



Hi, my name is Sara and in this picture I was in my late teens early twenties, always the life and soul of the party was always the first on the dance floor and nothing would stop me from having a good time; even the looks I got from people when they saw me shaking my stuff on the dance floor. I did not know if they were looks of “wow she is a good dancer” or “OMG look at the size of her!” I was enjoying myself and that was all that mattered.

You see, I have been big all my life, was never the fit girl at school, I was the one that was picked last for sports and was subject to the usual bullying. My way of dealing with it was to comfort eat, if I was happy or sad I would just eat and by the time I was at college I would buy a bacon roll for breakfast, crisps and chocolate for snacks, sandwiches for lunch with more crisps and chocolate and when I went home I went via a McDonalds for quarter pounder and eat it driving home before then eating a home cooked dinner and pudding! If I tried to eat that now I would not eat for at least 2 days! Lol

My life continued like this into my twenties and then one day I had to go to the doctors as I was having some problems and the doctor said that I was so fat that my body was shutting down and was like an anorexic but on the opposite scale and if I did not lose weight I would die! This was my wakeup call back in 2005 I then thought that I did not want to die so I joined a gym near my work at the time and ate a healthy balanced diet and managed to lose 5 stone in a year, I felt on top of the world! For the next 8 years I would lose weight and put it back on, lose it again and put it on again. I just could not keep the weight off on my own.

This picture to the right is me at in January 2013 with my fiancé Kevin. The weight I had lost was creeping back on through my old habits of comfort eating as I had lost my dad in September the year before and had been made redundant from my job and had no idea what I was going to do next.

Through the support of Kevin I moved to Waterlooville from London and had managed to find a new job. With this being a new chapter in my life and our wedding set for May 2014 it was time to get my weight down and my fitness level up. I googled boxing in Waterlooville as I had done some boxing in London and really enjoyed it and it came up with Back to Fitness, with that I sent an email to them and arranged to meet Rob.





Well what can I say about Rob! I thought this guy seems interested in helping me and will probably train me to the ground and I was right!!! Look at me now! I have now been training with Rob and the gang at Back to Fitness for 9 months and have so far lost 3 stone, which from my biggest I am currently on 7 and half stone weight lost and I intend to keep going! This is through a combination of a lot of sweat and joining my local Slimming World group.

Rob has set me a few goals, one of which is to lose 6 stone by the time I walk down the aisle(that would mean I would have lost 10 and half stone from my biggest!!), when he told me you should have seen my face!! But I am now half way there and can see the light at the end of my dark tunnel. Every target Rob has set me I have reached and beaten!

If you are looking for someone to be part of your life where their goals turn into your goals and together reach them then Back to Fitness is where you need to be!

The classes are brilliant and everyone at the gym is really nice and really supportive. I would recommend them to everyone who would like to tone up and get fit.