


From fatty to model!

Jackie Ingham made the cover of Slimmer magazine after losing 3 stones, healthily. 

I've always struggled with my weight - you name it, I've tried the diet! I'd lose a few pounds, get bored and pile the weight back on again.

When I fell pregnant with my son Cole, it was like a license to eat ANYTHING! I was a real chocoholic. I love anything sweet, and enjoy all types of fattening foods. In fact, I love food in any shape or form.

By the time Cole was born in October 2004, I weighed 13st, but was still eating unhealthily. I constantly moaned to my family and friends about how uncomfortable and fat I felt, but did nothing about it.

Cole was about two months old, when I met a friend I hadn't seen since the start of my pregnancy. We chatted and I was mortified when she asked me: "when's your baby due?" I still looked pregnant and it was then I realized something serious had to be done about my weight.

By February 2005, I'd discovered VITALINE and realised this was the diet for me. You can join up online, but as Vitaline's clinic was around the corner from me, I went in person. I met Karen, my own Personal Diet Advisor. She calculated my metabolism, based on my eating and fitness habits, and then worked out a diet plan tailored to speed up my slow metabolism. During the first week, I did a Starter Diet, to kick-start my sluggish metabolic rate.

I lost five pounds in week one, which really encouraged me and I was never hungry. My diets were varied

every week, depending on how much weight I had lost the previous week. Because my plans included really interesting foods and were very tasty, I always looked forward to seeing what was on the diet for the next week. I love Indian food and if I was going out for meals, Karen would give advice on eating out.

My partner Ben was brilliant. He would eat the same foods as me (just bigger portions) and helped me with my exercises. When I'd lost about 11lbs, my clothes started to get quite baggy, and my regular exercises really helped. Karen gave me an easy exercise plan to follow and because the moves were very basic, I didn't find them a chore.

I'm a lot more confident now I've lost 3st. I used to feel frumpy in my old clothes, especially when I had to squeeze into them. Now that I've lost weight, staying on track is easy with the Vitaline Maintenance Diet. If I do cheat, I'm totally honest and just write it down. I can then cut back the following day, or exercise more. If I need some extra diet advice, all I do is pick up the phone or pop in and see Karen. The best thing about Vitaline is the one-to-one private consultations. The support is on-going and confidential, which has kept me motivated.

I am not embarrassed anymore and I even slipped on a bikini when on holiday this year - something I would have never done before. I also made the front cover of Slimmer magazine. I honestly never thought I could look this way, but finding a diet that suited me really helped.

After 9st 13lbs



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