

14 Months of Slimming World

Part of me sits here in disbelief that I'm even writing this – for me to stick 14 months of anything is amazing to start with – but then Food Optimising is, as they say, a way of life. I can't see a day of me going back to my old habits – however tempting they may be at times.

The last 2 months have had my second Christmas/New Year since starting Slimming World back in December 2008. I food optimised through the holiday period and loved every minute of it – and even surprised myself losing 4.5lbs over the two weeks. Even with a few “treats” – not in terms so much of sweets, cake, etc., but foods not usually found in my shopping basket – Sea Bass for Christmas Day for instance.

I continue to be amazed also at simply myself through all this. From what started out as a light walk into town on a Saturday to get shopping and then catching the bus home afterwards last May, is now walking in and out of town – usually by a less than direct route – on both Saturday and Sundays, clocking up some weekends more than 15 miles – the return journey with the shopping on my back. And never mind all the snow, etc, we've had in January – I still walked even then. Even during it. I also try to avoid parking up at my local store on the way home, much preferring to park up at home and take the 10 minute walk down to the shops. And now I've also just signed myself up at the local gym and swimming pool – wouldn't have even considered that 14 months ago.

My waistline and chest continue to shrink – though of course not as fast as they used to. I'm even having to develop some kind of fashion sense after spending so long with just having to make due with the limited availability of clothes in the sizes I used to wear. Going from wearing 5XL tops to just L is something of a mind blowing achievement – especially as it's only been 14 months. And I gasped in surprise noticing that I had easily and without having to breathe in stepped into a space that before hand – I couldn't even fit into, never mind squeezing in, and if I could have squeezed in, then I'd never have been able to squeeze back out again. Not to mention all those times when catch a glance in the mirror and don't recognise the person being reflected back at me.

It's not been without its trials and turbulent times – I could have easily given in over Christmas – but why? What's so special that means I would want to undo everything that went before? I've felt despondent with having had a small gain, and then not managing to lose it the following week. Made up for it the week after that though with an amazing 5lb loss, but never once felt like giving up. Why? Because as I've said – this is what eating means to me now.

The 5lb loss though put me into that “final furlong” – the last stone before I get to what I've been calling me “sit back and re-assess” target. In the 12 months or so since I set that figure in my mind – I never thought that it could in fact take that 12 months to get there – I figured I had an 18 months journey at least to lose as much as I wanted to. That all said – I'm already re-assessing and am already thinking of going further – but that I've got to wait and see – after all – I have my “sit back and re-assess” target to meet first. Can I make that target – of course I can and I will, and

all hopefully before 16months is up. How can I do it – I'll stick to plan, I'll enjoy life, and keep doing what I've spent 14months doing. It will happen, because I want it to happen.

14 months of Slimming World – 14 months of the friendly company of some very good and supportive people – both in group, my friends, my family, my consultant, and people I only know at the moment from online. Without their help and support – I would have given up a while ago. Instead I'm still working at it, and still losing, and still enjoying it. 14 months of Slimming World, and an earth shattering (to me – as I can never believe it when I look at it like that) loss of 11st13.5lbs (the scales said “No” when I asked for an extra half pound tonight as a good boy bonus).