

Romantic nights piled on pounds

LOVE MADE JOANNA AND HER BOYFRIEND PUT ON WEIGHT..SO THEY GOT IN SHAPE TOGETHER

WHEN Joanna Mowbray met the love of her life she couldn't have been happier.

But all the romantic meals and cosy nights in meant she soon began piling on the pounds. "Stephen and I fell head over heels in love when we met three years ago," said Joanna, 24. "Nights out, takeaway meals and holidays made me happy - but also fat." One of their holidays was a Mediterranean cruise during which they both put on a stone. "The food was to die for and we ate non-stop. "But it didn't do our waistlines any good," said Joanna. She and

By Maggie Mallon
m.mallon@dailyrecord.co.uk

Stephen were at a Christmas party when they decided enough was enough. "I wasn't fitting into my clothes and felt uncomfortable," said Joanna, from Craig, Fife. Her boyfriend, Stephen Wright, had lost weight before with Scottish Slimmers, so Joanna was inspired to join a class. As a heating engineer who needed to be fit for his active job, Stephen was disappointed he had gained weight.

And when he saw Joanna losing the pounds, he decided it was time to become healthier. "He was having difficulty squeezing into tricky areas at work and was fed up with clothes shopping being such a hassle," said Joanna. "He was eating less but he didn't join until six months after I did. We were soon encouraging each other to lose weight." Last Boxing Day, when they were both well on their way to meeting their slimming targets, Stephen got down on bended knee and proposed.

Joanna said: "It was at another family party and Stephen had warned everyone he was going to propose. "They had stashed bottles of champagne in the snow. "When I said yes the champagne began to flow." But at first Joanna didn't take Stephen seriously. "He took me upstairs during the party to a quiet room and went down on one knee. "I thought he'd had too much to drink and tried to help him back up."

When the couple came downstairs family and friends cheered and toasted them. "We had talked about getting married and we are very happy together, so I had no hesitation in accepting Stephen's proposal," said Joanna. The proposal kept Joanna on track with her slimming plan and in February she reached her target of nine-and-a-half stone. "I didn't want to walk up the aisle as a fat bride so I was determined to get to target - and keep the weight off." The couple had planned to marry in 2012 but five months



← HAPPY Joanna Mowbray is all smiles after losing more than three stone after she put on weight, far left

ago they discovered they were expecting a baby. The wedding has been postponed but Joanna is confident she'll be able to get rid of any baby weight before her big day. "I'm pregnant but I'm being careful not to make the mistake of eating for two," she said. "I want to feel and look my best when I say 'I do'." **For information on Scottish Slimmers, call FREE on 0800 36 26 36 or go online and visit website, www.scottishslimmers.com**

HealthNews TAKE ON A FEW BODY BOOSTERS

THE start of a new year is a good time to resolve to support your body and make healthier choices that can help you feel and look your very best. Vitamins and supplements can be used to help support a range of normal functions of the body, for example: **● Vitamin D** is important for maintaining calcium levels in the blood and can help maintain normal muscle function. **● Vitamin C** is used to support the immune system but it is also important in the normal function of skin, ligaments and blood vessels. **● Some B vitamins** can contribute to metabolism and function of the immune system.



▲ BENEFITS It's worth taking supplements **● Vitamin A**, or retinol, has several important functions, including the normal maintenance of vision and skin. **● Iron** plays a key role in the making of red blood cells that carry oxygen round the body. Recent research highlights that many people are not getting the nutrients they need, with a quarter of women having an inadequate intake of iron. **● Nutritionist Vicky Pennington** said: "Vitamins and minerals are essential nutrients that help maintain every part of the body - the immune system, bones and joints, digestion, heart and brain." Boots offers a range of vitamins and supplements from their Pharmaceuticals range. Boots Pharmaceuticals Complete A-Z, 30, £2.39, contains 23 essential vitamins and minerals. Boots Pharmaceuticals Re:Balance Re-energise Boost Effervescent Tropical Flavour, 20, £9.19, contains a high dose of B vitamins and vitamin C plus magnesium and calcium to help reduce tiredness and fatigue.

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▲ PILL Vitamins and minerals are essential

FACT FILE		
Name Joanna Mowbray	Dress size before 16	Weight after 8 stone, 12lbs
Age 24	Dress size after 10	Weight loss 3 stone, 5 1/2 lbs
Job Social care	Weight before 12 stone 3 1/2 lbs	
From Craig, Fife		
Height 5ft 3in		

Doing it for their kids

MARIA CROCE TALKS TO A MUM AND A DAD WHO HAVE FINALLY SEEN THE LIGHT - AND STOPPED SMOKING FOR THE SAKE OF THEIR CHILDREN...

THERE are plenty reasons to give up smoking - from the impact on your health to the sheer cost - and of course that stale smell on your clothes.

But even if that's not enough, many do so for their kids' sake. Doctors recently called for people to be banned from lighting up in cars because of the dangers of

passive smoking to their passengers - especially children. The British Medical Association called for the extension of the ban on smoking in public places after it was found toxins in a car can be 23 times greater than in a smoky bar. We spoke to two parents who stubbed out to create a better future for their children ... and themselves.

STEVE WHEN Steve Watson's wife Nicole warned smoking might stop him living to see his children grow up - it was the jolt he needed to quit. Claims assessor Steve, aged 40, from Killearn, Stirlingshire, is dad to three boys - newborn Harris, who is six weeks, 20-month-old Luke and 15-year-old Ross.

Nicole, 25, had been a light smoker but had quit years ago and urged Steve to follow her - especially before their new baby arrived. Steve explained: "My wife had pointed out if I carried on smoking I wouldn't get to see the kids grow up. "Running around playing football with my oldest I was out of breath. "My wife said that I wouldn't be able to play football with my youngest. "She said, 'You've got to stop - you won't see them going to school or high school, or getting married'."

Steve peaked at smoking around 20 cigarettes a day, with almost £40 a week going up in smoke. "When you consider it's about £160 a month, I wonder where I got the money to do such a stupid thing

because it's such an utter waste of money," he explained. Even though Steve tried patches and Champix tablets - he couldn't stay off the cigarettes.

But then he heard about one of his wife's colleagues, who had been a heavy smoker and had quit after laser therapy with Anne Penman. "After the first session with Anne in July I stopped smoking and haven't smoked since," Steve said. "I did go back for more sessions but only because it topped up the feel-good levels. "My breathing used to be quite heavy and that cleared within a couple of days of quitting. "My sense of taste and smell came back within a week. "Food was tasting nicer than normal and my energy levels were boosted too. "You get blinkers on about it because it's an addiction. "But I had to do it for the kids. My eldest would say when I was smoking, 'It stinks and it's horrible'. "Now I'm looking forward to a healthier future with my family."

Steve and Nicole are pictured with their children in a family photo.

▲ REFORMED Steve with Nicole and son Harris

DANIELLE MUM-OF-TWO Danielle Hewitt was horrified when her daughter Courtney started reading out the health warnings on the back of a packet of cigarettes to her. Danielle, 30, from Milton, Glasgow, said: "I'd just bought some cigarettes and Courtney must have picked them up and I heard her reading the packet. "She told me, 'Smoking can kill do you know? Why do you do it?' "I felt terrible and I didn't have an answer, but I promised I'd try to stop." Danielle, who is mum to Courtney, 10, and Scott, six, had been smoking around 10 to 20 cigarettes a day since the age of 17.

She said: "I tried to stop a number of times on my own but I'd found it really difficult. "But when Courtney started telling me about the dangers she could read on the packet because she was worried about me, I had to do something. "My mum and others I

▼ WORRIED Danielle with Scott and Courtney



knew had gone to Anne Penman for laser therapy to quit smoking, so I thought I'd try that."

So, two years ago, Danielle went to see Anne for a session - and hasn't smoked since. Her children even drew posters to reinforce the anti-smoking message, which they added to a board in Anne's office of drawings done by children. "Seeing the children's drawings is a reminder to all parents that the kids are noticing what a difference stopping smoking can make," explained Danielle.

"I never smoked in front of my kids - I'd go outside or in a different room. "But it was a filthy habit and when my wee girl asked me why I did it after reading those horrific signs on the back of a cigarette packet, I knew I had to stop. "After seeing Anne I never had a craving, I couldn't believe the difference - it was like a miracle. "My kids are very pleased and proud that I've done it."

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Beauty Talk

With Pixiwoo

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How to get.. Amanda Seyfried's look



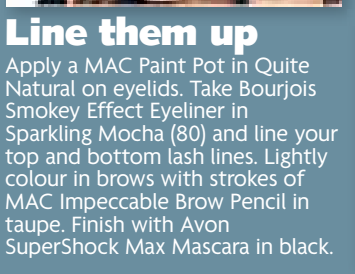
1 Flawless foundation

The Mamma Mia! star has a fresh, understated look. Use Bourjois Healthy Mix Serum Foundation all over your face, applying it with a Real Techniques Stippling Brush. Buff it well into your skin to get your face looking as natural and flawless as possible. Follow this with Bourjois Healthy Mix Serum Concealer underneath your eyes.



2 Rosy cheeks

Using a contouring brush, apply a little bit of MAC Creamblend Blush in the colour Something Special to the apples of your cheeks, working the rosy pink tone gently back towards your ears and jaw line.



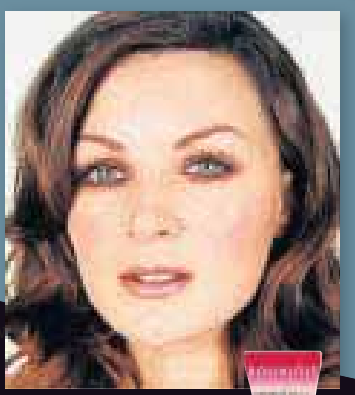
3 Line them up

Apply a MAC Paint Pot in Quite Natural on eyelids. Take Bourjois Smokey Effect Eyeliner in Sparkling Mocha (80) and line your top and bottom lash lines. Lightly colour in brows with strokes of MAC Impeccable Brow Pencil in taupe. Finish with Avon SuperShock Max Mascara in black.



4 Lovely lips

Fill in your lips with No7 Perfect Lips Liner in nude. This will help your lipstick stay put for longer. Then apply Avon Tinted Lip Care, which is a great new product. It's made with moisturising beeswax and comes in three shades - red, pink and bronze. I've used pink here. Once applied, the colour develops slowly.



Mac Paint Pot. £3.50. www.maccosmetics.co.uk



3 brilliant products Avon SuperShock MAX Mascara £10 www.avonshop.co.uk Bourjois Healthy Mix Serum Concealer. £7.49 www.boots.com



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