down into that raven full of mad, crazy wildebeest to rescue your errant son, you'll never make it ...

3. Rocky He gets knocked down, he gets back up again. He gets knocked down again, and yes, he gets back up again. And then mumbles a bit. Man that is spirit!

4. Sleepless in Seattle "Hi Dr Marsh, my dad is a bit down at the moment but if Meg Ryan's listening I'll see you at the top of the Empire State Building at the end of the film."

5. Titanic OK, so we knew at the start the ship was going to sink. But Billy Zane was so bad and Leonardo was so good. And then he freezes up solid and sinks like a stone, bummer!

6. The Notebook Well, this was a laugh-a-minute, wasn't it? Young people get old and one of them forgets all about it!

7. Marley and Me Cute couple (Jennifer Aniston and Owen Wilson) get cute dog (Marley). Dog grows up, causes all sorts of mayhem and then ... I'm crying, you're crying, we're all crying!

8. Watership Down So there's this rabbit who has this apocalyptic vision. He tells the other rabbits about it and they go off on an adventure. Soon they're being killed by cars and birds and each other. Doesn't even have any songs in it either (and Bright Eyes doesn't count).

9. Armageddon Bruce Willis saves the world but doesn't make it! What, check his contract!

10. Top Gun I'm Maverick. Goose is my navigator, my friend ... my conscience. I'm a bit competitive and have issues with authority but Goose keeps me in line. Now Iceman wants to shoot Jester down but so do I. I don't like Iceman, he's everything I'm not. But if I could just take the shot. Hang on, nearly there, just one more minute ... ah, jetwash, flamout, flatspin, eject! I'm Maverick and I'm not singing 'You've lost that loving feeling' with Goose anymore because he's gone ... he's gone!

THE WORLD'S MOST POWERFUL WOMEN IN 2011

Name	Age	Country	Position
1. Angela Merkel	57	Germany	Chancellor
2. Hillary Clinton	64	USA	Secretary of State
3. Dilma Rousseff	63	Brazil	President
4. Indra Nooyi	56	USA	Chief Executive: PepsiCo
5. Sheryl Sandberg	42	USA	Chief Operating Officer: Facebook
6. Melinda Gates	47	USA	Co-founder: Bill and Melinda Gates Foundation
7. Sonia Gandhi	64	India	President
8. Michelle Obama	47	USA	First Lady
9. Christine Lagarde	55	France	MD: International Monetary Fund
10. Irene Rosenfeld	58	USA	Chief Executive Officer: Kraft Foods
(49. Queen Elizabeth II	85	UK	The Queen)

Forbes Magazine — The World's 100 most powerful women — www.forbes.com

THE WORLD'S MOST CORRUPT COUNTRIES. 10 (HIGHLY CLEAN) O (HIGHLY CORRUPT)

1. Somalia	1.1
2. Myanmar (Burma)	1.4
3. Afghanistan	1.4
4. Iraq	1.5
5. Uzbekistan	1.6
6. Turkmenistan	1.6
7. Sudan	1.6
8. Chad	1.7
9. Burundi	1.8
10. Equatorial Guinea	1.9
Denmark	9.3
New Zealand	9.3
Singapore	9.3
(UK	7.6)



FOR THE BOYS

Chloe Wood urges men to take a little more time over the clothes they buy.



By
Chloe Wood

It's very easy for some men to 'grab and go' when it comes to shopping — run into the nearest store and pick up the first thing that they see to avoid hours of trudging round the shops.

- Will it last through to at least next year?
 - Is it a classic style?
 - Will it work with other items in your wardrobe?
 - Is it the right flattering fit? Get measured if your shape/size has changed.
 - Is it a colour that suits your skin tone?
- Simple jumpers for layering, a great pair of jeans, smart trousers and a good winter coat are all must-haves for the colder months.
- To make life a little easier, here is a guide to some fail-safe winter buys depending on your style.

But if you spend a little more time on thinking about what suits you and what your style actually is, you can save money — and precious time — in the long run. Seasonal trends are not so prevalent with men's fashion, so you are pretty free to go for whatever you like, but just make sure you think about the following things:

CLASSIC
Your style is traditional and safe, so stick to what you are comfortable with and try to introduce some colour to your winter wardrobe.

1. Scarf, £35, Austin Reed
2. Gloves, £18, Burton
3. Grey wool coat, £49, Florence + Fred at Tesco
4. Polo neck, £48, J by Jasper Conran at Debenhams
5. Long coat, £35, Primark
6. Mustard V-neck, £32, Next
7. Cords, £35, Next



6.

5.

7.

2.

3.

4.

11.

10.

9.

8.



15.

EDITORS CHOICE

FASHION-LED
You are a bit more daring and look for trendy, updated styles. Try and go for styles that are on trend but will last through. For example, Barbour-style jackets and coloured chinos are huge this year but won't ever date.

8. Flat cap, £25, Burton
9. Beige military shirt, £20, Asos.com
10. Chinos, £10, Primark
11. Parka, £25, Primark
12. Jumper, £38, Burton
13. Shirt with patches, £30, Burton
14. Argyll cardigan, £35, Asos.com



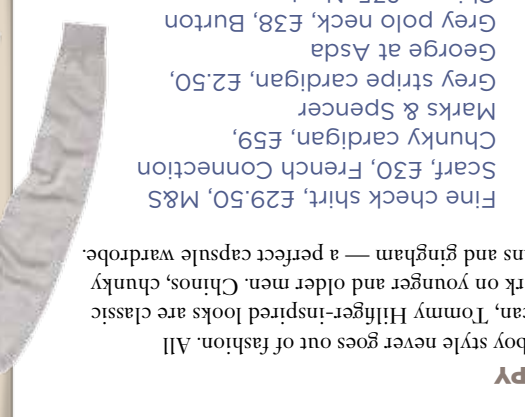
25.



It's not just the ladies that have shiny fabric and faux fur textures like suede, tough leather and corduroy, there is faux fur and PVC for the brave. Plus a huge presence of comfy shearing. Stick to the traditional unless you are in your twenties but shake things up by mixing up the textures in one outfit.

SPORTY

21. Sweatshirt, £20, Asos.com
22. Stripe jumper, £60, French Connection
23. Jeans, £70, French Connection
24. Rugby shirt, £32, Marks & Spencer
25. Gillet, £55, Next



PREPPY
Schoolboy style never goes out of fashion. All American, Tommy Hilfiger-inspired looks are classic and work on younger and older men. Chinos, chunky cardigans and gingham — a perfect capsule wardrobe.

15. Fine check shirt, £29.50, M&S
16. Scarf, £30, French Connection
17. Chunky cardigan, £59, Marks & Spencer
18. Grey stripe cardigan, £2.50, George at Asda
19. Grey polo neck, £38, Burton
20. Chinos, £35, Next



23.

24.



20.

19.

LOSING WEIGHT INSPIRED ME TO SWIM THE CHANNEL FOR CHARITY

Paul Downey is back in the game after a sporting injury led to extreme weight gain.



"Playing sport has always had a big role in my life. I played for Folkestone Cricket Club and their rivals Dover. I was also a keen hockey player, swimmer and skier, and was even lucky enough to play alongside Australian batsman Justin Langer during my career.

"In 2005 I injured my knee and I could no longer participate in cricket or hockey. I gained about six stone in the years that followed. The weight gain had big consequences and I started to suffer from gout. "I had a health scare in 2010 when a routine eye examination showed that my vision in one eye had developed type two diabetes. After my doctor suspecting that I had developed type two diabetes. After submitting a blood test, the doctor told me I had a narrow escape. I was fine but now was the time to think about losing weight.

"I met my Consultant Sally Reeve at a networking breakfast and made an appointment straight away. I had tried other diets before Cambridge but had found them really hard to follow. But with the support from Sally, I sailed through the Cambridge Plans and started to reintroduce more and more exercise.

"As the pounds dropped off, I regained my self-esteem and confidence. People started to comment on how well I looked and how much younger I appeared.

"Then a once-in-a-lifetime opportunity arose. I was asked by a friend if I would like to join his English Channel relay team. Of course, I said 'yes!'

"Maintaining my weight at about 15 stone, I began swimming lengths every morning before work. I undertook cold water training in Dover harbour every Saturday and my fitness levels went through the roof.

"The swim would be the event to mark my weight loss and to raise money for The Pilgrims Hospice in Kent where four years earlier my father had sadly passed away.

"The day of the crossing was quickly upon us and I set off from the beach at Samphire Hoe. The swim was going great and I was accompanied by a dolphin part of the way. Unfortunately a team member became very poorly and we had to head back to land. Disappointed, we made plans for a second attempt a few weeks later. But again we experienced problems and a team member was knocked unconscious on the boat — second attempt aborted.

"Wednesday 28 September was our third and final attempt at crossing the Channel. We set off at 1.20pm and swam the 26-mile journey to the beach at Wissant, France, in 12 hours and 22 minutes. "My journey was now complete and I had raised £3,350 for the hospice. Not only had I crossed the English Channel under my own steam, but it had all taken place because of Cambridge Weight Plan, which had set me on my way some 12 months earlier."

Paul's stats
 Age: 50
 Height: 5ft 10in
 Start weight: 20st 2lb
 Previous waist size: 46in
 Current waist size: 36in
 Plan: Sole Source

THE TEAM BEFORE THE BIG SWIM



**PAUL RAISED
£3,350 FOR
CHARITY**



PAUL AND HIS CHANNEL-SWIM TEAM



PAUL SWIMMING THE CHANNEL

MEN AND CAMBRIDGE WEIGHT PLAN

Twice now, men have won Cambridge Weight Plan's Slimmer of the Year competition, both losing huge amounts of weight. So, it's a fact, men and Cambridge Weight Plan actually go very well together. The competition is so popular with our male slimmers that for the first time in Cambridge history, we created two separate Slimmer of the Year awards, so that we could recognise both male and female slimmers.

Men like our programmes because when you get past all the hoopla of starting with Cambridge Weight Plan, having a 'plan' is very much a bloke thing (so are caves apparently, but I haven't read that book yet). Cambridge was invented back in the 1970s by a man, Dr Alan Howard. He wanted first and foremost to create a weight loss plan he could use, understand, and that would keep him motivated. He did, and those same core values still apply today with the modern version.

Because Cambridge is sold via a Consultant, men can avoid the 'fat fighters' group scenario that most would happily pull out their teeth to avoid. They don't have to share their inner-most thoughts with the group and listen to the woes of others. They see their Consultant one-to-one, tell them what they want to achieve and away they go.

Some men start with Cambridge to support their wives who may also be trying the Plan, and some men 'go solo'. Both

Consultants do tell us that if a man is doing Cambridge because he's under pressure you can create a graph plotting where you started and where you finished. Men love from others to lose weight, he'll often give up or fail.

Consultants also say that it's a big deal for guys to go on any diet and even more of an issue admitting it. Many men start Cambridge and keep it secret, particularly in other all-male environments such as the gym or within a sports team. That's OK, but will only really work for a time. That's because someone will notice their changing shape and comment on it. Then, men being men, they'll spill the beans and tell all, at that point proud of what they have achieved and confident of their weight loss.

Men also like the technical nature of Cambridge. If you consume a specific number of calories but are burning off a

The message is that men must do it for themselves.

larger number, you can plot your weight loss very specifically (using Excel usually). Then you can create a graph plotting where you started and where you finished. Men love doing this and this demystification of the dieting process helps to keep them motivated and on track.

So, are you a man considering Cambridge? Is your wife about to start and you are thinking you might try it with her?

If the answer is yes, then give it a go. After all, it was created with you in mind.

www.cambridgeweightplan.co.uk

"I FEEL TEN YEARS YOUNGER"

Former pilot George Phillips is flying high again, thanks to Cambridge and his Consultant wife.

"I flew helicopters for the Royal Air Force for 17 years then went on to fly for the police and air ambulance. Shifts were long and I'd often do nights, which only meant one thing: snacking and lots of caffeine. "I quickly gained weight as my career took a slight change and in no time I had shot up by three stone. I had always been fit before gaining weight and even completed the London Marathon, so to discover I had piled on the pounds was a shock to me.

"Unfortunately my father and brother died young and my weight gain made me reconsider the future — could I be putting my health at risk? The simple answer was 'yes'.

"My wife Jane had lost weight with Cambridge and loved it so much that she became a Consultant. I saw first hand what Cambridge could do and with the support from Jane I couldn't fail. I started on Sole Source Plus and was happy eating the Cambridge crunch bars, chocolate shakes and chili soup. The middle-age spread quickly disappeared and I felt 10 years younger. The man boobs are a thing of the past and I'm in good shape now.

"What's great about managing my weight with Jane is that we are both on the same page. Neither of us wants to revert back to the unhealthy pair we were just a few years ago. We both enjoy eating freshly-made meals and fish is a favourite. We both try to avoid all processed foods as we know it's not good for our waistlines.

"Jane has really got into an exercise plan with her yoga and hula hooping, so we worked on something for me. Once a week I do a sprint workout and lift heavy weights. I try to walk as much as possible every day — it's free to do and is great for relaxing. I have to admit that hooping for five minutes a day is great for core muscles and I'd recommend it to anyone."



THAT'S THE OLD ME SECOND FROM RIGHT

George's stats

- Age: 59
- Height: 5ft 8in
- Start weight: 13st 3lbs
- Previous waist size: 38in
- Current waist size: 35in
- Plan: Sole Source Plus



MALE SLIMMER OF THE YEAR SCOTT PARIS

“I HOPE I’VE MADE SCOTLAND PROUD”

TOP LOOKS FOR WINTER FASHION

All you need to know about looking good in ‘classic’ style

Stewart Cockburn shares his amazing weight loss story and why he was awarded such a prestigious title

INSPIRATION WINNER

SPORT’S CALENDAR

So you won’t miss a thing

LOVE A LIST

Big men do cry!



Issue 15 £1.50

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