

WEB EDITOR JENNIFER SEARLE



Work it (without extra workouts)

The social season has arrived and that means plenty of cocktails and eating out. Are you worried about getting a little too much holiday cheer? Then use these top tips from healthy living and weight loss coach Valerie Orsoni:

Eat first; resist later. If you're going to a dinner party, eat a hard-boiled egg before heading out to curb your appetite by at least 25 percent.

Be mindful at the bar. Avoid strong liquors as their high sugar content raises your glycaemic index, causing your body to store more fat. Instead, go for a glass of red wine, and sip it slowly so that you don't feel the need to fill a second one.

Dance! Hit the dance floor and shake that booty! This way, even if you do indulge a little, you can burn it right off while you tango.

Get a head start on getting fit...

Join LeBootCamp and get a 50% discount – go to fairlady.lebootcamp.com and create your free profile. Simply enter the code **FAIRLADY50** into the discount field when you sign up to **save 50%** on your first month's subscription.



It's what we're loving

Check out the FAIRLADY team's 'have-to-haves' each month. Visit www.fairlady.com/hot-stories and look out for FAIRLADY favourites.



FEELING FLIRTY?

Meet new people with FAIRLADY Flirt – our online dating site! Whether you're looking to meet new friends or a possible love interest, you'll be able to browse online profiles and connect with like-minded people. It's quick, easy and free to join – go to www.fairladyflirt.com today!

We asked you:

What is your favourite fashion poison?

You answered:

60% Shoes **17%** Accessories

14% Bags **9%** Lingerie

Get fashion inspiration every week with FAIRLADY. Visit www.fairlady.com/fashion for style icon inspiration, looks we adore and fashion news.

