

# Lesley Thomas - Loses 2 stone 6lbs In 20 Weeks

## Speaker key

ES Erak Simsson

LE Lesley

ES Good evening Lesley.

LE Hi Erak.

ES How are you doing?

LE I'm fine thank you.

ES Great, well, first of all let me say thanks for joining me on the call this evening, I know you're a busy lady, so I appreciate you taking the time out.

LE My pleasure.

ES Before we kind of get started on the programme properly then, or the conversation should I say even, could you just remind me as to what you've done since starting on the programme in terms of weight loss?

LE So far I've lost, just under, half a pound under two and a half stone.

ES Fantastic, and what sort of time frame was that in Lesley?

LE In about 20 weeks.

ES 20 weeks, okay. Has that felt like a challenge for you, or ....?

LE I have to admit, from my perspective, I probably could have lost it more quickly if I hadn't have had, you know, the occasional weekend away, slight over indulgence etc, but I actually chose to take it at a slightly steadier pace, because I knew that for me, that would work better from a long term perspective of maintaining my weight, rather than trying to do it all at once and then not having the ability to carry on with that same said lifestyle.

ES Fantastic. Before I get into any sort of real specific questions, can you maybe give us any sort of background, for anybody that's listening, you know, background, age, occupation, that type of thing.

LE I'm 41, I'm a mother of two small children and I work full time in the mobile company Orange as a partner director, so I have a very family life and a very busy working life as well.

ES And before starting on the programme Lesley, just describe briefly what your general health and energy levels were like before you started out?

LE My health was probably, you know, fairly okay, my energy levels definitely needed some working on, you know, having two children and having a full time job, was not easy. I did exercise but it was a little bit of hit and miss, sometimes I'd exercise quite regularly, and other times, you know, weeks would go by and I hadn't exercise at all. So I definitely, you know, had some work to do, to get my energy levels up.

ES Yeah. And what did you see as any sort of potential sort of barriers before you started out on the Coach Me Slim and Trim programme?

LE Probably the fact that I knew by myself I could get to a certain level, but I would get to a level that was, you know, okay as far as losing weight was concerned, and okay as an average level of fitness, but I know by myself, I wouldn't have lost as much weight as I have and I wouldn't be as fit as I am, because I would have accepted only going so far rather than pushing myself outside of my comfort zone, and now actually being slimmer than I've been, probably well over 23 years.

ES Right, okay, fantastic. And since losing, you said two stone and ...

LE Just under two and a half stone.

ES Just under two and a half stone. What differences would you say you've seen or noticed?

LE Oh huge, my energy levels are significantly higher. My, obviously my figure has completely transformed, I've gone from a size 14 down to a size 10, saying that, today I actually had to buy two skirts and a dress in a size 8, and I never ever envisaged I would be that slim ever, and it's just generally my whole demeanour, I've never lacked confidence, but I'm definitely feeling even more confident and just generally feeling very positive and very enthused about life.

ES That's fantastic to hear. And what was it that made you, because I'm assuming you probably tried things in the past to lose weight, what was it that made you choose the Coach Me Slim and Trim programme?

LE I can remember actually reading something in the Salisbury Journal roundabout the middle of February, my little boy was in hospital unfortunately with pneumonia and I actually read the article about how you'd helped another lady. I knew having a personal trainer would help me, because I knew I needed to have somebody help motivate me from an exercise perspective, but having the additional support as far as advice about what to eat, when to eat, how much to eat, and thinking about what was going into my mouth, that made, probably at least a stone's difference to my weight. I would have probably got to 10"10, 11 stone, possibly, on my own, but I wouldn't have gotten, you know, down to 9 stone 13, because I would have just basically accepted, oh, I'm meant to be a 12, here I am, I'm at that weight, and I would have probably slacked off a little bit and then put the weight back on. Whereas to have lost that additional stone, and had the significant benefits I've had as far as how I look, how I feel, I've done that because of working with you and the programme, and I couldn't have done this alone basically, I would have given up and accepted far less than I've now been prepared to accept.

ES Well, that's very kind of you to say. Could I just ask, in relation to the programme, were you a little bit surprised, when we started on the programme, that we didn't go straight into exercise or food, we started off with a mindset, did that come as a surprise at all?

LE Yeah, it did, absolutely, I think when we first talked about it, before we actually started the first day, it was a slight frustration for me, because probably like most people, when they decide to go on a diet, is it about what you eat and it is about how much exercise you do, but actually, what you taught me was, the commitment you have to give to lose the weight, to do the exercise, is about understanding what's going on up top basically, so by me understanding what's going on in my head, has allowed me to be a lot more sensible about what goes in my mouth, and the exercise, you know, I do now on a very very regular basis. So doing it the way round that you did, definitely helps me.

ES Okay, and how confident are you now about sort of taking forward your new health and figure, you know, what you've achieved over the last sort of 20 weeks?

LE Probably, for me, the real hard work starts now, because I've been in the mind set of, you know, being on a diet for, you know, many many many years, you know, I've lost weight, put it on, lost weight, put it on, never lost this much weight, never been this fit, this trim, I'm determined that I will stay there, but I'm not going to be complacent about it. Just like, you know, it took 20 weeks to lose the weight, it could take just another 20 weeks to put your weight back on again, so it is about commitment, it is about recognising that not very many people are slim without making the effort to be slim, but you've taught me the tools I need to ensure that I continue to eat the right things, recognise that yes, I can have the occasional treat, I can allow myself to have the odd over indulgence, but I then have to come back, most of the time, to being good, and to continue, very importantly, the exercise. If I over indulge, I have to make up for it with the exercise that I'm doing, and that seems to have helped me. I know at the weekends I can have a glass of wine, I can have a bar of chocolate, but I also know, I can't continue doing that in the week as well, if I don't want to see an increase on the scales.

ES Sure, sure. And for anybody listening and thinking about starting on the Coach Me Slim and Trim programme, what, maybe one tip would you give to them, do you think?

LE Ooh, one tip, I think one tip is, don't think about it, do it. You can think about these things for far too long, basically, and I think one of the worst things, as women, we do is say, I'll start my diet on Monday, and then spend the preceding weekend filling our faces with as much as we possibly can. So I do think it's about starting ASAP and making a commitment to yourself, that the only person you are cheating, if you decide to not follow through with the eating plan, not to follow through with the exercise, is yourself, and you're just wasting time. I wish I'd come across you many many months ago, many years ago, probably, and if I'd started sooner, I'd have gotten here sooner, so really, just do it.

ES That's fantastic. Well Lesley, look, it's been an absolute pleasure speaking with you this evening, I appreciate you taking the time out to do so, and I'm sure we will keep in touch.

LE Definitely.

ES Take care and I say, thank you very much for your time this evening.

LE Thank you, take care, bye bye.

ES Bye.