

# Nimble

## 52 Slimming tips:

1. Don't rely on fad dieting – just make subtle, healthy changes in your diet like swapping your regular bread for New Nimble.
2. Don't deprive yourself of food that you really enjoy – just make 'everything in moderation' your mantra. The odd biscuit won't harm!
3. Take time to enjoy your meals, don't eat 'on the go' when you're rushing for the bus.
4. Don't keep clothes that are too small in the hope that you'll slim in to them. Adopt a more healthy attitude to dieting – be comfortable and happy with yourself.
5. Don't go food shopping when you're hungry – you'll make unnecessary purchases!
6. Keep a food diary – that way you can keep track of your daily consumption.
7. Try and go for a brisk walk for 20-30 minutes a day.
8. Eat foods that contain high amounts of fibre such as whole grains and beans – they'll fill you up, helping you to avoid snacking on unhealthy options.
9. Include chicken and fish in your diet – it's leaner than red meat.
10. Enhance the flavour of your food with herbs and spices such as chilli to give it more flavour, rather than adding fattening dressings.
11. Try going for a walk after every meal.
12. The best time to eat is when you're hungry so don't skip meals!
13. Don't eat your main meal late at night as you won't have time to properly digest your food.
14. Grill, steam or bake your food instead of frying it.

15. Get a dog, or offer to walk your neighbour's dog– the dog needs exercise and so do you!
16. Join an exercise group – try something new like step classes in high heels – the new craze from America!
17. Walk to the newsagents every morning rather than having your paper delivered.
18. Cycle into town rather than drive – it'll help you keep fit and it's kinder on the environment.
19. Snack on celery sticks rather than crisps or chocolate. They're healthy and you actually burn calories eating them!
20. Swap your daily slice of carrot cake for raw crudité's like carrots.
21. Don't skip breakfast – it's the most important meal of the day.
22. Use olive oil when cooking as it is good for your heart and controls cholesterol levels.
23. Doing 30 minutes of house work can burn nearly 200 calories – 2 jobs in one!
24. Take the stairs instead of the escalator whilst shopping or going in to the office.
25. Drink 100% fruit juice instead of a concentrated drink – it's much healthier and one glass can count as one portion of your daily five fruit and vegetables per day.
26. Remove the skin from poultry before cooking it – it's full of fat.
27. Add a chopped banana to your cereal to boost energy first thing in the morning.
28. Drink lots of water as it is a great body cleanser (and good for your skin!)
29. Try swapping white rice for brown as the whole wheat is a great source of extra fibre
30. Snack on a handful of nuts i.e. brazils if you're peckish in between meals as they give you extra protein.
31. When food shopping – use a basket rather than a trolley to carry your goods as it will help tone your arms!

32. Before heating up prepared soup, keep it in the fridge so that the fat will rise to the top as the soup cools. Then skim it off the top in order to reduce the overall fat content.
33. Try new fruits and vegetables to add variety to your diet. Eating healthily doesn't have to be boring!
34. Make your own lunch and take it to work so that you won't be tempted by the chocolates in the sandwich shop.
35. Clean out your wardrobe and donate clothes that don't fit you and are too big for you.
36. Try and go for a swim once a week – swimming is a great all round exercise to tone the whole body.
37. Take your body measurements regularly so you can measure your progress as you lose those unwanted inches.
38. When eating out with a friend or partner– share a pudding so you can half the calories but still enjoy a treat!
39. If you catch the bus to work, get off a stop early and walk the rest of the way.
40. If you're eating out think about your choice – avoid 'all-you-can' eat style buffets' – you may see your willpower start to waver!
41. Wash the car by hand rather than using the car wash – you'll be saving the pounds in your wallet, whilst helping the unwanted ones drop from your waistline.
42. When you have a salad – don't ruin it by having full fat dressing – choose a lighter vinaigrette.
43. Eat three healthy meals a day, snacking on fruit and nuts in between.
44. When you're eating your meal, take time to enjoy it - sit and chew your food properly.
45. Take time out of your daily routine to relax. Have a bath before you go to bed as you will sleep better making you feel more refreshed in the morning.
46. Enjoy a cup of hot water with a slice of lemon first thing in the morning and last thing at night – it is a great daily detox for your body.
47. Drink alcohol in moderation. A good option to save calories is to choose a slim-line mixer.

48. Don't drink alcohol on an empty stomach – you'll only end up reaching for salty snacks. Eat a healthy Nimble sandwich with avocado, tomato and basil before after-work drinks.
49. When you're food shopping – make a list and stick to it so you're not tempted by the desert aisle!
50. In the summer months, swap full fat ice-cream for a fruity sorbet – a much lighter option.
51. If you can't resist a traditional Sunday roast, swap roast potatoes for boiled and steam the vegetables for a healthier option.
52. Why not try making your own smoothies – take some frozen fruit, low fat frozen yoghurt and crushed iced and you have a delicious low calorie treat