

Case Study and Testimonial from Weight & Health Lecture

I am a rather typical 59 year old female who has always struggled with her weight! A few years ago, I gave up on losing weight but concentrated on being fit. I currently cycle 7 miles each way to work, 3 days a week and about 5 miles each way (with bigger hills!) on a fourth day! I still didn't lose weight over the last 3 years or so with the additional exercise, even though I was "good" about cakes, biscuits etc and had a reasonably healthy diet.

In mid- March 2011, our son Paul Laslett, who has started a personal training gym, Brightsidept, in Southampton, said he was holding a Weight & Nutrition Lecture that Fiona was taking. My husband and I decided to go to support our son and out of curiosity!

Fiona presented the rationale behind this way of eating and I got it! The couple of hour's basic seminar gave us enough information to start. I knew it would take some work; I wasn't using recipes or weigh ingredients, so major change was needed. However, with there being only the 2 of us at home, this was not going to be impossible! I also had a time motivation; our son was getting married at the end of July.

We were told to expect slow but steady weight loss of about 1 to 2 pounds a week.

I did lose up to 2 pounds a week. I have now (early July) lost 26 pounds, dropping a dress and trouser size.

Update 15th July: being brave enough to try size 12! I discovered that I have gone down TWO dress and trouser size! I even had to change the clothes that I had bought for Paul's wedding! I have gone down 2 bra sizes and am now a 32 (though still largish cup!) rather than 36 size. I do not recall EVER having a 32 sized bra!!

We are eating a wider range of foods, even some things that we thought we shouldn't eat and a whole range of new things I have always enjoyed. Knowing that we are eating what we need makes it easier psychologically not to feel hungry or to tell myself that I have no need to feel hungry.

I am not quite at my target weight yet but will continue this way of eating. The book gives recipes for a weight loss programme and maintenance so makes it easy to continue. The snack system is great and we have been able to be flexible when out for days, on holiday etc.

I do not crave sugar when I get home from work or at 9pm! I make sure that I have only the correct things in case I do want something else. I feel really good about myself for having lost the weight and made the changes to routine around meals and eating.

I do not get as tired as I used to though I still do not sleep brilliantly.

I am really pleased that we went to the lecture and made the changes: brilliant!

Carole Laslett July 2011