

AFTER

Now I can EASILY fit into my favourite SHORTS*

Kylie Jenkins, 27, works in PR and lives in Southend, Essex, with her boyfriend Trevor Bawden, 33, an engineer.

THE PROBLEM "Hanging in my wardrobe are a pair of Gap city shorts that I love. Last December, I tried to squeeze into them and discovered, to my horror, that they no longer fitted.

For most of my adult life I've been a size 10 and 10st, but when I moved in with my boyfriend Trevor last year, takeaways and bottles of wine after work took me up to 10st 9½lb. I started buying size-12 clothes instead of size 10.

It was frustrating as I've always been active. I ride horses and sail every weekend, so I thought I was doing pretty well on the exercise front. I tried to lose weight and joined WeightWatchers for a couple of months, but I just couldn't shift those extra pounds."

THE SOLUTION "My personal trainer, Thabian Sutherland, from The Bankside Health Club in south London, explained that I needed to bring new exercises

INCH LOSS: 6
WEIGHT LOSS: 9½LB

Kylie's measurements

HEIGHT: 5FT 11IN

Before

Weight: 10st 9½lb

Waist: 31in

Thighs: 24in

Hips: 35in

Body fat: 38.5%

Size: 12

After

Weight: 10st

Waist: 29in

Thighs: 22in

Hips: 33in

Body fat: 30.9%

Size: 10

BEFORE



into my life. My body was so used to riding and sailing that these sports weren't making any difference to my shape. So I began training three days a week for an hour, doing lots of circuits, which included endless squats and planks. I also did interval training, running for a couple of minutes, then walking. Once a week I also went to Thabian's body-attack class.

He said that my diet needed a major overhaul, too, and that following Gemma's plan of cutting back on carbs and boosting protein was the right way to go, and he told me to avoid alcohol."

THE RESULTS "I felt so good once I'd changed the way I ate, it helped me keep focused. Within a fortnight, friends and family were commenting that I'd lost weight from my face. After three weeks, my size-12 clothes began to feel baggy, and I had to do my belt up an extra notch.

Six weeks later, I'm back down to 10st – and I can easily fit into my city shorts! I found the level of exercise really intense – I felt like I was always either going to work or the gym. Now the six weeks are up, although I want to maintain my new size-10 figure, I'll calm down a bit and might treat Trevor to a celebratory Indian takeaway and a bottle of wine!"

Tell us what you think on Twitter #FabMagShapeUp

KYLIE'S CALORIE-BUSTING WORKOUT

THABIAN SAYS: "Kylie wanted to tone up her tummy and lose inches from her waistline, so we worked on her core muscles." *She did two 45-minute cardio sessions a week (such as running, aerobics classes or spin) to speed up her metabolism and burn fat. *On top of that, we did three 1-hour resistance training sessions each week. We used free weights, doing lots of repetitions on all exercises and included jumps and Swiss-ball work to help tone her legs, bum and tum. We also concentrated on exercises that engaged lots of muscles in one go – such as squats holding a medicine ball above her head – to help burn calories and tone. f