

Ian's Story

Name: Ian Jempson

Age: 31

Former weight: 154.2 kgs/24 stone 4 lbs

Current weight: 90.7 kgs/14 stone 4 lbs

Total weight loss: 63.5 kgs/10 stone



Ian before

Ian after 10 months training

"Ian Says"

"A few years ago, a colleague suggested that we go on a diet together, as she needed to lose a stone after the New Year's celebrations. At the time I weighed 24 stone 4lbs, so needed to lost a lot more than a stone! But it was a start.

I'd tried dieting before by joining slimming clubs but these had not worked for me long term so I wrote my own diet. I cleared the cupboards, fridge and freezer of all the bad foods in the house and replaced them with fruit, vegetables, salad, chicken and fish and developed a diet to incorporate these foods. I knew diet wasn't everything and that exercise was equally important. I had already joined Life and, despite being overweight, played 5-a-side football on Sundays.

Within a month I had lost a stone which was the kick-start I needed to continue. I trained most days and my progress was noticed by one of the trainers at Life who was interested in my diet, training programme and what I was trying to achieve. He suggested a food diary, writing down everything that I ate and booked me in for a personal review session to keep my training programme current and challenging. This increased my enjoyment and sense of achievement after each session.

Within 10 months I had lost 10 stone and was delighted with my achievement. Six years later I am still training and enjoy setting myself bigger challenges. So far I have taken part in around 6 half marathons and in 2007 I also ran the London Marathon. To date I have raised more than £5,000 for leukaemia research through participation in these events. My first race was the Bath half marathon and I managed to complete the 13.1 miles without stopping I had great support from the team at Life who not only trained with me but also helped to raise funds and awareness through events at the Club.



"I found it easy to stay motivated and focussed by giving myself small targets and milestones, in both weight loss and increased fitness levels. I constantly strove to pass the next 1/2 stone or stone mark whilst increasing my times and distance in the gym."

Ian's Training Regime & Diet

Training Regime

Mon : 1 hour light weights/high reps
Tues: 4 mile tread mill
Wed 1 hour light weights/high reps
Thurs: 4 mile tread mill
Fri: Rest
Sat: 8 mile tread mill
Sun: Rest

Diet

Breakfast: cereal
Mid morning snack: fruit or yoghurt
Lunch: Wholemeal sandwich
Mid afternoon snack: yoghurt or biscuit bar
Dinner: fish or chicken with vegetables, rice or potatoes
Plus 2.5 litres of squash every day