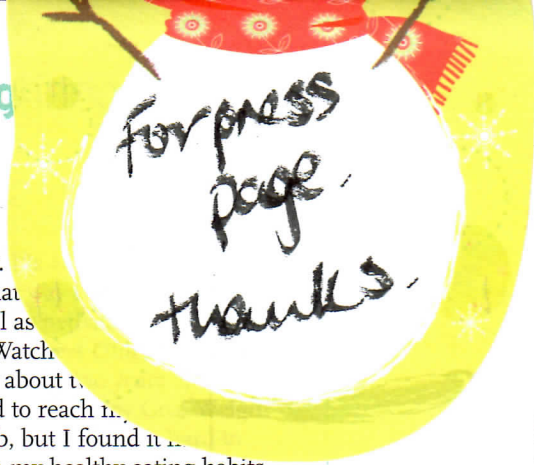


feeling



moment.  
fun as that

As well as  
Weight Watchers  
member about to  
managed to reach  
of 9st 4lb, but I found it  
maintain my healthy eating habits  
as a nurse because shift work plays  
havoc with my routine.

However, my wedding is making  
me very determined. I'm lost at  
the moment and I've set my Goal  
Weight to 8st 7lb. I guess that's  
more my wedding weight than my  
long-term goal – after the big day, I  
hope to settle around the 9st mark.  
I'm hoping that the combination of  
Weight Watchers and netball will be  
a successful partnership for me!

### Nostalgic for netball?

Whether you were a wicked wing attack or a glorious goalkeeper, it's easier than you think to take up this beloved school-day sport again. Look for a club near you at [englandnetball.co.uk](http://englandnetball.co.uk).

## 'I'll be kissing the baby bulge goodbye'



**Vicky New, 26, is an Army officer and lives in Bicester with her husband Richard and their baby daughter.**

I had my first child in March last year and put on a lot of weight during my pregnancy. I'm in the Army, so I've always been pretty fit but I didn't exercise at all for the whole nine months. A couple of months after Isabella was born, I thought 'Right: enough is enough', and I knew I had to seriously tackle my weight.

When I joined Weight Watchers Online, I weighed 15st 6lb. I managed to knuckle down to my plan and started to lose weight steadily – I was breastfeeding so I didn't want anything too drastic, and Weight Watchers worked well for me. Around the same time, I also joined a mother and baby fitness class called Buggyfit as I needed to do something about my fitness levels. I'd tried to go for a

run but I was so unfit I couldn't do it, so this seemed like a better option to ease me back in gently.

We all meet once or twice a week in the grounds of a National Trust property. Our fabulous instructor Emma guides us through an hour of power walking, running, stretch squats and lunges. It's great to get outside and the babies generally love it, watching inquisitively from the cosiness of their prams. At the end of the hour, we're all exhausted and sweating – it's a great workout and it's so much fun, too. And then we have a much-deserved cup of tea and a good chat. That usually lasts another hour and a half!

By combining Weight Watchers and the Buggyfit classes, I managed to get down to 14st 2lb. But then I seemed to get stuck and stopped tracking. I've stayed the same for a while, but the thought of going back to work and needing to be fit has spurred me on again, so I've rejoined Weight Watchers. I'm now 13st 7lb, so I've still got another stone to go to get to my first, personal goal of 12st 6lb, but it's going well.

I'm much fitter now thanks to Buggyfit and I have started going running again, too – I've also made some great new friends through the classes. But I still have a big fitness challenge ahead of me. I'm going back to work in spring and I need to pass the Army basic fitness tests again. I need to be able to run 1½ miles in 13 minutes, do 21 press-ups in two minutes and 51 sit-ups in two minutes. Hopefully, if I stick to Weight Watchers, Buggyfit and running, I'll be able to pass with flying colours – and lose the baby bulge! ☺



### Mum's the word

Buggyfit runs more than 100 classes across the country. To find one near you, go to [buggyfit.co.uk](http://buggyfit.co.uk). If there isn't one in your area, a quick internet search for 'mother and baby exercise' will bring forth lots more options.

Challenge 2011... Challenge 2011... Challenge 2011... Challenge 2011... Challenge 2011... Challenge 2011...