VIDA's Practice Mangers New Years Resolution

After a fantastic holiday to Sri Lanka and a very indulgent Christmas and New Year our Practice Manager Louise Yeeles decided that all her clothes are too tight and couldn't keep blaming the washing machine!

I decided to loose weight while on holiday in Sri Lanka after realising how unfit I was after a visit to the Sigiriya rock. Although an amazing experience it took a lot of effort to get to the top, but returned home right before Christmas and all was forgotten for a few weeks.

On the 17th Jan (a bit later than the 3rd Jan when New Year's resolutions should have started by) myself and partner walked through the doors of a very well known slimming club, to a lot of friendly faces and very helpful leader to start out our weight loss journery.

I have decided to lose at least 2.5 stone before my 40th birthday in July, so I can fit into a very elegant black dress I brought when I first met my partner to wear to a black tie event that never got worn, to another dinner and dance in July.

I am also considering being talked into some exercise challenges but one step at a time.

**The Sigirya Rock Sri Lanka:**



First weigh in I lost 3.5Ib, aiming to do the same in my second week to get a half stone award sticker.