

'I've lost a stone in a week – thanks to Josie and boot camp'

Closer sent Emily Trimmer to boot camp and, as well as losing weight, she's bonded with guest trainer Josie Gibson

WHEN Closer spoke to morbidly obese teen Emily Trimmer a few weeks ago, she heartbreakingly revealed she was terrified of dying young. Shockingly, Emily, who's just turned 15, already weighed a staggering 21st – at 5ft 5, she had a BMI of 48.9 (the healthy range is 18-25), putting her at risk of heart disease and diabetes. Size 22-24 Emily was used to gorging on 4,000 calories a day, including several packets of biscuits and crisps after an adult-sized portion for dinner. She hadn't left the house for three months – except to go to school

– because she was too ashamed of her size and was desperate for help. So Closer teamed up with a boot camp to help overhaul her unhealthy lifestyle and kick-start her weight loss.

And now the schoolgirl has formed a bond with the boot camp's guest trainer, reality TV star Josie Gibson, who – like Emily – struggled with her weight throughout her childhood and weighed 18st at 18, but is now a healthy size 12.

Former *Big Brother* star Josie, 29, took Emily under her wing and, after just one week of exercise and eating a low-fat diet, Emily has lost a stone.

Emily says: "It was hard to begin with – I struggled with the running and lifting weights – but it got easier as the week went on.

I was busy, so didn't feel hungry and started enjoying the healthy food as I knew it would give me energy. I was the youngest person at the boot camp, but the other women were lovely and they'd cheer me on. Josie's my inspiration – she lost weight and kept it off and I know I can, too. I've lost a stone and feel really good. I've got much more energy

already."

And Emily is determined she'll continue to diet and exercise now she's home. She says: "If I carried on eating fatty foods and doing no exercise, I'd die young. I don't want to be like that again. I've bought a bike and Mum and I have stocked up on loads of fruit, veg and rice cakes – so I can stay healthy. I know I can do this – if I'm tempted by sugary snacks, I go outside or have an apple – it's not going to be easy, but I need to change."

Josie adds: "When Emily arrived at boot camp, she reminded me of

too hard as I haven't exercised properly in two years. I will help and support Emily, though, and I'll stop eating junk, too."

Josie understands the pressures of being big as a teenager. She says: "I was a big child. My mum tried her best, but she didn't know about nutrition. Most nights, we'd eat junk food, like chips."

The death of Josie's father when she was 10 led to her comfort eating. She says: "Every time I felt sad, I'd stuff myself with sweets and crisps. I had no confidence and felt isolated."

'Josie is my inspiration – she lost weight and I can too'

how I looked and felt at her age. She struggled to even walk and had no energy. But, in just a week, she's changed so much. Her skin is glowing and she's smiling all the time. I'll never let her go back to being the way she was – I'm so proud of her. We got on so well, she's coming to stay with me next month for a girlie weekend."

Emily lives with her mum Vicki, 37, dad Lee, 41, and her five siblings in Suffolk. While her siblings and father are all an average size, Vicki is overweight at 21st. She attended boot camp with Emily, but shockingly left after just two hours.

Vicki admits: "I know I'm setting a bad example to Emily. But boot camp was hell – it was

Shopping with my friends was hell – I couldn't fit into trendy clothes and people shouted 'fatty' at me in the street."

Nine years on, aged 26, Josie was 16st and decided to change. She says: "I'd been trying diets since I was 16, but nothing worked and my weight yo-yoed between 12st and 18st. I enrolled on a nutrition course and it changed everything. I learnt what foods would fill me up and give me energy and, through making the changes, I lost weight."

5ft 11 Josie – who's a size 12 and 10st 5lbs – lost an incredible 6st over six months, through careful diet and exercise. She adds: "I'd do high-intensity training for 30 minutes, five times a week. The



fitter I got, the healthier I felt."

So, at GI Jane Bootcamp, in Sittingbourne, Kent, Josie – who's a qualified personal trainer and was running a week's course there – was determined to help Emily slim down. She says: "We bonded because we'd both been through the same thing. I wanted to show her you can lose weight, no matter how big you are."

The routine at boot camp was stringent. The day started at 5.30am and involved 8 hours of solid exercise a day, interspersed with a 1,200-calories-a-day plan of three healthy meals and two snacks. Typically Emily would have porridge for breakfast, jacket potato with chilli for lunch, then chicken or fish with veg for dinner. Snacks included rice cakes, nuts, yoghurts and Ryvita crispbreads.

And spending time with Josie has given Emily the resolve to change her life. Emily says: "I'm lucky I've never been bullied about my weight, but I felt like I couldn't go shopping with my friends, and I was worried about people teasing me if I went out alone. Josie went through that too – and having someone to talk to made me realise I wasn't alone and that life

can get much better."

Josie adds: "To keep Emily motivated, I've promised her that when she reaches her goal weight, we're going on a shopping spree at Topshop. She's not been able to shop there because of her size."

And Emily has already changed. She says: "Mum's banned junk food in the house – we don't want the temptation around. I've learnt about nutrition and the trainers have shown me exercises I can do at home. My friends are really proud of me and supportive. Before, I didn't talk about being

overweight, but after being with Josie and the trainers, I've learnt I can change and get fit and I shouldn't be ashamed. I've got a bike to help keep me active. I won't let my fear hold me back. I felt sad to leave the boot camp and I'm excited about going back in a few months. I haven't picked

on a target weight, but I want to feel good about myself and be like other teenage girls."

By Ellie Henman

● GI Jane is the UK's leading women's boot camp. Guests are guaranteed to drop a dress size in a week (www.gijanebootcamp.co.uk)

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