

SALISBURY'S SLIMMER OF THE YEAR

As featured on BBC Radio



**NOW
5 STONE
LIGHTER**

**NOW A
SIZE 10**

Sue Mitchell loses 4 stone & drops from a size 20 to 12.

Read Her Story

THE birth of her first grandchild was the final boost that Sue needed to get healthy and change not just her body shape, but her life.

So enlisting the help of Erak Simsson, founder of pioneering weight loss programme Coach Me Slim and Trim®, she went from an uncomfortable size 20 to a svelte 12 – in just nine months, 3 months earlier than she thought.

And now 53 year old Sue is looking forward to playing with her granddaughter as she grows up, enjoying her new-found confidence and making the most of her new wardrobe.

She said: "My husband had been training with Erak for a while and seen amazing results but for some reason, I was never ready to make the call myself.

"When I did contact Erak though, I didn't tell anyone at first – I was doing it for me. I felt sluggish and lethargic, couldn't find clothes to fit and had started getting pains in my knees.

"But when my first grandchild was born I decided that becoming a grandma was the kick-start I needed – and I haven't looked back since."

Sue said she will never forget the feeling of seeing the scales stop at 10 stone 4lb – making her exactly four stone lighter than when she weighed herself nine months previously.

"I had tried Slimming World and Weight Watchers before but they didn't work and I always felt very uncomfortable in the classes – because there was a big group I felt no-one got the support they really needed. Being coached and trained one on one with Erak was exactly what I needed."

Sue signed up for the initial six-week foundation Coach Me Slim & Trim® programme, a holistic weight loss programme designed to help clients shape up for life.

The first session taught Sue how to create a weight loss environment, through looking at how she approached food and exercise, identifying potential barriers to her weight loss and developing a new healthier mindset.

Read more on the reverse

**"looking forward
to playing with her
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Subsequent sessions focused on developing self-motivation, eating for good health, personalising activity and an introduction to Pilates.

The final of the six sessions looked ahead to the next stage in Sue's weight loss journey – taking what she had learned and using it as a foundation to build upon.

And so by combining motivation, healthy eating and exercise with Erak, she saw her body change in ways she never thought possible.

Sue has gone from being mainly sedentary to taking regular exercise, including walking and resistance exercises.

Sitting down all day in her job, she used to make regular trips to the nearby bakery, or make the most of the office toaster.

But now she enjoys a healthy breakfast of porridge or Weetabix, snacks on fruit or nuts and makes a variety of nutritious lunchtime meals.

Dinner is lean meat and plenty of vegetables and Cavan – who himself has lost over 2 stone with Erak – encourages his wife to keep going.

“becoming a grandma was the kick-start I needed”

Sue added: “I’ve seen huge changes, especially in my legs, bottom and arms – which I’ve always hated.

“Enjoying people’s reactions when they haven’t seen me since I was bigger has made all the hard work worthwhile.”

Erak – a coach and trainer with over 20 years experience – said: “People know the basics when it comes to diet and exercise, but what they struggle with is how to keep motivated long enough to combine healthy eating and exercise into a personalised lifestyle plan of action. That’s where the Coach Me Slim & Trim® programme is different.

He added: “Sue’s a great example of how you can not only change your body shape dramatically but also improve your overall health and fitness when you’re past the age of 50.”

For more details about getting started on the Coach Me Slim & Trim® programme you can either contact Erak on: **01980 595 502** or email him at info@salisburypersonaltrainer.co.uk.

For more details about the programme and rates please visit: www.salisburypersonaltrainer.co.uk



You Could Be The Next Slimmer of The Year!

www.salisburypersonaltrainer.co.uk