

How much would you pay for a

# GREAT BODY?



*I've found an alternative to expensive gyms\**

Arizona wears cardigan: Lantini; Top: Camille; Trousers: Topshop; Belt: H&M; Shoes: Barneys; French Silk: Bloomingdale's; Daisy & Eve: Pink Lane; Mango; Coat: Surlalabe; Amph Gooderman; Bicycle: Halfords; Silk trousers: (in basket): Primark



What with gym memberships, beauty treatments and slimming clubs, keeping in shape can shrink your bank balance as quickly as your waistline. These four women all had very different budgets to achieve their fabulous figures

*'After all else failed, I went for the last resort'*

Carole wears top: Westman; Trousers: Gerard Darel at House of Fraser; Shoes: Jones Bootmaker; Earrings: Topshop; Mango; George of Jordan

*'I could never have got so fit on my own'*

Marlene wears top: Celine; Trousers: M&S; Vest: Sainsbury; Jasper Cochrane at Debenhams; Cuff: Arnie Gooderman; Ring: The Earring Boutique

*'A photo of me in a bikini was my wake-up call'*

Jesselle wears dress: M&S; Vest: Sainsbury; Shoes: Jones Bootmaker; Necklace and bracelet: Coast; Earrings: just seen; Arnie Gooderman

**Carole Wild, 53,** lives in Ewshot, Surrey, with her husband, Barry, 56, who owns a building company. She has two daughters, Nikki, 33 and Hazel, 32.



'Nobody plans to end up a size 32. The weight creeps on slowly while you're worrying about other things. I'm 5ft 7in and, by age 50, I weighed 25st 7lb. I tried diets, but always caved in. And although I still

took care of myself - I always wore nice clothes, did my hair and had manicures - I was unhappy.

Then, tragically, my parents died within three weeks of each other. The shock was terrible - and frightening. Mum hadn't been overweight and she'd died at just 69. What chance did I have? I couldn't say "I'll diet tomorrow" any more. So I took £5,000 I'd inherited and got a loan of £6,000 to cover the £11,000 I needed for a gastric bypass. Even though there was a one in 100 chance I might not pull through, I was determined to do it.

I went to the clinic in November 2007, where surgeons reduced my stomach to the size of an egg. All I could eat were tiny amounts. Within a year I weighed 12st 7lb.

I felt much better, except that I hated the sagging skin left on my body. After much soul-searching, we remortgaged the house to pay £11,500 to remove it. Surgeons removed folds of skin from around my middle and underarms - I lost a stone just like that. But I still wasn't happy, so last year I paid another £6,500, using money from our mortgage again, to have the skin taken away from my upper and inner thighs, and to have a bust uplift. This time they removed around 6lb of skin.

I'm a size 12 now and weigh 10st 12lb. My life is so different - I'm confident and I have the energy to enjoy life to the full. You can't put a price on that!



'Only surgery could give me the body I wanted'

Carole wears top, Windsmoor at John Lewis. Trousers, as before. Necklace, Orit London. Bracelet, Dinny Hall. Shoes, Hobbs



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