

BOOT CAMP

for a baby

In Issue 253, we gave our readers the chance to get physical at GI Jane, the boot camp that helped Kerry Katona slim down. Our winner, Susan, had a special reason to get in shape...

When I won the boot-camp competition, I couldn't believe my luck. I'd been at a real low with dieting ever since I'd put on 5st during my pregnancy with my son, Dylan, four, taking me up to 15st. And I hadn't lost any of it.

I'd always wanted to have another baby, but after a year of trying, I was put on fertility drugs. Yet I still battled with my weight and shot up a further stone and a half. I couldn't believe it when my doctor told me my weight meant the treatment wasn't working and I had little chance of conceiving.

I desperately wanted to give Dylan a little brother or sister. So winning the comp, I felt as if I'd been given a second chance. I needed someone to take control and force me to get in shape. Here are the highs and lows of my gruelling, incredible week...



BEFORE



AFTER

Name: Susan Mostowj
Age: 25
Job: Administrator
From: Peterborough
Height: 5ft 8in
Start weight: 16st 8lb
Dress size: 20

'I dropped two dress sizes!'



'The two-hour assault courses were draining'



'Stand to attention! If we were late for our 6.30am start, the sergeant made us do press-ups'



'We certainly looked the part... greasepaint, khakis, wooden gun - check'



'I was exhausted, but I could feel those pounds coming off'



'The morning run. 1.3 miles all before breakfast! I wasn't sure how I'd make it through the week'

I'm thrilled I lost 10lb in a week and, since boot camp, I've carried on dieting and lost a further 5lb - I'm now 15st 7lb. I've started taking my fertility treatment again and the doctors are confident my weight loss will help me conceive. Thank you so much for my boot camp experience, *love it!*, you've got my dieting back on track for good. Now, watch this space for the baby!

For more info and to book your place at GI Jane Boot Camp, call 020 8301 4353, or visit www.gijanebootcamp.co.uk.