



GIVE CELLULITE THE FLICK

A healthy diet is the best defence against unsightly cellulite, celebrity trainer Tiffany Hall tells **DANIEL HOY**

GOOGLING “how to get rid of cellulite” yields about 752,000 results in just 0.15 of a second.

The solutions range from creams, to home detox kits, to something called smart lipo.

The wide array of weight-loss and body treatment products marketed at women is part of the reason *The Biggest Loser* trainer Tiffany Hall has dedicated a section of her new book to avoiding cellulite.

Cellulite is a collection of fat cells that have made their way through the cell wall and into the middle layer of the skin. Once there, they pull on connective tissue to create a dimpled skin surface.

Getting rid of them is a subject of much conjecture, but healthy eating and regular exercise are thought to help.

Hall believes a diet low in saturated fat provides the best defence against cellulite.



HALL'S PLAN OF ATTACK

AVOID zero-fat diets.

DON'T cut down fat too low – make it 10 per cent or more of your total calorie intake.

ONE tablespoon of flax or Udo's Choice oil blend can fix you up with essential fatty acids for the day.

USE a non-stick spray instead of coating your pans with oil. And when you spray, don't put a fire out – two seconds is all you need.

BUTTER is empty calories – no essential fatty acids, no good fats. consider eliminating it all together. Instead of spreading butter on rye toast, use avocado or natural

peanut paste spread.

ELIMINATE margarine.

CUT down on processed meats such as bacon, salami and sausages.

BUY lean cuts of meat.

TRIM visible fat from meat.

REMOVE skin from poultry.

ELIMINATE commercial patés, dips and pastry-based products.

USE low-fat dairy products.

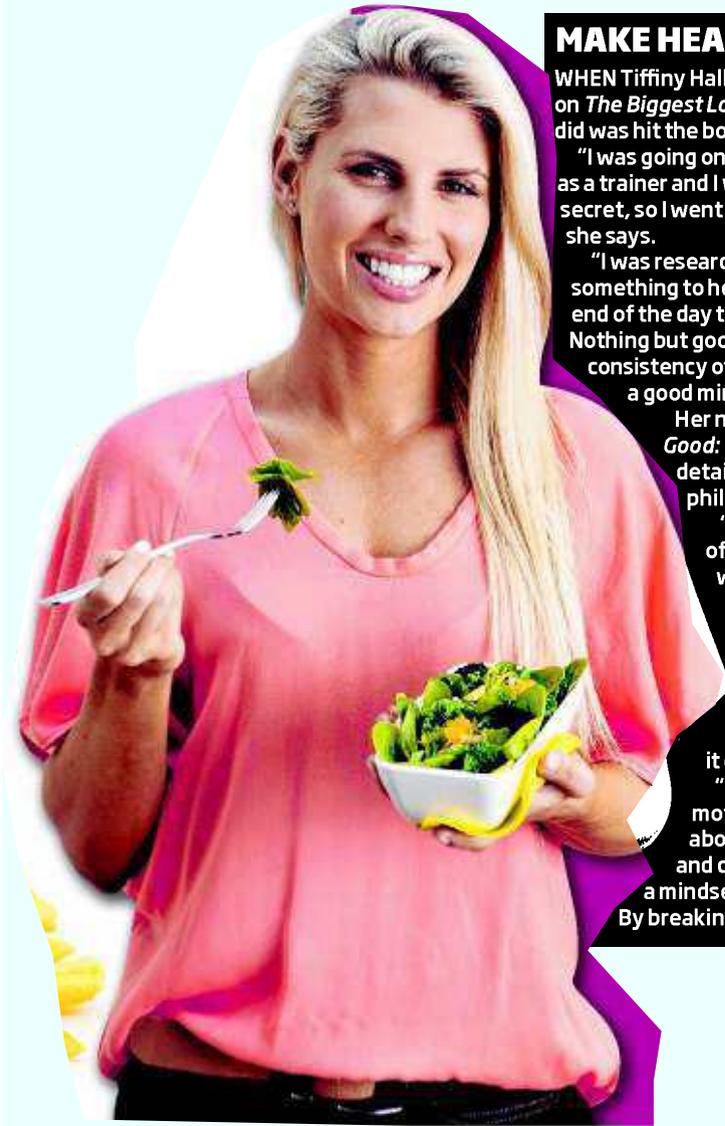
MINIMISE your intake of snack foods such as manufactured cakes and biscuits, chocolates, potato chips and takeaway food.

ONLY eat what you cook. This is eating naked, stripping your food of all processing and packaging.

SALAD dressings with olive oil or balsamic vinegar are best – avoid all other squirts.

BANISH fried foods – they won't unleash any inner warriors. Over time you'll stop craving them and soon your powerful new warrior physique will stop you from ever wanting them again.





MAKE HEALTHY LIVING A HABIT

WHEN Tiffany Hall was approached to be on *The Biggest Loser*, the first thing she did was hit the books.

"I was going on to *The Biggest Loser* as a trainer and I wanted to find the secret, so I went on a journey to find it," she says.

"I was researching, trying to find something to help me win, but at the end of the day there is no secret. Nothing but good nutrition, consistency of exercise, and a good mindset."

Her new book, *Fat Loss For Good: The Secret Weapon*, details Hall's weight-loss philosophy.

"After doing a season of *The Biggest Loser* I was asked the same questions all the time: 'What is your secret to weight-loss?' 'How do you get motivated to exercise and keep it off?'

"I realised that motivation was more about changing habits and creating a mindset." By breaking it

down and making one good choice after another, Hall says you can create lifelong healthy habits.

"We all know if you go on five diets before the age of 25 that you're 80 per cent more likely to develop an eating disorder," she says.

"I wanted to delve into that a little more and teach people how to deal with binge eating and get back on track."

Hall also believes that to be truly successful, people on a weight-loss journey need to jettison guilt.

"People need to stop feeling guilty for not exercising, or eating badly," she says.

"Extracting the guilt from a healthy lifestyle is very important.

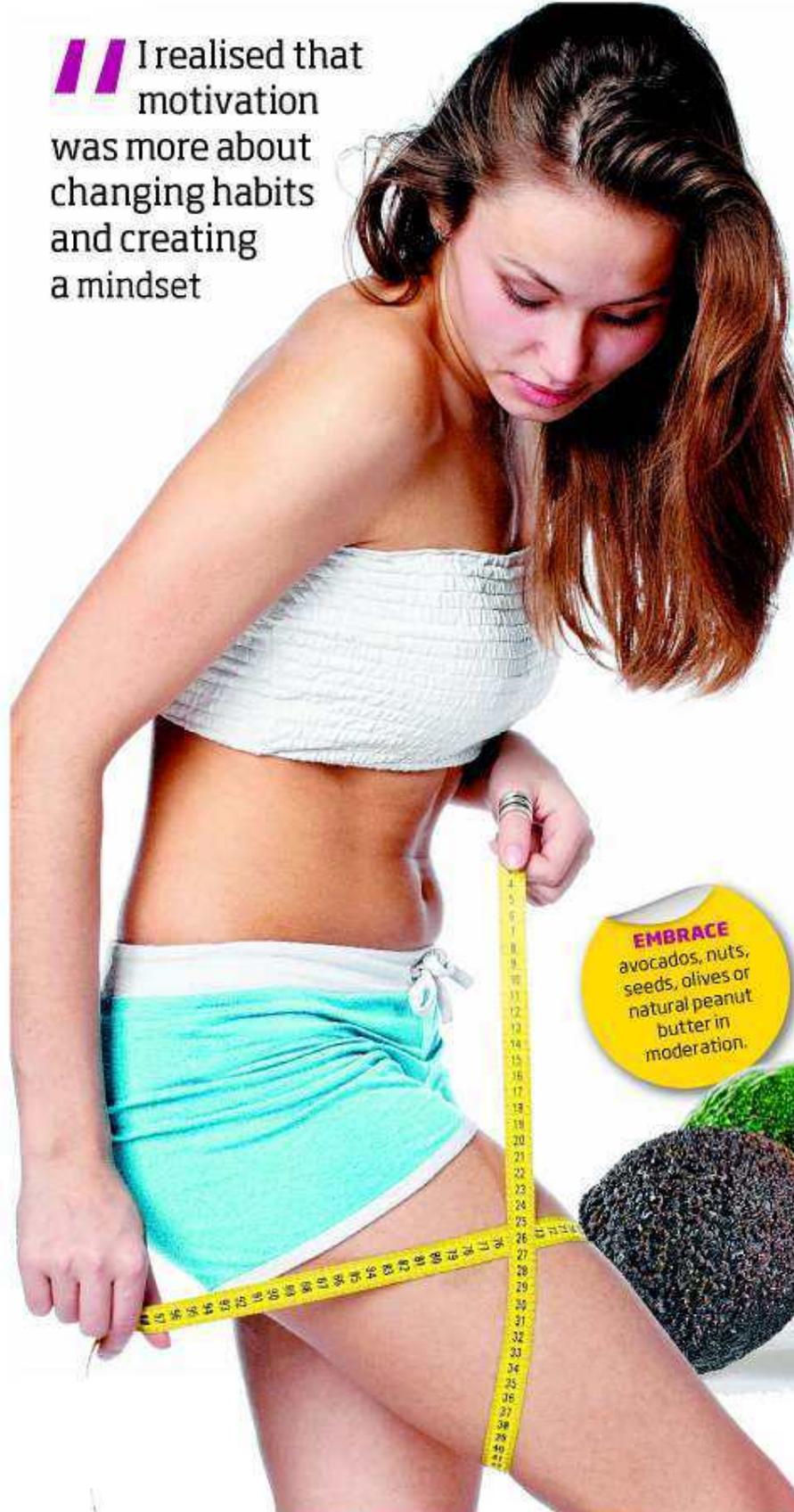
"I believe weight is entirely emotional. You don't get over 100kg without feeling a certain way.

"Thoughts are feelings. You can express those positively or negatively, and some people turn to food."

FAT LOSS FOR GOOD: THE SECRET WEAPON
Hardie Grant Books
\$29.95



// I realised that
motivation
was more about
changing habits
and creating
a mindset



EMBRACE
avocados, nuts,
seeds, olives or
natural peanut
butter in
moderation.



EAT salmon
and trout –
fabulous fat.