

**WEIGHT
LOSS
WONDER**

THEN...

NOW!



WEIGHT DROP
12st 5lb to 9st 5lb

DRESS SIZE DROP
14 to 8

TOTAL LOSS
3st



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 self-esteem and body image.

MY WEIGHT LOSS TIPS

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

Amanda Place, 28, London

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

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 non-healthy 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.

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

MELISSA

**sex
in the
city**

Britain's Most Haunted



The Dolphin Hotel in Southampton boasts a stunning Georgian frontage.

It's one of the most eye-catching architectural gems on the city's main street.

The hotel has always been a stopping-off 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.