

# Health & fitness.

LIFESTYLE CHANGE

## WINTER MELTDOWN

### GET BACK TO FEELING GOOD

**Loretta Mostofi**  
AUSTRALIAN AND WORLD FIGURE CHAMPION

WELL we have arrived at this time of year, yet again.

The winter months are coming to an end, the weather is starting to warm up and we are faced with the reality that the layers of clothing we have been wearing the past few months will need to be peeled off.

The comfort food we have been indulging in during winter, coupled with the training sessions missed because of the cold weather, have packed on the kilos.

Rather than beat yourself up about the added weight, embrace

#### DIET SUGGESTIONS

- Go without extra hot drinks such as hot chocolates or cappuccinos.
- Switch any hot comfort food to low fat salads and sandwiches.
- Eat more fruit and vegetables at each meal.
- Look at healthier snacking options such as yoghurt, nuts and fruit.
- Drink more water in the day.
- Be more conscious of portions. It is better to be hungry in two hours after you have eaten rather than four to five hours. Getting hungrier sooner revs up your metabolism.

the time you enjoyed over the cold months, because there is no use dwelling on the past.

However, now is the time to rise to the challenge of attaining a healthier lifestyle, remembering

that feeling good is only relative to you.

Feeling good is not about being as skinny as the models in magazines or wearing yourself out with excessive exercise and minimal food in order to reach the unrealistic expectations put on women today.

It is purely about you.

It's about what you can do to make you a better person.

Positive thoughts from within will then come shining through.

Rather than embark on a diet and exercise regime that will leave you stressed, look at your current lifestyle. Where do you think you can make some healthier changes?

Read the rest of Loretta's column at: [northshore-times.com.au](http://northshore-times.com.au)



Australian and World Figure Champion Loretta Mostofi of St Ives.

Picture: DALLAS OLSEN

ETIQUETTE

### TIP OF THE WEEK

THIS week Sydney Model and Etiquette College owner Val Edwards offers nail care advice.

**Q: How can I keep my nails looking good without spending a fortune?**

**A:** Set yourself one hour every week for a successful manicure at home. Remove polish, file nails into chosen shape, use cuticle or hand cream on a cotton bud to gently push back cuticle. Clean under nails with an orange stick wrapped in cotton wool. Wash nails under warm water. Paint a base coat, two layers of nail polish and a top coat to protect enamel.

**Do you agree with Val? Go to [northshoretimes.com.au](http://northshoretimes.com.au) to comment. Details of Val's Model and Etiquette College at [sydney-modelagency.com](http://sydney-modelagency.com)**



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## TURNING THE PAGE

With the right support an ordinary moment can become a way of life.

(02) 9879 2600

[www.sfnsw.org.au](http://www.sfnsw.org.au)



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