

BODY, HEALTH AND MIND

A healthy eating plan.

I realized I've _____ weight when my trousers started to feel a bit tight. But when I couldn't _____ the jacket on my best suit, I knew right away it was time to **turn over a new leaf - as far as** food **was concerned**, anyway. I mentioned this to a friend, who sent me details of an Internet dieting programme. I thought it was worth trying so I _____ it.

The website send to me weekly recipes of healthy diet meals, but also recommended that I should _____ the actual portion size, and obviously _____ junk food, sweets, fizzy drinks, etc.

It was **hard going** at first because it means changing a number of habits, but I **kept to** the diet very rigidly and after a while, the weight started to _____. I combined it with **working out** at the gym, but I know the diet was the main thing that helped. A normal meal now _____. and I'm not constantly looking for extra snacks (which are my big temptation). I'm going away on holiday next week, happy to **show off** my new image! I'm glad I _____ my problem.

as far as sth/sb is concerned = used to say which person or thing you are talking about

cut down (on sth) = eat, drink or use less of sth.

cut sth out = stop eating or drinking sth, especially sth that is bad for you

do sth up = fasten an item of clothing which has buttons or a zip.

face up to (sth) = accept and deal with sth that is difficult or unpleasant

fall off = decrease in quantity or quality

fill sb up= (of food) make sb feel completely full

hard going = needing a lot of effort

keep to sth = follow a rule/agreement

put on (weight) = become heavier

show off = (inf, disapproving) try to impress people by talking about your abilities, possessions or achievements

show sth off = show people something that you are proud of

sign up (for sth) =arrange to do a course, join a group, etc. by adding your name to a list of people doing it

turn over a new leaf= start to act or behave in a better way

work out = do physical exercise - /workout N/