

ASK A SPECIALIST

ST advertising feature



Michela now after losing four stone and keeping to her new dress size and inset, how she used to look.

# 'My confidence soared thanks to SureSlim'

**STUDENT** Michela dropped three dress sizes and lost four stone in weight with SureSlim. Here is her story.

"I'd had a weight problem since primary school and had probably tried every diet at some point, but always hovered around a size 16 but then it really got bad.

"After a couple of terms of university life, I was a size 20 and 14 stone - too hefty for my 5ft 6in frame!

"Clothes shopping became a complete nightmare and I refused to buy bigger sizes. I became moody, tired and lost confidence. Returning home for Easter holidays both my parents became concerned for my health.

"I found the SureSlim programme very easy to follow despite the many distractions at university and the consultants were always very reassuring.

"During the summer I was able to enjoy two holidays as SureSlim gave me firm guidance on what is good and not so good.

"Needless-to-say I did over-indulge on the pizza and wine but in the main, I stuck to three square meals each day and guess what? Each time I returned home lighter.

"By late November, my weight was a tad over 10 stone and more importantly I was a dress size 10.

"More than a whole year later, having been on SureSlim's LifeStyle programme, I am still the same weight. I still look great and still fit into all my new clothes.

"Now my confidence has soared, I love clothes shopping and socialising with my mates. Thank you all at SureSlim."

See advertisement for more details.



Shoerite has stores at Fairlands in Worplesdon and in Godalming.

## Ski and walking wear from Shoerite at great prices

ALTHOUGH not known for stocking ski-wear, Shoerite can offer a variety of clothing and footwear suitable for use on both walking and skiing holidays, at a fraction of the cost of the specialised stockists.

Clothing includes pack-away waterproof and breathable jackets (£18), trousers (£12) and normal jackets and three-in-one range in price from £27 to £50. They are branded under Regatta and are totally waterproof, not just shower proof.

Walking boots, which are also

waterproof and breathable are priced at £42 and cater for men, women and children. Women's calf-length boots are available at £45.

Other useful items for holidays include Bridgedale walking socks, great value thermal socks, rucksacks and suitcase-size flat pack holdalls on wheels (£30).

The two Shoerite stores can be found on Fairlands estate, next to the post office (Worplesdon) and in Godalming High Street (Waitrose end).

Both are continuing to trade

well above expectation in what can only be described as a difficult trading climate-and all concerned would like to thank both residents and the local workforce for their continued support which has lasted well into 2008.

New stocks of spring merchandise such as sandals and trainers have now started arriving and everyone at Shoerite are confident they will have a good summer season. Meanwhile, the winter sale continues with great savings on both men's and women's winter lines.

## Best and the worst foods to eat

SCIENTISTS at Slimming World have researched a database of 40,000 foods to identify the top 10 most satisfying foods for slimmers - and the 10 worst enemies.

Losing weight without ever feeling hungry sounds too good to be true, but according to researchers at Slimming World, the secret lies in satiety and satiation - choosing the foods which fill you up the most and keep you fullest longest.

It stands to reason that foods which fill you up fast, while also being low in calories, are a slimmer's best friend.

Slimming World's 10 most satiating foods: lean meat, mushy peas, potatoes with skins, noodle soup made

with ramen noodles and tofu or Quorn, tuna chunks in spring water or fresh tuna, Mexican style three bean salad, boiled wild rice, eggs, natural low fat yoghurt and skimmed milk soft cheeses, fresh fruit and vegetables

The 10 least filling foods: crisps, speciality coffees, takeaway pizza with cheese or meat topping, takeaway thin fries, deep-fried confectionery bars, doughnuts, luxury full-fat ice cream, colas and other sugary soft drinks, smoothies and croissants.

If you would like to find out more Slimming World is throwing its doors open for you to go and see what goes on in its groups; the fun members have, the great weight losses and fantastic food you could be eating eat.

The group at Park Barn in Guildford is holding an opening evening on Wednesday, February 13, at St Clare's Church Centre, Cabell Road.

Contact Sharon on 01483 598134, for more information. For a group in your area call 08700 754666. Visit the website [www.slimming-world.com](http://www.slimming-world.com)

## Re-Nu has the answer

ARE you tired of looking day in, day out at your kitchen but can't face the mess, trauma and expense of a total refit?

We all want value for our hard earned money and hate waste, so why rip out your existing kitchen if the basic units are OK, but the doors are damaged or worn, or are the wrong colour?

Re-Nu Kitchens, a local family-run business, could provide the answer. Re-Nu can completely change a worn

nices, skirting boards, gallery units, sinks and appliances; in fact everything necessary to re-model and tailor your kitchen to your exact requirements. A satisfied customer commented: "I would never believe that by having new doors and drawer fronts that my kitchen would look so different."

For more details or a survey and quotation for your kitchen, call freephone 0800 195 8641, or visit [www.re-nukitchens.co.uk](http://www.re-nukitchens.co.uk).

## Ideal window place for windows

THE range of products available in PVC and PVCu from the Fascia Place is impressive.

This reputable company can also supply fencing, cladding, verandas and balconies with laminate flooring.

Welcome to the neat, clean world of Swish PVC boards where dirt, grime and rot are banished. Swish cellular PVC Roofline boards never need painting and never rot, maintaining their good looks for years. The Fascia

Place offers the latest in security combined with style. Sekura is a whole new generation of windows and doors. The firm's head office is in Camberley at 26 Doman Road, York Town Industrial Estate. Telephone 01276 65498 for more information.

The Guildford branch of Fascia Place can be found at Unit D, Woodbridge Park Estate, Woodbridge Road. Find out more by calling 01483 301666.



**SureSlim**

**LOSE WEIGHT IN 2008**

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[www.thefasciaplace.com](http://www.thefasciaplace.com)

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- ◆ Save money and mess
- ◆ Fitted in a day or two

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[www.re-nukitchens.co.uk](http://www.re-nukitchens.co.uk)

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Shoerite



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Open: Mon - Fri 9.30am - 5.30pm and Sat 9.30am - 5.00pm