

My Slimming World Journey
By Andy Farrington of Horsley Woodhouse
Slimming World Local 'Man of the Year'
(pictured with Kym Marsh and Eileen Childs)

My own journey started with Turkey, not the eating kind but the holiday kind. In September last year eight of us went to Turkey for a two week sailing holiday.



Andy Farrington before Slimming World

The chance came up for us to go paragliding using a speedboat. Even though I really wanted to go and my friends tried to persuade me I refused. The paraglider looked so flimsy and I would have been so embarrassed if I couldn't get off the ground because of my weight ... and that point was the start of me thinking how to drop my weight down from nearly 19 stones, the heaviest I'd ever been in my life. I've not always been big, but at six foot four tall it was easy for the weight to go on and for me not to notice it too much. It was all fairly gradually really, too much good food and wine and not enough exercise. Anyway, there I was, on holiday and too embarrassed to do what I wanted to do.

My partner and I had tried several diets, and some had worked for a while, but the weight had always crept back on, then, just before Christmas 2007 my daughter told us about her weight loss success using Slimming World food optimising and attending classes every week, so I decided that the New Year would become a new start for me. Anni

my partner and I worked out that we could get to regular classes on a Wednesday so we phoned up Eileen Childs, the Consultant, and arranged to join Slimming World, Heanor in early in January. I have to admit I was rather dragged along by Anni, and I was convinced it would be a total nightmare and I would have to tell everyone what a fat slob I was.

It just wasn't like that though, after my first weigh in at 18stone 6lbs and the introduction by the class leader Eileen I felt that that everyone was really supportive. Despite being the only man in the group, Wednesday evening became entertaining, friendly, fun and informative. Something to really look forward to.

The food I ate on the optimising plan was very different from my usual diet, lots of fruit, vegetables and yoghurts, and just a matter of working out if we were going to have a red day or a green day. In the end we opted for alternate red and green days which really worked well for both of us.

And the rest is history...as they say. I was able to reduce my weight steadily over 18 weeks collecting lots of 'bling' for weight loss achieved and slimmer of the week awards.

Now everyone comments on how well I look and wants to know the secret of my successful weight loss. I'm more than happy to tell them I go to Slimming World and my group Man of the Year Award is in a frame in my office. Several of my colleagues have joined and I'm sure my example helped.

I have lost over 3 and half stones in weight, go the gym 4 times a week, reduced my waist from 42 to 36, sold all my old clothes, bought some new and I feel so much happier with myself and how I appear to other people. I look better now at fifty five than I did at forty. All I can say is thank you to my Consultant, the group, my partner and of course...bring on the paraglider!

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