

When you arrive

LAST YEAR You flew, then flopped! You dumped the cases, then made a beeline for the bar.

THIS YEAR Start your holiday as you mean to go on, says Consultant Kerrie Brettle. 'Tell your holiday buddies you're trying to stay on track while you're away. Let them know how you've worked hard to lose weight and you don't want to regain it. Ask them to work with you. Better still, persuade them to join in your healthy holiday!

'It's also good to anticipate when the "danger times" might be,' adds Kerrie. 'If you know your mates start drinking before the sun goes down, see if they fancy a stroll around a night market and a drink later on.'

To super-charge your resolve when you're in a relaxed environment like a

holiday, write a list of positive self-statements before you go – 'I am a success' or 'I have willpower and determination'. Keep them in your handbag, along with a photograph of yourself looking at your best, says chartered psychologist, Dr Victoria Galbraith, of Galbraith Consultancy, (www.counsellingpsychologist.org). 'If you fancy something that might take you off track, have a quick look at the list and photograph,' she says.

Developing deeper determination also helps, says life coach, Debi Beattie (www.debibeattie.com). 'Notice how much your confidence and self-worth have improved since you lost weight. Are you willing to throw that away on indulgences like fatty fry-ups and ice cream that will leave you feeling lethargic and no longer in control?'