

Real *lifestories*

WE'VE LOST
262 KILOS

between us!”

MEET FOUR WOMEN WHO TURNED THEIR BODIES – AND THEIR LIVES – AROUND. BY **Beverly Hadgraft.**



ANNE BEASLEY
STAY-AT-HOME
MUM, NSW

“When I was 40 I lost weight and went from 115 to 60 kilograms. I kept it off until my mother died. I ate good food, but too much [of it], until I reached 108.5 kilos.

“I felt disgusted with myself. People treat you differently when you're fat. They think you're to

blame for what you're doing, and in a way you are. I had to take ownership of that so I approached Cohen's Lifestyle Clinic, which uses your blood profile to provide a personalised diet.

“They provided a strict eating plan that included weighed portions of protein and vegetables, three serves of fruit, three crispbreads and a piece of fetta cheese.

“Cohen's also encouraged me to ring [them] whenever I wanted. That was very helpful, as was all the support I got from my husband and my friends. They couldn't have been kinder.

“Before I lost weight, I was carrying so much weight that my knees really hurt. Now I go to [women-only gym] Curves six times a week, see a personal trainer and do a brisk hour's walk every day. I've also just bought the first knee-high boots I've ever owned. Imagine that, at 55!

“The other weekend my daughter said, 'Mum, you're tiny.' And it's true. At 56 kilos and 157 centimetres I'm half the woman I was.”

AGE:
55

HEIGHT:
157cm

WEIGHT THEN:
108.5kg

WEIGHT NOW:
56kg

WEIGHT LOST:
52.5kg