

So, it's been 4 months since I rejoined Slimming World. 4 months, or 20 weeks, and what a difference it's made to me.

I'm an amazing (even to myself) 5 stone lighter (in fact 5stone 11lb). And though I may still have a long way to go before I'm at a good weight I know it's achievable – though the healthy-weight me is still a long way off. My confidence has had a serious boost – I actually have some. I may find it tough to accept the compliments from friends and colleagues the fact that they notice is good enough for me.

20 weeks, I've dropped two trouser sizes, and I don't know how many shirt sizes. The day I looked down and noticed a sight I haven't seen in a fair few years was an awakening – I looked down and I saw my feet – just my toes – but it was something I hadn't seen in years.

The move onto the plan has been relatively smooth and totally painless and the fact that there is so much choice and variety in the free-foods is just wonderful. I've gone from eating take-away 3 or 4 times a week to eating home cooked food practically every night, and the tastes of all that fresh vegetable – is still exciting the taste buds today as it was 4 months ago. The support from both the consultant and the group over the last 20 weeks has been wonderful. It could not be have been done without them. I'm slowly now going from viewing Food Optimising as a “diet” to now being a “lifestyle” choice.

It's been a wonderful first 20 weeks. Here's to the next 20 – maybe I'll write then and say about being at another milestone mark but still I imagine having nothing but praise for Slimming World – how can anyone not have praise – a food plan where by you can eat what you want, and have such a wide choice of free food to snack on. If you're on plan and you're feeling hungry then there's only two reasons why – firstly that it's been a long time since you ate, or secondly – you're doing something wrong. That's my opinion. With a bit of planning and fore-thought, there is no reason to go hungry – I keep free foods in the fridge at work as well as at home, I keep low syn (or healthy extra depending on my plans for the day) cereal bars in the car. Planning and organisation is all it needs.