

# 40 kilos gone in 45 weeks

## A Healthy Weight for Life Story



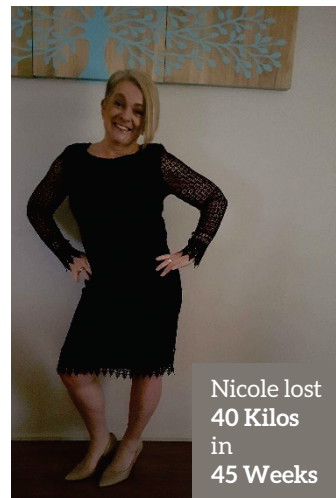
Nicole H

I have always battled with my weight for as long as I can remember & had a number of unsuccessful attempts at losing weight. I have lost the weight and then put it back on plus some more. Being given a diagnosis of Psoriatic Arthritis in October 2015 and under the guidance of my Rheumatologist I was advised that losing weight would help the effectiveness of my treatment. I knew I needed to lose weight as I was obese, miserable and not an active participant in my life. It took me another 11 months before I started the process.

My father had success with the program and I thought what do I have to lose - besides a lot of weight. I made a goal of needing to lose 40kgs. I started the shakes and soups and tried to make healthy snack choices from the list of free foods. I was doing Aqua aerobics twice a week so I also started to do a short walk after work each day. I remember it being hard to walk for 30 mins. As I lost weight I increased my exercise and added in more things for variety and to keep me motivated. I now complete aqua twice a week, two Personal training sessions, a boot camp session, an individual weights session, one of two cardio sessions and 3-4.5km walks.

When social events were happening I tried to make good food choices but tried to live in the moment and enjoy being a part of "life". This was often hard for me as I was very focused on losing the weight but it is so important to have the balance right. Obsessive is not going to be able to be maintained long term. It needs to be a lifestyle change to be sustainable. It has been a hard slog and I have had to be dedicated to this journey every day. At the 45 week mark I made it to my original goal of losing 40kgs. It is an amazing feeling to have my life back, to have so much energy to live my life, to be active and be achieving things I never thought I would be able to do.

My advice is to eat well, be as active as you can and then add in extra things as you get stronger and surround yourself with people who will support you and cheer you on. Be kind to yourself and know that you deserve to be happy, healthy and live a good life. It is your time to give to yourself.



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