



## **10 years on from weight loss!**

Back in 2007, my life changed forever. That sounds dramatic, but it did!

Anyone who like me, was or is stuck in a body they hate, especially for a long time, cannot ever imagine themselves any different: You tell yourself, this is how you're meant to be and because you can't see a way out, you cannot find the willpower to sustain or maintain weight loss for any length of time because the self-belief has gone.

The failure you feel each time you don't succeed, just adds to the misery and the belief that you can't change, so what's the point in trying? Anyway, it's far easier to stay as we are, isn't it?

That way, there's no pressure, no admitting to the world you're not happy the way you are, no failure and you can carry on eating and drinking anything you like and remain ignorant to the fact that you are not doing yourself any favours for your long term health: That was totally my mindset from when I started to become overweight from my mid to late teens until my mid-thirties.....Then one day I had a turning point!

I really don't know why it hadn't happened before, because I hated every bit of me that I saw in the mirror, but I must add that I never looked at myself as a whole – it was either my face, my thighs, my belly – I never looked at myself as a complete person...until I saw a rare photograph that someone had taken of me!

They'd been times (several times) I'd been mistaken for being pregnant and I'd laughed it off, but inside I felt like crying, then the time I had an operation and knew my belly would be exposed for all to see on the operating table – I cringed at the thought, the times on holiday where I'd felt so embarrassed I'd spend the whole time being covered up. I could carry on..... So, what changed?

The turning point for me came about in some changing rooms: I entered some newly revamped changing rooms with my daughter, not knowing where the mirrors were, and I saw this person and I thought "My goodness she's fat!" It took a few seconds before I realised that it was my own reflection, and when I did, I remember thinking to myself "If that's what people see when they look at me then I have to do something about it, because I do not want to look like that!" That was in December 2006 and I vowed that after Christmas I would start the journey to a new me – I didn't know how or where that would take me, but I knew I had to go for it.

Did I believe that I could succeed? No way, but if I didn't try, I'd never know!

It turned out to be the best thing I have ever done for myself, not only did I end up losing 5 stone that year, but I also found a new career into the bargain, which was totally unexpected: A career that I absolutely love doing and find so rewarding. I believe that my approach works with others as an instructor, because I've been there, I've done it, and I do totally understand. I know how an overweight person thinks and feels about themselves, I know how hard it can be sometimes, but equally I know that sometimes when you're "in the zone" it can be so easy! Some people say they are happy as they are being overweight, and if that's you, then good for you, but I would like to remind you that it's not just about what we see on the outside, but also about what we are doing to ourselves on the inside – the health risks of being overweight or obese are much higher than if we watch our waistlines. I know I spent far too many years not

looking after my health, and I do regret that – if I'd have known how quickly I could have turned my life around and where I could have found the sort of support that my classes, and all that goes with them offers much sooner, then I'm sure I would have done, instead of pretending everything was ok and that I wasn't unhappy.

I do practice what I preach, maintaining weight loss takes as much dedication to the cause as losing it, even if you are a nutrition & fitness instructor, but with the right attitude and a desire to be healthy and learning to enjoy new foods and being open to changing your ways it can be done. Lifelong habits are not easy to break, and that is why support is so important, and with the right support, anything is possible!

Although, of course like everyone else I do need to make a living, I am not driven by money, I am driven by a real desire to help people get fitter, slimmer and healthier. I give so much of myself to help people make positive changes to their health and I believe I have created a winning formula in my classes and that my members and I have become one big happy family: I love our social events, I love the mix of ages that we have in class, and that we have men as well as women (although the men are always seriously outnumbered which is a shame!) The smiling faces I see throughout our workouts show me that my members are having just as much fun as me: I never knew exercise could be fun – probably the main reason I avoided it for so long!

So, if you're reading this feeling exactly the same way that I used to, you can be assured of a

warm welcome and if you can't make my classes in person (Bury St Edmunds, Great Blakenham Newmarket, Norton, Risby, Stowmarket, Stowupland & Thetford) than you could always join my online service costing just £8 a month. As the title of the blog says I'm "10 years on from weight loss" and it seriously was the BEST thing I have ever done for myself. I feel fitter than I ever have done, I feel healthy and I feel happy and I would love to be a part of your success story too. I started running classes in 2009 and in that time, I have helped hundreds of people: I have a wealth of experience to offer you and a lifetime of understanding.

Jo x (16<sup>th</sup> January 2017)



**Jo before  
losing 5 stone  
.....and as I  
am now - 10  
years on**

