

Protect hair from swimming pool chemicals

Hair is porous and will absorb the chemicals from swimming pool water. If you don't wear a swimming cap then wet your hair in the showers before getting into a chlorinated pool. This saturates the hair with 'clean' water.

Fashion & beauty

How to get the shiniest possible hair

A leave-in hair conditioner gives the best results but don't be tempted to use too much. For extra shine when using an ordinary conditioner, wrap hair with cling film then a warm towel and leave for 20 minutes before rinsing.



■ LEGGY: If your legs are your best asset then show them off. Loose but not too baggy tops conceal a less than perfect midriff. Outfit by Wallis

How to drop a dress size for summer - or fake it!

It's just eight weeks until midsummer's day so if you've been planning to shed surplus pounds gained over winter then delay no longer. To help you on your way, we've asked two experts in weight loss to give us their top tips. And, if all else fails, learn how to look your best in the new summer fashions even if you don't have the body you want. **HILARIE STELFOX** reports

MOST of us approach spring and summer carrying a few extra pounds gained over winter.

Which makes it unfortunate that the new season's fashion are more revealing and less forgiving than cold weather clothes. But with two months to go before the summer solstice, there's still time to get into shape and look forward to sunny days and the holiday season. Fitness consultant Chris Ball, who runs his own gym in Elland, says the thought of summer holidays always causes an influx of new clients: "You get a mad rush in January when people are making their New Year's resolutions, then again in May/June when they want to get a beach body," he said. "They leave it quite late." Chris, a sports performance coaching graduate from the Carnegie faculty of Leeds Metropolitan University, takes the scientific approach to diet and fitness. He believes that simply cutting calories is not enough. He explained: "What people have got to understand is that when you diet you lose water, muscle and fat and that the less lean tissue you have (muscle) the less your body is able to burn your calorie intake. "As people get older weight doesn't come off as easily and they tend to slow down so they end up storing more of their calorie intake as fat." He says the solution is to force the body to use its fat stores for energy and increase lean tissue through moderate, regular exercise. "A brisk walk every day is probably enough," he said. "You don't need to be overdoing it." Chris also sets his clients a programme of weight and resistance training to maintain and build muscle. His diet plan begins with a 14-day period of abstinence from processed carbohydrates, such as sugary foods, bread and pasta. Instead of these he advises an intake of protein, fresh vegetables and seed oils. The science behind his diet is based on the fact that when we eat foods high in refined carbohydrates, such as cakes and bread, it triggers the production of the

hormone insulin. Over-production of insulin by overeating can cause what is known as insulin resistance, when more and more of the hormone is produced, and even age-onset or Type 2 diabetes.

"When you eat carbohydrates they are broken down into sugars and that spikes insulin production to transport the sugars to the body's cells. They are either used for energy or stored as fat," says Chris. "Controlling your carbohydrate intake and relying on complex carbs (brown bread, brown rice etc) and avoiding processed foods altogether can help your body to become more sensitive to insulin so you produce less of it and lay down less fat." After the first two weeks of his diet plan Chris introduces some complex carbohydrates and fruits and after another two weeks moves on to a maintenance plan. "People then follow the plan for five days in every



■ STRIPES: Vertical stripes are slimming. Outfit from Wallis



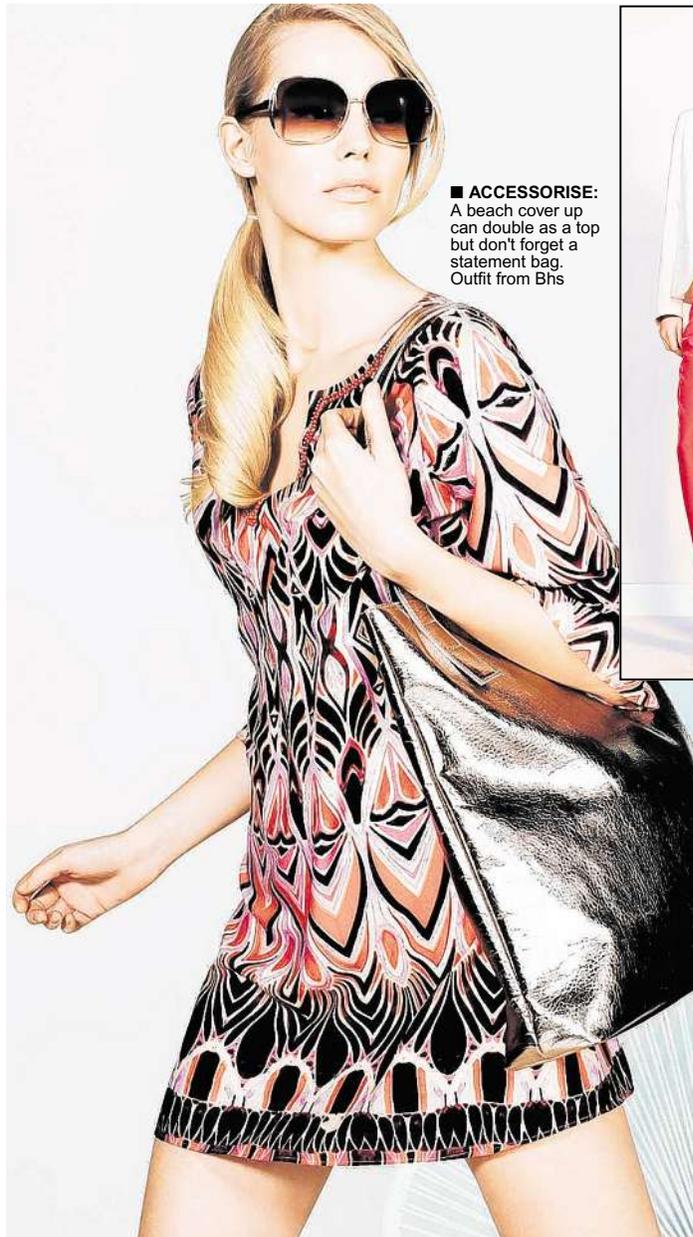
seven and have the weekends off to eat whatever they like," he said. This is important because it prevents the body from going into permanent starvation mode and becoming more efficient at storing fat.

A trial of 12 test subjects at The Fitness Suite in South Lane, Elland, found that the plan resulted in a fat loss of up to 6% which is 14lbs in weight. Even those who didn't take up increased exercise levels saw a change in their shape. Top tips for fat loss from Chris include cutting out processed foods, restricting fruit intake (fruit and fruit juice are high in natural sugars that can raise insulin levels), filling up on vegetables (not potatoes or other root vegetables such as carrots) and choosing hearty bread and unrefined foods with a low glycaemic index (release their energy slowly). Drink green tea and plenty of water. Walk briskly every day for half an hour.

● We're offering up to five readers the chance to try Chris Ball's C19 Fat Loss System. If you have weight to lose and are prepared to commit to the one-month programme under his supervision, then write and tell us why you need to get slim in 2012. Tell us how much you weigh, your clothing size, age, occupation and where you live. We are looking for people who want to lose one or two dress sizes.

Please provide full contact details. You must be free to attend sessions at the Fitness Suite in Elland. For further details check out www.c19fitness.com Write to: Hilarie Stelfox, Huddersfield Examiner, Pennine Business Park, Longbow Close, Bradley Road, Huddersfield HD2 1GQ or email hilarie.stelfox@examiner.co.uk

■ CONSULTANT: Chris Ball



■ ACCESSORISE: A beach cover up can double as a top but don't forget a statement bag. Outfit from Bhs



■ SLIMMING: Cardigans and jackets are your best friends. To create a slender silhouette try a loose figure-slimming top. Outfits from Bhs, above left, Evans and Wallis, right



Reduce portion sizes at meals

KATIE VAN DIEPEN, a Weight Watchers leader in Huddersfield, gives her members regular pep talks on how to lose weight and keep the pounds from creeping back. Her tips for looking good this summer include reducing portion sizes at meals. She said: "You don't need to keep up with your partner. And don't eat up other people's leftovers. You aren't the waste bin!" Enjoy the great Yorkshire scenery and encourage a friend to go walking with you.



■ ADVICE: Weight Watchers leader Katie Van Diepen

Invest in a new cookbook as it keeps you interested in preparing meals. Swap beer, wine and lager for wine spritzers or longer drinks such as gin and slimline tonic or Pimms and diet lemonade. Don't forget to drink plenty of water as well. And remember that drinking too much alcohol will weaken your resolve not to over-indulge. Plan your weekly shopping and make a menu plan. "Not only does this prevent food waste, it stops you reaching for the takeaway menu or frozen pizza." When going out for a meal, check the restaurant menu online and make healthy choices before

"But don't go for baggy cover-ups that drown your figure. Put fitted tops and sundresses with light, cotton cardigans that skim over any lumps and bumps. A few well-chosen cardigans are your best friends." ● Dress in proportion. So don't wear long, flowing dresses if you are short. If your legs aren't your best feature, disguise them with knee-length skirts or cropped trousers. ● Use colour and pattern to your advantage. Horizontal stripes can make certain areas look bigger but will balance a pear shape if worn at the top. Plain colours will detract from unfavourable features while strong patterns will draw attention to them. ● Accessories can liven up an old outfit and provide a focal point for the eye. Deborah said: "Statement necklaces provide a pop of colour, as do tote bags in brilliant shades. Try turquoise, pink or pistachio green." ● Last but not least, invest in a good pedicure and some cool, comfortable strappy sandals or flip flops. If, however, your feet need time to recover from a winter of neglect, then opt for a pair of pretty cotton pumps.

An effective way to give your skin a glow

GIVE nature a helping hand with the careful use of cosmetic body products and salon treatments. Rebecca Walters, therapist at the award-winning Potting Shed spa in Batley, says a full-body exfoliation is a simple but effective way to get skin ready for summer. "It gives skin a glow," she said. "Ideally, you should be body brushing every day before showering, but using a salt scrub once or twice a week is a good idea. "Exfoliating gets rid of the dead and dying skin cells that make skin look dull and reveals fresh, new skin underneath." Massage can also help by stimulating the circulatory system and making skin appear firmer. Although self-tanning treatments peak in the summer months, Rebecca says that they are now popular all year round - and a perfect way to look better on the beach (although they offer no protection from the sun). A light tan is slimming and creates the appearance of being more toned. "We always advise people to exfoliate thoroughly before a treatment because that way the tan lasts longer," she explained.