

trim tips

While fad diets might give you a quick fix, there is a better (and healthier) approach to weight loss. “You have to change the way you’re living to sustain any kind of weight loss,” says Lilian Presti, BA, RNCP, RHN, a registered nutritionist and weight-loss program coordinator at Rosedale Wellness Centre in Toronto. “If health is your goal, weight loss will follow.”

So how can you get started on the path to long-term health and fitness? Consider incorporating the following easy weight-loss tips from Presti into your daily life.

- **Work from the inside out**

A good idea to kick-start your weight loss is to begin with a cleanse, which eliminates toxins from the body.

- **Write it down**

Keep track of everything you eat. Most people assume they eat better than they actually do – and seeing it in writing is the first step to change.

- **Reduce your sugar intake**

Sugar is a real obstacle to weight loss.

- **Eat more, weigh less**

Several small meals throughout the day will help stabilize your blood sugar levels (and cravings), so you don’t make poor food choices.

- **Don’t go hungry**

You can achieve weight loss through eating better-quality foods and by reducing unhealthy foods. Don’t restrict your calories – you’ll feel tired and binge on bad foods. Instead, eat when you’re hungry and stop when you’re full.

– Alicia McAuley



Perfect Pair

Flaunting your feet in a pair of sandals is one of the greatest perks of summer, but wearing the wrong pair could cause you unnecessary discomfort. Thankfully, Naot sandals blend fashion with function.

The key to Naot’s comfort is the innovative footpad. The multi-layered cork and latex insole allows your feet to breathe, encourages natural and correct posture, and adjusts to the shape of your foot to give you the perfect fit. The unique structure of the footpad also releases pressure on foot joints and protects your heel bone to give you better overall foot health. The footpad can be removed and replaced after excessive wear, extending the life of your sandals from one summer to the next.

– Alicia McAuley