

ROSEMARY CONLEY

Lose those excess pounds for good  
Rosemary has the secret



# diet & fitness

MARCH 2010 £2.65

www.rosemaryconley.com

## LOSE A STONE IN A MONTH!

### Slimmers of the Year

**Part 2** Incredible slimming stories

**Look slimmer - instantly**

Nicky Hambleton-Jones shows you how

with Rosemary's **NEW** Amazing Inch Loss Plan



**Chips you can EAT!**

YES, really!

**Whole body shape-up plan**

Just 5 minutes a day to a **NEW YOU**

*"I lost 6st in 9 months and have never been happier"*

Action Woman Slimmer of the Year  
Blanaid O'Sullivan



Blanaid before

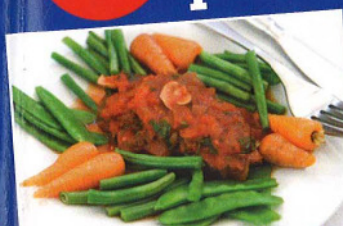


**Toning trainers**

Do they really work?

40

Delicious recipes, romantic meals for two, perfect pancakes and much, much more!



\* Terms and conditions apply

FREE MEMBERSHIP OF ROSEMARY CONLEY CLUBS WORTH £10\*

# 10 treats from a petrol station under 100 kcal

Once you've gone past the initial two weeks on Rosemary's diet you can enjoy *one low-fat or high-fat treat up to 100 calories* each day – so if you want to *grab a quick snack on the road*, check out these ideas...

1 x 75g pack  
Grabits Chinese  
Chicken on a stick  
**97 kcal**

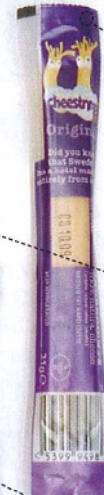


1 x 18g pack  
fresh mint  
Tic Tacs  
**70 kcal**

1 x 23g bar  
Kellogg's  
Special K  
Original  
**88 kcal**



1 x 21g  
Cheestrings  
Original  
**69 kcal**



1 x 24g bag  
Walkers  
Ready Salted  
French Fries  
**94 kcal**



1 x 440ml  
bottle Drench  
Blackcurrant &  
Apple Juicy  
Spring Water  
**95 kcal**



Jack Link's  
X-Bites Light  
smoked  
sausage  
pieces  
**94 kcal**



1 x Cadbury  
Dairy Milk  
Freddo  
**95 kcal**

1 x 25g pack  
Jack Link's  
Beef Jerky  
Original  
**73 kcal**



Wall's  
Solero  
Exotic  
**99 kcal**



Compiled by Dawn Charles