

# Slimming World

Eileen Childs (pictured below) is a local Slimming World consultant. It's hard to believe that the lady stood in the picture next to Kym Marsh is the same lady pictured here... but it is!

Eileen knows the misery that being overweight can bring. "It eats away at your confidence and ability to cope with life."

15 years ago Eileen lost six and a half stone in just 56 weeks after joining her local Slimming World class.



*Eileen Childs 6 1/2 stone heavier*

She was voted 'Woman of the Year' in 1994 and was soon appearing on breakfast TV, chat shows and had her own spot on Radio Derby, inspiring many more people to turn their lives around and lose that unwanted, unhealthy weight. Eileen became a consultant and featured in the national press including the 'Sun' newspaper.

Over the years she has regularly featured in women's glossy magazines and frequently appears as a motivational speaker at many functions.

Her interest in nutrition was rewarded when she graduated as a doctor of nutrition in 2005 and is a top consultant and image therapy practitioner within Slimming World.



*L to R: Andy Farrington, actress Kym Marsh, Eileen Childs*

Eileen's love and enthusiasm is still in her Slimming World classes throughout Derbyshire, helping her members to achieve their dreams and ambitions. "Just watching the change in health and confidence of each and every member is the most rewarding job I could ever have. With the food optimising plans the choice is tremendous and so easy that it fits into every family's eating. Members can choose from an amazing variety of foods – no one gets bored. Giving the freedom of a social life but still being in control."

**As a regular feature in All Things Local, Eileen will be offering advice, information, recipes, successful stories and motivational tips to get you back to eating healthy, nutritional family meals. In future issues, there will be competitions to win free memberships, countdown courses and recipe books.**

**Eileen would like to hear from you so if you need advice, want to share a favourite healthy recipe or have any hints and tips you want to pass on then please feel free to contact her and let's make our local area healthy and fit and fun. Eileen can be contacted on 01773 760548 or just pop into your local class and join in the revolution.**

#### **Local Slimming World groups:**

Belper Community Hall, BELPER – Tuesdays at 18.30  
Heanor Town Hall, HEANOR – Wednesdays at 17.00 & 18.30  
Heanor Town Hall, HEANOR – Thursdays at 09.00 & 11.00