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in shape

Tips, buys and inspiration from our diet expert **Catherine Mortimer**

Slimmer of the week

Before



After



Name Christina Teles **Age** 39
Lives London **Was** 14st 10lb/size 22-24
Now 7st 10lb/size 6/8 **Lost** 7st **Took** 8 months

"In December 2007, my GP told me I had high blood pressure," says Christina. "But I'd tried dieting and it never worked. I decided to join LighterLife last January, after someone I know lost 2st that way."

The programme involves 100 days eating four food packs (shakes, soups and snack bars) a day, as well as counselling. "It's not easy, but it addresses your problems, which helped me maintain my new weight," she explains. "I now really believe in myself."

★ For info, tel: Freefone 0800 298 8988 or see www.lighterlife.com Slimmers must have at least 3st to lose.