

# Are you our next magazine star?

Do you feel great, look amazing and want to inspire other slimmers? Do you read the success stories in this magazine and think 'That could be me!?' Well, maybe it could! If you've achieved your target weight with Slimming World and still attend your group, get in touch. Send us your pictures and story and in return you could find yourself the star of our next photoshoot



'I felt completely pampered and didn't want the day to end. Everyone on the team made sure the day was really special' Katie



**Katie Cowling, from Suffolk, lost 2st 3lb** and is now a target member at the Ravenswood group in Ipswich. Losing weight has given new graduate Katie the confidence to take on any challenges the future may bring



**Trudy Yardley, from East Sussex, lost 4st 2lb** at the Tunbridge Wells group in Kent. After years of yo-yo dieting, she's now in control of her weight and loving her new figure



**Nathan Taylor, from Armthorpe, lost 6st 12½lb** at the Kirk Sandall group in South Yorkshire. He's taken up running and joined a gym where he's working towards a six-pack!



**Natasha Patel, from Tyne and Wear, lost 1st 11lb** at the Prudhoe group in Northumberland. Now she's using her experience to inspire others through her work as a psychologist and as a Consultant



**Jill Stone, from Chesterfield, lost 7st 1lb** and is a target member at the North Wingfield group in Derbyshire. She's now five dress sizes smaller and enjoying life as a glamorous granny

## Send or email us your story!

Please use the questions on this form as a guide so we have some key details about you

### → We'd love to know...

What made you decide to join Slimming World? What were the ups and downs? What has losing weight meant for your family, love life, career, health and hobbies? What do you dream of doing now you've achieved your target weight? Every weight-loss journey is unique. Please tell us what makes yours so special.

### → Pictures please!

Send us as many good-quality photographs as possible – from before you lost weight and of the new you. We aim to return them all, but can't guarantee it, so please have reprints made of precious pictures.

My name: \_\_\_\_\_

My address: \_\_\_\_\_

My postcode: \_\_\_\_\_

My daytime phone no: \_\_\_\_\_

My mobile phone no: \_\_\_\_\_

My email address: \_\_\_\_\_

My age: \_\_\_\_\_ My date of birth: \_\_\_\_\_

My Slimming World group: \_\_\_\_\_

My Consultant's name: \_\_\_\_\_

Does your Consultant know you're writing to us?  
Yes  No

Date I joined Slimming World: \_\_\_\_\_

My clothes size when I joined: \_\_\_\_\_

My clothes size now: \_\_\_\_\_

My height: \_\_\_\_\_

My weight when I joined: \_\_\_\_\_

My weight now: \_\_\_\_\_

My target weight (if different): \_\_\_\_\_

In total I've lost: \_\_\_\_\_

### → What happens next?

POST your story and pictures to Success Stories, *Slimming World* magazine, PO Box 5062, Alfreton, Derbyshire DE55 4ZR or EMAIL words and images to editorial@slimmingworld.com. We'll let you know we've received them safely, and if your story is chosen we'll be in touch soon!