

This week has been a busy week but I've found plenty of ways to exercise this week. I finally went for my first walk which was cold and brisk but I thoroughly enjoyed it. I was puffing quite a bit so getting fit is definitely a must. The same afternoon I also went for a walk with a friend while our daughters were having their dancing lesson. I then missed a couple of days of exercise due to doing a course in the city, leaving at 6.30am and not returning until 7.30pm. However I was back on track the next morning meeting four other ladies for our cold and brisk walk again.

While my son Benjamin was playing tennis, my other son Thomas and I went bike riding for an hour, it was much better than sitting in the car waiting. We had so much fun racing each other; he won't be able to beat me for long. Then at the end of the week my daughter rode her bike while I walked 3km. So this week I have spent a lot of quality time with my children and friends and exercised at the same time, that's what I call the best of both worlds.

Food this week has been great, I tried the "Chicky Burger" and it was delicious. I also tried the beef stir fry which I now make quite frequently as it's just so quick and easy. I just mix and match the meat and vegetables. I find that having the ULTRASlim milkshakes for breakfast so convenient and when I'm drinking them I cannot believe I'm on a diet. One morning I put a small banana in with the vanilla shake and blended it, it was very smooth, creamy and tasty.

I'm looking forward to this week coming as it is very busy with work and parties.