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HOW TO LOSE WEIGHT IN SIX WEEKS – YOUR HEALTHY GUIDE

Drop almost a stone with help from the experts

By Emma Pritchard 26 March 2018

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The clocks have changed and that means one thing. Not that there's an extra hour of daylight to browse the [best black bags for women](#), no. Or google the [surprising causes of greasy hair](#). But that there are around six weeks until the welcome run of May Bank Holiday weekends. Which also means it's a mere six weeks until you'll be wanting to feel at your most confident for summer.

However, with expert-recommended weight loss set at 1-2 lbs per week (anymore and you risk upsetting your metabolism), that's just shy of a stone you could potentially lose if you embark on your weight-loss journey today. Impressive stuff.

"It is always advisable for women to not drop their body fat percentage below 18% because hormone production, fertility and regular cycles can be affected long term," says Jake Lawrance of [F45 Training Camden](#). "A healthy range where you look and feel great will be between 18 and 25%."

Here's more on [how to lose body fat](#).

When it comes to how to lose weight in six weeks, the obvious disclaimer is that everyone slims at different speeds. But, that said, there are steps that can support the movement of the scales in your favour.

We asked fitness and nutrition experts for their slimming secrets – read on and we'll share them with you.

HOW TO LOSE WEIGHT IN SIX WEEKS: READ THIS BEFORE YOU START

Fail to prepare; prepare to fail. That's why when it comes to how to lose weight in six weeks – and keep it off – it's best to work out your game plan.

[Healthspan's](#) clinical psychologist Dr Jen Nash explains how.

1. IDENTIFY YOUR BIG WHY

"This is the magic ingredient to get you through those moments when you're tempted to get off track" Dr Nash says. "What's the reason you've decided to embark on this six-week regime? Is it a 'moving away from' goal to avoid something you don't want, like a health condition getting worse or looking bad on the beach? Or a 'moving towards' goal – feeling great in your clothes again, or confident for an event? Anchor your Big Why with a physical reminder – a photo, an inspiring word or phrase you can put on your home screen and pull out when you need a shot of motivation."

2. LEARN TO SAY NO

"Come up with 2-3 ways of saying 'thanks, but no thanks' when people tempt you off track," says Dr Nash. "Whatever you say, the key is to say it with confidence – as soon as someone hears you falter, it's a signal that you're in two minds. Watch out for subtle forms of sabotage – often done unconsciously by loved ones who know that they too should be making changes but aren't ready. Keeping

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your success to yourself can be the best way through it, and having ways to change the subject when it comes up can be a good strategy.”

3. REMOVE YOUR FOCUS FROM FOOD

“It’s common for couples to get into habits around using food to show love and affection, so find other ways of spending time together that don’t just revolve around sharing culinary delights,” says Dr Nash. “Take it in turns to share the little and big wins of the day, while you’re having dinner so you’re not solely talking about what you’re eating. It’s shown to help you de-stress too.”

4. ENJOY A FREE PASS

“Consider weaving in some ‘free passes’ each week where you can allow yourself to go ‘off track’ a little,” says Dr Nash. “This can help you maintain after the six weeks is up as well – so you really can have your cake and eat it.”

5. USE AN APP

“The Healthspan health and wellbeing app is a great way to help you reach your fitness goals, as it is designed to fit itself to your needs and targets in order to provide personalised advice,” Dr Nash says. Download it for free on Google Play and the Apple App Store.

HOW TO LOSE WEIGHT IN SIX WEEKS: THE DIET PLAN

You’re going to be working up quite a sweat over the next six weeks so you want to make sure you’re fuelled up enough to do so. That doesn’t mean loading up on Marylands for “instant energy release”. Instead, remember that however hard you try, you can’t out train a bad diet. Here’s what should be heading up your shopping list, along with fresh fruits and veggies.

1. OATS

“A healthy portion of oats with oat milk, berries and any grated nuts will ensure your metabolism and energy is at its peak,” says Alix Woods, nutritionist at [Quest Nutra Pharma](#). “If you can’t have oats, eggs are another good option.”

2. SALMON AND AVOCADO

“One of the easiest things you can do to improve weight loss from a nutritional perspective, is to replace carbs with good quality protein and healthy fats,” says Lawrance. “This encourages the body to utilise fat as its main energy source instead of using the carbs you consume for that purpose. Be sure to include coconut and avocado in your meals along with salmon, chicken, turkey and other lean cuts of meat.”

3. QUINOA

“Post training you should always refuel with carbs and protein to encourage muscle growth and fat loss,” says Lawrance. “Good sources of carbs include brown rice, quinoa, sweet potato and butternut squash.”

4. FERMENTED FOODS

“Food intake needs to be carefully balanced and planned,” says clinical nutritionist Suzie Sawyer. “In order to effect consistent weight loss, it’s important that the body’s natural beneficial bacteria be in good shape. An overgrowth of bad bacteria will cause inflammation throughout the body and will stop the body from losing weight.”

How to ensure your gut is ticking along tip top? Sawyer recommends eating fermented foods such as sauerkraut, nori, kefir, tofu, tempeh, miso and natural yoghurt, which replenish good bacteria – and therefore support weight loss. She also suggests including seaweed in your diet. The iodine content is good for preventing [thyroid problems](#) such as an underactive thyroid, which can encourage weight gain rather than loss.

5. HEALTHY SNACKS

“Snacking is important as it maintains your metabolic rate and staves off awful [hunger pangs](#) – which can sometimes lead to temptation,” says Woods. “The key is to snack often, but ensure that you are eating healthy snacks in small portions. For example, mid-morning have a small handful of nuts, which are a rich source of protein to help you stay fuller for longer. Then mid-afternoon, have an oat biscuit or two with a generous topping of avocado, cream cheese or hummus. I also like to wind down in the afternoon with an antioxidant-rich, caffeine-free Redbush tea and I keep snacks like nuts, seeds, fruit and water in my car or handbag in case I get cravings while I’m on the go.”

6. SUPPLEMENTS

“When we’re taking in less calories and working the body harder with exercise, you need additional nutrients to keep energy levels high,” says Sawyer. “The multivitamins in the [Alive!](#) range contain good levels of iodine as well as all essential vitamins and minerals, plus they are packed with 26 fruit and vegetables and are the only supplement to contain fruit, vegetables and green blends as well as multi-vitamins and multi-minerals.”

HOW TO LOSE WEIGHT IN SIX WEEKS: THE FITNESS PROGRAMME

You’ve limited time so your exercise programme is going to need even harder for you. Which means? You want to choose workouts that are going to up the afterburn effect so you burn extra calories even when your session is over. On your marks, get set.

1. UP THE INTENSITY

“Functional and HIIT workouts increase the amount of calories burned both during and after exercise through a process called EPOC - excess post exercise oxygen consumption,” says Lawrance. “This means the body continues to burn calories for hours after the training session, leading to greater weight and fat loss. The blend of functional movements such squats, lunges, push, pull and twisting, combined with high intensity intervals using weights, rowers, sleds, battle ropes, bodyweight, spin bikes, kettlebells and more, means you get a full body workout and there is no reduction in muscle mass, which can happen if you do long runs or bike rides.”

Try these [HIIT workouts that can be done at home](#).

2. PACK A PUNCH

“Boxing is becoming more popular either outside with a partner (or trainer) or in a gym with punch bags,” says Sawyer. “And there’s a reason. Boxing is an all-body workout and a real heart-rate raiser, which can boost your metabolism all day. Try exercising first thing in the morning on an empty stomach for even greater gains.”

You won’t be the only one. Here are [7 celebrities who do boxing](#) already. If it’s good enough for Gigi...

3. DON’T FORGET TO STRETCH

“Pilates strengthens and stretches the body from the inside by activating the deeper postural muscles that wouldn’t otherwise be activated during harder or more dynamic workouts,” says Eleonora Sansoni, an instructor at the new holistic wellness boutique, [Maître of Thyme](#). “Regular and consistent Reformer Pilates training can lead to an increase in fitness levels and muscle tone by improving the muscle tone of both the deeper and more superficial muscles.”

Need help with waning [weight loss motivation](#)? We’ve got 27 tricks to keep you on the straight and narrow.

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EST THEN

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RESPONDS
PERFECTLY

WHAT
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FIND A WORKOUT

Pick a body part to work, how long for and boom! Gym ready.

Select body part

Select duration



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YOUR SPORTS BRA BIBLE: 16 SUPPORTIVE STYLES

6 WOMEN SHARE THE EASY MEAL-PREP TRICKS THAT HELPED
THEM LOSE WEIGHT

23 SEX FACTS TO RAISE YOUR LIBIDO NATURALLY

'I DITCHED THE FAD DIETS AND SHED 4 STONE'

THE ULTIMATE BODY COACH HIIT WORKOUT FOR BURNING
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HOW OFTEN SHOULD YOU WORK OUT FOR RESULTS? A PT
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A BEGINNER'S GUIDE TO COUNTING MACROS (THAT'S FATS, CARBS & PROTEIN)

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