

Your Stars With **Claire Petulengro**

♈ Aries March 25-April 20

The stars are encouraging you to do things that deep down inside you know will bring disapproval. If you are asked out by friends that you know can land you in trouble then try to say no, you could be saving a lot of stress for yourself in the long run. You don't want a repeat of last time. Ring now so I can help you prioritize. **call 0906 602 5060**

♉ Taurus April 21-May 21

Your personal life takes precedence, as an important relationship demands to be sorted out once and for all. Just remember Taurus that at the end of the day you must go for what you want, friends come and go and you are the one that will have to live with the decision you are about to make. Phone now for confidence. **call 0906 602 5061**

♊ Gemini May 22-June 21

You seem to be a victim of emotional blackmail and it is time that you stood up for yourself. A new admirer may well get the wrong impression of you if you continue to let this weak and uncharacteristic side shine through for much longer. Call now so I can give you back your confidence to be who you really are. **call 0906 602 5062**

♋ Cancer June 22-July 22

You are going to find your senses are heightened and that you take an instant like or dislike to new faces that are entering your social circle. This is all very well but try not to let your newfound ability get you into trouble in the workplace. Ring now to hear why this is a great week to replenish those funds. **call 0906 602 5063**

♌ Leo July 23-August 23

Spending is going to be top of your agenda and as you look back at the end of the week I feel certain that you will possess a lot of items you will not want. In fact, you may be best to only purchase things that you have wanted for some weeks just in case. Phone now to hear why texts and phone calls can promise romance. **call 0906 602 5064**

♍ Virgo August 24-Sept 23

Luckily for you the stars are going to be replenishing the finances that you have managed to rapidly spend this last month. In fact you may even find it possible to splash out at the end of the week and do something extra special. Romance requires a white lie. Give me a ring so that I can fill you in on the finer details. **call 0906 602 5065**

♎ Libra Sept 23-Oct 23

Your love life is going to be at the forefront of your mind as you try to battle to do what others deem 'the right thing.' Think about it, what feels right inside has got to be the correct answer. The only problem is that your heart and head have not been communicating very well. Call now so I can teach you the way forward. **call 0906 602 5066**

♏ Scorpio Oct 24-Nov 21

New relationships and friends are not connecting. The sooner you can connect the two the sooner you will find the long-term solution to your worries. Family commitments may see a clash of characters as a new face is introduced into close ones lives. Ring now so I can help you all get along, as you know your should. **call 0906 602 5067**

♐ Sagittarius Nov 22-Dec 20

Travel is going to be expected of you when you are least prepared and you may want to take some extra cash with you just in case. That does not mean it is ok for you to spend freely though. Prepare for the unexpected and you'll be in for a pleasant surprise. Call now for a surprise romantic prediction I have for you. **call 0906 602 5068**

♑ Capricorn Dec 21-Jan 20

There is an air of maturity about you over the coming days that could well see friends of all ages coming to you for advice and guidance on their trials and tribulations. Careful what you advise, they're going to be acting on your every word, my friend. Ring now to hear why Gemini's are important to your week. **call 0906 602 5069**

♒ Aquarius Jan 21-Feb 19

If you don't have anything nice to say, then don't say it. If you are honest with yourself you will see that the real reason behind this mischievous mood is the person that affected your weekend. You could save a lot of problems if you confronted them sooner rather than later. Call to reveal all now. **call 0906 602 5060**

♈ Pisces Feb 20-March 20

The pressure is on as you and a family member battle for the rights to make an important upcoming decision. Why not try the quiet approach, you are sure to be heard far more than the shouting that will be coming from your challenger. Phone now so I can help you to focus on what and who is really important. **call 0906 602 5061**

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Lose weight and feel great this New Year!

If you're trying to get healthy in 2011, *In2* is here to give you a gentle push in the right direction. This week we tell the story of Tracey Wooley, a beauty therapist from Thundersley, who lost 10 inches thanks to an invigorating Bootcamp, we've got details on a health roadshow coming to Shenfield, plus we're giving you the chance to get fit at home with Fitness DVDs up for grabs! Now *that's* a Happy New Year!

Giving those final pounds the boot..

by **MICHELLE NORRIS**
 michelle@theenquirer.co.uk



On the way to a healthier you..

WITH 78% of Essex residents wanting to lose weight, why not pop into Assura Pharmacy in Shenfield this Friday where nutritionist Ellie McRea will be offering one-to-one sessions, plus healthy cooking demonstrations from top chef Mark Holden.

Sponsored by Eurodiet, the pharmacy roadshow will offer advice and guidance on becoming healthier. Nutritionist Ellie McRea explains: "Eating healthily can be very difficult at the best of times but it can be difficult for many people, so I will be there to answer any burning questions about balanced diets and how to achieve and maintain a healthy weight."

Shenfield Assura Pharmacist Mr Sundip Patel adds: "We will be offering professional practical advice and demonstrations for local people. We are always on hand in the pharmacy if further advice is ever needed."

The Pharmacy Roadshow will be at the Assura Pharmacy in Shenfield on Friday 7 January from 1pm - 2.30pm. For more details, call 01277 225789.



LOSING weight can sometimes seem like an uphill struggle and for 39-year-old Tracey Wooley from Thundersley, shedding those extra inches was near enough impossible.

Coming out of a long-term relationship with no confidence and low self-esteem, Tracey was desperate to find a way to make herself feel good again. But the temptation to comfort eat took hold.

"I used to eat at really bad times of the day and I'd never eat breakfast," explains the single mother-of-one. "I just felt awful within myself and I couldn't seem to get out of it."

Soon, enough was enough and Tracey decided to tackle her weight and low self esteem head on and signed up for the G.I Jane Bootcamp in Kent.

As an intense residential fitness programme for women, the Bootcamp is already a favourite among celebrities including the likes of Kerry Katona and is famous for changing the lives of women, both physically and mentally.

"The Bootcamp really is for women of all walks of life," explains Tracey, who works as a beauty therapist in Leigh-on-Sea. "I came away buzzing and really feel like I've done something for myself."

But the weeklong stay at G.I Jane is no holiday. With intense physical training from an expert team of counsellors and personal health coaches, Tracey soon discovered that being called a Bootcamp was no gimmick.

"We were up at 5.30 every morning and outside by 6am," recalls Tracey. "We'd all do a four-mile run before 8am before a stretch break."

"Then there would be a five or six mile run, before squat thrusts and sit ups. Then at the end of the day you'd play a game of basketball."

"For some people, by the second or third day they were breaking down in tears," she admits. "But it was the best thing for me."

"After just one week I'd lost 10 inches and around 9lb," she smiles. "I've come away so toned and I've even got a six pack! Now I run at least four to five miles every day because the exercise gives me such a boost."

Three months later, Tracey has lost an incredible 17lb, and she's now more confident and outgoing than ever.

"It sounds like a lot of hard work - and it really is," she says. "But I'm thankful that I did it. It's made me who I am today."

For more information on the G.I Jane Bootcamp, visit gijanebootcamp.co.uk.



Tracey at the G.I Jane Bootcamp in Kent.

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WIN! Fitness DVDs!

The makers of *The Y Plan* are back with a brand new exercise programme - *The Y Plan: Body Confidence*.

Beginners and enthusiasts alike are able to choose a daily workout to suit their particular lifestyle, from one to a combination of the six 10 minute sessions - there's something for everyone!

The six workouts include Body Sculpt, Toning, Cardio-kick, Pilates, Dance and Aerobics, with warm up and cool down elements for an all-body exercise experience.

So, to help keep Essex fit this New Year, we've got five copies of *The Y Plan: Body Confidence* to give away to lucky readers!

For your chance to win, send your details to admin@theenquirer.co.uk by 13 Jan, or post your entry to the usual *Enquirer* address (See P2).

If you're not one of our lucky winners, you can still pick up your own copy of *The Y Plan: Body Confidence* for £16.99 from all good retailers or via www.yplan.org.