

Ask a Specialist Times

Slimming World

WHEN Sandra joined Slimming World in September 2005, little did she realise the impact her weight loss journey would have on the whole family.

Her eating habits changed over a period of time and all the family now enjoy a wide range of free foods and try new recipes of their old favourites, all lower in sugar, salt and fat.

With the rise in child obesity, she was thrilled when Jessica, 13, and Tom, 11, both asked to join her.

In January this year they joined as young members (11- to 15-year-olds free of charge).

For them, Slimming World is not about losing weight, it's about learning to make healthy food choices, "cool swaps", instead of having lots of crisps and biscuits, they can be found with big bowls of chopped fruit and yoghurt, very much a favourite snack of their choice.

Sandra said: "Both children enjoy making their own favourites. Jessica loves making slimming world chips, which can be eaten completely freely - they can have as many as they want."

"Tom makes a fabulous cooked breakfast of bacon, eggs, sausages and baked beans."

"Even their younger sister Jasmine aged five talks about free foods, she looks for her fruit when she comes out of school every day and will have more through the evening."

"As well as 'cool swaps', they can both enjoy going out with friends and still enjoy a pizza or a McDonald's."

There is no importance placed on the child's weight changes, instead they are rewarded for their lifestyle changes, but also increasing their activity levels.

Sandra added: "I'm very lucky that all three children are very active - dancing, swimming, gymnastics, football and golf."

"Given a choice between walking and driving they will often choose to walk."

"Both Jessica and Tom have had this regular activity rewarded with bronze, silver and gold body magic awards."

To find a warm and friendly group near you refer to the advertisement, log on to www.slimming-world.co.uk or call 08700 754666.

A new kitchen the Re-Nu way

MOST fitted kitchens, even if looking tired, have a good basic construction.

However, the doors, drawer fronts and sometimes the worktops can make a kitchen look old and outdated. In 1986, Re-Nu pioneered the idea of renovating kitchens by making and fitting completely new doors, drawer fronts and worktops.

As the most experienced in this method in the industry, Re-Nu has enabled countless customers to enjoy a modern stylish kitchen without the expense and upheaval of having existing units ripped out and completely replaced.

Re-Nu surveys your existing kitchen and helps you select new doors, worktops etc from



A kitchen transformed by Re-Nu.

its extensive range and gives you a fixed price quotation with no hidden extras.

Re-Nu's own fitters, rather than sub-contractors, carry out the installation, and you will be pleasantly surprised at how quickly the work is carried out and how little mess and disruption it causes.

Most of its refurbishments take just a day or two. Choosing Re-Nu makes a great deal of sense. You save money; it's quick and efficient and your refurbished kitchen looks like a new one. For more information on the services and a survey of

your kitchen, call Re-Nu on 0800 195 8641, or see the www.re-nukitchens.co.uk.

The Fascia Place for great windows and doors

THE range of products available in PVC and PVCu from The Fascia Place is really quite amazing.

Most people believe windows and doors are only available in white, but with modern manufacturing processes there are a multitude of colours that make preparation and repainting a thing of the past.

The 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.

Your home is under constant attack from the elements and there is nowhere more difficult to get at with a paint brush, or more prone to damage from the elements, than the boarding around the edge of your roof.

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The head office is at Camberley at 26 Doman Road, York Town Industrial Estate. Tel: 01276 65498. The Guildford branch is at Unit D, Woodbridge Park Estate, Woodbridge Road. Tel: 01483 301666.

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Kelly lost 5 stone and 21 inches of fat after being horrified by her holiday photos!

"The blood tests showed I had high cholesterol and high sugar levels, but I didn't have to worry as SureSlim showed me how the diet would sort these out. It was only 2 weeks before people started to notice a difference in my body shape and in me".



It was time to face the truth. I wasn't a size 14, I was a size 18!



I tried on a size 22 dress but ordered a size 12 - thinking it would help keep me focused!



Sally lost 4 stone and 25 inches of fat in time for her wedding day!

"The diet is like no other diet I had ever tried, because the weight loss happened so quickly, and I could see the dress sizes going down. I felt that the Wellness Diet was really working for me. I am now on the maintenance plan and the weight is easily staying off".

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WELLNESS CLINIC www.sureslimuk.com

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