

COME DIET WITH US!

HOW TO GET THE CELEBRITY BODY YOU ALWAYS WANTED

How Imogen lost her baby weight

THEN: Imogen Thomas, 30, gained more than 2st while pregnant with daughter Ariana, born in February.

NOW: Imogen, who's 5ft 6, looks amazing and is almost back to her usual 9st. The new mum has been doing 20-minute gym workouts, spinning classes and drinking fruit and veg smoothies for breakfast. She's also cut down on carbs and is taking Slimsticks, a food supplement that claims to make you feel fuller so you snack and eat less.



MAKE IT WORK FOR YOU: Cheryl Wilson from The Nutrition Coach says: "Fast-release carbs, such as biscuits, drive fat accumulation. So cutting down carbs allows the body to get to work on stubborn fat stores. Slimsticks

may be a useful short-term fix, but I'd encourage Imogen to get used to eating less on her own."



MAY 2013:
SIZE 14