

## GLAM NIGHT – By Queenie

Most women are motivated to lose some weight in order to fit into nice clothes for a special occasion or maybe that very annoying trend of skinny jeans. When you are larger like I was, anything over size 14 (overweight range) just doesn't quite work. When it's size 18 (obese) forget it, not even Trinny & Susannah dressing can hide one's fat unless you are extremely tall.

So as motivation to lose another dress size for my next milestone from 80kg down to 75kg I decided to organise a Glam Get Together for my friends who either needed to lose weight, and or who needed some common sense advice re nutrition. Plus it was a bit of fun. I used to love fashion so now that I can wear size 10, it was time for a party. So who better to invite as a VIP guest presenter on healthy lifestyles than Di, and if anybody can inspire my wayward friends (like she did me) then I was sure Di could!

Di spoke about her clean living philosophy and her approach to nutrition which is "keep it simple". She reminded us that deep down we all know what we really need to be doing but somehow we either forget, become too busy to think, or just simply give up, as it all seems too hard. Too much conflicting information out there, so a copy of The Plan was passed around, and everybody got into a discussion re food. Well, some discussed while others sat in guilty silence, knowing what they were doing, especially for their children's health, wasn't good.

We were all dressed up in full on evening wear, drank a glass or two of champagne (with water in between) but ate healthy food mostly following the plan. It did take a lot of prep on my part to get this food ready and fresh on the day, but it illustrated the point perfectly. So after munching on salads, legume or vegetable based dips, home made oat biscuits, natural oysters, smoked salmon, we finally got around to a bit of hot tandoori chicken which hardly anybody ate because they were full having eaten their "greens". My strategy worked because had the hot food been served first, all the animal protein would have been eaten and the salads would not have had much of a look in.

Of course where would girls be without a bit of a dessert, so some beautiful french patisserie was cut up into tiny little squares the size of postage stamps and we all had a bite or two. Then it was time for more fun. We dressed up in some vintage furs, draped ourselves on the lounge and had a snaprazzi session. I have a photo or two of Di but just can't work out to this day how to shrink the pixels in order to post it on the forum. So please Di how about uploading your glam photos?

Glam night was declared an all round success by all who came and we are all looking forward to the next one in summer out by the pool. Swimwear and a spray tan is optional!!! 😊😊😊