



# The sensible approach

DENISE SHEDS SIX STONE TO GET THE SHAPE SHE'S ALWAYS WANTED

**BEFORE:** Denise, at her biggest, was almost in despair

**MUM-OF-THREE** Denise Trainor was so depressed about her weight, she considered having a gastric band fitted. The only reason she didn't was because her husband Darren and her parents were against it. But her size was making her desperate to do something, so when she heard about David Wilson's Rapid Hypno Fitness she decided to give it a shot. Just 11 months later, she had lost an astonishing five and a half stone. She said: "I had ignored my weight for a long time, but it started getting me down. "I had tried a lot of diets and been looking for some kind of magic pill, but of course that doesn't exist. I simply didn't know where or who to turn to. "I was at an all-time low and considered having a gastric band fitted, but my husband, mum and dad weren't happy with that idea. "I explained to them how desperate I was. Darren came home and said he had heard about the Rapid

**By Samantha Booth**

s.booth@dailyrecord.co.uk

Hypno Fitness programme on the radio. Even though it didn't sound like my kind of thing, I decided to give it a go instead of having gastric surgery." Denise got in touch with the man behind the programme, David Wilson, to discuss what she wanted to achieve. Denise said: "At that point, all I wanted to do was be slimmer. "David asked me about my eating habits and, like most people in that situation, I didn't exactly tell the truth. "I insisted I didn't know why I was the size I was because I didn't eat much. "I was also terrified he was going to ask me to have a go on the treadmill because at that time, my chest was a size 42 HH and the idea of running was just horrifying." Denise started the diet and exercise programme though and while she can't say it was easy, with David's encouragement she persevered. She also benefited from David helping her to change her attitude and boost her self-belief through hypnotism before she went near a treadmill. Denise's family also gave her plenty of support, with her children Courtney, 15, Madison, six, and four-year-old Parker, always asking her how much weight she had lost every week.

### Transformed

As time passed and the pounds melted away, Denise discovered that by eating sensibly, without giving up treats and favourite foods and by exercising regularly, her life was totally transformed. She said: "At first, I did just want to be slim, but as I went through the programme I realised I was not just losing weight but getting fitter all the time, too. "Now I am fitter than I ever have been. "I always wanted to be able to show off a nice pair of arms in sleeveless tops, but I never did because my arms were so heavy. But now I do because I have really good arms. "My confidence has also soared. I can happily go into a gym now and know I can completely hold my own. "I also now have more energy than I did before. "Before I lost the weight all I would want to do after lunch was sit on the couch, but now I want to get up and about." Of course, once the weight started to come off Denise also began to think about buying a new wardrobe of clothes. At a size 8-10 she can now wear clothes she would never have looked at in her heavier days. She said: "I was desperate to buy new clothes although I did wait a few months before I even thought about going shopping. "I have now given away all my old clothes except for a pair of old trousers. "When I am having a bad day I get them out and try them on. "I can get myself and my daughter into them these days and it is good to remind myself why I went through all the hard work and why I need to keep going. "That said, I do enjoy exercising now and when you see the results, you can't help feeling motivated. "Getting yourself motivated is one of the hardest things when you are overweight." ● To find out more about Rapid Hypno Fitness click on [www.rapid-hypnofitness.co.uk](http://www.rapid-hypnofitness.co.uk).



**FACTFILE**  
**NAME:** Denise Trainor  
**AGE:** 40  
**FROM:** Kilsyth  
**JOB:** Works in family catering business  
**BEFORE WEIGHT:** 15 stone 7 pounds  
**SIZE:** 20  
**AFTER WEIGHT:** 9 stone 10 pounds  
**SIZE:** 8-10

**AFTER:** Denise looks like a totally different woman



**FAVOURITE:** Spaghetti Bolognese

## SAINT OR SINNER

### SAUCES

**SAINT:** Chilli Con Carne, Weight-Watchers, 48 cals per 100g  
**SINNER:** Chilli Con Carne, Sizzle & Stir, Knorr, 111 cals per 100g  
**SAVING:** 63 cals  
 If eaten once a week for a year you **SAVE:** 3276 cals

**SAINT:** Bolognese, Original, Deliciously Good, Homepride, 35 cals per 100g  
**SINNER:** Bolognese, Italiano, Tesco, 111 cals per 100g  
**SAVING:** 76 cals  
 If eaten once a week for a year you **SAVE:** 3952 cals

**SAINT:** Black Bean, Uncle Ben's, 71 cals per 100g  
**SINNER:** Black Bean & Chilli, Stir Fry, Asda, 163 cals per 100g  
**SAVING:** 92 cals  
 If eaten once a week for a year you **SAVE:** 4784 cals

**HEALTH ON THE BOX**  
**One Born Every Minute**  
**Tuesday, C4, 9pm**  
 This documentary charts the true experiences women have of childbirth. In this episode the pressure becomes too much for one dad-to-be when it is decided his girlfriend needs a Caesarean.  
**The Stuttering School**  
**Friday, C4, 7.30pm**  
 Documentary following two people as they take an intensive course to help with their severe stammers before making a public speech.



**McCARTNEY:** Sportswear

## LIFE AT THE GYM BUT NOT AS WE KNOW IT

**SLEEPLESS** nights, the school run, ballet lessons and being your family's exclusive taxi service are just some of the things you juggle when you have kids.

Grabbing some "me time" is a thing of the past and exercise is too far down the to-do list for the day.

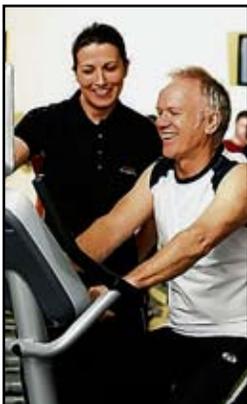
But Glasgow Club has a solution for busy parents. If you can't take time out on your own, why not bring your kids with you? There are lots of different activities on offer that you and your children can do together.

Fancy some tots tennis, mini kickers or baby massage? Or maybe you would like to take part in our pushy parents or ducking classes?

Baby massage courses are designed to help build the bond with your baby, boosting confidence in holding and touching, providing welcome tips on how to help combat the dreaded colic, sooth crying and improve circulation.

And, let's face it, if your baby nods off during a peaceful massage you can grab some quiet time for yourself too.

But if you want a bit more exercise, try our pushy parents classes, where you can have a brisk walk around some of the city's great parks, a catch-up with other



**FAMILY FUN:** You can take the kids too mums and dads do some simple but effective exercises. It's easy to get fit behind the wheel of your pram in the park with other new parents. Ducking classes give you the chance to introduce your child to the water. You can both enjoy the different water games and songs while splashing around in the pool having fun. With tots tennis, mini kickers and pre-school gymnastics, mum and dads can grab a quick break in the café or keep an eye on their little ones at the sports hall window. Some centres also offer crèche facilities, so why not come along? For details of your nearest club go to [www.glasgowclub.org](http://www.glasgowclub.org) or call 08000 270 470.



**YOUR STARTER FOR 10 BUY 11 MONTHS, GET 12!\***