



# Q&A

with **Bernadette Abraham**  
www.BernaciseMe.com

**Q:**

In your opinion do you think having a free day once a week in terms of exercise and proper nutrition to be counter-productive when trying to achieve one's weight loss goals?

**A:**

I will assume that a "free day" means a day that you can eat as much of anything you like – healthy or not, and not exercise. If healthy eating and exercise are a part of your daily life, then no, your efforts will not be wasted in one meal or one day. That is the beauty of having a healthy lifestyle. You can enjoy the simple pleasures of life such as desserts and lazy days more than a person who is constantly yo-yo dieting or over-exercising, without regrets or repercussions. In fact, if you exercise on a daily basis, it is highly recommended that you take a day off to allow the body enough time to repair itself. Otherwise, your efforts will become counter-productive. Indulging once in a while and taking a break from your routine is also good for the mind and soul. Be healthy and happy!



## WHAT'S NEXT?

You've achieved your weight loss goals and you're finally at your dream weight, so what now? Maintaining a healthy weight range is all about sustainable lifestyle choices, which don't stop once you've reached your goal. While it's great you've finally reached your ideal weight, it's no excuse to give up the exercise regime. The majority of people who lose weight manage to put it back on within the first two years, so ensure you commit to your lifestyle changes in order to see lasting results.



## GET LIFTED THE NATURAL WAY!

Recently I had the pleasure of having the latest revolutionary in face lifting-Slendertone Face land on my desk. I have to say I am usually somewhat sceptical of such machines but decided to give it a try. Due to its unique packaging and easy to use formula, I didn't find it difficult to include in my daily beauty regime. Instructions insist that you must use for a minimum of 10-20 minutes 5 times per week for at least 8 weeks. Having used it for almost 5 weeks, I already have found that I have a fresher, more rested looking appearance. How does it work? Slendertone Face, harnesses Electronic Muscle Stimulation (EMS) technology – the same safe patented method used by doctors, physiotherapists and athletes world-wide every day, it only seems logical that we should stimulate the muscles of our face similar to any other part of our bodies. So, if muscle volume and lifting is what you are looking for, then I highly recommend the product.

**Editor's choice**

For all you beauty aficionados Slendertone Face is available at Harvey Nichols Dubai, Atlantis The Palm Hotel, Cleopatra's Spa at Wafi and Sisters Beauty Lounges. To find out more details log on to [www.slendertone.ae](http://www.slendertone.ae) Slendertone Face retails at AED2000.

## WEIGHT ISN'T EVERYTHING

It's important to remember weight isn't everything when it comes to leading a healthy lifestyle. Our body weight is made up of water, muscle and fat, so losing weight doesn't necessarily mean losing fat. A better way to monitor your progress is to take body measurements. Using a tape measure, keep a record of your thigh, waist, hips, bicep and chest measurements to properly monitor how much fat you have lost.



## TIP

Try activities outside of your usual exercise routine. Take the dog for a walk, jog to the shops or jump on your bike to visit a friend. This may be the extra boost you need to increase your weight loss efforts and see results sooner.