

BETTER Shape Up

When Philippa (Pip) Millardship introduces herself, I realise I have seen her before. It was at the start of the recent Great Eastern Women's 10km run, where the name on her bib struck me – being the same as mine.

The start of a long-distance running event is not exactly the place you expect to bump into someone with a weight problem, but Pip, who has dropped 44.5 pounds (just over 20kg) in the last 12 months laughs: "Oh, I was always fit – I have run several 10km events. But I was size 22!"

Clearly, determination was not her problem. "My weight just built up over time after I had the children," she explains. "I exercised regularly and had tried dieting, but the weight just wouldn't come off. Moving around as an expat adds challenges – we often entertain or have visitors. Just as I joined Weight Watchers in Hong Kong in 2005, we were on the move again! Then, with my son in his last year of school and ready to head off to university, I knew the time had come for me to sort myself out."

A friend of Pip's introduced her to Aileen Lane of Nutri-Style, and they both started her 'Coach Approach' weight loss programme. Pip follows the Weight Watchers plan whilst her friend prefers simple calorie-counting, but both have made huge progress.

Each Coach Approach programme lasts for ten weeks, with weekly one-on-one meetings with Aileen

including a weigh-in and discussion of a relevant diet, nutrition or exercise topic.

"My target was to lose two pounds per week until I reached my goal weight, which Aileen calculated based on my height and body type. There are weeks that I achieve this – or more – and there are other weeks that I struggle. No matter what the scales report, Aileen is unfailingly positive – though she does make me feel just a little guilty if I stray.

"Along with our weekly meetings, Aileen is always available on the phone or on email to answer questions. She has advised me on changes to make both at home and when eating out."

Shedding weight means your old clothes no longer fit. Pip buys enough to see her through, but doesn't intend to buy much until she reaches her target, which she is determined to achieve and maintain.

"Only someone who has a weight problem will understand the mental adjustment you feel when you know that this is it: the weight is going for good,"



she tells me. "I have rewarded myself by doing Aileen's colour and style analysis programmes. We did colours when I hit 200 pounds, and will do style now that I have passed 180 pounds – though I know the full wardrobe makeover will have to wait: I have 14 challenging pounds to go to my goal weight.

"Still, I already feel physically better and more confident. My friends and family are very impressed, and the other day a man I pass regularly in the Botanic Gardens while walking my dog stopped me to tell me how great I look!"

by Philippa Barr

Consult Aileen at Nutri-Style by calling 6887 5220. You can read more about Pip's experience at www.nutri-style.com