



after
Kelly's now
a personal
trainer



before

KELLY FROST
Age 30
Height 168cm
Current weight
54.2 kg
Kilos lost 15 kg
At this weight
2 years

LOST
15kg

KELLY'S CHALLENGE Away from her family at uni in the UK, Kelly's loneliness led to comfort eating. But when the scales hit 68 kilos, she decided to make some changes.

Eating her feelings Naturally petite, Kelly didn't worry about her diet in her late teens. "I ate whatever I wanted," says Kelly. But at 20, when she moved from Dubai to England, she started to pile on the kilos. "I hated being away from my family, so I ate my feelings," says Kelly. "I'd binge on takeaways and TV dinners."

Over the next three years, Kelly's weight ballooned and despite her part-time job at a gym, she dodged exercise.

"I lived on takeaways, now I'm a personal trainer"

With her self-esteem at rock bottom, this reader banned comfort food, lost 15 kilos and launched a new career

WEEKLY WORKOUT SCHEDULE

Cardio 60 minutes/three days a week, running or cycling

Strength training 60 minutes/three days a week, light weights, squats, lunges, sit ups and circuit training

Reality check It was getting ready for a night out with her slim girlfriends that finally inspired a change in Kelly. "I pulled on the same boring black size 16 top and trousers - the only thing I could fit into and my heart sank," says Kelly. "I'd been trying to convince myself that I was chunky and happy, but the truth was I was miserable, with no self-confidence," says Kelly. "I longed to wear my old size 10 jeans, so I vowed to squeeze into them again."

Kelly immediately began exercising three or four times a week with work colleagues at the gym. "Myself and the other girls would nip to a class during lunchtime or we would ask the new PTs to train us," says Kelly. After six weeks, she was hooked.

Stepping up "Eventually, I was training six times a week, doing back-to-back spin classes, body pump classes, swimming or hitting the treadmill," says Kelly. "People commented on my weight loss, which boosted my confidence. I felt so much happier."

Kelly also stopped surviving on takeouts, cut out junk food and began eating five or six small balanced meals a day. "I banned sweets and anything

high in fat; I stopped using butter and began snacking on fruit," says Kelly. "I always hated fish, but I forced myself to eat light, white fish - now I can't get enough of the stuff!"

Eight months later, Kelly was able to get her old size 10 jeans on. "I was so proud of myself. They're too big for me now, but I'll remember that moment forever," says Kelly.

And in June last year, after returning to Dubai in April 2009, Kelly qualified as a personal trainer. "I hope I can help others like me," says Kelly. "I tell my clients, 'I will push you because I know how great it feels to get results.'"

THREE STICK-WITH-IT SECRETS

➤ Go big on breakfast

"Breakfast is my favourite meal of the day. I have a big bowl of organic rice puffs with bran, rye flakes, nuts, pomegranate seeds, sunflower seeds, banana and strawberries."

➤ **Forget the scales** "People get obsessed with weighing scales, they have the potential to ruin your whole day. Buy yourself a tape measure instead."

➤ **Don't be too hard on yourself** "Allow yourself a moment of weakness and tuck into something scrumptious every now and again. Have one day off every week to rest, eat and recuperate."