

Hannah's Story

Hannah started attending the Lings Forum Trilogy Weight Management class in June 2019, initially to support her mum, who she credits for pushing and encouraging her, and without whom, she would not have made the first step on her weight loss journey. Being too scared to try any kind of weight loss method before, Hannah has gone on to lose an incredible 29.4kg (4.5 stone).



Here is Hannah's story in her own words;

A couple of years ago I suffered with depression. I never really went out, didn't talk to anyone just because I felt worthless and really had no motivation to do anything. This led me to becoming really lazy and getting bored. When I was bored I ate, because I knew that it would make me feel happy. With the help of friends I went to counselling sessions, which really helped me, and got me out of that hole I was in. I'm a very fussy eater, for a long time I only ate pasta and really fatty foods. I just had a really unhealthy relationship with food, which really didn't help with my weight. When I got on the scales for the first time, it was really scary to see how much I actually weighed. I think this made me more determined to lose it. I knew I really had to do something because I was unhealthy.

The weight management class is run by a very inspirational person who has been through this journey and knows how hard both physically and mentally it can be. I feel because it was run by someone who has been through this journey it has really helped me believe that I can do anything. Paula introduces different types of classes and it gives you a taster of what different classes are like such as, Core de Force, P90X, Insanity and Piyo. This has really helped and made it less scary to go to the actual classes.

Weight management class has changed my life, if my mum didn't drag me 5 months ago I don't know what I would've done. I now love to go to the gym and I am motivated by watching the scales go down. I get excited to get weighed now to see how much I've lost and to see how much my hard work has paid off. Also having Paula has been a massive help, to have someone who believes in you and pushes you in classes has helped me want to continue on this weight loss journey. Also, all the other really determined people who go to the weight management class, we all bounce off each other and share tips. I feel like I have so much more energy. I feel happier and when I'm feeling down I go to the gym because I know that I'm being good to my body and it really helps to lift my mood. I also feel so much more confident and determined. The exercise classes have made me more confident and I have honestly met some great people. It's also great to help others; I know how scary it can be to walk in to an exercise class, so if I can make it a bit better for them I will try and be there for them.

I don't have an ideal weight loss goal. I came in to this journey not really wanting to do it. I am proud of how far I have come in such a short amount of time. I also feel that giving myself a goal will only put pressure on me. I will say my goal is when I'm happy.