

AMANDA BYRAM

BODY BEAUTIFUL

Every month *Bodyfit's* healthy living guru brings us her bite-sized tips



This month I will feature in a (gasp) naked shoot to promote the positive message that women need to be "Strong Not Skinny". During my training in the run up to my shoot, I ate sensibly and trained hard with weights. The result was that I didn't lose any weight – in fact I actually gained a couple of pounds! – but I did lose eight percent body fat. My face stayed the same and I managed to keep my boobs. I was toned without depriving myself

Shake it up

Protein shakes are an extremely convenient way of getting your dose of protein post-gym. Enter the PROMIXX vortex mixer! This gem has a battery-operated motor that spins at 9,000 revolutions per minute and mixes your nutritional supplements with the touch of a button. It's made from BPA-free materials that don't retain odours or leak like some shakers. Simply fill with liquid, press the

Cheating is good

I believe that 'cheat meals' will make all the difference to your weight loss goals. It seems ironic, but the key is to allow your body the gift of indulgence every now and then if you are working it hard. It will respond with more energy (especially as you are feeding it with high levels of glycogen) less stress and lower levels of cortisol. Your body knows when you are rewarding it. Just remember that a cheat day is not an excuse to totally fall off the wagon!

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of food, supporting the theory that weights are the key to body fat loss. Too many women are obsessed with being skinny, but it isn't healthy! With health comes the body you desire. So come on gals, get lifting!

Trainer tip

Dalton Wong from 22 training says: "Carbohydrates are your friend and not your enemy. The key to consuming carbs is deciding what your training goals are. If you're trying to lose weight, increase strength or improve endurance, then carbs should be an integral part of your nutrition plan. A nutrition plan that covers all three macro-nutrients (fats, carbs and protein) is sustainable; fad diets are not."

button to get the 'vortex' going, add your powder of choice, give it 30 seconds, put the lid back on and drink. Better still, it's not just for protein shakes – you can mix fruit or vegetable supplements, omelettes, milk shakes, baby formula or even your favourite cocktails. promixx.com

Inside out

I'm a firm believer in digestive health leading to a glowing body. After all, if your digestive system is out of whack with all the sugars and processed foods that we eat today, your skin will suffer for it. Taking a probiotic every day will help ensure that you glow from the inside out. Udos Choice offer great options in their Microbiotic range.

I'm loving

I've been a fan of NEOM Organics for many years. Their candle and body products are scrumptious. The brand has been given a complete makeover and the new look and fragrances offer four treatment categories – De-stress, Happiness, Relax and Energise. The body oil is great for pregnant women because it's high in vitamin A and E which help the skin to stretch easily. My personal favourites are the bluebell, guaiac wood and rose bath and shower oil, and the grapefruit, lemon, rosemary and wild mint body and hand wash and lotion. The candle range will ensure that your house smells just as good as you do.

Thought of the month

It's not worth taking anything personally, because it's unlikely to be about you.

Visit Amanda's website at amandabyram.com or find her on Twitter at [@amandabyram1](https://twitter.com/amandabyram1) and [@byrambod](https://twitter.com/byrambod)