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## Jaymee McDermott + Fernwood - 41kgs

*...And Now I Really Enjoy Exercise! Who knew!*

"Since I was a child I have battled a weight problem all my life, and doctors have told me that if I didn't lose weight

that I would become a diabetic as it was already in the family. In the past I have tried literally everything from hypnotherapy, acupuncture, weight watchers, jenny craig and any fad diet going, never doing any sort of exercise (I hated exercise with a passion) just relying on what the diet could do for me.

Then after I had my son, I ballooned to 20 stone (130kg) my self-esteem was shot and I decided to have my stomach stapled. Not a smart move, although I was able to drop to 11 stone (66kgs) it definitely wasn't the healthiest way to lose weight. Over the next 15 yrs the weight crept back until I didn't know how much I weighed, as the scale didn't go that high. I had problems with my knee, lower back, high blood pressure and sleep apnea and my knees were affecting me at work.

Doctors wouldn't operate, as I was too high a risk. I decide to join Fernwood and found myself at a staggering 153kgs. The girls at Fernwood made me feel very comfortable and the place was full of women of all shapes and sizes. That was August 2006 now seven months on I have dropped 35kg with Slmplicity, and great nutritional eating habits thanks to my Slmplicity Coach, I will be able to

take what I have learned into the rest of my life combined with a great exercise plan designed especially for me. I have a great personal trainer that motivates me and helps me through the tough times (and now I really enjoy exercise! Who knew!).

A few weeks ago we started the Fernwood Biggest Loser Challenge and I have been getting to know the rest of the girls. Its been a lot of fun and we are all working hard and have our own personal goals to strive for. I feel I still have a long journey ahead of me but I know I can do it now, and I can't thank Fernwood enough for what they have done."

*Jaymee McDermott (lost 41kgs with Fernwood Womens Health Clubs - Mornington)*



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