Do you often feel you are just dragging your weight around. Does it feel like it is just a load of extra baggage and stuff you don’t need. It's not surprising is it? You could well be carrying around the equivalent of a suitcase every minute or every day.

So perhaps it is time ditch that baggage.

Imagine this. You have been looking forward to going on a brilliant holiday, somewhere warm, sunny and romantic, for ages. So you are packing your clothes. You've got everything laid out in your bedroom. You've even been out for a bit of extra shopping because you never know what you will need do you?

So you are going along quite happily when, shock horror, your boyfriend reminds you that you are flying with a budget airline. You can only take 20 kilos of luggage. You look in despair - you have three suitcases! What are you going to do? Despair and misery. . . and panic...and more panic

You weigh your luggage hoping against hope that it will be okay, but no such luck. You have over 40 kilos of stuff.

There is a row coming up. "I can't go on holiday," you snap at your boyfriend, "I'll have nothing to wear, I'll look like a bag lady, I'll be miserable. I won't enjoy anything."

Your boyfriend is not having any of this. He's seen it all before. "Don’t be so silly," he replied with his ‘I'm long suffering, patient and reasonable’ face on. He launches into a speech: "You know you always take tons of stuff which you don’t need and just drag it about slowing us down and making us late. It’s about time you got these things in perspective and started shedding some of this baggage."

You're a bit taken aback, but although you don't want to admit it, he does have a point. You take a deep breath and say: "Okay I’ll give it a try." You want that holiday, after all.

You open your cases and take out:

Two towels

Three pairs of shoes

Two jumpers

An extra shawl

Your third pair of jeans

Your extra dresses ‘just in case’

Your big coat ‘in case it rains’

You never realised how much stuff you had.

You and your boyfriend set off on the holiday. And everything is fine, you feel light and free. You wear your favourite clothes more than once and mix and match coming up with new looks.

It rained, but having such a good time you got wet and didn’t care.

So ditching baggage feels good – now start ditching that other baggage: that fat. You will feel free and light – and you will have a good time.