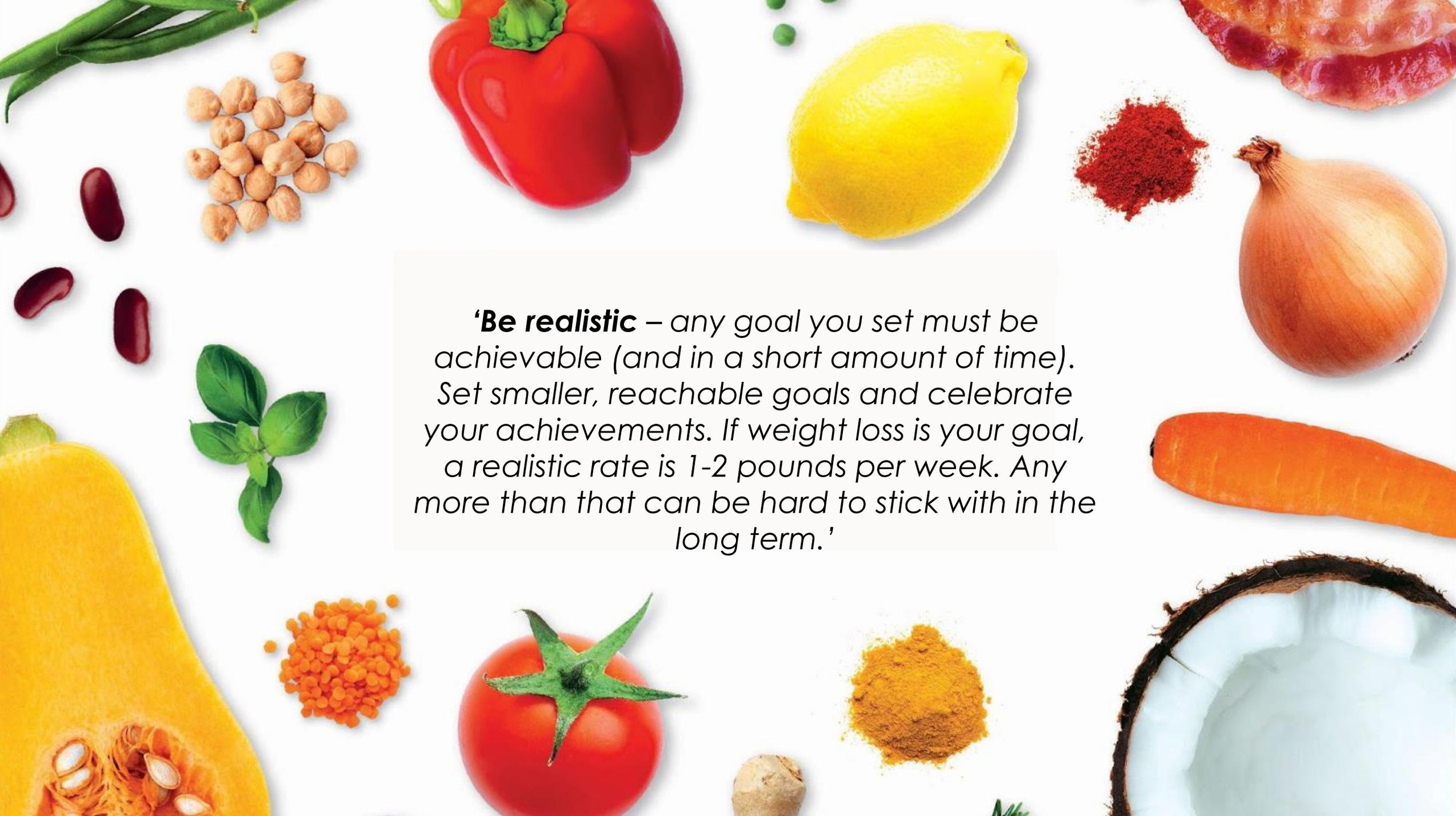
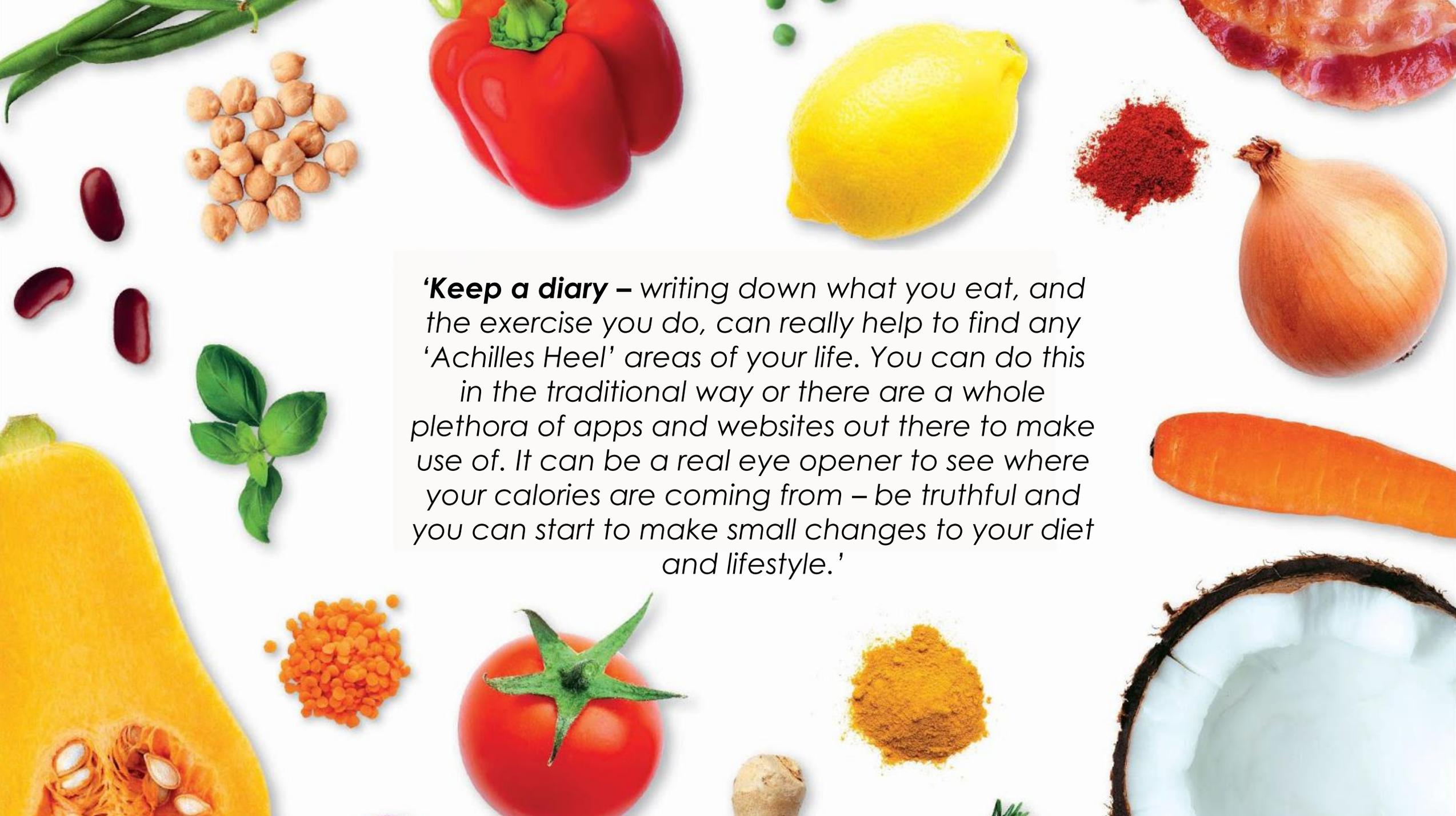




'Evaluate your goals – think about what you want to achieve. Is it weight loss, toning up, getting fitter, clearing up a specific ailment, reducing cholesterol?....there are so many 'goals' you could set, but it's best to stick to one thing (chances are you'll achieve others at the same time!).'



‘Be realistic – any goal you set must be achievable (and in a short amount of time). Set smaller, reachable goals and celebrate your achievements. If weight loss is your goal, a realistic rate is 1-2 pounds per week. Any more than that can be hard to stick with in the long term.’



'Keep a diary – writing down what you eat, and the exercise you do, can really help to find any 'Achilles Heel' areas of your life. You can do this in the traditional way or there are a whole plethora of apps and websites out there to make use of. It can be a real eye opener to see where your calories are coming from – be truthful and you can start to make small changes to your diet and lifestyle.'



'Eat regular meals – evidence shows that regular eating and spreading out your calories can really help to provide a template for healthier eating. Plan ahead so you know what you are going to eat, and try not to deviate from the plan. If you're using a food diary, fill it in in advance to give the motivation you need.'



'Breakfast like a King – our circadian rhythms do have an impact on how we use our calories, so eating larger meals earlier on in the day may have an impact on calorie burning, but also on blood sugar and fat levels too – indicators of conditions such as heart disease and Type 2 diabetes.'



'Eat more fruit and veg – it's an old cliché but everyone should have more fruit and veg! Fill up your plate with veg or salad first, leaving less room for the less nutrient dense foods. Or why not invest in a blender to find a novel way of consuming fruit and veg – green leafy veg can be whizzed up with fruits and seeds for a nutrient rich breakfast smoothie. If you're not into all that, aim for a range of different coloured fruit and veg – at least 5 (more if you can!) every day.'



'Go Mediterranean – with snow on the ground, and muddy puddles everywhere it's hard to imagine the summer, but try a bit of sunshine by opting for a Mediterranean inspired diet. Concentrate on oily fish, lean meats, fresh fruit and veg, nuts, seeds, beans and olive oils. The Mediterranean diet has been associated with good health, including a healthier heart.'



'Cut back – healthy eating will only be successful if you include a little bit of 'naughtiness' now and again. Try out the 80:20 rule – eat healthy options 80% of the time, but allow yourself 20%'