

## 5 CHEW YOUR FOOD

Chewing your food instead of wolfing it down curbs appetite, says James Duigan – the man behind Elle Macpherson's figure. 'Chewing properly liquidises food to ensure your body can digest it and absorb maximum nutrients,' he says.

**TOP TIP** It takes 20 minutes for your brain to tell your body you're full after a meal, so watch the clock before reaching for seconds.

## 6 EAT BREAKFAST

Filling up first thing every day automatically kick-starts your metabolism and reduces daily calorie consumption. Nutrition expert Oz Garcia, who works with actress Hilary Swank, recommends Greek yogurt, berries and raw almonds to throw your body into fat-burning mode. 'Yogurt contains probiotics as well as calcium and protein. The berries are a source of antioxidants and the almonds supply healthy fat and protein,' he reveals.

**TOP TIP** Swap almonds for flaxseeds, which are full of weight-whittling Omega-3 fats and protein.



## 8 CUT OUT SUGAR

Can't seem to kick your sugar addiction? Independent nutritionist Ian Marber, whose client list includes Claudia Schiffer, uses this simple trick. 'Brush your teeth after every meal instantly to cut the desire for sweet food,' he advises.

**TOP TIP** If you can't quit your sweet habit – simply make wiser choices. Nibble on a couple of squares of dark chocolate (minimum 70 per cent cocoa solids) to satisfy your tastebuds while still getting a hit of antioxidants.

## 7 EXERCISE EFFICIENTLY

Trainer to the stars Gunnar Peterson keeps workouts short and his clients, who include Kim Kardashian, reap the rewards. 'I do big moves. If we're doing a lunge, we'll add an upper body component to it, like a wood chop,' he says.

**TOP TIP** Supercharge your metabolism with 20-minute interval training sessions. Do this two times a week.

*Kim does interval training*

