

body

Beautiful



mighty milk

Must you cut out dairy to lose weight? Arina Botes from Curves in Edenvale says definitely not. She tells us why

Studies conducted over the course of the past five years indicate a strong correlation between milk consumption and weight loss. The mix of essential nutrients in milk, such as protein and calcium, have been shown to improve the body's ability to burn fat. Curves, which has a branch at the Eden Meadows Centre in Edenvale, recommends adults consume approximately 700ml of milk every 24 hours to help shed kilograms and build lean muscle mass.

Says Arina Botes, manager of Curves, Edenvale: "Milk has gotten some bad publicity in the past and too often women will cut dairy completely out of their diet with the hope of promoting weight loss. This is to their detriment. When consumed in the correct quantities, milk has excellent health and weight loss properties."

For more information visit www.whymilk.com

■ Curves, Edenvale can be contacted on 011 524 0687.

boost your body confidence

Marcia Francois, a Bedfordview life coach, suggests the following for increasing your body confidence:

■ Work on your body language

We've all been at places where someone quite ordinary strides into a room, makes eye contact and starts impressing the socks off everybody. Like it or not, first impressions do count. So stand tall and practice good posture. Imagine that you're being pulled by a string going all the way from your toes to the top of your head. And whenever you enter a room, don't walk in almost apologetically. Stride in, make eye contact and be the first to introduce yourself.

■ Get involved in a physical activity

Any physical exercise, like walking, running, dancing, etc, will make you feel better about yourself. Exercise releases all those good hormones and your body image will improve the fitter you get.

■ Wear clothes that fit you properly

Don't try to disguise your body flaws by wearing baggy clothes. Wearing ill-fitting clothes only serves to accentuate the very areas you're trying to cover up. Sometimes we squeeze ourselves into a pair of jeans (in the correct size) but they look terrible because of the cut. It is much better to buy a larger size and be comfortable. It's the fit not the size that matters.

■ Be kind to yourself

Think about the things you tell yourself when you make a mistake. Would you say those same things to your friends? Probably not. Talk to yourself as you would talk to a friend.

■ Remind yourself often of your good qualities

Make a list of at least five of your good qualities and remind yourself of them daily, especially when you're having a bad day.

■ Surround yourself with supportive people

The last thing you need when you feel down or less-than-fabulous is to be surrounded by negative people. Choose carefully who you share your heart with and surround yourself with people who will encourage and motivate you.

■ Keep learning new skills

Be a life-long learner. Take a dance class, go on a skiing trip, start yoga.

■ Take the time to reach out to other people

Focus less on yourself and more on others. You'll find that when you accept other people as they are, they will do the same for you.

make a date

Join Marcia on June 2 for her next "Drab To Fab" workshop, where you'll learn about self-esteem, assertiveness and how to set healthy boundaries. For more information, contact Marcia on 084 504 7339.

