

“The *holiday* that helped me slim”

Three women tell us about the embarrassing experiences that made them determined to shed the pounds

Real-Life Success #1

How did you put on the weight?
I think I lost weight too quickly in the run up to my wedding. I worked hard to slim down in time for my big day, so I really over-indulged on my honeymoon. My husband and I love our holidays, so we treated ourselves to a long break in Bora Bora, followed by a trip to Los Angeles and Vegas! It was amazing, but I put the pounds straight back on, and I reached a stage where none of my holiday clothes fitted me. When I got home I was horrified by the photographs, and my self-esteem took a plunge. I stopped exercising because I couldn't face looking at myself in the mirror.

What was the turning point for you?

When I realised that I hated all of my honeymoon pictures, I refused to have any more snaps taken. I had lots of photo frames to fill with happy pictures of the best holiday of our lives, but every time I looked at my bloated, chubby image, I felt depressed. After a year of losing weight and putting it straight back on, I'd had enough of yo-yoing up and down.

How did you lose the weight?

In July 2008, I decided to attend NuBeginnings boutique boot camp, as I liked the no-nonsense, friendly approach to losing weight. I really wanted to learn new skills that would help me to keep the weight off for good. The programme offered lectures

on fitness and nutrition, cooking demonstrations, massages and holistic therapies, like acupuncture and hypnotherapy – which really helped me to address my underlying issues with food. Not only did I lose 9lbs on the retreat, it gave me the tools to completely change my lifestyle and relationship with food.

How do you feel now that you've lost the weight?

After leaving NuBeginnings and putting my new healthy lifestyle into practice, I lost a further 4lbs. I'm so happy with my body, and my husband says I have much more self-esteem. I really believe that the hypnotherapy was key to my success in accepting how I looked – now my confidence levels are soaring! I'm no longer afraid to look at myself in the mirror, and more importantly, I don't mind having my photo taken.

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How would you advise a would-be slimmer?

Instead of always focusing on the weight you want to lose, turn your attention to improving the way you feel. Try hypnosis or meditation, which will give you some 'me time' and help you boost your positivity and inner confidence.

For more information on NuBeginnings boutique bootcamp visit nubeginnings.co.uk or call 01271 862792



vital stats

NAME: Adeline Alexander
AGE: 30
HEIGHT: 5' 3"
PAST WEIGHT: 11st
CURRENT WEIGHT: 9st 8lbs
TIME TAKEN: 4 months

