LIFESTYLE CHANGE

If you are trying to lose weight, eating a regular calorific meal out will not help your waistline. Keep the routine you enjoy going but make smarter choices to lower your fat and calorie intake, leaving in a positive frame of mind.

FITNESS TIP

Any overhead exercises performed while standing require extra concentration and focus on engaging your core for stability. There is a tendency to arch your back therefore check your technique in the mirror and work hard to keep your body strong.

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EATING out should be a lovely experience and should not mean you have to sabotage a healthy way of eating.

I have lost count of the number of people who have commented how difficult it is to find something healthy when they eat out. My answer is usually the same: "But you managed in the end."

Yes, sometimes it is difficult and yes, you may go slightly off track but if you want to be smart and stay focused here are a few of my tips:

■ If you have a choice, make a sensible one regarding which restaurant you visit. Check the menu online. A good restaurant will help you customise your order by talking through how things are cooked to help you pick the healthier options.

■ It's always a huge temptation – especially if you are hungry – but leave the bread. In fact, to avoid temptation all together, ask for it to be taken away. White bread simply fills you with empty calories – in other words there is no nutritional value in it whatsoever.

■ Aim to order grilled food rather than pan fried, deep fried or sautéed.

■ Protein-based foods such as grilled, lean meat or fish are the more healthy options.

■ Sauces are usually packed with calories so either skip the sauce and add lime or lemon juice, or ask for the sauce on the side and try to use sparingly.

■ I'm sure you know the answer, when you have the choice of potato/chips or salad/vegetables!

■ Ask for extra salad or vegetables but with no butter or dressing as this can treble the calories.

■ Potatoes, pasta and rice are not necessarily unhealthy but they are packed with carbohydrates and, unless you burn them off during your daily activity, will be stored as fat.

■ Don't assume because you order the vegetarian option, it's the healthier choice. They are often packed with cheese and nuts, therefore will be high in calories and fat.

■ If you are drinking wine, try to alternate with a glass of water. It's healthier and you will also feel fuller, therefore eat less.

■ Eat slowly and try to have a healthy starter like prawns, vegetable soup or parma ham and melon. This, along with your main course, will probably be enough therefore skip any sugary desserts.

So, if you are seriously trying to lose weight, make the sensible decision on whether you want to jeopardise your hard work by eating a huge number of calories, in a matter of minutes. Think how you'll feel afterwards. It takes self-discipline – this is the difference between those who get the results and those who are constantly battling their weight.

When you are looking after your waistline, eating out should not be a stressful experience. By making the right choices you can leave the restaurant feeling relaxed and happy, knowing your healthy regime continues.

> Making healthier choices when eating out will leave you feeling happy knowing you haven't jeopardised your fitness regime