

real life

# 'Too big to carry my boy - SO I LOST HALF MY BODY WEIGHT!'

When Eve Fox, 34, struggled to care for her son, she knew she needed to make a drastic change to her eating habits...

**S**itting in the changing rooms, I sighed as the PE teacher approached me. 'Are you going to get changed into your kit?' she asked. I shook my head. I was in my first year of secondary school, aged 11, and ever since starting there, I'd done

everything I could to avoid PE. I was overweight and one of the biggest in my year. I hated getting changed in front of everyone and being made to do sports.

When I was five, my parents divorced and food quickly became my comfort. While my mum

encouraged me to eat healthily during the week, my dad was really laid back and let me eat whatever I wanted on weekends. 'Fancy a McDonald's, love?' he'd ask when he picked me up from Mum's. I never said no, and I'd order a Big Mac with fries and a Coke, and an ice cream for dessert.

I started to associate food with my emotions, and anytime I felt down, I'd eat. By the age of 21, I was a size 16 to 18 and my emotional eating patterns had become the norm. I associated eating with happiness, sadness, and stress. I went on to have a baby, a little girl called Orla, and pregnancy meant I put on even more weight. Things didn't work out between me and her dad, so I raised her as a single mum. Then, in 2011, I turned to online dating and began chatting to a man called James. For our first date, he took me for a chippy supper. James made me feel so sexy and desirable. 'I love your curves,' he'd constantly say.

Meeting James helped me feel confident. Things between us became serious and then, in 2014, I had our son, Corey.



Now Eve feels incredible



With  
Corey



**BEFORE**  
26st  
Size 28

After finding a dress I liked, I felt confident walking down the aisle on my wedding day, but when the episode aired, I hated watching it back. 'I look so big!' I cried. But I didn't know what to do about it and I carried on eating the fajita snacks and takeaway dinners.

A year after the wedding, Corey underwent some tests that revealed he had a genetic variant so rare that he was believed to be the only known patient in the world with it. He was also diagnosed with Hereditary Spastic Paraparesis, which affects the lower limbs. This meant he would never be able to walk. It was the wake-up call I needed.

My weight made it hard for me

to pick Corey up and it would only get harder as he got older. His daily physio was the toughest.

I had to be down on the floor with him, leaning over to massage and move his limbs, but at 26st, I could barely get my own limbs bent or straightened. It kept me awake at night, and I knew I needed a change not only for him, but for me.

When the pandemic arrived in 2020, I saw it as an opportunity. 'Now's the time to shift the weight,' I confided in James. Everyone was either going on daily walks or exercising online, so I started doing step-ups and kettlebell workouts. Difficult at

**AFTER**  
13st  
Size 12

## DIET BEFORE

**BREAKFAST** Four slices of white toast with butter and a bowl of Coco Pops  
**LUNCH** Foot-long Subway with cheese and salad, and several cookies  
**DINNER** Domino's pizza with garlic pizza bread and more cookies  
**SNACKS** Fajitas, chocolate, crisps, doughnuts, ice cream, Diet Coke

## DIET AFTER

**BREAKFAST** Overnight oats  
**LUNCH** Protein shake and bagel  
**DINNER** Quorn fajitas or omelette with salad  
**SNACKS** Protein yogurts or bars, Babybel, water and Diet Coke

first, those first sessions were the boost I needed. Our local takeaways were closed, too, which forced me to cook. I looked at Slimming World recipes, taking notice of protein, fat, and portion sizes for the first time. When lockdown restrictions lifted, I found a personal trainer who showed me proper exercise routines and a nutrition programme, and soon I was in the gym most days. As a full-time carer, it gave me some much-needed me-time, too.

Three years into my weight-loss journey, I'd lost a staggering 13st, meaning I weighed 13st and was a size 12. I'd lost half my body weight! However, I'd been left with a lot of excess skin on my 5ft 5in frame. One day when I was at the gym, I was using the cross trainer when my headphones died.

What's that clapping noise? I thought, mortified when I realised it was my saggy skin slapping against my sides! So, in May 2024 I underwent lower body lift surgery near to where we lived in Glasgow. They cut away so much skin that I lost an entire tattoo on my lower back and my navel. I was left with a flat scar where my belly button was, but I'm

looking at revision surgery to get a new one, as well as the rest of the loose skin around my stomach removed. Overall, I was happy. I felt like I was finally able to see the results of my hard work. In fact, I was feeling so good about myself that I decided I wanted to help others in the same way my PT had helped me.

In July 2024, I signed up to a five-month course to become a personal trainer. I now work as a PT in my local Pure Gym, and I'm able to organise my clients around Corey's needs. I can relate to people because I was once so overweight myself. Clients can't believe their eyes when I show them photos of how big I used to be. If I can do it, then anyone can!

Corey is now 11 and I'm proud to say I'm still able to carry him upstairs or lift him up out of bed, as I'm so much fitter and stronger. I love being able to lift him out of his wheelchair and bring him onto the sofa beside me for a cuddle. Those moments are priceless.