

‘I really like my body now, it’s strong and toned’

Wendy Jennings has struggled with her weight since she quit smoking 10 years ago. ‘Although I never exercised or dieted, I was always a size 10. Then at 36 I had a hysterectomy, two years later I gave up smoking and changed my active job for a deskbound one. Gradually the weight crept on. I went from a B cup to a double F almost overnight and I found myself with a body I really didn’t like.’

Wendy decided to take action and employed a personal trainer. ‘As well as doing exercises, he made me go running and I hated every minute of it. It built up my stamina, but it didn’t do anything for my boobs and my legs became huge. So now I hated my legs as well as my boobs!’

In desperation, Wendy contacted Joanne Roper, a Pilates teacher and sports psychologist (www.pilatesstudiokent.co.uk). ‘I’d done Pilates for fun in the past,’ says Wendy. ‘When I told Jo that I’d been running but hated it, she suggested that I stop straight away.’

Wendy started being careful about what she ate, did a Pilates class three times a week and within two months she could see the difference. ‘My shape changed. My legs looked slim and toned, I’ve dropped a cup size and my waist has really gone in. I really like my body, it’s

strong and toned and I feel confident with it – all that shows in the way I hold myself.

‘I realise now that in order to get the shape you want, it’s a matter of finding the exercise that works for you. Pilates helped me realise that if I’m not happy with me then I’m not going to be happy with my body. My advice would be to stop doing exercise you hate and find something you enjoy that helps you appreciate your body.’

To find out more about Pilates, visit pilatesfoundation.com.

