

‘An embarrassing day out helped me LOSE 8st!’

When Sarah Ramsey, 50, couldn’t fit onto a theme park ride, she knew she had to make a drastic change...

As the ride attendant tried to bring the harness down over me, I felt a wave of anxiety. At 18st 11lb, I was too big to fit on the roller coaster Stealth at Thorpe Park. “Sorry love, you’ll have to ride without me,” I said to my ten-year-old son, Cole, who was sat next to me. Luckily, we were with one of his friends and his mum, so he didn’t have to ride it alone. But

that didn’t make me feel any better. I got up out of the roller coaster cart and had to walk past everyone in the queue as I made my way to the exit.

That moment in June 2021 was my wake-up call. I knew I had to lose weight. Over the years, I’d battled with my size. I’ve always been a bit bigger than everyone else, and my weight would

fluctuate between a size 16 and 18 when I was in my 20s. But at 33, in 2007, I received a medical diagnosis that changed my life. I was told I had endometriosis and an ovarian cyst. It came as total shock to me, and it wasn’t something that ran in my family. The doctor told me I’d need surgery and in order to lessen any risks, he advised me to lose weight. At this point, I weighed 16st and knew I had to get serious about making a change.

I was a fairly active person and joined a gym, but that didn’t help. Then one day, I was chatting to a friend when she showed me a magazine article about LighterLife. “Look how much weight you can lose on this!” she enthusiastically said.

I quickly ordered my meal replacements and cleared the food from my cupboards so I could begin my weight-loss journey. I swapped meals for shakes and bars, and before long the weight came off. In the first week, I lost 4lbs and, by the end of the first month, I’d lost a stone. It took me five months to lose five stone and, by November 2008, I

managed to get myself down to a size 10 and weighed 11st. I felt and looked amazing, and was incredibly proud of myself.

Once I’d reached my target weight, I then went onto a six-week management plan, which helped me reintroduce food into my diet. To celebrate, my friend suggested we go on holiday. Later that month, we headed to an all-inclusive resort in Sharm El-Sheikh, where we basked in the sun and enjoyed ourselves. Determined to keep the weight off, I stuck to small portions. While out there, I met and fell in love with a local man. Our whirlwind romance resulted in me going back there two weeks later so I could marry him! A few months after our wedding, I fell pregnant and in January 2010, I gave birth to our son, Cole.

Throwing myself headfirst into motherhood, I dedicated all of my time to Cole and my weight became less of a concern. Without realising, I’d slipped back into my old habits and the weight slowly piled back on. Three years after

Sarah was shamed at a theme park

AFTER
10st
Size 10

BEFORE
18st 11lb
Size 22

I had to do something. I slowly started going back to the gym and eating smaller portions but by 2023 I knew LighterLife was the most effective way for me to shed the weight. I swapped massive portions, stodgy carbs and junk food for meal replacement shakes, bars and food packs which I had four times a day. I went from over 3,000 calories a day to just 600. Within the first week I lost 11lbs, which spurred me on even further. The great thing about LighterLife is that the food packs give you all of the nutrients you need, and I actually felt more energised.

As the pounds fell off, more people noticed my weight loss and it really gave me the confidence I needed to carry on. I used to

hate catching a glimpse of myself in my reflection but, as time went on, I began to feel good again. This time around, I had Cole by my side and he couldn’t have been more supportive. Even though I had to cook for him and stick to my meal replacements, I didn’t waiver and stuck to my plan.

By July 2023 I weighed 12st 6lbs, and decided to take Cole and his friends to Chessington World of Adventures. Eager to make up for last time, I was first in line for all of the rides and made sure we rode everything. I could see the smile on Cole’s face and how proud he was of me. In November, I finally hit my 10st goal weight, and managed to shed 8st in total. My waist has shrunk by over 17 inches, my hips by 15 inches, and even my wrists and feet have shrunk! I’ve had to buy a whole new wardrobe in a size 10.

I gradually reintroduced food for the next few weeks, and now I have a balanced, delicious diet, keeping the weight off. I’m half the woman I was, but twice the mum, constantly taking Cole out on fun trips and long walks with our dog, Teddy. Life really does begin at 50. I’m proof of that.

my husband moved to the UK, I realised the marriage wasn’t working. He went back to Egypt and I was now a single mum, dealing with all the stresses and strains that involved.

In March 2020, the pandemic struck and like everyone else, I was stuck inside and bored. I had fully slipped back into my unhealthy eating habits and, during that time, I put on another two stone. It didn’t help I was an office worker so being at home meant I was getting even less exercise than before.

But it was while at Thorpe Park that I realised I needed to go back to the old me. I left that day feeling mortified and, with my 50th birthday approaching, I knew

DIET BEFORE

BREAKFAST Pancakes or a bacon sandwich, four slices of bread
LUNCH Baguette with bacon and cheese, and a steak slice or sausage roll
DINNER Massive portion of fried chicken and potato wedges
SNACKS Biscuits, a large chocolate bar, two to three packets of crisps, two melt in the middle chocolate sponges, a big bowl of popcorn

DIET AFTER

BREAKFAST Plain porridge with decaf coffee
LUNCH Mango pieces with cucumber
DINNER Roast beef with broccoli, new potatoes and asparagus
SNACKS Sugarsnap peas, fruit

Sarah feels much happier now

With Cole before her weight loss