

# What a **HOOP!**

Proving weight loss can be fun, Lesley Kayll changed her life when she discovered Powerhooping

**B**ack in 2014, I went to Wellington with my daughter and when I saw the photographs, I knew I needed to do something. I hated my body and tried to hide it as much as possible – covering up, and avoiding most social interactions because I had no self-confidence. I had tried all sorts of 'diets', including soups, shakes and various weight-loss programmes, but hated not eating and always felt hungry. I'd lose weight, only to pile it back on and gain more after eating 'normally' again. I also couldn't even climb a flight of stairs without getting out of breath.

## **Midriff makeover**

After seeing those photographs, I knew I had to take action but I was at a loss as to what to do. I started walking to get some exercise and it was on one of my walks that I saw ladies going into the hall for a Powerhoop class with their multi-coloured hoops. With the power of Google, I looked it up and contacted Amy, who ran the class. I attended my first class the following week and it completely changed my life. It was so different from anything I have ever done – I never realised that exercising could be so much fun, and therefore I stuck to it.

Within the first couple of weeks, I noticed that my stomach was harder and feeling more toned. I remember making a passing comment to a work colleague that it felt like my fat was being 'pounded away' and it felt great!

Being surrounded by an amazing community of like-minded ladies who all wanted to see changes, as well as seeing changes to my own shape, inspired me to continue. I decided to



**lost 12kg**

join a Powerhoop NZ 6 Week Challenge, but I also knew that exercise alone was not going to be enough. I also needed to look at what I ate and how I was living my life. I started cooking my own meals from scratch and watching my sugar content.

In the first month I lost 2kg from the Powerhooping and walking, then lost a further 6kg during the six-week challenge. I have lost another 4kg in the six months since the challenge. I feel fitter, stronger and, more importantly, happier than I have in a very long time. I go to a Powerhoop class three times a week and I Powerhoop at home every day.

## **Novelty is key**

I live with my daughter, who is 18, and she is now following in my footsteps and eating better and exercising. I'm happy and looking forward to the future now. I have a lot more friends and

self-confidence to do the things I want to do – plus, I have the energy to do them. I want to continue on this path and if my story can inspire just one person to find an exercise they love, and therefore stick to it and start enjoying their lives, then that's my goal.

My advice is to try something new. A new recipe, a new exercise class... but just do it! If you find something you love, you will keep going with it and get amazing results. Nothing will happen unless you take action. My first steps out my door in trainers and leggings was one of the hardest things to do.

And how do I feel about my body now? Well, I quite like it!! ☺

**Do you have an inspiring weight-loss story to share?**



Contact us at [goodhealth@bauermedia.co.nz](mailto:goodhealth@bauermedia.co.nz) and tell us how you slimmed down.

**YOU & IMPROVED**