

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...

Sitting 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.

In 2018, James and I were due to get married. I was a size 28 and unable to find a wedding dress in my size in any shops in Glasgow, I applied for a reality TV show called *Curvy Brides Boutique*.

But six months after he was born, I noticed Corey started to miss some of his milestones, such as not being able to crawl or talk. When I took him to the doctor, he was diagnosed with Global Developmental Delay. I did everything for him, including taking him up and down the stairs, bumping his wheelchair in and out of the house and transferring him into his car seat. I felt so exhausted that most of the time I didn't have the energy to cook, so we lived off takeaways. Every Tuesday, we had two-for-one pizzas from Domino's, with sides and dessert. I never felt full and I'd often make fajita wraps using chicken-style Quorn pieces in a whole family-sized Old El Paso kit. I would eat all eight wraps, stuffed with salad, grated cheese and sour cream, as a snack.

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With Corey



Now Eve feels incredible



She's fitter than ever

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

AFTER

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

BEFORE
26st
Size 28



Eve struggled with her size

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.

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

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