

'WE'VE LOST 19 STONE!



Lost
6st 11lb



Lost
8st 3lb



Lost
5st 5lb

Three Reveal
readers tell
us of their
inspirational
diet successes



Height 5ft 3in
Biggest
17st 4lb, size 18
Now
10st 7lb,
size 10

SLIMMING WORLD

ALLY ROONEY, 30, IS A MUM-OF-TWO AND RESTAURANT SUPERVISOR FROM SOUTHPORT, MERSEYSIDE

"Growing up, I would skip breakfast and lunch would be chips or some toast, followed by processed meat with veg and potatoes or pizza for dinner. I would leave until I was so hungry I would eat whatever I could find - and lots of it! As I got older, I became more concerned my health. I was always out of breath, my knees creaked walking up stairs - everything deteriorated - my hair, my skin. I was on a camping holiday in June 2008 when things clicked. I was eight months pregnant with my second child, carrying 11my excess weight from my first. I couldn't bend my legs properly and the skin on my legs was tight and itchy - was a nightmare! I thought: "As soon as I give birth I'm sorting this out!" I decided to join Slimming World. My new diet became a big bowl of chopped fruit, yogurt and muesli for breakfast, a baked potato with a topping and salad for lunch and meat and veg for dinner, with fruit and Ryvita to snack on - plus I'd still have a Carly Whirly in the evening! I was so shocked at how much I could lose and still be losing weight. It took 18 months to drop more than 6st and became almost a different person. My mum in particular was brilliant - she went on the Slimming World website and found recipes to cook for family gatherings so I was never left out. And my husband has been a rock of support. I'm so much happier in all areas of my life - home, work, my marriage, being mum. I even got my first tattoo, which would never have done before!"

For your nearest Slimming World group, see slimmingworld.com or call 0844 897 8000.

LIGHTERLIFE

BEKI GRUNDY, 22, IS A GRADUATE FROM LEDBURY, HEREFORDSHIRE

"I met my boyfriend, Ben, in 2006 and to begin with we loved going out for meals, but food soon became my source of happiness. I would snack on chocolate until I felt sick, eating pasta or stodgy carb-based meals, usually with melted cheese. And we'd always have pudding! Although Ben loved me whatever my size, as the weight crept on my confidence diminished. I spent hours getting ready, but agonised about walking out the door. In summer 2009, I realised I couldn't stand being uncomfortable - sweating in jumpers rather than showing my body. I was desperate to lose the weight. I'd tried other diets, but I hadn't sorted my head out and addressed the real problem. I realised I was eating when I was stressed, happy or sad. I went to a LighterLife introduction session and felt their approach to the behavioural side of weight gain was the best way forward. My new daily diet consisted of four nutritionally complete "food packs" in the form of LighterLife shakes, soups, bars and porridge. I lost so much weight in my first week it encouraged me to stick with it. It took six months to lose 7½st, after which I gradually reintroduced foods through the "route to management" programme. I am now eating things like porridge for breakfast, salads, veg, lean meat and couscous for main meals. Not needing to cook gave me time to work out my problems with food. Now I love clothes shopping, and live in my skinny jeans. I feel amazing, and Ben thinks I look fantastic. I get really emotional when I think about how much my life has changed for the better since losing the weight - I feel now as if I can live life to the full!"

For more info, visit lighterlife.co.uk



Height 5ft 10in
Biggest
17st 9lb, size 20
Now
9st 6lb,
size 8



CIDER VINEGAR DIET

JESSICA DEARNLEY, 20, IS A STUDENT FROM HUDDERSFIELD, WEST YORKS

"I was always a chubby child. I loved my crisps and chocolate and would eat out of boredom. My diet would be slices of cheese on toast for breakfast, crisps as a snack, then a cheese sandwich with crisps for lunch followed by a big hefty dinner such as spaghetti - with extra cheese! As I got older, every day became a battle with my confidence. I would cry all the time and didn't want to leave the house. Clothes shopping resulted in tears and tantrums as the biggest size wouldn't fit me. People asked if I was pregnant, I felt so embarrassed saying: "I'm just fat." Last December, I decided to set myself a new year's resolution to get fit and lose weight. I had been watching *Supersize Vs Super skinny* and thought: "I can't end up like this!" I needed to change before it impacted on my health. I started going to the gym three times a week, while my new diet consisted of cereal for breakfast, quorn salad followed by yogurt for lunch and stuffed peppers with couscous or vegetable chili for dinner. I'd have three or four small pieces of chocolate as a snack. I also had a teaspoon of cider vinegar twice a day to speed up my metabolism. To begin with, the weight flew off, and I soon got to size 12. My target weight was 10st, but once I reached it I decided to lose a bit more to give me a healthy BMI. The hardest thing was eating out - I had no control over what they put in the dishes. Life has changed dramatically. I have more friends, a new partner and tons of confidence. I feel womanly for the first time and it made me realise I love fashion. Now I write my own fashion and beauty blog - forevermissvanny.com. And I realise I can overcome anything. Like every woman, I still have "fat days", but then I look at myself and see what I have achieved. I couldn't be happier!"

Words: Janelle Butterfield

Height: 5ft 4in
Biggest
14st, size 18
Now
8st 9lb,
size 8-10



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targets
Mark
Wright**

LAUREN

*I'll be furious
if she
dates him*

**MY 'PERFECT
LIFE' IS A SHAM**

- **TOWIE mates shun me**
- **Men never chat me up**

SLAAG!



Ryan & Stacey Giggs

in public slanging match

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This week in Reveal



American celebrities have been in uproar over a hacker who stole content from their personal emails and spread them across the internet. It's quite despicable and I feel sorry for the victims, who include Christina Aguilera, Milla Kunis, Scarlett Johansson, Jessica Alba, Miley Cyrus and Selena Gomez.

But what I find hard to understand is what Jessica, Scarlett and Christina are doing storing naked pictures of themselves on their email accounts. Surely we have all learnt by now that the internet is not a safe place to keep anything you don't want another person to see or read. Especially if you are a celebrity. If hackers can get into the Pentagon's secret files, it must be a cinch to get into someone's Hotmail.

And while I'm on the subject of getting your kit off for photos, I will just say DON'T. In this digital age, you never know where they will end up - as Jessie Wallace and others have discovered to their cost.

Celebrities are forever banging on about their right to privacy, but with their incessant postings on Twitter and vain photos of themselves in the buff, they are doing little to help themselves.

Jane

Photos: Xclusive



Scarlett will have to find a new place to store her saucy pictures...



83

Inspirational
DIET STORIES



12

Jordan has
her eye on

MARK WRIGHT



32

SARAH
HARDING

goes into rehab



16

AMY CHILDS'
not-so-perfect life



6

The Giggles'
slanging match...
IN THE STREET!