

12 months of Slimming World.

12 months ago - 1st December - I walked through the doors - thinking I'll give it a shot, but probably wouldn't last the distance. Loose a few stone, be somewhat better then in the photo from the first brother's wedding and then give it up and go on my way. What did I know eh?

Monday coming is my 12month anniversary - 1st Monday in December - and I was hoping to hit the 11stone loss marker (need to have lost 3lb this week). Even if I don't quite make it - I'll only be off by a pound or so - though that's not to say that I don't feel disappointed with the odd gain or maintain that I have - but I've learnt to focus that disappointment to enable me to concentrate on the plan. Alas it wasn't to be - 11st 13lbs in 12 months - oh well - always next week to get that next sticker.

153lbs - good grief. 69.5Kg (69 and a bit bags of sugar). How the heck did I manage to carry that around for so long?

I have my little targets to meet still and I hope to end 2009 in the region of having an 11st 8.5lb loss - it's certainly doable. And then a stone to go in 2010 to get to the first big target. It works out to hit that big figure by end of March I need to loose 1.5lb (or somewhere near that) a week. I'd like to do it by end of Feb though. But that's just a personal challenge - something to motivate me to doing well, particularly over the Christmas period that is fast approaching - but if I don't make it in that time frame - then does it matter? No - the fact is I will get there sooner or later and the date doesn't matter - I'll get there.

Also my more recent habit of writing things down again certainly seems to be helping - 10lb in the 3 weeks has got to be proof of something changing - which at this point of the journey as well - it's just amazing - but goes to prove that even after a year I can still learn more about what I'm eating and find areas of the plan that I may not have understood as well as I thought. My particular problem point at the moment being that I may not be eating as much superfree food as maybe I should. And little variety in my vegetable intake either. But I'm working on ways to change that, now I've identified it.

I'm more then ever convinced though that food optimising is a lifestyle now as far as I'm concerned - and it's not "hard work" as some people seem to think it is- it was when I was first starting out down this path and temptations still even now sometimes hard to resist, but it's not hard work anymore - it is a lifestyle - this is how I eat now. Gone are the days of take-aways every other night, and in with the days of cooking every night. The temptation is always there - but so is the good stuff :)

A bit of planning and a bit of organisation and it's rare for me to go off plan for any reason - even when not eating at home. And when times get tough there's my group to fall back on, there's my consultant, and there's friends and family - all people that without their help/support this would never have been possible.

12 months in and still going strong. Still got a way to go but I know more then ever that I'll get there. My health is improving in leaps and bounds - walking around town shopping 12months ago was a tiring exercise - never mind walking in and out of town

to do the shopping, my waistline is decreasing (14inches off from where I started). I can buy all my clothes from the high street now – and even recently had to return an XL sized jumper – for being too big. Me in an “L” sized top of any description? Almost unheard of for the last few years, and the big thing, I’m probably now lighter than I have been for most of my adult life. In fact even at school I think I was in XL clothes for a large part of the time.

It’s amazing what 12months can do – another 3 months and I’ll be unrecognisable from where I was in December 2008.

All I can say to that is I’m ready – so bring it on.