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LighterLife
Life in balance

Going for a LighterLife

By Robert Cumber

A HOUNSLOW woman who shed an incredible 18 stone in just over a year is determined to show others how they can achieve similar success.

Manisha Bhakoo, who used to work at Feltham Young Offenders Institution, went from 28 stone to just over 10 in the space of 16 months.

The 25-year-old was so impressed by the LighterLife weight loss programme she quit her job to set up her own scheme at the Vista Centre in Salisbury Road, Hounslow West.

Manisha, who shed the pounds between 2006 and 2007, said losing so much weight had transformed her life.

"I'm much more confident than I used to be, I no longer struggle to keep up when I'm walking with my friends and I'm able to do so many other little things such as crossing my legs like a lady," she explained.

"I'm looking forward to showing other people how they can achieve their goals and change their lives for the better."

Manisha, who loves reading and working out at the gym, said the programme works not only by setting participants a strict diet but by offering counselling to help them stick to their targets.

"A lot of people think losing weight is all about knowing what's going on in your stomach but it's actually about knowing what's going on in your head," she added.

For more information about the LighterLife programme and to book a free appointment, call Manisha on 020 8538 0114 or visit: www.lighterlife.com/manishabhakoo

