WEIGHT DROP 12st 5lb to 9st 5lb TOTAL LOSS **DRESS SIZE DROP** 3st 14 to 8

WHY I LOST WEIGHT

In 2019 I was at my heaviest and I had extremely low self-esteem.

One morning I stepped on the scales and the number that glared back at me took my breath away.

While I believe people can be healthy at different sizes, I knew I wasn't healthy – or happy.

HOW I DID IT

I prioritised three meals a day, consisting of veggies or fruit, a protein source, a slow-release carbohydrate, and some healthy fats.

This kept my energy levels up and significantly reduced my cravings for sweets or savoury snacks.

I added some movement into my day, aiming for a ratio of 80:20 healthy eating and exercise to nonhealthy eating and rest.

I worked on my mindset first, then nutrition and exercise followed.

HOW I KEEP IT OFF

I adopted healthy lifestyle habits, including better sleep hygiene, managing stress levels, and lowering alcohol consumption.

I surround myself with a positive support system and practiced mindful eating.



THEN.

NOW

AMANDA'S DIET BEFORE

Breakfast: Cereal and a spoonful of Nutella, or bagel with cream cheese and a full-fat latte Lunch: Chicken salad sandwich with a frappuccino, or burger and chips Dinner: Fettuccini alfredo, or macaroni & cheese Snacks: Protein bar, ice cream, toast with peanut butter or jam

AMANDA'S DIET AFTER

Breakfast: Protein yoghurt bowl with berries & granola, or porridge with banana and peanut butter Lunch: Salmon fillet with salad, avocado toast with halloumi Dinner: Tiger prawns with rice & steamed veg, or chicken with baked sweet potato and salad Snacks: Fresh fruit, veggies with hummus, Skyr or Greek yoghurt, rice crackers with peanut butter

EXERCISE ROUTINE

Walking, 5km runs, spin class, strength training, yoga

WHY I FEEL FABULOUS

My energy levels rocketed, my sleep has never been better, and I'm much more mobile.

Achieving my weight loss goals enhanced my selfesteem and body image.

MY WEIGHT LOSS TIPS

Never eliminate anything totally. Reward yourself for the small wins.

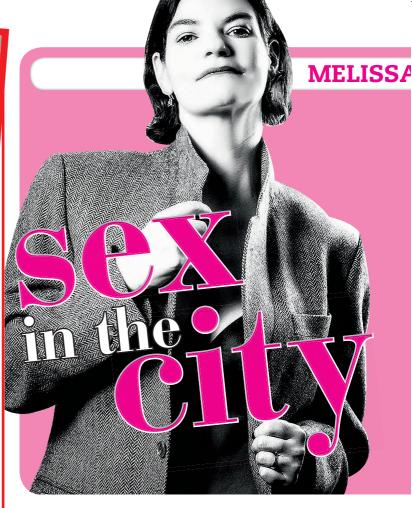
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Amanda is an award-winning health coach and founder of Sculptrition. Sign up for a free 7 Day Slim Down via her website.

If you're a weight loss wonder, email weightlosswonders@loveitmagazine.co.uk



www.loveitmagazine.co.uk



Britain's Most Haunted

The Dolphin Hotel in Southampton boasts a stunning Georgian frontage.

It's one the most eyecatching architectural gems on the city's main



The hotel has always been a stopping-off street. point for the great and the good.

- Former visitors include William Makepeace
- Thackeray, who wrote part of his famous work Pendennis while a guest in 1850. Jane Austen was another author who
- took advantage of the hotel's facilities and attended a ball there.
- But the premises also has its very own ghost, Molly. A popular cleaner at the hotel, Molly died in undetailed and mysterious circumstances.
 - She is to be seen in the early hours drifting around the corridors just above the ground. A cold chill is said to be left behind by her presence.