

Andrea's Story

Name: Andrea Heath-Weekes

Age: 47

Former weight: 90.7 kgs/13 stone 8 lbs

Current weight: 57.1kgs/9 stone 8 lbs

Total weight loss: 33.6 kgs/4 stone

"Andrea Says"

"I was always a lot smaller but after having had a baby 9 years ago and with a sedentary office job, the weight just crept up on me. Also my Dad died unexpectedly of a heart attack two years ago which was a terrible shock to the family. He also had a sedentary job and so it really made me re-focus on my own life.

My daughter Phoebe was also conscious of my size and I was limited in the sorts of activities I could do with her. What's more, I had a wardrobe full of clothes that I simply couldn't wear. So I joined the club in [date?] and haven't looked back since. I chose Life mainly as it is so convenient to my place of work, I can be in the gym by 8 and at work by 9, plus the membership fees are very competitive.

I really enjoy coming here, there's a good atmosphere and the staff are very supportive. I don't feel pressurised at all and the instructors are more than happy to let me get on with my programme which suits me and has achieved great results.

I really enjoy my training routine and I know I should vary it a bit more perhaps but I like the strict routine which I follow, and it has definitely had a huge impact on my fitness levels as well as my weight. I look and feel like a different person as I am not dragging that extra 4 stone around every day.

I am now back to the weight I was before Phoebe was born and I plan to keep it that way, so will be staying with Life for a long time to come."



Left: Andrea in July 2010



Above: Andrea in May 2011

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Andrea's Training Regime & Diet

Training Schedule:

**5 days a week
30 minutes on the treadmill
10 minutes on the bike**

Typical Daily Diet:

- **Breakfast : poached egg on toast (no butter)**
- **Lunch: Pasta salad**
- **Dinner: balanced meal (lots of protein and vegetables)**

No snacks at all