

# Yorkshire Women's Life

*For women who want more from what they read*



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## Health

### Tips for Summer Wellbeing

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**S**ummer is when we all aspire to look our best in our bikinis, sarongs, shorts and tee-shirts, so it's time to get our bodies into shape for those long summer holidays.

Here are 10 honest tips to get you started:

**1. First, be mindful**  
When you are, you overcome the usual procrastination about actually getting down and doing all the things that your heart desires.

**2. Get back in control**  
Practising mindfulness puts you back in control of your own destiny, and brings greater success in achieving your healthy goals.

**3. Write down your intentions and set**

#### yourself targets

Be specific: 'I want to lose 5 lbs 'by 15th August' and firm up my biceps so I feel better in my summer clothes', or 'I must get fitter and stay sober before my birthday, and not be deterred by my friends who want to go out drinking'.

**4. Exercise is key.**  
Pleasant weather encourages us to be outside and is a brilliant motivation for walking. Try getting off the train a few stops before usual and walk the rest of the way, or actively find a park with walking paths. Walking in the fresh air is way more enjoyable than going to a gym. Buy the correct footwear (you will thank me for that tip!).

**5. Exercise with others for motivation.**

Join a walking/running group. This is highly motivating if you are fed up with your old routines and is more enjoyable with friends.

#### **6. High Intensity Interval Training**

On-trend, HIIT involves short bursts of very intense activity, interspersed with recovery periods of lower-intensity exercise. Great for heart health, increased energy and weight loss.

#### **7. Practise Yoga**

It promotes flexibility, reduces stress, increases stamina and energy.

#### **8. Dietary changes for weight loss**

A major help as we head into summer, losing 5 lbs can make all the difference to you heading for the beach, confident

enough to get into a bathing suit.

#### **9. Keep a food diary**

You can physically see where you might be going wrong. It will reveal all sorts of habits that you may not have noticed before. It's part of being back in control.

Only eat freshly prepared food, to include plenty of vegetables, fruit, salads, free range chicken and wild oily fish. Enjoy foods that improve skin tone like avocados, blackberries and blueberries. Take 'fast food', processed, sugary foods and soft drinks OFF your shopping list.

#### **10. Portion control to lose weight**

Start now, and give yourself half of what you ate yesterday. It's okay to feel hungry sometimes! Train your stomach to receive less.

**Yvonne Wake** is a registered public health nutritionist, fitness expert, life coach, university lecturer and a Wellbeing and Lifestyle consultant with over thirty years of experience. For more info visit: [www.wellbeingandlifestyle.co.uk](http://www.wellbeingandlifestyle.co.uk)