

New Years resolution

Mary Hunt lost 6 stones and has kept slim for three years, proving you can keep your resolutions to slim.

It was my first holiday abroad. "It's a great life" I thought, as my husband Alan and I were escorted into the spectacular dining room to be seated for dinner. Alan had booked a cruise to celebrate our 18th wedding anniversary. I was so excited! Everything was spectacular as we sat down.

Then my heart sank. I looked around to see all the other women looking gorgeous and SLIM in their beautiful outfits. I was 5' tall and size 20. I felt so frumpy and looked like a beached whale. I was the fattest women in the room and could feel the tears swelling up inside....

Ever since my childhood I'd been overweight. Mum made my clothes because standard sizes didn't fit. I always liked cakes, chips and fattening foods, but in the small village where I lived, my size didn't seem to matter. Into my teens I still struggled with my weight, trying so many diets, but because I was always hungry, I gave up.

I met Alan whilst at college and we married. I loved being able to cook delicious dinners every night, but, of course, I piled on even more weight. The more I gained, the less confidence I had.

After falling over and hurting my back at the school where I worked as a teacher, exercise was out of the question. I got heavier and was approaching size 22 but I flatly refused to go up a size. My weight was 15st.5lbs and I felt disgusting.

Then a friend told me about a woman she had seen on TV, who'd lost lots of weight on an Internet Diet Course, called Vitaline. I laughed and thought it

must be a gimmick, but a week later when I struggled to fasten size 20, I logged onto the website in despair.

There was a list of questions about health, medication, lifestyle and exercises. The website explained that Vitaline had been helping slimmers to lose weight for over 30 years. All diets were personalised and there were no gimmicks. There was a list of extra foods to be eaten that could help to speed up my metabolism. A personal diet adviser was available to give me motivation as often as I needed. This appealed to me because I was too ashamed to go to classes. After reaching over 15 stone, I was prepared to try anything. I enrolled on line in April 2002, completed my confidential questionnaire and entered my weight.

The cost was £49.95 for four weeks course, with follow-on courses at £25.00. Immediately, I enrolled, I received a Starter plan. The instructions were very clear. "Please follow this diet until you have lost 3lbs, enter your weight and your next diet will be ready." My plan included a choice of seven different breakfasts, lunches, evening meals and suppers. There were snacks for mid-morning and mid-afternoon. All I had to do was to make my selection. I was never hungry, and got lots of personal support by email from my personal diet adviser. As I progressed on my course, it was explained that the secret to losing weight was to keep varying my food. "Variety in your diet stops boredom and promotes good weight loss" my adviser confirmed. She explained that each new diet I received would give me more healthy eating options.

I enjoyed the one-to-one approach. My adviser was a great motivator. If I was tempted to cheat, I would remember her words "a minute in the mouth, a month on the hips." I also remembered how I felt when I was the only one not wearing a swimsuit on the cruise.

As the weight fell off, I got lots more confidence. Later that year Alan took me to Crete. Instead of baggy clothes, I wore skirts with strappy tops, and felt wonderful. It took twelve months to lose six stone. Alan was so proud of me in my size 10. People say I look 20 years younger. Losing weight has given me more confidence in myself and I feel so much healthier.

"I lost 6 stones on the internet"

Before

BREAKFAST
2 Slices of buttered toast
SNACK
Chocolate Bar
LUNCH
Large cheese roll plus chocolate snacks, crisp and biscuit
DINNER
Meat and Veg.
SNACKS
Cheese board or chocolate

After

BREAKFAST
Cereal or fresh fruit and plain yogurt.
SNACK
Fresh fruit or chopped up raw vegetables to munch on.
LUNCH
Salads with protein or jacket potato.
SNACKS
Fruit or low fat yogurt.
DINNER
Protein with salad or vegetables. Sugar free jelly and fresh fruits.
SUPPER
Fruit



AFTER, LOOKING 40



MARY'S fact file

LOST: 6st
BEFORE: 15st 5lbs, size 20
AFTER: 9st 5lbs, size 10

Mary 51, lives with her husband in Leicestershire

BEFORE, LOOKING 60

- For more information on Vitaline visit www.vitaline-slimming.com. For slimmers without Internet access, Slim-At-Home courses are available. Please ring 0161 292 4918 for free information pack.
- PCOS (Polycystic Ovarian Syndrome) Visit www.pcos-vitaline.com
- Norah Elizabeth Lane's revolutionary new book "The 13 Minute Diet" is also available from Vitaline for £12.95