

how to use this book



Congratulations on your forthcoming wedding, and your wise decision to get organized in advance, be it six months or six weeks ahead. Full of exercises, healthy eating and beauty tips, this book will help you stay on top of the planning and shape up to look your best on the big day. Be realistic about your goals. Unless you're heavily overweight, don't aim to lose more than two dress sizes - you could set yourself up to fail and feel bad when you should be celebrating. Focus on the many other techniques in this book to enhance your natural assets.

read ahead

Before you begin each section, read through the exercises and imagine yourself carrying out the programme. This will help you both to do the exercises and to stick with the routine. You should also read the final week's section (see pages 82-101) well in advance. Check that you've already tried anything you'll be doing that week, apart from simple treatments such as massages. Don't do anything new in the final week, or use any untested products, in case of a skin reaction.

Some parts of this book need to be followed in the order in which they appear - aerobic exercise before muscle building, for example, and facial exercises started early enough to show an effect - but many can be tried out at any time. Try the detox from the 6-week Fit Bride Plan (see page 110) if you're feeling sluggish, and the stress-relieving massages from the final week's section as soon as you like. The 6-week Fit Bride Plan is a quick fix for those with limited time. The diet is more stringent and the exercise regime more concentrated, but it is safe to follow indefinitely. Beauty tips can be found in the rest of the book.

and finally...

Please use this book as a resource - not as a source of extra stress! You don't have to follow every suggestion. Remember that everyone thinks the bride looks beautiful and anything that goes wrong at a wedding makes a funny story later on. Above all, your wedding should be a celebration, not an ordeal. Have a wonderful time!

6 MONTHS

GOALS	To start long-term preparations and lose weight if necessary
EXERCISE PLAN	Follow the fat-burning exercise routines on pages 10-19 three or four times a week. On other days, fit in a walk
EATING PLAN	Choose a good fat-loss food plan following the suggestions on pages 20-25
BEAUTY PLAN	Bring your skin and hair into top condition. Start treatments that take time to show results