

promotion

Mary Hunt lost six stone for the holiday of a life time

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. 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. 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, completed my confidential questionnaire and entered my weight.

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. 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.

As the weight fell off, I got lots more confidence. Later that year Alan took me to Crete for the holiday of a lifetime. Instead of baggy clothes, I wore skirts with strappy tops, and felt wonderful. It took 12 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 stone on the internet"



AFTER, LOOKING 40



BEFORE, LOOKING 60

MARY'S fact file

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

Mary 51, lives with her husband in Leicestershire

- For more information on Vitaline visit www.vitaline-slimming.com. For slimmers without internet access, Slim-At-Home courses are available. Local clinics open Please ring 0161 292 4918 for free information pack.
- For 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 £13.95 P&P.