

In SHAPE

Maria Barkey runs Pro:Kinesis Health and Fitness, and teaches clients how to lose weight healthily and maintain it. Maria has now launched group sessions, her Real Me Plan to help the masses - from teens to pensioners - to avoid faddy diets and shakes and embrace real food. Here she gives her tips on how to look great and stay on track.

Started a fat loss programme like the Real Me Plan? Then these are my top tips to avoid failing before you've even begun:

1. Set a goal, I mean a specific one and think about it regularly. Focusing on a goal will help you hit your target by motivating you to succeed.

2. Work out 3 to 6 times a week (which should include cardio, weights and stretching) AND follow a calorie restricted food plan like the Real Me Plan, one designed for your body. Fat loss tends to be slower and harder if you only do one or the other during the week.
3. Do you work out at a high intensity? Providing you are relatively healthy, you should be challenging yourself when you exercise. Remember though, a little light workout is better than nothing as even 10 minutes a day all adds up.
4. Try to plan for the week. Planning your shopping list, and the foods you will be eating during the week, prepares you for the supermarket run and helps prevent naughty temptations sneaking in to ruin everything.
5. Make sure your foods are varied and full of good healthy nutrients. You have to fuel your body properly, not with 1,500 calories of junk. Include your 5+ a day of fruit and vegetables, eat a good source of protein to feed those muscles, and unless you are a complete exercise nut go easy on the carbohydrates.
6. Stay hydrated. Your body simply functions

better this way! With a variety of healthy drinks to hydrate you, you will also feel less hungry.

7. Take weekly measurements, but don't rely purely on the weight shown on the scales. Muscle weighs more than fat by volume, so if you are working out properly and losing fat whilst improving muscle, then you should see your weight rise initially. Do tape measurements on bust, waist, stomach, hips, arms and thighs. Use body fat scales if you can, but if not you should see the results on your body in the fit of your clothes.
8. Try to get enough hours of sleep a night. Your body needs to repair itself and this is when that process really kicks in. It also helps you be on top form for the daily stress and damage we put it through.
9. Hang in there and you will see the results. If you have decided this is the year to get into better shape, that's great, but there will be ups and downs, setbacks and success days. Just remember on the down days to be patient. Don't give up!
10. Invest in an exercise and nutrition class, or personal trainer, once a week. Honestly, it's a good way of keeping you motivated and helps you learn how to eat and exercise properly. With my Real Me Plan classes and as a Personal Trainer, I also take your meas-

urements and give you other useful information which will help keep you motivated during the rest of the week. So, if you want to stay focused and ensure you get things right, it will be money well spent.

Where: Royal British Legion (next to Merityre), Penn Road, Hazlemere, High Wycombe, HP15 7LN **When:** Thursdays at 7.30pm **Cost:** £6 per class **Tel:** 07812 247207 **Email:** maria@prokinesis.co.uk **Website:** www.realmeplan.co.uk

