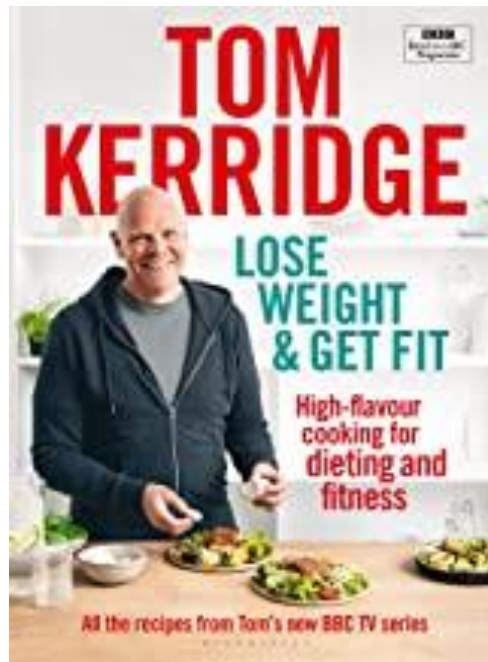


Book of the Week



Following on from the No.1 bestseller Lose Weight for Good, top chef Tom Kerridge shows you how to shed the pounds and kick-start a more active lifestyle.

Having lost more than 12 stone in the last five years, Tom knows from experience how important it is to motivate yourself to start dieting and exercising and to stay on track.

'When I first set out to lose weight, I concentrated mainly on what I was eating,' he says. 'But now I know that it's to do with fitness as well: the two working together is the winning formula for getting maximum results and maintaining those results long term. And the number one rule when it comes to eating well on a diet is to keep food interesting! Every recipe in this book not only sustains you through the day, but provides fantastic tastes and textures with each mouthful.'

With light bites and veggie feasts, meal-prep to see you through the week and tasty sweet treats, Tom has got it covered.

At the back of the book, you'll find a fantastic bonus chapter with a cardio workout and strength exercises that you can do from home with minimal equipment. It's all about taking control of your life in a positive way, so get ready to EAT better, DO more and LOSE WEIGHT with Tom Kerridge!

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