Feel full

Drink a glass of water 10 to 15 minutes before your meal – you'll partially fill up your stomach and reduce hunger.
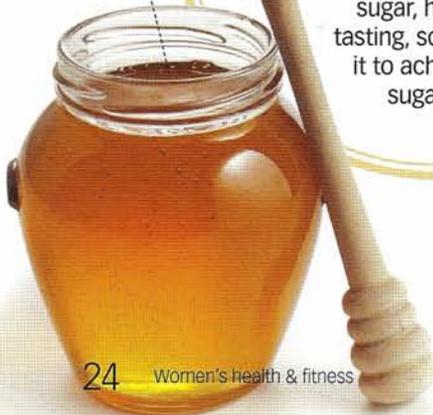
Weighty evidence

Weight gain shouldn't always be associated with negative health outcomes. A study published in the *Journal of the American Medical Association* found overweight individuals had greater longevity than those who were not overweight. Aim for a healthy weight range to ensure you're getting the benefits of both the slimmer and weightier worlds.

Skip the sugar

If you're baking or following a dessert recipe, substitute sugar with a natural sweetener such as agave nectar, which has a lower GI than ordinary sugar. You can also use honey. While some types of honey have more calories than sugar, honey is sweeter tasting, so you need less of it to achieve the same sugary taste.

with
Personal trainer
Bernadette Abraham

Q&A

Q: *I eat right and exercise 5 to 6 days per week but I still can't lose weight. What am I doing wrong? Please help!*

A: In theory, if you eat right and exercise, positive body transformations are always guaranteed. Here is a list of the most common mistakes.

1. Calorie restriction: Most people don't eat enough, so the body releases fat-hunting enzymes to preserve fat in the body as a defense mechanism.

2. Incomplete nutrition: Most people restrict one or more macro-nutrients. Carbs, protein and good fats all play vital roles in our health. It is not a specific nutrient that will make a person fat, but rather the surplus of calories consumed.

3. Too much cardio: For fat loss, focus on resistance training. Fat is burned inside the muscle cells, so the more muscle you have the faster you will burn. Try one of my home workouts: www.BernaciseMe.com/freeworkouts.html

Work out for fitness

You're more likely to stick to a workout program if you aim to improve your fitness levels, rather than set weight loss goals, according to a US study. Understand why fitness is important to you, visualise what improved fitness can do in your life and set fitness goals.