YOUR SEASONAL SURVIVAL GUIDE
The do’s and don’ts for the upcoming celebrations

CHOCOLATE INDULGENCE
Enjoy a zero-calorie chocolate treat

AUTUMN FASHION
Perfect trends for your body shape

BE INSPIRED
Inspiration of the Year winners cruise the Aegean

Cover star Natalie Booth’s TV-inspired weight loss

“I love 50s burlesque clothing. Before losing weight I could never pull it off. Now I can!”
What is Cambridge Weight Plan?

Since the 1980s, millions of people around the world have successfully lost weight and kept it off with Cambridge Weight Plan.

The Secret of our success? Cambridge Weight Plan is not only nutritionally balanced, but it also gives you much more flexibility and choice than other weight loss options. The Plan comprises a six-step programme that combines an easy-to-follow eating plan and some realistic and practical lifestyle changes, with the ongoing advice of an accredited Cambridge Consultant®.

Cambridge Weight Plan is about more than just losing weight — it’s also about helping you reassess your future weight. It’s about helping you develop a healthy relationship with food, freeing you every step of the way.

Consultant®.

To help you develop a healthy relationship with food, freeing you every step of the way.

All six stages of Cambridge Weight Plan have been devised to help you develop a healthy relationship with food, freeing you to achieve the body, as well as the confidence, you desire.

We’ll get you there — and help you stay there!

To help you reach your goal, we’re put together a tried-and-tested eating programme that’s nutritionally balanced and expertly designed to give you a clear and easy plan to follow.

The Programmes

Step 1 is called the Sole Source Programme® because while you’re on Step 1, Cambridge Weight Plan products provide your only source of nutrition. It really is as simple as that.

On Sole Source you will

• Eat three or four Cambridge Weight Plan meals per day (according to height/gender®).
• Drink an extra four pints/2.25 litres of fluid over the course of the day.

Sole Source (440–555kcal) and Sole Source Plus (640kcal) are Very Low-Calorie Diets (VLCDs) and are designed to achieve fast and effective weight loss together with nutritional assurance. Sole Source Plus is similar to Sole Source, but you can include some conventional food to increase your calorie intake.

Step 2 is a Low-Calorie Diet (LCD) of 810kcal/day, which combines the convenience of Cambridge Weight Plan shakes, soups, bars and porridge, together with a little extra conventional food.

Step 3 is similar to Step 2, but also incorporates some fruit and carbohydrates to bring your total to 1000kcal/day. You still have the convenience of two Cambridge Weight Plan shakes, soups, bars or porridge, but with the added variety of a breakfast, a salad lunch, plus a high-protein, low-GI, low-carbohydrate dinner. There’s even a daily fruit and milk allowance.

Step 4 increases your daily calorie intake to around 1200kcal/day. Again, you still have the convenience of two Cambridge Weight Plan meals and, in addition, you’ll have a breakfast, a lunch, plus a high-protein, low-GI dinner, which incorporates some healthy carbohydrates like pasta and potatoes. You also enjoy a dessert and daily milk allowance.

Step 5 is the penultimate step to long-term weight management. At Step 5 you’ll be consuming around 1500kcal/day. You’ll only have one Cambridge Weight Plan meal each day, and your conventional food will include a 300kcal breakfast, a 350kcal lunch, 50kcal of fruits, 100kcal of healthy snacks, a dinner of 350kcal and a dessert of 150kcal.

Step 6 My Life is where your weight loss is sustained long term. By now you should have learnt what your body does and does not need to maintain a healthy weight. From now on you can have 1500kcal a day or slightly more and you can also incorporate one Cambridge Weight Plan meal per day. And don’t forget, your Consultant will still be on hand for regular weigh-ins and advice. Plus, you can sign up to our fantastic new My Cambridge service: a sophisticated online food diary. Ask your Consultant for further information.

It’s important to note that certain medical conditions may mean that some of the Cambridge Weight Plan Steps are not suitable. If this is the case, your Consultant will explain which part (if any) of Cambridge Weight Plan you can use.

You’ll also need to take into consideration your lifestyle and any medical conditions or medication you are on. Your Consultant will be able to explain in more detail.

To find your local Consultant visit

www.cambridgeweightplan.co.uk or call 0800 16 14 12.

*Women below 5’7” who have three Cambridge Weight Plan meals per day.

What is Cambridge Weight Plan?
Could you be the next Slimmer of the Year, Inspiration of the Year or My Cambridge winner?

The Cambridge Awards 2011 are just around the corner

Could you be the next Slimmer of the Year, Inspiration of the Year or My Cambridge winner?

Wish you were here?

Cambridge in 2012? Have you

Do you want to be the face of your weight? Do you fancy an

lost a considerable amount of

amazing 5-star trip to Dubai?

Terms and Conditions apply. Speak to your Cambridge Consultant for more information.

"I was a size 14 when I moved to Poland with my then boyfriend. I had relocated for six months but this felt like an extended holiday. We all know what happens when on holiday — we relax and have a good time. And to me, having a good time meant eating out, socialising and doing minimal exercise. This is when my dress size started to increase and confidence started to lower.

"By the time I had returned to London, I was squeezing into size 16 jeans and I was truly shocked that I had let my weight gain escalate. Needless to say, losing weight became my priority. I was the biggest in my group of friends and was paranoid that my bulky frame stood out from the rest.

"My Cambridge Consultants Laurence Brown and Sharon Myrie were, and still are, friends of mine and it was them who recommended Cambridge. I started Sole Source and after just four weeks that followed were great. But halfway through my weight loss I came across a stumbling block and I somehow lost the motivation to continue. Thankfully for me, my Consultants were extremely encouraging and the fact they believed that I could reach a new weight that I’d be really proud of was the inspiration I needed. I learned to believe in myself.

"Before I knew it I was back down to a size 12. However, I didn’t stop there. Yes, I was happy reaching a size 12, but I believed that I could slim down further. As I worked up the Plans, I exercised regularly and toned up.

"I don’t have fashion-related issues anymore and my credit cards are finally having a rest. This summer has been brilliant; what a contrast to the last I wore beautiful maxi dresses and even a bikini without feeling fat.

"Now at a size 8–10, I have never been so petite or happier with my body. I have maintained my weight for nine months and my confidence has increased week by week. One of the most rewarding things to have emerged from my weight loss is influencing my close relatives and friends to eat better, drink more water and generally look after their bodies.

"I run with Laurence weekly and I look forward to it. It’s great having someone in your life that pushes you beyond what you thought your capabilities were. A great tip I learned while working up the Plans was to weigh my food portions as I increased my calorie intake. This taught me what size portions I should be having daily and this has stuck with me ever since. I have fruit on my desk and have made other small changes to my lifestyle and this is working for me. I attend circuit and resistance training classes and love to play badminton at the weekend.

"I became a Cambridge Consultant this year and strive to help others achieve their dreams. I believe that the future belongs to those who see beyond what you thought your capabilities were.

"I believe that the future belongs to those who see beauty in their dreams."

Sizzling Shivon drops three dress sizes for summer

After shedding the pounds and changing her life, super slimmer Shivon Watson shares the secrets of her success.

"My Consultants were extremely encouraging and the fact they believed that I could reach a new weight that I’d be really proud of was the inspiration I needed."

Shivon’s stats

| Age: 33 |
| Height: 5ft 7in |
| Start weight: 13st |
| Previous dress size: 14–16 |
| Current dress size: 8–10 |
| Plan: Sole Source |

Success Stories
The celebrity factor

Over the past 10 years showbiz stars have infiltrated our everyday lives. But whether A-listers or Z-listers, are celebs becoming bad for our health? Or should we use them as role models?

Celebrities have been around for a long time. Some of the pioneers of this culture were genuine stars of stage and screen like Rudolph Valentino, Marilyn Monroe and Charlie Chaplin. In days gone by it took real talent to become famous. But nowadays virtually anyone can be famous — just for being notorious — or even if they have no discernible skills. In the 21st century, the modern media and consumer industries positively endorse and give unlimited access to the celebrity club. In our pursuit of a celebrity lifestyle we can:

• read about them in newspapers and magazines
• follow them online (Twitter, Facebook, Myspace)
• watch them on dedicated celebrity TV channels (e.g. E! and Biography)
• buy their DVD, perfume, item of clothing or biography
• eat in their restaurant or visit their club or hotel

Even if we are not looking to emulate a particular celebrity, we are likely at some point during the day to be exposed to some kind of celebrity news — whether we like it or not. Celebrity magazines now outnumber news magazines three to one and celebrity related TV programmes consistently top the viewing charts. Some people even make a living as professional celebrity watchers, commentators or paparazzi photographers.

The cult of celebrity can actually be quite alluring. Have you ever been drawn into watching a group of has-beens trying something ridiculous or pointless in the name of entertainment? It was New York artist Andy Warhol who suggested, “In the future, everyone will be famous for 15 minutes.” With the plethora of celebrity related television programmes every day, from celebrities in the jungle to celebrities ballroom dancing and the daily saturation of our news media and magazines with images of those same individuals, perhaps what Mr Warhol had in mind at the time is actually coming true.

Confidence to burn

Have you ever considered whether you might be able to harness the power of the celebrity factor to enhance your own life? Perhaps you think celebrities are as shallow as a mud puddle. But whichever way you look at it, there is something to admire about the sheer gullibility and confidence that some of these individuals project. If there really is any pay-off to tracking the trend of celebrity culture, perhaps it lies in harnessing the confidence displayed by them. Can you “work it” like an A-lister and draw on that unashamed confidence?

Just like us

A good approach to adopt is to remember that celebrities are only human. They might get cellulite but they have the luxury of airbrushing and body doubles.

Here are some of the other factors that celebrities share with the general public:

• Celebrities take the rubbish bins out
• Celebrities get parking tickets
• Celebrities suffer from dandruff and bad breath
• Celebrities get drunk and fall over
• Celebrities get sweaty armpits
• Celebrities have bad hair days
• Celebrities loose their toes undone
• Celebrities blush
• Celebrities get spots

All about image

Some celebrities even copy other celebrities. Many modern-day famous women imitate the style of Audrey Hepburn or Jackie Kennedy.

Nowadays advertising executives hardly ever consider marketing a beauty product without a celebrity endorsement. The famous “Because I’m worth it” campaign will prompt you to recall the relevant celebrity. Does this mean that we show about as much independence as a sheep when making our consumer choices? The answer is “not really” because it depends how much value you personally place on celebrity.

Children and teenagers are definitely influenced by celebrity. To test this theory, try asking a group of teenagers to name the Home Secretary or the winner of The X Factor. The influence can be dangerous when followers try to emulate the physical appearance of a celebrity, so much so that it can become damaging — mentally and physically. For example, some young women will become borderline anorexic in an attempt to look like their favourite skinny celebrity. They might spend money they cannot afford on designer clothes or even have needless cosmetic surgery.

There is an implied pressure nowadays to look perfect and if you are on a weight loss journey you will probably recognise that feeling too.

Just like us, celebrities have to watch their weight and keep active. You have already begun your weight loss journey with Cambridge and are on the road to success. But if you are constantly in the public eye like a celebrity, you might need to work really hard to stay in shape, or find yourself on a perpetual yo-yo diet.

When it comes to health and fitness, the one thing celebrities are good at is trendsetting. We owe some of the great ways of keeping in shape to celebs. These include pilates, power plates, yoga, kick-boxing and pole dancing, and if you fancy giving one a go then good on you.

Achieve a balance with Cambridge

So where does Cambridge fit into all this? We believe it is good to have role models. To want to emulate somebody who has achieved success is a positive thing and success can be found in many forms. You might admire a great sporting achievement, a fabulous musician, a great scholar, a peacemaker or any other person who is one of the best in their field. We say that you don’t need a celebrity lifestyle to be happy. You can be happy by being the best that you can be.

That’s why Cambridge Weight Plan does not rely on celebrities to market products. Cambridge Weight Plan is all about real people. Our slogan is “Real people, real support, real results.” The results and successes of our customers actually do our advertising for us.

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When you visit your Cambridge Consultant you will never be put under any pressure to look a certain way. Together you agree on the rate and amount of weight loss you want to achieve and hundreds of thousands of other customers have also done so.

To read about other real people, just like you, and how they lost weight with Cambridge, go to www.cambridgeweightplan.co.uk.

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The autumn trend

It may be farewell summer but it is definitely hello new wardrobe. Maxi dresses are off the menu on the high street as shops make room for all the gorgeous new autumn clothes. And you won’t be disappointed.

This coming season you won’t miss summer’s playful trends as autumn is just as exciting. Familiar trends make a re-appearance, such as bold block colours and classic country wear but keep an eye out for new trends like spots, piled-on texture and some of the best accessories ever.

As with every season, the catwalks take inspiration from a key decade. This time it is the forties and sixties. So think retro when shopping. There are so many exciting looks but not all of them are for everyone. So here is the pick of the most wearable, yet fashion-forward trends for autumn.

Get spotted

Go dotty for the new print of the season. It’s everywhere from lady-like shirts to cute dresses and accessories. An easy-to-wear trend for any shape or size. What’s not to like?

- If you are APPLE go for darker coloured shift dresses with colour detailing at the hems, or a great colour block skirt.
- If you are PEAR go for colour block sixties styles with a darker shade on the bottom half.
- If you are HOURGLASS you can have some fun with more colour and pattern. Drop-waisted styles and pleats will also look great on you.

Texture clash

This autumn, anything goes it seems. Sequins sit next to feather, lace, faux fur and textured knits. There are no rules so it’s a great excuse to experiment with your wardrobe.

- If you are APPLE try a faux fur jacket.
- If you are PEAR try a faux fur jacket.
- If you are APPLE try texture on your bottom half.

New colour

When it comes to colour, think opulent tones of ochre, red, blues and purples. These are your classic autumn colours. But this year the key must-have colours are winey reds and mulberry purples.

- If you are APPLE go for really deep shades of purples and blues on your bigger top half. A great V-neck dress with a defined waist will take pounds off you.
- If you are PEAR try a structured dress in a darker shade on your top half. A sequin skirt, for example.
- If you are HOURGLASS try to experiment with your wardrobe.

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Forties

Fashion gets all nostalgic for the forties this autumn. Keep it modern and mix in print dresses and faux fur with your wardrobe. Classic coats and skirts in true Land Girls style can be updated with cute shorts and injections of colour.

- If you are APPLE try a striped dress with a waist to create shape in your bulkier middle.
- If you are PEAR try a fifties skirt and a classic blouse and pencil option.
- If you are HOURGLASS take advantage of all the belted styles, from coats to skirts and dresses.

Swinging sixties

Take your mind back to Twiggy and Mary Quant for the ultimate sixties revival. The high street has gone crazy for this era’s dresses — a definite must-have for the season ahead.

- If you are APPLE go for darker coloured shift dresses with colour detailing at the hems, or a great colour block skirt.
- If you are PEAR go for colour black sixties styles with a darker shade on the bottom half.
- If you are HOURGLASS you can have some fun with more colour and pattern. Drop-waisted styles and pleats will also look great on you.

Country lady

It’s all about country style this autumn. Checks are big news — traditional tartans on skirts and shirts sit alongside check-knits and accessories.

- If you are BOYISH try all-over check with your wardrobe.
- If you are PEAR try a faux fur jacket.
- If you are APPLE try a waisted dress.
It’s one thing to totally miss the phenomena that is (or was?) Justin Bieber (I’m not his demographic apparently), it’s quite another to pretend that your belly isn’t getting bigger when it plainly is.

I had put on weight, mainly through pregnancy. When my horse was in an accident, I didn’t ride for a while and my weight continued to rise. Once I got back in the saddle, I noticed that my joints were painful and ached after each hack. This is when I realized I had gained even more weight and it was time to do something about it.

“As a larger rider — I was a size 18 — I physically couldn’t ride long distances and I wasn’t making the most of my horses. Before I gained weight, I would compete in endurance competitions, which involved riding very long distances. However, with my weight, this was no longer an option. I also realized I was not making the most of my horses.

I chose to lose weight with Cambridge because I liked the flexible nature of working up and down the varied Plans. Linda Jarman, my Cambridge Consultant, was also a massive support to my weight loss. I lost my weight in no time and have since become a Consultant myself.

“My advice to other dimmers looking for a new challenge (or for a way to keep those pounds off) is to give horse riding a go. It’s great fun.”

I recently switched radio channels in the car. Not a big event in itself but one that has had some unexpected consequences. I was for many years an avid BBC Radio Five Live listener but for some reason I can’t quite explain about two weeks ago I switched across to Radio Two. At first Chris Evans was a bit loud and frantic (I know, I sound like my dad), but I soon got into the rhythm and structure of the show, and really began to enjoy it.

“I know they play a blend of old and new music but didn’t realize just how much their sound fresh and new to me, but to everyone else doesn’t seem to mind, etc.”

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More and more adults are struggling to keep their weight under control. So what's new? Did you also know that recent figures for England suggest about a third of our children are classed as overweight or very overweight?

One in four reception class children are overweight or very overweight. By year six this increases to one in three. If you look at the figures for just the very overweight children, you see around a doubling of the numbers between reception class and year six. So what might be contributing to this increase? In short, it seems the way that many of us live as families may not be helping our children to sustain a healthy weight.

Active lives?
Do you remember playing games in the street like Stuck in the Mud and Hot Potato when you were younger? For many of our children, life today is very different and studies estimate that:

- On a weekday (excluding school time), children are spending more than three hours each day on sedentary activities like watching TV or using other screens such as computers or similar activities.
- The amount of time spent on sedentary activities rises to more than four hours each day at the weekend.
- Only a third of boys and a quarter of girls do the recommended 60 minutes of physical activity or more a day.
- It seems that Stuck on the Sofa or Hot Laptop may be more appropriate these days than Stuck in the Mud and Hot Potato.

Good eating habits?
It is increasingly apparent that children’s eating habits do not always follow the recommendations for youngsters.

- Only one in five children are estimated to be meeting the daily target of at least five portions of fruit or vegetables.

So what’s the big deal?
Evidence shows that if we’re not careful, the way our children live could affect their health now, and may also lead to all sorts of future illnesses, like heart problems, diabetes and some cancers.

What can you do about it?
Well, good news! In 2009 a massive £75 million budget was allocated by the Government for Change4Life (www.nhs.uk/Change4Life). We know that many of our habits are set in childhood and Change4Life aims to help prevent people from becoming overweight by helping families make small but significant changes. Change4Life has targeted eight behaviours (see box).

It is one thing to know what the key behaviours are but another to be able to make some of these changes. This is where Change4Life can really help you as its website is full of tips, recipes, games, activities and advice to help your family make changes.

So what does this mean for you?
If you have already started thinking about your own health, now could be just the right time to start thinking about your family’s health too. Small changes you make as a family may help prevent your children from becoming overweight. Why not visit the website and see what’s on in your area, including free activities which could be good for all the family.

If you’re concerned about your child’s weight speak to your GP, practice nurse or school nurse.

The facts
- One third of our year six children are overweight or very overweight.
- There is a doubling in the number of very overweight children between reception class and year six (ages 4–5 to ages 10–11).
- On a weekday, children are spending more than three hours each day on sedentary activities.
- At weekends children are spending more than four hours each day on sedentary activities.
- One third of boys and a quarter of girls do the recommended 60 minutes of physical activity or more a day.
- Just one in five children are meeting the daily target of at least five portions of fruit or vegetables.

By Kate Tynie, Consultant Nutritionalist and Registered Dietitian

Change4Life eight key behaviours:
1. Up and about — encouraging us to get more physically active.
2. Sixty active minutes — helping us to support our children in getting the recommended amount of physical activity each day.
3. Five a day — promoting at least five portions of fruit or vegetables daily.
4. Meal time — encouraging us to make time for regular family meals.
5. Snack check — supporting us with ideas for healthy snacking.
6. Me-size meals — with advice on giving your children the right amount of food. They don’t need the same amount of food as adults.
7. Sugar swaps — with advice on how to cut down on our children’s sugar intake.
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Note: The facts and Change4Life eight key behaviours are from the website www.nhs.uk/change4life.
success stories

the pounds in preparation for the biggest day of their lives. A trio of brides — and one groom — reveal how they managed to shed

The wedding season is upon us once more so Inspiration brings you three romantic tales

been a positive change to both our lives."

"During my mid-teens, I decided to lose weight with a well-known weight plan and dropped three dress sizes. This was evidence that I could lose weight and I think this thought was buried deep in my subconscious. By my late teens I was working full time and enjoying being in my first relationship. I had gained six stone but I knew I had lost it before so why not again? But this time I couldn’t see light at the end of the tunnel and I had several failed attempts at losing weight.

"The relationship broke down and my weight problem was constantly hindering my life and made me feel worthless. Then I met Patrick at a friend’s party. I knew he could see through my exterior. Patrick was overweight at 17 stone but the relationship was new and we wanted to enjoy ourselves, even if it meant takeaways and lazy days.

"Patrick proposed in 2008 and I didn’t hesitate to say “yes” — I was ecstatic. Then it hit me: I’d be an overweight, unhappy bride on my special day. We had just under 18 months to lose weight before the wedding. Patrick embarked on his own healthy eating diet and did well losing a few stone, while I tried a weight loss diet. But both our weight loss efforts stalled and we needed another solution to get us across the finishing line.

"To motivate me, I bought my wedding dress — a size 10. At a size 18, this was a real risk and the pressure was on. Patrick and I started Cambridge together and in just three months we were both happy with our new weight. Finally, after 14 years of being conscious about my body, I was happy with the way I looked.

"We married in March 2011 and our day was perfect — and so is married life. We have both learnt that portion size, a varied diet, and exercise now and again will help you prosper. I can picture the future: 50 years from now, we’ll still be slim, happy and in love."

Patrick said: “I was so overwhelmed seeing Annalisa walk down the aisle. She smiled the whole time and I knew she was truly happy. I continue to see Jackie even if it’s only once a month. I think this routine will remind me how far I have come this year.”

"I knew I had lost it before so why not again? But this time I couldn’t see light at the end of the tunnel and I had several failed attempts at losing weight."

"Two events in my life changed me: the idea of starting Cambridge in order to lose weight and, later, the pregnancy that heralded the birth of my first child.

"The wedding was approaching fast but I was a much bigger size 14 than when I had my son Noah in 2008 but only gained a small amount that I didn’t shift before my second pregnancy in 2010. "Simon proposed in December 2008 and we were all set to wed the following year. But life is unpredictable and we were surprised to learn that I had fallen pregnant, this time with a little girl whom we called Olivia (who is now 10 months). We decided to postpone the wedding until Olivia was born and we set a new date.

"I had been overweight during my early and mid-teens but managed to lose it using another weight loss plan when I was 17. It was my pregnancies in my early 20s that resulted in me regaining weight — three stone in total. I had my son Noah in 2008 but only gained a small amount that I didn’t shift before my second pregnancy in 2010."

"David and I got engaged last year and this spurred me on to lose weight. Looking forward, I would like to manage my new weight and increase my fitness levels. Through the summer I have been riding the six-mile round trip to work by bike. Cooking and eating habits have changed for the whole family — fresh fish, vegetables and fruit are plentiful in our home. We keep cash to a minimum and load our plates with protein and vegetables before reaching for the potato or pasta.

"There have been three events in my life which caused me to gain weight. From a young age the puppy fat started creeping on. This was a time when I was able to make my own food choices at school, and when I was out with my friends I would snack. Then at 18 years old I entered into my first relationship — a stressful time to say the least — so I found myself comfort eating to get through the day. I left my then partner and met my current husband David. We had three children together and I put on weight with each one.

"The summer has been a fantastic time for me and my family. I feel healthier, happier in myself, more confident and enjoy going clothes shopping. As a family, we like to go on regular bike rides and it’s fantastic to spend time with each other. I’m currently following the 1300kCal Plan to help with the transition into managing my weight long term.”

Wedding Special

The wedding season is upon us once more so Inspiration brings you three romantic tales of marital bliss. A trio of brides — and one groom — reveal how they managed to shed the pounds in preparation for the biggest day of their lives.

Annalisa and Patrick Campbell teamed up to motivate each other through weight loss. Annalisa shares the couple’s story and their special day

Sarah Mawdsley explains how setting the date for her big day finally spurred her into action after years of comfort eating

Helen Bridges married Simon in April 2011 in Cuba, wearing a stunning size 12 gown

Helen’s stats

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Sarah’s stats

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Annalisa’s stats

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<td>Previous dress size: 18</td>
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Current waist size: 36in

Patrick’s stats

<table>
<thead>
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<th>Height: 5ft 6in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start weight: 15st</td>
<td>Previous dress size: 42in</td>
</tr>
</tbody>
</table>

Current chest size: 36in

Current waist size: 41in

Plan: Sole Source

"I can recall the moment that I started gaining weight. I was eight and my parents had decided to divorce. My family fell apart and food became recreational as well as a comfort blanket.

"Since losing weight I have found a new hobby in cooking homemade dishes and I also enjoy keeping fit. Our weight loss has been a positive change to both our lives."

"There have been three events in my life which caused me to gain weight. From a young age the puppy fat started creeping on. This was a time when I was able to make my own food choices at school, and when I was out with my friends I would snack. Then at 18 years old I entered into my first relationship — a stressful time to say the least — so I found myself comfort eating to get through the day. I left my then partner and met my current husband David. We had three children together and I put on weight with each one.

"I had used Cambridge in the past to lose some weight so I decided to turn to it again. I knew the Plan would work for me and I quickly got back into the routine. I started on Sole Source and a few months before the wedding in June this year I had reached my target. I was finally slim.

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"During my mid-teens, I decided to lose weight with a well-known weight plan and dropped three dress sizes. This was evidence that I could lose weight and I think this thought was buried deep in my subconscious. By my late teens I was working full time and enjoying being in my first relationship. I had gained six stone but I knew I had lost it before so why not again? But this time I couldn’t see light at the end of the tunnel and I had several failed attempts at losing weight."

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Find the perfect... cocktail dress

By Chloe Wood

The season of the party dress is almost upon us and as the nights draw in the more social invites we get. We need that “wow” dress but where to start?

Apple-shaped

If you are APPLE-shaped and have bigger boobs and/or tummy you will need to have support up top. If your best assets are your legs, go for an above-the-knee hemline in a classic style. A great pair of support underwear is a must if you have a bit of a wobble around the middle, and go for darker colours to flatten the most. V-neck styles are a must if you are very top-heavy. And the new sheer effect neckline is great for bigger boobs. As you are likely to have a less-defined waist, go for something that creates shape.

Boyish/Athletic

If you have a BOYISH/ATHLETIC figure you probably won’t have as many areas you feel you want to disguise but it’s more likely you want to create a curvier silhouette. Go for colour, pattern and print. A style with a big bow or ruffles will have you feeling and looking infinitely girly, and you can definitely go for this season’s sequins. Show off toned legs and arms but if you have bigger thighs and/or calves, go for a knee-length or longer hem.

Here is a pick of great frocks for BOYISH/ATHLETIC figures:

11. White dress with bow, £55, Fearne Cotton for Very.co.uk
12. Feather/sequin dress, £275, Per Una at Marks & Spencer
13. Black sequin shift, £65, Marks & Spencer
14. Turquoise one-shouldered, £65, Lipsy
15. Long gown, £300, Pierce Fonda at Debenhams

Hourglass

If you have an HOURGLASS figure and you are curvy all over with a defined waist, it’s time to really show off your curves. You can go for both slinky materials that highlight your figure, and structured retro styles that showcase the waist. Cover up bigger arms with a bolero or shrug if you feel the need. Make sure the dress has a relatively low neckline and really fitted waist to keep you looking your slimmest.

Here is a pick of great frocks for HOURGLASS figures:

16. Pink dress, £45, Awear
17. Floral wrap, £70, Debut at Debenhams
18. Blue, £38, Dorothy Perkins
19. Leopard, £40, Holly Willoughby at Very.co.uk
20. Red/pink strapless, £48, Lipsy

Pear-shaped

If you are PEAR-shaped you are likely to have bigger hips and bum than the average, with a smaller frame on top. Take this as an opportunity to show off toned top halves with attention-grabbing strapless styles, pattern or embellishment. From the waist down, make sure it is simple and sweeping, or structured and plain. Asymmetric and halter-neck are also fantastic key styles to look out for. Remember to keep hemlines around the knee or longer, never too short if you have chunky thighs.

Here is a pick of great frocks for PEARs:

6. Strappy embellished cocktail dress, £80, Jane Norman
7. Purple asymmetric, £70, Lipsy
8. Gold asymmetric, £59, Marks & Spencer
9. Pink Maxi dress, £140, Star by Julien Macdonald at Debenhams
10. Burgundy and black maxi, £150, Ben De Lisi at Debenhams

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Here is the pick of great frocks for APPLES:

1. Black and blue print dress, £55, Lipsy
2. Black dress, £125, Mint Velvet
3. Mustard tunic dress, £225, Per Una at Marks & Spencer
4. Purple V-neck maxi, £45, Aware
5. Grey chiffon wrap dress, £95, Rocha by John Rocha at Debenhams

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By Chloe Wood

Hooray for the parties. But not always hooray for the distress caused by trying to find the perfect frock. Finding the perfect dress can be a bit like finding the perfect partner — disheartening, time-consuming and expensive! So rather than wait until the night before, it’s time to think ahead and get those dresses sorted before the event is upon you. Keep your eyes peeled as many cocktail and party dresses will be hitting stores within the next month.

Here’s a guide to what to look for in that perfect dress, depending on your body shape...
If you are bored of the same fitness routine and fancy a new challenge, why not check out some of the latest sporting crazes taking the country by storm? The retro toys of the 1950s are making a comeback and have recently been approved by the American Council on Exercise (ACE) as an excellent form of exercise, providing an all-over body workout.

**Hula hooping**

Popular with First Lady Michelle Obama and pop stars including Beyoncé, “hooping” — the modern version of the hula hoop — uses more than 10 core muscles. When played regularly it is great for toning your abdominal, buttock and leg muscles, as well as improving balance, co-ordination and potentially burning more calories.

Research has suggested that hooping burns an average of 420 calories per hour, which is comparable to step aerobics or kickboxing. Most of all, hooping is great fun!

**How to start**

- Start slowly.
- Warm up for 3–5 minutes, with gentle stretching.
- Start with 30–40 seconds of skipping interspersed with 30 seconds of marching on the spot. As you get fitter, increase your skipping time.
- Start with double-footed jumps but as you feel more comfortable add in variety such as alternating feet.

**How is it played?**

- Each team consists of seven players.
- Similar to netball, players cannot run with the disc.
- Players must release the disc within 10 seconds.
- A point is scored if a team-mate catches the disc in the opponent’s end.
- A team loses possession of the disc if it goes out of the field of play, touches the ground or is intercepted by the opposition.
- To win, a team must score 15 points, and be two points clear.
- A game lasts for 80 minutes.

Ultimate is a fast and exciting game, but is simple to play and is suitable for all ages and abilities. Participating in Ultimate on a regular basis will boost power, agility, balance, co-ordination, flexibility and cardiovascular fitness, as well as endurance and strength. As it is a team sport, it is also a great way to have fun and to meet new people.

**For details of clubs near you and to find out more about Ultimate**

- Ultimate Frisbee (UK) — www.ufb.org.uk
- Ultimate Frisbee (US) — www.ultimate.org

Ultimate is a combination of soccer, basketball, American football and netball, and is played with a flying disc. When put together it provides a simple yet fascinating game.

The field of play consists of a play area (64m long), with an end zone at each end 21m long, and 17m wide. The aim of the game is to score points by passing the flying disc into the opposing team’s end zone, similar to American football.

**For technique visit:**

- Ultimate Frisbee Association of America (USA) — www.ultimate.org
- Ultimate Frisbee UK (UK) — www.ufb.org.uk

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Success Stories

Cousins Hollie Hanslip and Melissa Moulding both started Cambridge in the New Year of 2009. The idea of them starting weight loss together would be the motivation they needed to see it through till the end.

Melissa’s story

“I moved in with my partner Tony in 2006 and was a curvy size 12. As soon as I moved the last few boxes into Tony’s house, I could feel the weight starting to creep on. Mum wasn’t there to tell me what to cook or eat and takeaways became the norm — often eating them seven days a week. At 2½ stone heavier, I excitedly found out that I was pregnant with a baby girl, who we called Maisie — she’s now an active two year old.

I was concerned that I was slightly overweight at the time of pregnancy but there was little I could do at this stage, so I continued to eat more until she was born in November 2008. Our little girl was perfect but I was even more overweight and concerned that it would take me a while to lose it.

I was squeezing myself into size 20 clothes that I didn’t even like — they just fitted, so I had no choice but to buy them. Starting Cambridge seemed to be the best option for me. I knew it was safe to do and my mum and auntie recommended it.

Starting Cambridge with Hollie was a great idea. Admittedly, at times our weight loss did get competitive but at weekly weigh-ins I was excited to see Hollie’s weight loss, as well as my own. Once reaching my target weight I went full force into weight management and now do regular exercise — often horse riding with Hollie when time permits. We both have very active children and we love nothing more than being able to play around with them on the park (we can even fit down the slides).

“I sometimes use the higher Plans depending on the time of year and just to keep my weight in check. I think it also helps that Tony is supportive, even after weight loss; he doesn’t want to revert back to our old lifestyle.

“Last Christmas Tony proposed and, of course, I said ‘yes’. We plan to wed in July 2012 and I can’t wait to wear a size 10 wedding gown.”

Hollie’s story

“I fell pregnant in early 2008 with my daughter Kaci and I managed to somehow gain four stone. The extra weight was a shock to me especially as through my teens I had been an average size 14.

“After my daughter was born I realised that I had to lose my baby weight. I was now a mum and had real responsibilities to be healthy for my daughter. I was also fed up of wearing baggy clothing to cover up my larger frame.

“Luckily my mum and Melissa’s mum were on a ‘diet’ — Cambridge — when I decided to take action. I could see my mum’s results each week and she was doing well. After a chat with Melissa we both thought it would be a great idea to follow in our mums’ success and start Cambridge together — hoping that a bit of friendly competition would help us reach our desired weights.

“I’m delighted to say that I did reach my target weight and found a weight that is both healthy for me and manageable long term. I could have slimmed down a little more but I’m so happy with my figure and I look well.

“Since my weight loss, life has changed for the better. I’m fitter than ever before and I’ve maintained my weight since last summer. I run three times a week, ride horses and love to swim with Kaci. I also see my Cambridge Consultant Danielle Game every week. Danielle keeps track of my weight and loves to catch up. While I watch what I consume daily, I’ll still have dessert when out with friends. If I’ve gained weight over the festive period then I know I need to cut back the following week or run for a bit longer to compensate.

“I’ve also learnt what to use when preparing my daughter’s school lunches — it’s important to me that Kaci also eats well. One of my favourite snacks is Ryvita with fruit on it — forget chocolate and crisps, my snacks are much tastier!”

There’s nothing wrong with a bit of family competition

Hollie’s stats

- Age: 23
- Height: 5ft 9in
- Start weight: 14st 3lb
- Previous dress size: 18
- Current dress size: 8–10
- Plan: Sole Source

Melissa’s stats

- Age: 26
- Height: 5ft 6in
- Start weight: 14st 13lb
- Previous dress size: 18–20
- Current dress size: 10
- Plan: Sole Source

Hollie’s stats

- Age: 23
- Height: 5ft 9in
- Start weight: 14st 3lb
- Previous dress size: 18
- Current dress size: 8–10
- Plan: Sole Source

Melissa’s stats

- Age: 26
- Height: 5ft 6in
- Start weight: 14st 13lb
- Previous dress size: 18–20
- Current dress size: 10
- Plan: Sole Source
Halloween
Halloween is a good excuse to have lots of goodies around the house but do you really need them? If you have children or live in an area where there are a lot of children then the chances are you may need a few “treats”. If you don’t, then simply don’t buy them. Also, look out for treat alternatives to mini chocolate bars. It’s time to think outside the “chocolate box”.

Do
- Only buy treats if you have children or your area has trick or treaters.
- Buy healthier options; boiled sweets instead of mini Mars bars, etc.
- Look for alternative treats e.g. stickers, crayons, a small bouncy ball.

Don’t
- Buy the three-for-two mini chocolate bar bags. It may be a good deal but you are likely to be left with a lot of tempting leftovers.
- Buy treats just in case someone knocks on your door.
- Be afraid to offer alternative treats.

Bonfire Night
Cosy bonfires, beautiful fireworks and winter BBQs all make for a wonderful evening out — one that can easily be enjoyed without burning the diet.

Do
- Enjoy a couple of roasted marshmallows — they are low in fat and calories but be aware of the sugar content.
- Eat at the fairground but make sure this is your main meal and not an extra snack.
- Choose the healthier option where possible e.g. chicken burger instead of a beef burger.

Don’t
- Buy lots of sweets to take home with you.
- Supersize your meal at the burger van. An extra beef patty in your bun is at least an additional 170 calories.
- Get too carried away with the mulled wine — it is, on average, 220 calories per glass.

Christmas
This is the big one and it is easy to use the “oh, it’s Christmas” excuse — but only for one day, not for the whole of December.

Do
- Remember all the hard work you have put in to get your trimmer figure.
- Look for healthier alternatives to classic dishes.
- Eat slowly and stop eating when you are full.
- Enjoy a festive treat or two, but remember portion control.
- Watch those alcohol calories. Steer clear of lager and wine and opt for lower calorie options like spirits with diet mixers.

Don’t
- Overstock on treats or be tempted to open calorific gifts that you haven’t wrapped yet (ask a friend to look after them until you need them).
- Put things off to the New Year.
- Overdo the nibbles; for example, canapés and chocolate-covered nuts are often high in calories.
- Forget to have fun!
Charlotte Henry reveals how Cambridge finally came to her rescue after years of ups and downs.

“I was a child who loved to eat and always cleared my plate. Boredom was the main motivator to eat anything and everything. “By the time I had reached my mid-teens, I had lost a few stone, which I believe was down to a lifestyle change. I lived with my auntie while attending college, which was a four-hour commute every day — little time for eating when you’re on the go. But at 20 years old I applied and was accepted into Birmingham University. The combination of having the freedom to eat when I liked again and having friends who also had a passion for eating out, helped my weight to sky-rocket once more.

“For the next few years I hid under a tent-sized jacket and just got on with it. I was unhappy and hated the fact I couldn’t wear fashionable, high street clothes. I’d see girls on campus wearing the tops and jeans that I would like to have worn. By the end of my second year of study, I tried once more to slim down. This time eating healthily and exercising worked and I lost about five stone. But all my efforts to lose weight were in vain as after graduation and on moving back home, I managed to fall into bad eating habits and the weight slowly crept back on — I was right back at the start and feeling lower than ever.

“I remember stopping at Boots to weigh myself. I don’t know why, but I just needed to know the extent of my recent weight gain. I was over 15 stones. I felt disappointed with myself and couldn’t hold back the tears. Not one piece of food passed my lips that day. “A call from a friend was the start of my weight loss. She was excited to learn of someone losing weight with Cambridge and recommended that I found out more about the Plan. Admittedly, it took me a week to decide whether a very low-calorie diet was the right thing for me, but I had tried everything else.

“Days one and two on Sole Source were tough and a friend who also started at the same time as me found it too hard and gave up. But I wasn’t about to give up and by the end of my first week I was sailing through. As the stones came off and the months went by, I started to feel ready to take a holiday. Bartholomew was calling for me and my new bikini body!

“I work as a visual merchandiser, so fashion is my first love and as a plus-size woman I couldn’t wear the fashionable clothing that I was seeing on a daily basis. Now that I’m seven dress sizes smaller, I’m always shopping. “I have maintained my ideal weight since April 2010 and have never been so happy. Cambridge was the miracle I was searching for.”

Charlotte’s stats
Age: 29
Height: 5ft 4in
Start weight: 15st 7lb
Previous dress size: 20–22
Current dress size: 12
Plan: Sole Source Plus

Charlotte Henry reveals how Cambridge always shopping. Now that I’m seven dress sizes smaller, I’m a plus-size woman I could never buy the fashionable clothing that I was seeing on a daily basis. I noticed that my skin felt and looked better and my energy levels shot through the roof. People would say ‘diets and weight plans are expensive’, but if you do it properly of course it’s cheaper. I saved so much money not buying pizzas and takeaways every week.

“This year has been another wonderful year! I’ve maintained since May and life is peachy. After splitting from my ex-boyfriend, my confidence had hit rock bottom. But I’m back out there on the dating scene, having fun with my friends and enjoying being a young woman. Appearing on national TV is something I’d never dreamed of doing and it was out of my comfort zone to even apply.”

Inspiration asked Natalie to share her weight management secrets “I stay in touch with my Consultant and eat Cambridge products a day. This is a way of measuring my calorie intake and helps me keep track of how much I’m eating in a day. I incorporate some activity into my routine too. I did a run for Race For Life so that I was focused on something and I also use the gym. Doing fun exercise such as body pump and Zumba motivates me to keep going. I continue with running and swim every week.”

Paddy McGuinness couldn’t find me a man but I know he’s out there

Appearing in front of millions of TV viewers on a prime-time dating show inspired Natalie Booth’s amazing weight loss journey.

Natalie’s stats
Age: 29
Height: 5ft 4in
Start weight: 15st 7lb
Previous dress size: 22
Current dress size: 12
Plan: Sole Source Plus

Natalie’s video-story now!
**Kelly Holmes**: Black, White & Gold

**Mark Cavendish**: Boy Racer

**Andy Murray**: Coming of Age

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**Kelly Holmes**

Kelly Holmes is a mixed-race female with big ambitions. Her early life was very different to any other rider on the circuit. A well written and charming tale of one man's cycling adventure—a must read!

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**Mark Cavendish**

Mark’s next move will be to compete in the 2012 Olympics. His career didn’t kick off until his late teens and he worked in banking to fund his cycling ambitions. He has been financially stable; Mark took a leap of faith which paid off when he won his first racing medal in 2005—the Madison World Track Championships in LA. Mark’s autobiography covers his early years in the sport, the scandals he has faced during his career, corruption in tennis and winning big. There is even a chapter written by Murray’s mother, which reveals why she always believed that her son would be the best. Murray’s career in tennis began in earnest when he made his Wimbledon debut in 2005. He went on to win titles and consistently beat various tennis legends. Despite many near misses, Murray’s Wimbledon attempt this year was depressingly predictable and he was smashed out of the semis-deals.

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**Andy Murray**

He’s currently Britain’s number one tennis player and ranked fourth in the world but he made his Wimbledon debut in 2005. Murray’s autobiography covers his early career, growing up and starting tennis from the age of five. Murray’s autobiography covers his early years in the sport, the scandals he has faced during his career, corruption in tennis and winning big. There is even a chapter written by Murray’s mother, which reveals why she always believed that her son would be the best. Murray’s career in tennis began in earnest when he made his Wimbledon debut in 2005. He went on to win titles and consistently beat various tennis legends. Despite many near misses, Murray’s Wimbledon attempt this year was depressingly predictable and he was smashed out of the semis-deals.

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**Everyone loves a bargain!**

The recession is continuing to bite and prices keep rising. But fear not—we are here to brighten your day and save you some hard cash by telling you where to go for great saving-ideas.

**Bargain crazy**

The title says it all: www.BargainCrazy.com

This website has good quality brands at low prices—music to our ears. It includes designer clothes, electrical items, children’s toys and lots more. The site is part of the Littlewoods Clearance Family ex-catalogue company, which also has retail outlets across the UK. As the website says: “You’re sure to find a bargain and we hope you do.”

---

**Food for thought**

Here are some ideas to help you save and even gain something back from doing your weekly/monthly food shop:

- Instead of cooking those big brand names on the supermarket shelf, why not try your own brand products, e.g. ASDA’s Smart Price lined tomatoes at 30p as an alternative to the Napoli brand, which is 88p?
- Only purchase the BOSCO offers if they are products on your weekly/monthly list that you will actually use.
- Voucher Cloud—Register with this app and choose voucher codes for activities in your area and all over the UK. Offers include free one-ane deals on cinema clubs, ten-pin bowling and go-karting.
- Low-pressure tyres can slow your car down so make sure they are pumped up to the correct pressure.
- Use your air conditioning as this uses more fuel. Well, to a point they are right if you are travelling on slower roads. But if you are travelling on a dual carriageway or motorway it is better to use the air-con for a period of time as having the windows down actually consumes more fuel.
- If you can, why not car share with somebody to work?
- Some people think it’s better to have their windows down instead of using the air conditioning as this uses more fuel. Well, to a point they are right if you are travelling on slower roads. But if you are travelling on a dual carriageway or motorway it is better to use the air-con for a period of time as having the windows down actually consumes more fuel.
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**Home and away savings**

**Extortionate insurance policies?**

Let us help.

There are lots of different home and travel insurance companies to choose from but instead of ringing round for the best quote try www.money-saving-express.com

**Low-price luxury hotel rooms**

**Break a deal? We have the car park for you:**

Looking to London for the day and fancy staying over in a top luxury hotel for less? Well, go to the www.lastminute.com and click on Hotel, Top Secret Rooms—choose a date and a place using the search tool and they will give you the location, star rating and description. Once the booking has been made, the name of the hotel will be revealed.

**Save with phone applications**

Search for great deals with the following apps for your phone:

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*Look online to check if Shop Savvy and Voucher Cloud are compatible with your mobile phone operating system.*

**Wherever you fill up your car, the fuel prices are high but there are small changes you can make to help make the fuel go further. There are a lot of little things that can slow the car down resulting in you pressing more on the accelerator and using more fuel—try the following to reduce the amount of fuel you use:

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**Review**

**Sporting legends reveal all in their memoirs**

This summer has seen our TV channels packed with great sporting events. Wimbledon and the Tour De France have had us on the edge of our seats. Here we showcase the autobiographies of three very different sports personalities: Kelly Holmes, Andy Murray and Mark Cavendish. Their stories chart their journey to sporting success and we hope their tales will inspire the sporty person in you.

**Kelly Holmes**: Black, White & Gold

Kelly Holmes, Andy Murray and Mark Cavendish. Their stories chart their journey to sporting success and we hope their tales will inspire the sporty person in you.
Stewart explores ancient Athens

As Stewart and his partner Tina were driven through an early quiet Athens on a Sunday morning, the Acropolis came into view. The ancient ruin was the next stop on their tour and required a 180-step climb to the top. But why? What a view! The pair explored the Parthenon, the Temple of Athena, and other surrounding temples — some of which date back to 400BC. As the wind picked up, the temperature slowly lowered (much to their approval). Our windswept couple then made their way down but not before the adventurous side came out in Stewart and he climbed a monstrous rock to take in more of the superb scenery.

“I can’t thank my Consultant John Wyley enough for entering me into the competition. I had one of the most amazing weeks of my life. The thought of meeting the group for the first time was nerve-racking but I don’t know why I was so worried. On the first night the group got on so well and throughout the week we all stood while planning tour excursions we vowed to seek out each other’s companies. I have never felt so comfortable with strangers in my whole life. I even proposed to Tina during the week! For the first time was nerve-racking but I don’t know why I worried so much. On the first night the group got on so well and throughout the week we all stood side by side. Our windswept couple then made our friendships stronger than ever. We visited some wonderful places, saw some breathtaking sites and made new friends for life. That in itself was worth losing weight for.”

Richard discovers the wonders of Kusadasi

As Richard and his partner Caroline were speechless on arrival at the ancient city of Ephesus (during its heyday it was the second largest city in the world), the couple moved on to their next port of call. The Virgin Mary’s Temple of Artemis before resting on the steps of the grand amphitheatre. On leaving the ancient ruin was the next stop on their tour and required a 180-step climb to the top. But why? What a view! The pair explored the Parthenon, the Temple of Athena, and other surrounding temples — some of which date back to 400BC. As the wind picked up, the temperature slowly lowered (much to their approval). Our windswept couple then made their way down but not before the adventurous side came out in Stewart and he climbed a monstrous rock to take in more of the superb scenery.

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Laura enjoys marvellous Mykonos

“Visiting Mykonos, haggling with locals in Turkey and making new friends for life! That in itself was worth losing weight for.”

Richard takes in the sights of Crete

“Crete was beautiful and I didn’t want the trip to end. It was an amazing experience and I’ll never forget. I think what made the trip so special was the fact that I had not had an opportunity to travel with other people before and this meant that I had the chance to travel with people from around the world. It was a fantastic experience and I would recommend it to anyone. I think it would be great to travel with people from around the world again.”

Carry on cruising

In June, Inspiration award winners enjoyed an all-inclusive cruise around the Aegean Sea. Let’s find out how the group got on...

Our four 2010 Inspiration winners: Stewart Cockburn, Richard Maddock-Jones, Laura Spence and Claire Westall enjoyed a seven-night Aegean cruise with their partners on board the Thomson Spirit. The group landed up around Greece and Turkey, relaxed on deck, gazed out at the waves, sang along to the on-board Broadway shows and sampled some of the traditional cuisine along the way. Each winner voted a destination of their choice and this is what they got up to...

If you’d like to enter the Slimmer of the Year, Inspiration of the Year or My Cambridge awards, please ask your Consultant for details. Closing date for entries is Friday 14th October 2011. See page 4 for details.

Watch the winners’ holiday videos by visiting: www.cambridgeweightplan.co.uk (video available from early September)
The Chocolate Indulgence Experience

Out and about with Kerensa

Ever wondered how to enjoy chocolate without it passing your lips? We challenged Kerensa to find out if this new chocolate craze could compromise your hard work.

For this edition I decided to take advantage of the fact that I recently had a knee operation and therefore couldn’t do anything stressful (hehe). This led me down the very attractive path to the world of spa treatments. However, having a facial or a massage, as lovely as they may be, isn’t really relevant or exciting.

Well, that was the case until my trusted colleague Hannah mentioned a new type of beauty treatment involving chocolate. My ears (as well as my tastebuds) pricked up with a vested interest.

I looked into this further with the help of my other trusted sidekick Google and found numerous spas offering chocolate facials, massages, scrubs … the lot. All treatments stated that you can have a “total chocolate delight without the calories”. What a genius idea, time to put it to the test. So I thought it was only apt to go for the full experience.

I found a lovely small spa in Notting Hill in London and booked my Full Body Chocolate Indulgence. This included a cocoa scrub and body wrap, chocolate facial (apparently edible — but as the whole point was to indulge in chocolate without actually eating any, I decided not to try this), full body massage with oil and then a luxury pedicure while enjoying a large cup of hot chocolate (which I swapped for a large glass of iced water).

Now as you can probably tell the title in itself, Full Body Chocolate Indulgence, was stretching the truth a bit but it was very relaxing. My skin felt very soft and the whole room did have a magical smell of rich chocolate for the whole two-hour experience. I had indeed had a chocolate delight without the calories. I wonder if you can do the same with ice-cream … oh the possibilities!

And if you do fancy a little nibble, here are some chocolate facts …

Chocolate spa competition

To win a chocolate pampering experience near you simply send your name and a contact number to: kerensa@cambridgeweightplan.co.uk by Friday 4 November.

The prize:

One chocolate spa experience for you and a guest at a spa local to you. Travel and all other costs will be at your own expense.
Unfortunately, the simple answer is yes it can. A simple mid-morning catch-up to share holiday stories can cost you more than a few pounds out of your wallet; it could also add a few pounds to your waist.

In some cases a coffee and slice of cake could cost you a minimum of 45% of your Recommended Daily Allowance (RDA) of calories for women and 35% for a man.

Shockingly, these figures are based on consuming a medium-size drink, so there are even worse combinations!

However, all is not lost. There are much healthier and lower calorie options to be had and both Starbucks and Costa Coffee offer lunch options that won’t break the calorie bank.

When choosing a drink, it’s best to opt for skimmed milk as this instantly reduces the calorie and fat content. A tall skinny latte is only 64 calories and contains 0.1g of fat, whereas the full-fat milk version has 108 calories and 5.6g of fat.

They also offer lower-fat muffin options, which are on average at least 100 calories and 18g of fat lower than their full-fat counterparts.

A good healthy coffee and cake combination can make up just 19% of your RDA calories for women and as little as 15% for men.

Both coffee houses offer sandwiches for under 300 calories if you prefer a lunch option, but beware of the panini, as they are often much higher in fat.

So it’s important to remember that certain coffees can contain more calories and fat than a slice of cake or a Mars bar. However, as both coffee shops now provide all their nutritional values online, you can feel confident about making the best choice for you.

### Coffee break calories

#### Don’t do it!

<table>
<thead>
<tr>
<th>Costa Coffee</th>
<th>Kcals</th>
<th>Sat</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium Mocha Flake</td>
<td>297</td>
<td>19.3</td>
<td>12.7</td>
</tr>
<tr>
<td>Scone with Jam and Cream</td>
<td>627</td>
<td>36.2</td>
<td>23.7</td>
</tr>
<tr>
<td>Total</td>
<td>924</td>
<td>55.5</td>
<td>35.4</td>
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</table>

#### Go for it!

<table>
<thead>
<tr>
<th>Costa Coffee</th>
<th>Kcals</th>
<th>Sat</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium Caffe Latte: Skimmed Milk</td>
<td>71</td>
<td>0.3</td>
<td>0</td>
</tr>
<tr>
<td>2 x Mini Choc Muffin</td>
<td>146</td>
<td>7.8</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>217</td>
<td>8.1</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Starbucks

<table>
<thead>
<tr>
<th>Tall Signature Hot Chocolate: Full Fat Milk</th>
<th>Kcals</th>
<th>Sat</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>433</td>
<td>26.1</td>
<td>15.7</td>
<td></td>
</tr>
<tr>
<td>Tall Caffe Latte: Skimmed Milk</td>
<td>102</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>Skinny Blueberry Muffin</td>
<td>249</td>
<td>6</td>
<td>0.9</td>
</tr>
<tr>
<td>Total</td>
<td>351</td>
<td>6.2</td>
<td>1.1</td>
</tr>
</tbody>
</table>

### Ask your Cambridge Consultant® about My Cambridge today!

[www.mycambridgeweightplan.com](http://www.mycambridgeweightplan.com)
Successful slimming with Sole Source Plus

As a classic yo-yo dieter, Polly Stanton-Smith just couldn’t maintain her weight. She reluctantly followed one diet after another and her weight was constantly fluctuating. But since being recommended Cambridge’s Step 1 Plan, she hasn’t looked back.

“Being bigger than the other kids at school and wearing invisible braces, I was bit of an outsider. I hated PE and made any excuse not to participate. The braces quickly straightened out my teeth but I was still slightly overweight as I entered my teenage years.

“I became more aware of my weight problems and by my late teens I was borderline underweight as I cut out junk food and ate less. The yo-yo dieting cycle started from this point on.

“In 1990 I was 9st 4lbs and happy with my weight. I then fell pregnant with my daughter Melissa — an excuse to eat for two. My weight shot up to 15 stone but I put it down to having a ‘big baby’. Melissa was born in early 1981 at 6lb 11oz. I was kidding myself — I was heavy because I had eaten far too much.

“I tried to diet after the pregnancy and lost a little. My marriage was in turmoil and I later split from my husband. I was a single mum and comfort eating became a security blanket.

“By the time I had met my second husband Steve in 1985, I was back down to 9st 3lbs. We married in 1987 and I was a slim bride. Oliver, my second child, quickly followed in 1988 and my weight was back up to 13 stone. I knuckled down and soon lost the baby weight once again.

“Up until my mid-40s, my weight had fluctuated each year without fail. Up, down, up, down! For a friend’s wedding, I lost a stone, but after the wedding the stone went back on again. For my summer holiday I lost a stone and then the stone went back on.

“Last summer while on holiday I had a breakdown — my weight problems had finally got the better of me. The family went walking one sunny afternoon and I starting crying at the side of the road. I was hot, unhappy and in discomfort from my scariest.

“In the November that followed, I was recommended Cambridge by a friend at church. My Cambridge Consultant Tanya explained the Plans to me and Sole Source Plus seemed perfect for my lifestyle. From following the Plans, I managed to stabilise my weight, shake my unhealthy food obsession and with a fresh palate I learned what recipes and food tasted good. I believe this is what has set me up for successfully managing my weight.”

**Polly’s stats**
- **Age:** 52
- **Height:** 5ft 3in
- **Start weight:** 12st 13lb
- **Previous dress size:** 16–18
- **Current dress size:** 10
- **Plan:** Sole Source Plus

**Step 1**

<table>
<thead>
<tr>
<th></th>
<th>Cambridge Weight Plan</th>
<th>Step 1: Sole Source Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>440–555kcal</td>
<td>640kcal</td>
</tr>
<tr>
<td>3–4 CWP*</td>
<td>810kcal</td>
<td>1000kcal</td>
</tr>
<tr>
<td>3 CWP* plus 200kcal meal or 4 CWP* plus 200ml skimmed milk</td>
<td>1200kcal</td>
<td></td>
</tr>
</tbody>
</table>

**Closing date of survey is Monday 17 October 2011.**

Tell us what you think … about your Cambridge Consultant. We are always eager to receive feedback from customers about their Cambridge Consultant and would like to take this opportunity to invite you to tell us about yours.

Has your Consultant exceeded your expectations? Have they gone above and beyond the call of duty in offering you help and support? Do you think your Consultant should be recognised by Cambridge Weight Plan for their customer service, support or dedication to the job?

If you would like to nominate your Cambridge Consultant to win a prestigious Cambridge Consultant Award, please send the below details to: consultantfeedback@cambridgeweightplan.co.uk by Friday 14 October 2011:

1) Consultant’s name
2) Consultant’s location/place of work
3) Reasons why you are nominating your Consultant for an award (in no more than 500 words)

Please advise on your email if you would like to be kept anonymous.

**Consultant Awards 2011**

Cambridge Weight Plan would like your thoughts and ideas on this issue of Inspiration magazine.

For your chance to win a goody bag of make-up or £30.00 in Debenhams vouchers, please answer a short 12 question online survey relating to this issue of Inspiration. Questions are accessible by visiting: www.surveymonkey/s/feedback14

Closing date of survey is Monday 17 October 2011.
We’ve all been to a party where there is a man or woman who simply oozes confidence. With their head held high and walking tall, they give the impression that they are not only confident and attractive, but probably successful. Can we ever hope to radiate in the same way?

The point is that you don’t have to be thin to be confident. Confidence comes from within and stems from that self-assured feeling of being at ease with yourself. This, in turn, puts others at ease with you. When people are at ease with you, they start to warm to you more and, as a result, begin to find you attractive. If you think of the people whom you find most attractive, you will probably find that they are confident too.

Confidence can take many forms: you don’t have to be loud, funny or intelligent to be confident. You can be quiet or shy because it is the ability to feel happy in your own skin that makes the difference.

Perhaps the greatest factor of how much you will enjoy a party is how much you can relax. If you are tense it will be much harder to project confidence and you might come across as difficult or even aggressive. Take some deep breaths on the way to your venue and relax your shoulder and neck muscles by doing some simple exercises to release tension from your body.

Ten top tips

1. **Get dressed for success**
   To feel confident you will need to look the part. Spend some time choosing a special outfit that makes you feel both attractive and comfortable. Ladies can’t go wrong with a Little Black Dress and men can scrub up fantastically in a suit or smart jacket and tie.

2. **Do your preparation**
   Think up some conversation pieces before you go — stick to neutral topics (not politics or religion). If you can remember facts about particular guests then do mention them e.g. “How is your daughter getting on at school? Do you still live in Newtown, etc?”

3. **Do your homework**
   If you are very nervous then maybe consider paying a visit to the venue before the big night. That way you can check out where everything is and you will feel much more at ease when you enter for real.

4. **Make time**
   When it comes to timing it is probably best to be fashionably late(ish). A good tip is to arrive at the venue on time but maybe spend five minutes sitting in the car or having a coffee in a bar before you make your entrance. Arriving at a party which is in full swing makes it much easier to mingle.

5. **Make an entrance**
   Walk into the room/hall/restaurant/bar as if you were walking through your own front door. Tell yourself “This is no big deal. I am confident and happy.” Try and make eye contact with as many people as possible.

6. **Smile**
   Make sure you have a smile on your face when you approach anyone. This will relax you and them.

7. **Work the room**
   If you recognise anyone you know then go and say hello. Introduce yourself to their friends too and before you know it you will be moving from group to group with grace and confidence.

8. **Let the music play**
   If there is a DJ then make a request for a song you particularly like. This will put you at ease and might give you an opportunity to ask somebody for a dance.

9. **Eat, drink and be merry**
   This is a social gathering so food and drink will be on offer. Remember what your Cambridge Consultant has discussed with you and make sensible choices.

10. **Everything in moderation**
    Need we say more?

Face the party season with confidence

The winter party season is approaching again … Halloween, Bonfire Night, Christmas and New Year are all on the horizon. We reveal how you can put the Va Va back into your Voom with 10 Top Tips on how to shine like a star during the party season.
Post-pregnancy podge weighing you down?

How one yummy mummy managed to shift those stubborn baby pounds.

Cambridge slimmer Anna Munro stands at a petite 5’ (on a good day, 5’ 1”). After the birth of her second child by C-section, Anna became increasingly fed up with carrying around all the extra baby weight. Her daughter’s impending christening was her motivation to drop four dress sizes.

“It’s hard to hide any weight gain at five foot. I had a bag which had ‘yummy mummy’ down the side and I really didn’t think I should be carrying it. My son had just started school and I really didn’t want him to be the kid with the fat mum. This, along with my daughter’s christening, which took place in May 2010, spurred me on to lose my pre and post-baby weight.

“I’m naturally quite active, and enjoy swimming and jogging, but after I had C-sections with both children I had to do as little as possible for the first six weeks. I put on three stone with Grace and an additional stone being laid up.

“I discovered Cambridge at a group session of a similar diet. A fellow slimmer in the group told me that someone else had left to do ‘Cambridge’. I was quite intrigued and did some research that night.

“I was delighted with the result. Cambridge was cheaper than the diet I was doing and there was one-to-one support. I went on to read an article in a past edition of Inspiration, which recommended healthy meals if slimmers went out for a Valentine’s Day meal. On my previous diet, it was recommended that you didn’t go out. The flexibility offered by Cambridge really appealed. I immediately switched and started on Sole Source at the beginning of 2010.

“My Consultant was really motivating, which paid off as I became her ‘biggest loser’ each month. I happily lost my baby weight in time for the christening in early summer. On the day, some relatives and friends didn’t even recognise me. I had a size 10 dress on and felt confident.

“The christening was an incentive and event to aim for. I was more focused on my goal because of it. I lost weight for me, not anyone else, and it has improved my life. I do really hope that my family are proud of my achievements. Now, where’s my handbag?”

Total weight gain at the end of pregnancy is approximated as follows, according to www.marchofdimes.com:

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight Gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td>7.5 pounds</td>
</tr>
<tr>
<td>Maternal energy stores (fat, protein and other nutrients)</td>
<td>7 pounds</td>
</tr>
<tr>
<td>Fluid volume</td>
<td>4 pounds</td>
</tr>
<tr>
<td>Breast enlargement</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Uterus</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Amniotic fluid</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Placenta</td>
<td>1.5 pounds</td>
</tr>
</tbody>
</table>

Statistics show that:

- 19% of women of childbearing age are estimated to be obese (BMI ≥ 30) (1)
- Average weight gain for women is between 25 to 35 pounds, although slight deviations from this may also be considered normal. (2)

2. Children’s hospital of Pittsburgh, 2008 research.

Find your local Cambridge Consultant at www.cambridgeweightplan.co.uk
Slimmers are Zumba-ing through weight management

Are Zumba classes all they're cracked up to be? Inspiration asked Jo McDonald to find out.

"Zumba? How hard could it be, I asked myself. I've been to a few salsa classes in the past and although I have the dancing ability of David Brent, I'm willing to give most things a sporting chance, so I was up for the challenge.

Legend has it, Zumba was created by a celebrity fitness trainer who forgot his aerobics tapes one day. He played his salsa and meringue songs instead, and Zumba was born. Zumba is usually an hour-long workout that borrows moves and music from a range of popular dances, including salsa, flamenco, belly dancing and hip-hop. You don't need a partner and simply copy the moves of the instructor.

I contacted Elaine Williamson, a Cambridge Consultant, who teaches Zumba classes in Grays, Essex.

"I take seven classes a week because my slimmers and I love it. I saw an ad on TV about Zumba and it looked different but fun. By the end of the commercial I was on their website looking at how to become an instructor. I hadn't even bought the DVD yet. I travelled to Edinburgh for the instructor training day, got my certificate, came home and began the classes.

"I usually followed a particularly healthy diet before losing weight with Cambridge but because I was always dancing I burned it off. You can potentially lose around 500 calories in an hour of doing Zumba. Fitness is my weight management secret — I feel fitter and healthier now than when I was a kid. I say to all my customers, 'diet and exercise go hand in hand'. So many customers dislike the gym but classes are fun.

Sarah started doing Zumba in March after losing weight with Cambridge. She says: “I put weight on at Christmas and wanted some help to get it off. My Consultant also attends Elaine’s classes and she recommended the class to me. Cambridge and Zumba help me to maintain my weight. I feel so energetic it’s like going out with the girls dancing.”

Zumba-goers Mel and Nicki said: “It’s really good fun. You don’t feel like you’re working out. We do Zumba four times a week and can’t get enough of it. We come out laughing and smiling each time. If you have a down day, you can just come here and your mood lifts instantly.”

I salute the women (and in some classes, men) for doing Zumba so intensely. Even halfway through the session, I was flailing. My enthusiastic jumps and leaps became barely hops and skips. Thankfully the pace slowed down for the last 10 minutes and I managed to hobble out to the car.

If you love to dance, then this would be a great class for you. You don’t need a huge amount of co-ordination but a bit of stamina helps if you want to make it through a whole class.

Are Zumba classes all they’re cracked up to be? Inspiration asked Jo McDonald to find out.
Made-up for a sixties autumn

By Lorna Kings

You have the sixties outfit, now to add some make-up. Wondering how to recreate the look? Read on …

The look

The sixties are being revisited for autumn but this time with a twist. Eyes remain moody with smudgy browns and prunes, blended with signature black eyeliner echoing the sixties theme. Lips make a statement in rich reds and purples, which define the shape of the lip. If a dark lip is a bit much for your look, add a hint of colour with a natural rosy nude shade.

Getting started

Start with a fresh base, covering any blemishes and dark circles. Line the eye using sleek ink pot and gel eyeliner in black, and using a deep plumming brown eye shadow (MAC Sketch would create the look). Smudge your liner out towards the outer eye to form slight flicks; no need to worry if your lines are not neat, this look is meant to appear a little worn.

Fix and refresh

Finally, give your face a spritz with MAC Fix It spray, which not only stops make-up while smoothing and refreshing the skin, but also gives an instant refresh throughout the day. A must-have for any make-up bag.

Complete the look

Not sure what shade of nail varnish to opt for? Try Models Own nail varnish in purple grey. Your autumnal sixties look is now complete!

We have three make-up bags full of your autumn must-haves to give away.

To win the goody bag, simply email your name and contact details to Kerensa@cambridgeweightplan.co.uk by Monday 17 October 2011.

Goody bag includes: Lancôme Drama mascara, Ink Pot eyeliner gel, GOSH crème blusher, Models Own nail polish.

Leigh-Anna is our glamour girl after dropping five dress sizes

After years of piling on the pounds, Leigh-Anna Smith tells how Cambridge finally turned her life around — and helped her recapture her love of sport.

“This is where my story differs from a lot of other slimmers’ stories out there. I was picked on for being too skinny as a child. I ate all my school lunches and big home-made dinners to put weight on because I was so conscious about the way I looked.

“After leaving school my exercise routine took a bit when I injured my ankle playing sport. What I didn’t understand was that if you cut out exercise and kept on eating more than your body required, your weight will increase. And that’s what happened until I reached almost 20 stone.

“I started work in an office when I was 19 years old and activity still didn’t get a look in. I tried different diets and returned to the gym but the weight refused to budge. This wasn’t the motivation I was looking for.

“After the break-down of a five-year relationship I wanted to focus solely on myself. Being overweight and unhappy just wasn’t who I was deep down and I had made myself a promise that I wouldn’t turn 30 a size 22.

“A friend told me about Cambridge as she was using the Plan. I watched her lose weight in a very short space of time, so in January 2010 I picked up the phone and started straight away. I was ready to make some changes and with a blink of an eye, my life as I knew it was changing.

“My Cambridge experience was fantastic and I dropped five dress sizes. My Consultants Sharon Myrie and Laurence Brown have literally held my hand through some challenging times and have celebrated the happy times with me. I feel that I’ve made lifetime friends.

“Doing Cambridge has been the single most important thing that I have done. I now see life differently as I’ve successfully put an end to the relationship that has proven to be the most problematic for me — my relationship with unhealthy food.

“Since my weight loss, the most prominent thing to change has been my confidence. I’ve begun dating and meeting new people. I have learned to drive and tried things out of my comfort zone (I was featured in Glamour Magazine recently where I had to wear a bikini and I had to learn how to drive and drive around on my own). I’ve also learned to enjoy exercise and I’ve tried out all sorts of things.

“Since my weight loss the most prominent thing to change has been my confidence. I’ve begun dating and meeting new people. I have learned to drive and tried things out of my comfort zone (I was featured in Glamour Magazine recently where I had to wear a bikini and I had to learn how to drive and drive around on my own). I’ve also learned to enjoy exercise and I’ve tried out all sorts of things.

“I have managed my new weight and this is due to the logic of having a healthy, balanced diet and lifestyle. My success came from two things: the support from my Consultant and the method of Cambridge; a simple and effective formula that changed my life and now I wish to share my story with the world.”
THE FACT IS ...
WE LOVE LISTS!

(SOME OF) THE RUDEST PLACE NAMES IN BRITAIN

**North Piddle**
A village in Worcestershire (WR7).
Not to be confused with Bladdd, which is a street in Paisley.

**Pratt’s Bottom**
A village in Gloucestershire (GL54).
This lovely hamlet is not to be confused with nearby Upper Swell.

**Menlove Avenue**
Tucked away in the Liverpool suburb of Woolton (L18), Menlove is named after a local draper and not the love that is shared between men.

**Lower Swell**
A district north of Cardiff (CF23).
St Mellons nestles right next to the M4. But drivers should be aware that “Searching for Mellons” while in control of a motor vehicle can result in three penalty points on your licence.

**Scratchy Bottom**
A valley in Dorset (BH20) and not a condition associated with threadworms.

**St Mellons**
A district north of Cardiff (CF23).
This lovely village is not to be confused with nearby Upper Swell.

**Scratchy Bottom**
Although this is anatomically correct (yes, even pratts have bottoms), this Bottom can be found in Kent (BR6) and isn’t anywhere near Where Bottom Lane (OL12), which is probably just as well.

**Swell**
A street in Greenock (PA15).
No one knows what happened to West Breast.

**Pant**
A street in Neath (Western, SA11). It is named after a local draper and not the love that is shared between men.

**Pratt’s Bottom East Breast**
A street in Neath (Western, SA11). It is named after a local draper and not the love that is shared between men.

**Pant East Breast**
A street in Neath (Western, SA11). It is named after a local draper and not the love that is shared between men.

**Felthwell**
An affectionate village in Norfolk (IP26).

**East Breast**
A street in Neath (Western, SA11). It is named after a local draper and not the love that is shared between men.

**St Mellons**
A street in Shropshire (SY10).
Apparently across the border in Wales there are plenty more Pants to be found.

**Scratchy Bottom**
A street in Shropshire (SY10).

**Menlove Avenue**
A street in Shropshire (SY10).

**Pant East Breast**
A street in Shropshire (SY10).

**Cairo (Egypt)**
149

**Delhi (India)**
136

**Tianjin (China)**
126

**Chongqing (China)**
124

**Kolkata (India)**
116

**Top 5 Sleepy Nations on Earth**

<table>
<thead>
<tr>
<th>Country</th>
<th>Kip time (minutes per day)</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>France</td>
<td>530 — That’s a shocking 8.8 hours!</td>
<td>90,039,280</td>
</tr>
<tr>
<td>USA</td>
<td>69,353,876</td>
<td></td>
</tr>
<tr>
<td>UK</td>
<td>67,056,379</td>
<td></td>
</tr>
<tr>
<td>Japan</td>
<td>66,754,829</td>
<td></td>
</tr>
<tr>
<td>France</td>
<td>60,874,681</td>
<td></td>
</tr>
<tr>
<td>China</td>
<td>59,497,539</td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>57,093,187</td>
<td></td>
</tr>
<tr>
<td>China</td>
<td>53,467,450</td>
<td></td>
</tr>
<tr>
<td>Brazil</td>
<td>51,245,334</td>
<td></td>
</tr>
</tbody>
</table>

**Top 5 Dirtiest Cities**

<table>
<thead>
<tr>
<th>Country</th>
<th>Air pollution particulate matter concentration per cubic metre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cairo (Egypt)</td>
<td>149</td>
</tr>
<tr>
<td>Delhi (India)</td>
<td>136</td>
</tr>
<tr>
<td>Tianjin (China)</td>
<td>126</td>
</tr>
<tr>
<td>Chongqing (China)</td>
<td>124</td>
</tr>
<tr>
<td>Kolkata (India)</td>
<td>116</td>
</tr>
</tbody>
</table>

**Busiest Airports in the World**

<table>
<thead>
<tr>
<th>Airport</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hartsfield-Jackson — Atlanta</td>
<td>90,039,280</td>
</tr>
<tr>
<td>O’Hare — Chicago</td>
<td>69,353,876</td>
</tr>
<tr>
<td>Heathrow — London</td>
<td>67,056,379</td>
</tr>
<tr>
<td>Narita — Tokyo</td>
<td>66,754,829</td>
</tr>
<tr>
<td>Charles de Gaulle — Paris</td>
<td>60,874,681</td>
</tr>
<tr>
<td>Los Angeles</td>
<td>59,497,539</td>
</tr>
<tr>
<td>Dallas Fort Worth</td>
<td>57,093,187</td>
</tr>
<tr>
<td>Capital Airport — Beijing</td>
<td>55,937,289</td>
</tr>
<tr>
<td>Rhein-Main — Frankfurt</td>
<td>53,467,450</td>
</tr>
<tr>
<td>Denver International</td>
<td>51,245,334</td>
</tr>
</tbody>
</table>

**Busiest Airports in South America**

<table>
<thead>
<tr>
<th>Airport</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andre Franco Nortoro — Sao Paulo</td>
<td>20,400,304</td>
</tr>
</tbody>
</table>

**Busiest Airports in Africa**

<table>
<thead>
<tr>
<th>Airport</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR Tambo — Johannesburg</td>
<td>18,501,628</td>
</tr>
</tbody>
</table>

**Busiest Airports in the Middle East**

<table>
<thead>
<tr>
<th>Airport</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dubai International</td>
<td>36,592,307</td>
</tr>
</tbody>
</table>

**Busiest Airports in Australia/Pacific**

<table>
<thead>
<tr>
<th>Airport</th>
<th>Total passengers per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kingsford Smith — Sydney</td>
<td>30,100,000</td>
</tr>
</tbody>
</table>

**Best-Selling Computer Games of All Time**

<table>
<thead>
<tr>
<th>Console</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xbox</td>
<td>Call of Duty: Black Ops</td>
</tr>
<tr>
<td>PS3</td>
<td>Gran Turismo S</td>
</tr>
<tr>
<td></td>
<td>Gran Turismo Prologue</td>
</tr>
<tr>
<td></td>
<td>Call of Duty: Modern Warfare 2</td>
</tr>
<tr>
<td></td>
<td>Gears of War</td>
</tr>
<tr>
<td></td>
<td>Gears of War 2</td>
</tr>
<tr>
<td></td>
<td>Grand Theft Auto IV</td>
</tr>
<tr>
<td></td>
<td>Call of Duty 4: Modern Warfare</td>
</tr>
<tr>
<td></td>
<td>Fate 2</td>
</tr>
<tr>
<td></td>
<td>Metal Gear Solid 4</td>
</tr>
<tr>
<td></td>
<td>LittleBigPlanet</td>
</tr>
</tbody>
</table>

**Top 10 Phone Apps (Games)**

<table>
<thead>
<tr>
<th>App</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angry Birds</td>
</tr>
<tr>
<td>Tetris</td>
</tr>
<tr>
<td>Fruit Ninja</td>
</tr>
<tr>
<td>Block Breaker Deluxe</td>
</tr>
<tr>
<td>Sonic the Hedgehog</td>
</tr>
<tr>
<td>Doodle Jump</td>
</tr>
<tr>
<td>Final Fantasy IV: The After Years</td>
</tr>
<tr>
<td>Flight Control</td>
</tr>
<tr>
<td>Pocket God</td>
</tr>
<tr>
<td>Brain Challenge</td>
</tr>
</tbody>
</table>
This year the group stages are pretty tough. England and Scotland are both in Group B along with Argentina, Georgia, and Romania. Wales have to face South Africa, Fiji, Samoa, and Namibia in Group D, and Ireland are up against Australia, Italy, Russia, and the USA.

If everything goes according to form and rankings (which of course it never actually does), we could have England meeting France, Wales playing Ireland and Scotland up against New Zealand in the quarter-finals. Tasty games in store.

As always there will be some shocks. Look out for Argentina in all their games, particularly their first against England, and get up early for Fiji against Wales on October 2 for the 6am start. In 2007 Fiji produced the best half hour of rugby ever played at the World Cup. Or South Africa’s emotional triumph in 1995. It was at Twickenham the final. And then something quite magical happened and France somehow got past France, who whenever they play them in World Cup stuff of legend.

The best World Cup game ever? Forget England’s victory in 2003 or South Africa’s emotional triumph in 1995. It was at Twickenham in 1999 in the semi-final. France found themselves 24-10 down 10 minutes into the second half. Jonah Lomu had already scored two tries (this was the tournament when he literally ran over Mike Catt) and New Zealand were crucial to a meeting with Australia in the final. And then something quite magical happened and France produced the best half hour of rugby ever played at the World Cup. They won 41-31. And they did it again in the quarter-final in 2007.

On September 24 they will meet again in a Group A match. Expect New Zealand to win but possibly the two will meet again in the final. And also know who’d win that.

Enjoy. It’s going to be great!

Well, it’s here again, in all its glory — the IRB Rugby World Cup. Starting with the first game on Friday September 9, running all the way to the final on Sunday October 23, the competition will pit the best against the best.

At this year’s competition is in New Zealand (they had to have it at home because it’s the only way they can win it), compulsory TV viewing is going to be challenging. As New Zealand is officially “bloody miles away”, it looks like it’s going to be the same type of early morning viewing experience that we enjoyed when the cup was won by England in Australia during the halcyon days of 2003.

For example, England’s first game against Argentina on Saturday September 10 starts at 8am (UK time). This is great breakfast TV — viewing but difficult (although not impossible) later drinking time.

So perhaps for this World Cup, instead of pints of Stella you can enjoy coffee and croissants — but only when England are playing France in the quarter-final. Seriously, this is a great opportunity to consider healthier eating options while shouting at your HD TV. Swap the chips and crisps for fruit and orange juice, and once the game’s over go for a walk or some exercise.

Although we live in a country of great sporting under achievement, England in particular have a pretty good record in the World Cup. Obviously we won it in 2003, but we have also been in two other finals, including the last one in 2007. This means we have been in more finals than New Zealand, France and South Africa, and the same number as Australia. The other home nations have fared less well with Wales and Scotland having one semi-final appearance each.
SUPER-SLIMMER IS AN INSPIRATION

Richard Maddock-Jones reveals how his partner’s illness and a desire to be fit and healthy for his children spurred him to lose half his body weight.

When Richard’s greatest Caroline was taken ill in spring 2010, he knew his family needed him more than ever.

“My daughters settled in to look after them and as my partner was ill, I had to be healthy and fit. This thought was the catalyst to my weight loss success and it didn’t leave my mind until I had reached my ideal weight range.

“My weight gain started after a routine back operation in 2008 went horribly wrong. What should have been a five-night stay in hospital turned into a month, followed by 14 months of bed rest. Mobility was an issue and I put on about 11 stone during this time. I was miserable — borderline depressive — and missed being active with my young family.

“By the end of 2009 I was 26½ stone and my confidence and self-esteem were at an all-time low. Then suddenly my uncle passed away and I made out a long hard look at myself. My mother had passed away 17 years earlier due to a heart problem and it scared me to think this could happen to me if I didn’t think about losing weight. My 40th birthday was also fast approaching and I just wanted to start enjoying life again, so I began researching different diets and came across Cambridge Weight Plan.

“At the time I had started Cambridge I had previously tried a few other diets but to no avail.

“Just as I was convinced with my weight loss the family had some awful news. Caroline had developed a lump in her neck — a possible malignant tumour the size of a tennis ball. During my first two months on Sole Source I went to hell and back with Caroline while she was undergoing tests. But my weight loss wasn’t compromised and I kept going, and in just over six months I had lost half my body weight.

“I cannot believe the difference it has made to my family’s lives. Caroline is now healthy and my children are proud of their ‘old man’.

“Richard’s Consultant Lisa Jacobs said: “I’m also delighted that Richard is joining the Cambridge team by being a Consultant myself. I think he will do a fantastic job in helping others.”

“Richard added “I hope to be an inspiration for all those people who go through hard times and feel like giving up. I am proof that if you stick with it you will succeed, and your success will not only affect your own life but the lives of your loved ones too.

“Not only have I got my life back, I won an Inspiration of the Year award at the Cambridge Annual Convention last year and I was ecstatic. I went on the Inspiration Cruise in June with three other Inspiration winners and had the time of my life!

“Winning the Inspiration award means so much to me. It has been the perfect end to my weight loss journey. The cruise was fantastic and out of the most memorable days on the holiday was visiting the Roman ruins at Ephesus in Turkey. I was truly amazed by the experience; it was like walking down an ancient street and being able to visualise how it was.

“I hope to be an inspiration for all those people who go through hard times and feel like giving up. I am proof that if you stick with it you will succeed and your success will not only affect your own life but the lives of your loved ones too.”

SNAPSHOTS FROM RICHARD’S CRUISE

“A CLOSER LOOK AT THE RUNS

“It was like walking down an ancient street and being able to visualise how it was.

“The ruins at Ephesus in Turkey. I was truly amazed by the experience; it was like walking down an ancient street and being able to visualise how it was.

“I hope to be an inspiration for all those people who go through hard times and feel like giving up. I am proof that if you stick with it you will succeed, and your success will not only affect your own life but the lives of your loved ones too.”
After four months of training, marathon man Chris McDermott explains how he finally conquered his biggest challenge.

Well, I did it. Got there, ran the run, got the T-shirt, then hobbled to the train station for home.

Now, a couple of weeks later, it all feels like a dream. I spent so much time thinking about the run, talking about the run and worrying about the run that the actual run passed by in a bit of a blur.

Standing in my starting pen taking pictures for Twitter (@chrism1492), I worked out that I had run more than 390 miles in training over four months. I felt that I was as ready as I would ever be.

The announcer then said “Ladies and gentlemen you are about to join a very exclusive club, a club that most people will never join, you are about to become marathoners.”

Wow, that sort of got the adrenaline flowing. Doing a couple of half marathons where there were lots of people really helped at this point to calm me down because the start line was busy with people frantically applying Vaseline to all their chaffy bits. If you haven’t experienced that before it can be somewhat unnerving before such a big occasion.

And then we were away and this is where it all seems to blur around the edges. The weather was all over the place (we got absolutely drenched and I also got a tan) and the city of Edinburgh pretty much passed me by. We ran down to the coast, past a huge power station and then on to a coast road.

My Twitter pictures prove I went all the way round (yes, I received while running — does this make me a bad person?) But I can only remember a couple of key moments: running along the headland out near Longniddry thinking, “Wow, this is a long way from the start”, watching those opposite power station and then parted company (to meet up a couple of weeks later to have a proper guy-to-guy in-depth chat about our experiences)

My own crisis occurred at about the 13-mile mark when my knee went “weng” (sharp, acute pain that made it occasionally buckle). But again having this happen during a half marathon and learning to run through it really helped. It was lonely in the forest at 18 miles and hard running into the wind at 22 miles but I never felt like I wasn’t going to make it.

And then I was in the home straight with the crowd cheering, crying my eyes out because I was about to finish four months of hard graft, early mornings and blisters about to come to an end.

My time was four hours and 11 minutes and as I hobbled to the train station I phoned family and friends and babbled incoherently about what I had just achieved.

Now with a few weeks distance from the event, I realise that the run itself was just a point to which to aim for, something to get up for in the early mornings. What I got out of this marathon was not the actual marathon run. It was learning about what kind of person I am and what kind of person I want to be during those cold, lonely training runs between January and May.

Thanks to the Edinburgh Marathon 2011, I think I now know the answer.

Scott Paris transformed himself last year by losing half his body weight — that’s 25 inches from around his waist. He is now ecstatic that he can play rugby again and go on holiday with no hang-ups.

“Family holidays felt like a chore. I was so tied up, uncomfortable, embarrassed to fly and always asking for a second belt for my seat.”

“I weighed in at 26 stone. My life had ground to a halt and I missed being able to play rugby and do activities with my children. I also felt that I was becoming a ‘holiday-phobe’ because my family hadn’t been away in years and that was really down to me and my weight.

“Family holidays felt like a chore. I was so fed up, uncomfortable, embarrassed for the first time. In June I returned from a family holiday to the Canary Islands and I can honestly say that I loved getting in the pool and playing on the beach. My swim shorts made a few appearances and I didn’t feel embarrassed for the first time in a long time.”

“Alarm bells sounded when my doctor shed light on the future as a rugby player. I piled on the weight.

“At 26 stone I was clearly obese and that was getting worse. My reason for starting a new fitness plan: doctors to save me from being over the weight limit of a holiday in the Mediterranean.”

“I started Cambridge in April 2010. Thanks to the Edinburgh Marathon and learning to run through it.

“Chris McDermott (above) and Mark Bull and partner (top) holding their medals.”

Chris’s stats
Age: 35
Height: 6ft 1in
Start weight: 26st
Previous waist size: 57in
Current waist size: 32in
Plan: Sole Source (and loved it!)

“My first visit to John shocked me — various weight plans, I stumbled across Sole Source (and loved it) — and my transformation began.

“Scott’s BacK oN The Pitch

Cambridge Consultant John Wyllie. His plan:

“A successful rugby career in both the northern and southern hemisphere, around to walk my daughter Lucy — then two years old — down the aisle. This was the push I needed and after a number of small successes with various weight plans, I stumbled across Cambridge Consultant John Wyllie. His story really inspired me, so I gave him a call and my transformation began.

“I started Cambridge in April 2010 with a 60-inch chest measurement. My first visit to John shocked me — now with a few weeks distance from the event, I realise that the run itself was just a point to which to aim for, something to get up for in the early mornings. What I got out of this marathon was not the actual marathon run. It was learning about what kind of person I am and what kind of person I want to be during those cold, lonely training runs between January and May.

“Thanks to the Edinburgh Marathon 2011, I think I now know the answer.”
From bright pops of colour to sixties tailoring, the catwalks at the autumn menswear shows definitely rivalled their womenswear counterparts.

Gone are the days of menswear only consisting of a murky palette of tailoring and knitwear. There is now so much more to choose from, and particularly this season the high street has been influenced by the more daring, fashion-forward trends.

There will be colour everywhere so step out of your comfort zone. And look for new details within suiting, such as wide leg trousers and the new oversized coats.

Keep it classic with clean lines if you still have a few pounds to lose, and if you are happy with your shape, always invest in timeless wardrobe staples that will last among the more trend-led pieces.

So then boys, no need to get overwhelmed by all the new season trends out there, here is how to wear some of the top looks for the coming months:

**COLOUR**

Heard this one before? A scary word, perhaps? Yes, as men get more daring, colour returns every season with a twist. This time it’s all about pops of bright colour — especially red and yellow — but try dark purple if you tend to wear darker clothing. And if it’s too scary, think of subtle ways you can inject them into your wardrobe. A flash of suit lining or the pop of a sock can be just enough if you get it right. Layer up a coloured jumper under a suit jacket, or just brighten up your work wardrobe with a colourful scarf. Easy!

1. Purple cardigan, £39, Asos
2. Sweatshirt, £45, Jacamo.co.uk
3. Red socks, £5.50, Debenhams
4. Scarf, £22, Levi’s
5. Yellow tie, £12.50, Debenhams
6. Red Barbour jacket, £69, M&S

**STRIPES**

Men have always had a good relationship with “the stripe”. Women fear its unflattering potential over lumps and bumps but men embrace the pattern and tend not to worry about looking bigger. If you are a larger lad, try dipping your toe in the stripe pool and go for a tie or a scarf. They crop up every season as men stay faithful to the mighty stripe. Just keep it big, bold and tick another trend box with a burst of colour if you can.

7. Navy and grey jumper, £35, Debenhams
8. Rugby shirt, £14, F&F at Tesco
9. Hoody, £62, French Connection
10. Tie, £27, French Connection
11. Shirt, £32, Topman

**KNITS**

Polo necks; oversized and cable are the knits of the season. Think comfort and warmth, head to the high street and you won’t go wrong. Look out for modern takes on classic styles at more trend-led high street stores like Reiss and All Saints. Go bold with texture if you have a slimmer frame or keep it simple if you are bigger on top. Double breasted is the buttoning style of the season, so look for this in chunky cardigans.

12. Cream cable knit, £35, Debenhams
13. Grey funnel neck, £18, F&F at Tesco
14. Cardigan, £38, Topman
15. Blue cable knit, £46, Burton
16. Beanie, £10, Topman

**TEXTURE**

It’s not just the ladies that have shiny fabric and faux fur for this season. As well as more classic and easy-to-wear textures like suede, tough leather and corduroy, there is faux fur and PVC for the brave. Plus a huge presence of comfy shearling. Stick to the traditional unless you are in your twenties but shake things up by mixing up the textures in one outfit.

17. Navy cords, £36, Burton
18. Boots, £85, Debenhams
19. Hat, £18, Marks and Spencer
20. Suede loafers, £45, Next

By Chloe Wood

**EDITOR’S CHOICE**

**FASHION INSPIRATION MEN**
My weight loss was so quick, I don’t even have a ‘before’ picture!

David Tweedale gained weight after he encountered a knee injury while playing football. He started Cambridge in January 2010 and lost his weight quicker than he anticipated. It was so quick that he didn’t have pictures taken before or during his weight loss.

“I didn’t realise how immobilising injuring your leg could be but after I fell awkwardly on my knee, I was unable to walk properly for a long period. This was a big blow to my daily routine of exercising and generally being active. I also began to eat more, mainly through boredom and the lack of exercise inevitably meant weight gain.

“My knee slowly healed and I wanted to get back to how life used to be; feeling fit, being active and healthy. I found myself looking in the mirror and could see where I was putting on weight.

“Cambridge was the perfect answer; an easy-to-follow Plan, with support from my Cambridge Consultant, not forgetting the tasty products available. As I lost the pounds, I moved up the Plans and started to exercise again.

“I found the first few days on Sole Source Plus quite hard but after day four I felt energised and started to exercise again. I was delighted with the progress I made in such a short period of time.

“Sole Source was definitely the best Cambridge Plan I have done. The tasty snacks and slimming products were exactly what I needed to keep me going. I lost 10 stone on this plan and my weight loss was so quick, I didn’t even have a ‘before’ picture!

Visit www.cambridgeweightplan.co.uk for David’s video-story now!

David’s stats
Age: 26
Height: 6ft 1in
Start weight: 14st
Previous waist size: 34in
Current waist size: 32in
Plan: Sole Source Plus

Making Strides

Chris McDermott explains how anybody can step out on the road to running success.

So fancy doing a marathon or half marathon but can’t run or won’t run? Don’t worry, you’re not alone. Most people aren’t born natural athletes and even if you were active at school or university, the chances are you’re now a tad more “sedentary”.

But that’s OK; everyone has to start somewhere. It’s all about goal setting (I know this sounds like a self-help book title but hear me out). Having a date at some point in the future to aim for is going to make the process of actually getting up and going for a run a hell of a lot easier (especially if it’s cold, raining or you are hung over).

Putting some pressure on yourself like this is a good thing. If you don’t have something to aim for it is very easy to convince yourself not to try. This is a slippery slope and before you know it you’ll have stopped running altogether. If this happens do not under any circumstances try and complete your run or event — you will not have a good time and will probably regret it.

So decide how far you want to go — 5K, 10K, half marathon or marathon and then give yourself enough time to train properly for it. If you are thinking of a half marathon you’ll probably need about three to four months to get up to speed from a standing start. The more you train the easier the event and the more you will enjoy it.

And you know what, everyone can do it. You just need to believe that you can. Finding the right training plan is really important, as is monitoring your progress (to make sure you are improving). There are any number of plans out there, some that are very complicated and some that are very simple.

The choice is yours. A good place to start is www.runnersworld.com.

You’ll need the right kit; proper running shoes (I had three toenails fall off after my first half marathon because my shoes were too small, shorts and other stuff. And if you can afford it, a cool running watch that tracks your progress and charts your performance.

Then this is where it becomes tricky because now your trainers have to go out and run. When I started I went out in the dark so no-one would see me, and for the first couple of weeks my runs were more like aggressive walks. There was pain and my lungs couldn’t get enough air. But slowly and steadily I improved and got fitter. If you stick to your plan, you will start to run longer and further. And you will feel good!

People who say, “I don’t have the body for running” are only making excuses. The joy of running is that everyone can do it. You just need to believe, have a goal and stick to it.

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People who say, “I don’t have the body for running” are only making excuses. The joy of running is that everyone can do it. You just need to believe, have a goal and stick to it.

All those people you see running the London Marathon or the Great North Run — there is nothing special about them. They aren’t super-fit athletes; they’re just like you and me. In fact they are you and me.”
COVER STAR SCOTT PARIS IS HALF THE MAN HE USED TO BE

“I’M BACK ON THE RUGBY PITCH AFTER DROPPING 25 INCHES FROM AROUND MY WAIST”

LOVE A LIST
Scratchy Bottom: rude place name or medical affliction?

THE GREATEST RUGBY SHOW ON EARTH
Your guide to the Rugby World Cup 2011

INSPIRATION WINNER
Richard Maddock-Jones shares his sensational weight loss story

TOP LOOKS FOR AUTUMN FASHION
All you need to know about knits and stripes