

NEW YEAR, NEW YOU ISSUE
Free in The Sun every Sunday January 6, 2013

Fabulous



TWEEET TWOO!

*How 140
characters
changed
MELANIE
SYKES' life
for the better*

DIET NO MORE
*THE THREE KEY
WEIGHT LOSS
RULES REVEALED*

STARRY EYED
*YOUR 12-MONTH
LOVE FORECAST*

BRING IT ON!
MEET THE LIFE

f new year
new you

Secrets of the **LIFE GURUS**

From FITNESS and FINANCE to finding TRUE LOVE, make 2013 your most KICK-ASS year ever! These EXPERTS show you how to make your life better...

PUCKER UP

"Couples are always surprised when I ask when they last had a proper snog. I don't mean a quick peck on the cheek before work, but a lingering kiss that makes your stomach do back-flips. It's a brilliant way of reigniting intimacy without taking your clothes off. And better intimacy leads to better sex."

Denise Knowles, Relate relationship counsellor

SAVE SAVVY

"The most common money gripe I hear from women is that they want to save more, but never have enough money leftover. So, as soon as you get your wages each month, put 10 per cent of it into a savings account. This will build up into a reasonable amount over time. And if you're lucky enough to get a pay rise or bonus, put this extra money into your savings, too. Don't obsess about finding the best account to put your savings into, though – I get so many emails about this. Yes, do a bit of research to see what's on offer, but it's far better to just get one started."

Sarah Pennells, financial expert (Savvywoman.co.uk)

TAKE A NAP

"I see so many stressed-out clients heading for burnout, and one piece of advice I always give is to incorporate rest into your daily routine – without feeling guilty about it. Schedule a 15-minute nap into your diary once a

week. I do it and people think I'm mad or lazy, but we need proper rest to function properly – away from the TV, the phone, the computer. Obviously, it's not practical to take a nap when you're in the office, but there are other rituals you can adopt. Step away from your computer for five minutes, even if it's only to go to the loo – and don't take your smartphone with you!"

Dr Nerina Ramlakhan, sleep and energy coach at the Capio Nightingale Hospital

CHANGE YOUR EATING HABITS

"We all know we should eat more healthily but, let's be honest, it can take a truckload of willpower to break that five-a-day Diet Coke habit. The good news is, it takes just four days to psychologically change a habit – whether that's cutting down on your 4pm Jaffa Cake fix, or swapping one creamy cappuccino a day for green tea. But never, ever change more than one thing at once. Try breaking or forming a new habit every 10 days and it will feel like less of a struggle."

Vicki Edgson, nutritionist (Vickiedgson.com)

BE SELFISH

"The default response for many of us when asked how we are is: 'I'm so busy'. So if you feel like you're living a hamster-wheel existence of work, socialising and sleep, be more selective





about how you spend your time and who you spend it with. It means 2013 won't whizz by in a blur. Resist the temptation to cram activities into your diary every night of the week and don't feel like you have to commit to everyone and everything. Schedule in at least one evening a week to yourself and that way, you'll have more of yourself to give when you see your friends."

Carole Ann Rice, life coach
(Realcoachingco.com)

GET FIT WITH FACEBOOK

"Social media is a really powerful motivational tool – and it's free! If

to strangers, as you have no idea what they're thinking. It's all about taking baby steps and engineering flirting opportunities – like going to the bar at the same time as him, so you can engage him in conversation. And if the idea of flirting makes you go beetroot, build up your confidence by practising with men you meet in everyday situations at first – such as the guy who sells you your morning coffee – before moving on to someone you really have the hots for."

Jean Smith, flirting coach and author

DO YOUR OWN PR

"Every woman should spend five per cent of her time doing her own PR. These days, the internet is a powerful way of finding out

*'Use your IMAGINATION to
build up your CONFIDENCE'*

you've set yourself a fitness goal – whether it's running 5km or swimming 30 lengths of the pool a week – buddy up with your Facebook friends. Set up a Facebook group where each of you can post your successes and write messages of support and encouragement. Pinterest is also brilliant. Try creating a pinboard of images to spur you on – you could include a picture of that fabulous bikini from ASOS you're determined to rock on the beach this summer."

Personal trainer Lucy Wyndham-Read
(Lwrfitness.com)

FLIRT LIKE A PRO

"Many single women feel a bit awkward flirting, but no one is born a natural flirt – it takes time and practice. You spot a guy you fancy at the bar and your first thought is: 'Why would he be interested in me?' Stop! Don't give so much power

information – so make it work for you. Keep track of your online accounts. Do your Twitter and Facebook profiles undermine the image of yourself that you would like to develop? I find it astonishing that in such a harsh job market people post pictures of themselves on the internet in various states of undress or inebriation. And don't get me started about what some people tweet about!"

Mrs Money Penny, Financial Times columnist and author

VISUALISE YOUR DREAM JOB

"Your imagination is a powerful tool, so use it to build up your confidence when you're going for a new job, a promotion or a work project you're keen to take on. Use visualisation techniques to picture yourself in that new role – see yourself at your desk, working with the team. This really helps to boost your self-belief, and if you feel confident in your abilities then other people – your boss and interviewer included – will start taking notice."

Susie Pearl, Former Vice President of MTV and author 