

# THE NEW YOU

## GLAM TRANSFORM UNLEASHES YOUR INNER BEAUTY THROUGH HEALTHY LIVING AND STYLING TIPS

WHEN IS THE RIGHT TIME TO MAKE THE COMMITMENT TO SELF-CARE? WHEN YOU LOOK IN THE MIRROR AND DON'T LIKE WHAT YOU SEE? WHEN YOUR RELATIONSHIPS ARE FALLING APART?

FOR ELIANE ANTONIAS IT WAS NONE OF THESE. SHE HAS A WONDERFUL RELATIONSHIP WITH HER HUSBAND, IS AN ATTRACTIVE WOMAN IN HER 20S AND IS WELL AND HAPPY.

HOWEVER ELIANE REALISED THAT THE EXCESS WEIGHT SHE IS CARRYING AROUND WAS WEIGHING HER DOWN!

AFTER YEARS OF TRYING DIFFERENT DIETS AND EXTREME EXERCISES, ELIANE WAS LOOKING FOR A DIFFERENT WAY OF LIVING HER LIFE. A WAY THAT WOULD RESULT IN PERMANENT HEALTHY WEIGHT, ENERGY AND VITALITY.

**GLAM TRANSFORM** TO THE RESCUE.

# E

liane has embarked on a three-month healthy transformation.

The aim – to create a healthy relationship with food and heal her body and also to look her best.

Each week Eliane will have health coaching sessions with Nicole van Hattem of Art of Abundant Living. These sessions will educate, inspire and motivate her on how to create a healthy lifestyle. In addition to these sessions Yama Yoga will support her health journey with complimentary yoga classes, while Lynette Cowie, The Style Revivalist will give her tips on styling. You can follow Eliane's story here in GLAM each month and by following her on twitter: [@ElianeJAntonios](#)



## FINDING THE RIGHT BALANCE

**NICOLE:**

### STEP 1:

Eliane and I spent a couple of hours going through her health history, to really understand her journey so far and to explore how the programme would support her goals.

### STEP 2 :

We took a snap shot of her life at present by recording a week's worth of food, exercise and lifestyle habits. Some quick and easy changes were agreed. More water, less processed food, eating regularly, consistent exercise, better sleep patterns and slowing down.

## BE HEALTHY:

- Keep a food diary – statistically you will have up to 30% more weight changes when you keep a record and review it. (download free food diary here: [www.artofabundantliving.com](http://www.artofabundantliving.com))
- Set goals – be clear about what you want, by when and how you are going to get there.
- Get support – having a health coach or sharing your journey with friends, is a great way to get on track and stay on track. (find your health coach here: [www.artofabundantliving.com](http://www.artofabundantliving.com))
- Thoughts – thoughts become feelings. Feelings become actions. Your actions create results. Change your thoughts and you change your results.
- You are made of food – eat junk and you will have a junk body. Eat food filled with energy and vitality and you will be filled with energy and vitality
- Take action – good intentions and words are not enough. You must act now and be consistent.

## STYLE YOUR WAY THROUGH

### LYNETTE:

It's so inspiring to see a beautiful woman becoming even more so through complementary styling. I'll be showing Elaine how she can enjoy and appreciate her body by working with her curves and complexion. For effective styling results we'll focus on accentuating Elaine's best contours to create a desirable hourglass silhouette. By wearing the most complementary styles, Elaine will find comfort in focusing on her most liked features, thereby distracting from her perceived 'problem' areas. Colour also plays a vital role in uplifting Elaine's look and emotional well-being. Together we will select vivid colours that enhance her complexion, making her radiate confidence and a sense of wellness.

### STEP 3:

Clarifying goals. This is a key step. We wrote down the results Eliane wanted by the end of the three months, identified the resources she already has and needs to obtain to get to her goals, and got clear on what she is prepared to do to achieve results.

### STEP 4:

Get organised. We all have 24 hours in a day. The difference between those who reach their goals and those that don't, is how they invest their energies. Use a diary, plan the most important actions into each day and week. If you don't plan how you are going to use your time, you lose time. Eliane's main priorities for last month were: work, food, exercise, family/social life. Once you've planned your time, share you plan with those who can support you and help you stick to the plan.

### STEP 5:

Get moving. Eliane has been given a pedometer to track how much she moves her body in her normal work day – the results show that on average her physical activity is way below what her body needs for basic health. We explored ways that Eliane can move, such as dancing, walking, basic mobility exercises that can be done in the office or at home, and yoga. Yoga is a fabulous first step on a healthy lifestyle plan, with benefits, such as

- stress and pain relief

- better breathing
- improved flexibility
- increased strength
- improved circulation
- cardiovascular conditioning
- and you get to spend time in a peaceful, beautiful yoga studio!

*(Tweet from Eliane: Had a gr8 yoga session this morning.. Lots of breathing and balance)*

### STEP 6:

We also reviewed Eliane's most dominant thought patterns and belief systems. By becoming more aware of the patterns of thoughts that were sabotaging her success, such as "I can't lose weight", "I don't like exercise", "nothing works", "I haven't got time", "when I'm angry or emotional I eat", she began the process of changing the patterns.

*(Tweet from Eliane:*

*Ever watched the pattern of your thinking? It goes usually in a negative vicious circle that you wanna break free from:*

*Today will be all about kicking negative thoughts and embracing positive ones... arms wide open and BREATHING!*

### STEP 7:

Eliane is making permanent thought and lifestyle changes that are going to support her to be fit and fabulous for the rest of her life. So, we covered some basics of how food can change everything – for the better. The coming weeks will have a big focus on fabulous food! Stay tuned!



NICOLE VAN HATTEM IS THE FOUNDER & DIRECTOR OF THE ART OF ABUNDANT LIVING - THE ONLY CORPORATE WELLNESS AND HEALTH COACHING COMPANY IN QATAR. [WWW.ARTOFABUNDANTLIVING.COM/](http://WWW.ARTOFABUNDANTLIVING.COM/) OR CALL +974-55800395



APTLY KNOWN AS THE STYLE REVIVALIST, LYNETTE COWIE ASSISTS THE LADIES OF DOHA IN FINDING AND DEVELOPING THEIR CONFIDENCE THROUGH HER INNOVATIVE PERSONAL, WARDROBE AND SHOPPING STYLING METHODS. FOR INDIVIDUAL STYLING CONSULTATIONS VISIT [WWW.LYNETTECOWIE.COM](http://WWW.LYNETTECOWIE.COM)



YAMA YOGA STUDIOS  
Doha, Qatar  
YAMA YOGA  
[WWW.YAMAYOGASTUDIOS.COM](http://WWW.YAMAYOGASTUDIOS.COM)