

vital stats

NAME:

Marie Stansfield

AGE: 32

HEIGHT: 5' 4"

PAST WEIGHT:

14st 7lbs

CURRENT WEIGHT:

10st

TIME TAKEN:

8 months

MARIE'S
TOP TIPS

- 1 Try to find something that suits you. If you find a plan or a club that really works for you and you're happy with it, you will be able to stick with it
- 2 If you can get one-to-one help I'd really advise it – having Karen there for me has been so encouraging
- 3 Don't get disheartened. It's best to take weight loss one day at a time and remember that a bad day is just one day. Never give up!

Marie wears:
Dress £200 Gil Bret
Shoes £25 T.K.Maxx
Necklace £25 Next

"I just feel so much more confident in every way – I'd recommend this to anybody!"

SLIM AT HOME READER PANEL

How do you motivate yourself to lose weight?

Kate-Mary Ladd: "I keep a journal and stick pictures of slimming success stories in it for inspiration."



Janine Hardy: "My motivation is easy – sheer vanity! I love trying on new clothes and finding they look great."

“I’m Slim *for the* very first time!”

Marie Stansfield has kicked off her thirties a whopping 4½ st lighter and brimming with confidence

I’ve always been on the heavier side, even as a child. I don’t think there has ever been a time when I wasn’t aware of my weight, and I’ve certainly noticed it creeping up as the years have passed. No matter what I’ve done, I haven’t been able to make a real difference to my size. I’ve tried Weight Watchers, Slimming World... I’d manage to lose about half a stone, but for some reason I just couldn’t go any further. And, to make things worse, I’d then put it back on again, and even gain a little more!

Being overweight for so many years has certainly affected my self-esteem. I wasn’t a very confident person, and felt incredibly self-conscious in social situations. When I tried to lose weight with the diet clubs, I began to feel that I could never be slim. So, when I tried Vitaline, which was a personalised diet plan with one-on-one meetings, I was very shocked when I lost half a stone in the first week!

I had heard an advert on the local radio about Vitaline, so I had given them a ring to find out more. It took me a couple of months to decide I was

definitely going to try it, but eventually I took the plunge. After all, it was about time I did something for myself!

The initial meeting with my personal advisor, Karen, included filling out a questionnaire and discussing my diet and exercise habits so that she could ascertain my metabolic rate. For the first week, I was given a low-fat, low-sugar cleanser diet sheet to follow, to kick-start my weight loss. After shifting half a stone I felt brilliant – and I was so motivated to carry on.

Success at last

Since that first week, I’ve never once thought: ‘am I doing the right thing?’ I’ve also never found it that hard, because I finally knew I was going to keep on losing weight and get down to my target. The rate of weight loss slowed to a healthy average of around two pounds a week, and I just kept on losing! And, every time I went down 3lbs, I was given a new diet sheet to keep my metabolism working at its best, which meant I didn’t get too bored because my menu was being varied every two weeks or so.

As well as eating more healthily, I did quite a lot of exercise at home to help me lose weight more efficiently. I have a Leg Magic machine that works out your legs and thighs as you push them in and out – it’s great for toning up. I also used my gym ball at least three times a week. I really love exercising with a gym ball, and it has made so much difference to my figure!

I told everyone that I was losing weight – I didn’t hide it – and I was pleased to find all my friends and family were very supportive. My dad has been fantastic, helping me by buying in healthy food for me to eat, and being really encouraging all the way. I’ve also had a lot of support from my brother and sister-in-law, who would phone me up regularly and ask me how much I’d lost – it was always the first question!

Even at work I’ve found people to be very helpful. I work for a construction company, and

while you might not expect the guys to be very sensitive about weight issues, they’ve really shown their support. Even at Christmas, they didn’t want to buy me chocolate as a present, because they knew I was dieting, so they asked the girls for ideas! All this encouragement really helped me along, and my continued success kept me motivated, too. Plus, if I ever had a problem or a question, I could just pick up the phone and speak to Karen, which I found very reassuring.

By the time it came to our Christmas party on 2nd of December last year, I had only been eating healthily for two months, and I was already looking so much slimmer! Every year, my company awards a bottle of Champagne each to the best dressed female and the best dressed male – and I was one of the winners! The person who was presenting it said that I’d been chosen not only because I looked lovely on the night, but also because of my recent transformation. I’d lost about 1st 10lbs at that point, and getting that praise was a real boost to carry on.

I’m very, very happy at my current weight. Sometimes, I do have one of those nights where I go out and don’t exactly stick to my healthy eating, but it doesn’t do too much damage. I think you do need to find a balance between having some fun and keeping your weight stable.

Now that I’m slim, I love shopping! I enjoy getting dressed up, and planning my outfit for the evening, rather than worrying ‘what on earth am I going to wear?’ Getting dolled up for the Slim at Home photoshoot was really enjoyable – I don’t mind showing my figure off nowadays! I wear far trendier clothes than I ever would have before (I used to hide in big, baggy outfits) and I just feel so much more confident in every way. I also feel noticeably healthier and fitter. I’d recommend this to anybody!

For more information: call Vitaline on 0161 292 4918 or visit vitaline-slimming.com



A CUDDLY MARIE GETS UP CLOSE WITH EYORE