

THE ULTIMATE GUIDE TO...

From beginner to slimmer with ease!

The Ultimate Guide to Slim Living

Slim Living

531

**HINTS, TIPS & TRICKS
TO GET THE BODY
YOU DESERVE!**



EXTREME SUCCESS

Inspiring real life
weight loss stories

15 SLIMMING SUPERFOODS

Eat, lose weight and get healthy



IN THE KNOW

10 must-ask questions
before starting a diet!

SLIM LIVING
AUS \$14.95 NZ \$14.95 inc GST



PLUS!

- ✓ Losing in luxury
- ✓ Success stories
- ✓ Low-calorie dinners
- ✓ Effortless weight loss
- ✓ Slimming journal
- ✓ Boost your energy
- ✓ Best exercises to zap fat spots
- ✓ Much, much more!

FAT OR FICTION?

Our experts share the
secrets to success

FASTER RESULTS

The right workout
for fat loss!

REVEALED!

SLIMMING SECRETS

of the **STARS** ★

EVERYTHING YOU'LL EVER NEED TO KNOW TO LEAD A HEALTHIER LIFE!

SlimLiving

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Disclaimer

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WELCOME

What we weigh and how our bodies look makes a massive difference to our health, wellbeing and happiness. No matter how much weight you have to lose – whether it's just a bit of post-baby fat, a few excess kilos or a large amount – it's no easy task.

No matter how many times you've tried to lose weight only to regain it, no matter how many wonder diets have broken their promise to you, no matter how greatly you've given up on yourself, there is hope.

Even I've had my own triumphs over overeating and body-image blues. I was a binger. My drug of choice was carbohydrates – usually biscuits slathered in Nutella. This would send me into a blissful carbohydrate coma... and then, sometimes to top up the high, I'd throw in some crackers and cheese (salt to balance the sugar!). It took me years to work out why I was bingeing and how to stop it, but I did get past it. Now, eating healthy and balanced comes easily to me because I value my health over any other short-term source of satisfaction.

Through training people to lose weight, writing books on the topic, interviewing people and overcoming my own binge battle, I've gained a fair understanding of the heartache (and energy it takes from

your life) to not have a healthy relationship with diet, exercise and your body.

You can't be happy when you hate your body. You can't be healthy when you're overweight, unfit and consumed with angst over dieting and calorie counting.

So, this magazine is designed to offer you all the latest slimming strategies – from the simple and straightforward to the weird and wacky – to assist you on your weight loss journey and to help free you from the tiring throes of body obsessing and yo-yoing.

Think of this magazine as your very own weight loss workbook. Within these pages you will find tips, facts and advice on what I believe to be the four equally essential components of successful weight loss: diet, exercise, mind and spirit. Successful slimmers make changes in all of these areas.

Each and every one of you deserves to have the body you dream of and the life you long for. Keep asking, keep learning, keep trying – you will make it. Never settle for anything less than your best body – inside and out.

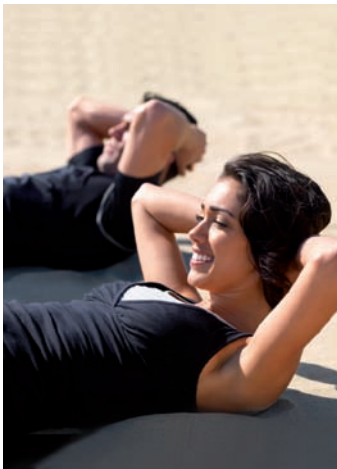
Yours in health and happiness,

Donna Jones



Donna Jones is a health writer with journalism, exercise science and nutrition qualifications. She is currently the contributing fitness editor of *Australian Good Taste*, and a freelance writer for leading publications in the area of health and wellbeing. She was the contributing fitness editor for *Good Health* for five years, and the fitness writer for *News Limited's body+soul* for three years. Donna is also the author of four books on health, fitness and weight loss.

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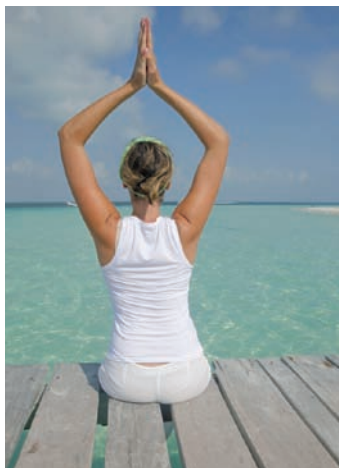


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EXERCISE

BODY, MIND, SPIRIT

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