

from Jo Brand

to Posh Spice!



**This Was Sarah Lockley 35,
Before Joining Bodyzone.**

Fed up with her weight which had become a constant struggle Sarah Lockley of Walsall ran into her friend Amanda Arnold (who featured in our last issue). Amanda had joined BodyZone Personal Training Centre in Sutton Coldfield.

“I was flabbergasted!” says Sarah of the moment she saw Amanda who had lost 6 stones and looked radiant. “She looked fit and toned, so much better than me -despite being ten years older!”

Sarah continues:

“I had tried gyms in the past but never really liked them. Everyone judging you and no real guidance with the exercises or even diet advice from the staff. Amanda explained what was different about BodyZone. She trained just twice weekly with her regular trainer in a private gym. She never worked out with or in front of other people-which sounded great to me as I was so conscious of my size. My biggest fear about joining a gym was walking into a large room full of fit, skinny women in leotards all staring at me! This private training then was just what I wanted. The other attractive thing was I only needed to go twice each week and the sessions were over in around fifteen minutes! The diet I was given was fabulous too, I was actually eating more often than before yet the weight began falling off! For the first time in my adult life, I had energy, confidence and zest. I dropped five dress sizes and, at 5ft 7in, went from 16st 6lbs to 10st.

After just a few months of going I asked my son, Alex, five, ‘Which Mummy do you like best?’ ‘The Mummy with the thin face,’ he said, smiling at me. I met my friends for lunch who hadn’t seen me since I started my program, ‘Oh my god!’ they exclaimed. ‘You look like Posh Spice!’ I couldn’t help but laugh. It was a real compliment I’d never had before and seemed like a dream! Finally, I’m slim and I know I’ll never be big again. The education I’ve received at BodyZone along with the motivation has helped me learn so much about myself and what I’m capable of. All you large ladies out there, BodyZone is what you have been looking for-take it from someone who’s been where you are now!”

