



Slim and APPY

Rachel Brown, 35, Bendigo, Vic.

I squeezed my arms into the sleeves of my jacket and felt the fabric pull against my broad shoulders. Looking in the mirror, I sighed.

At 146kg, I wasn't the woman I wanted to be. In many ways, I was still the chunky girl everyone had bullied at school.

"Hey, fatty," kids used to snigger whenever I walked past.

The hurtful comments destroyed my self-esteem.

Now, as a single mum to Georgia, four, and a carer to my elderly dad, I didn't have the time or energy to exercise.

I tried to make nutritious meals like spaghetti bolognese and roasts with plenty of vegies, but I always added things to my dishes, like full-fat sour cream and an extra bread roll.

Lying in bed one night, I thought about how much my family needed me.

If something happened to me because of my weight, what would they do?

I realised if I wanted to be a good mum and daughter, I had to put myself first for a change.

Years earlier I'd signed up to Weight Watchers and managed to lose 20kg. But then Georgia came along and I didn't have time to attend the meetings.

I was still time poor, but I'd heard about their new app that guides users through their weight loss plan. Based on my

personal details, I was given a daily allowance of points that would determine how much I ate. Every meal was worth a certain number, so all I had to do was upload what I was planning to eat and let the app do the maths.

I couldn't believe how simple it was. Suddenly, my portions were controlled and I learnt to swap certain foods.

Instead of buttery toast in the morning, I had a banana and low-fat milk in my coffee.

I also walked laps around the nearby lake after I took Georgia to school.

After 14 months, I dropped an amazing 78kg.

For the first time ever, I was healthy and not only looked great but felt amazing, too.

I had more energy to devote to my family, and when I looked in the mirror, the shame I'd once felt was a distant memory.

Best of all, I can still have a bit of chocolate with my cuppa at the end of the day. I'm so proud of how far I've come and I know Georgia and Dad are, too.

WE PAY MORE!
up to **\$2000**
for YOUR story
▶ See page 63 for details

Take5 13

Me with Georgia - almost at my heaviest

I'm so proud of how far I've come

AS TOLD TO BRITTANY SMITH. PICTURES: GETTY IMAGES