

**WHERE TO FIND YOUR
PERSONAL ONLINE COACH**
Log on to truelove.lebootcamp.com

With Christmas just weeks away, you'll want to look fabulous. But is there time? Oh yes, if you follow the advice of your personal online coach, LeBootCamp!

1 GET MOVING

Walk for 30 minutes every morning on an empty stomach. Studies have shown that you can effectively lose weight when you get active on an empty tummy because your body uses the stored fat for energy. It works in Hollywood so there's no reason for it not to work in Lagos or Kano! Other ways of exercising include taking the stairs instead of the lift, walking your dog every day, going for a walk with friends, and parking further away from shops and offices so you are forced to walk. Exercising should be fun, otherwise there's no point!

2 GET YOUR PH RIGHT

The correct acid/alkaline balance is fundamental to the good functioning of our bodies. Our blood's normal PH is slightly acidic (acidity prevents bacteria and cancer cells from growing and spreading through our bodies) while our cells need to be alkaline (which allows for a healthier general state). A quick way to get the balance right is to squeeze the juice of a lemon into a glass of pure water, add a few drops of Stevia to sweeten, and drink.

FIT & FABULOUS FOR THE *festivities*



promotion

LeBootCamp
Your Weight Loss Coach

LeBootCamp
Coaching People, Changing Lives

3 GET MORE SLEEP

Sleep produces leptin, an appetite reducing hormone, so make sure you get to bed around 10pm and rise around 7am to get the full benefit. Enough sleep will also make your skin glow, improve your mood and stimulate brain function.

4 CHOOSE LOW GI FOODS

Avoid foods with a high glycaemic index (GI) such as potatoes, white bread and all refined flour products as they encourage your body to store fat. Opt for low GI foods such as wholegrain bread, brown rice, beans and vegetables. The rule of thumb is generally avoid "white" foods. If you just have to have pasta, cook it al dente as it lowers the GI. Studies have also shown that if you freeze bread before you toast it, the GI is lower.

5 DRINK MORE WATER

Immediately after air, water represents the next urgency in life. So yes, drink eight glasses and more every day – especially if you are exercising – for optimum hydration and a lovely glowing skin.

6 TREAT YOURSELF

Denying yourself treats when you are dieting is the fastest way to become discouraged. Did you know you can eat chocolate on the LeBootCamp weight loss method? It's true! Two squares of dark chocolate as dessert at lunch or dinner will make you feel good and won't tip the scales. And imagine how good you'll feel when you tell your friends you eat chocolate regularly while showing off your slender figure!

COST

OPEN PLAN – \$29 per month
(you can cancel any time)
SMART PLAN – \$19 per month
(3 months minimum)
SAVER PLAN – \$15 a month
(6 months minimum)

SPECIAL OFFER FOR TRUE LOVE READERS!

- TRUE LOVE readers will receive a \$5 reduction on the first month of any option they buy into.
- Discount voucher/coupon TRUELOVE5

HOW NOT TO CHEAT DURING THE CHRISTMAS FEAST

- Eat something of everything you want, but chew it twice as long and don't have seconds
- Have no more than two glasses of red wine or Champagne; after that, drink water only
- Pile your plate with vegetables; this is healthy and will make you feel full fast
- Feel free to have a portion of turkey; it's one of the leanest kinds of meat
- Opt for fruit rather than heavy Christmas puddings
- If you have overindulged, take to the dance floor and dance off those calories!