

“I Felt like a Million Dollars”

Thanks to the weight loss and wellness she achieved following the WW programme

by Angharad Williams



Here is Aisling on the morning of the wedding with:

L-R Neice Mary, Neice Meghan, Daughter Caoimhe, Aisling and Neice AnnMarie

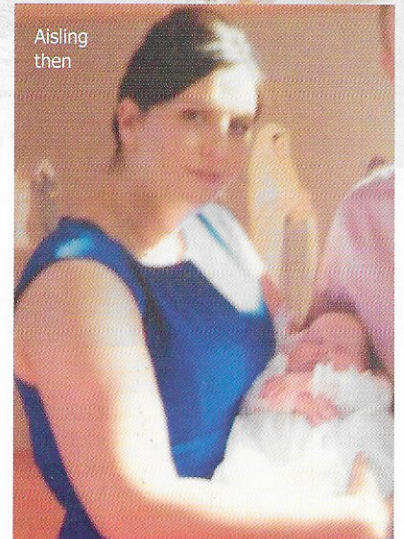
Looking back at her wedding photos Aisling Feeney relives the happy moment she walked down the aisle. “I felt like a million dollars. It was a feeling I never thought I would have. It was unbelievable.”

Aisling’s dream wedding took place on June 1, and she confesses that she felt more confident walking down the aisle than she had ever imagined thanks to the weight loss and wellness she achieved following the WW programme.

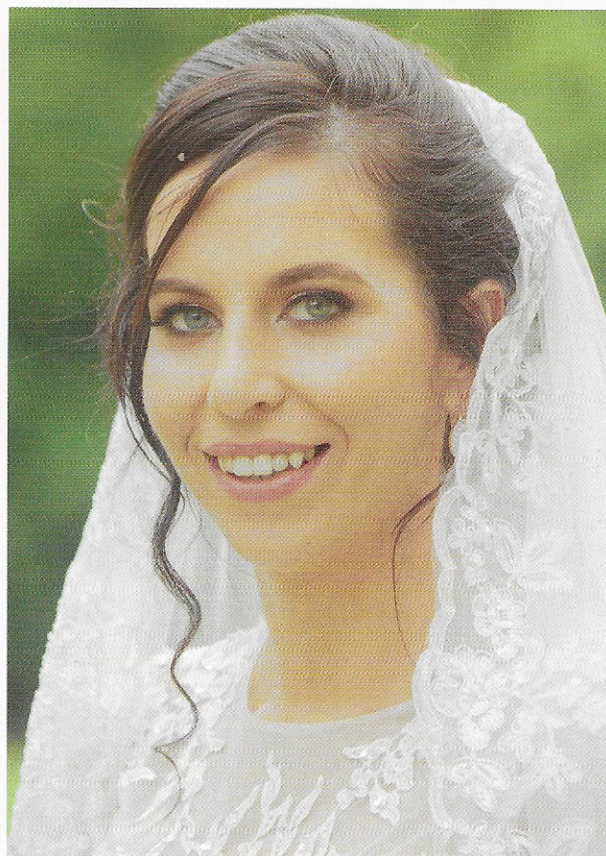
She remembers a time when she preferred to blend into the background, but the beautiful bride says she was comfortable having all eyes on her.

“I used to hide myself and wear black,” the 27-year-old from Moycullen, County Galway said. “I used to look like I was going to a funeral when I was going to a wedding. I wasn’t very confident.”

“On my wedding day it wasn’t just friends and family, there were people I wouldn’t know so well,” she said, “but I was confident talking with them and that’s something that I would never have felt before. It was a big deal for me.”



Having lost five stone eight pounds since she first joined WW, she has regained her confidence and health, and gained a new career as a WW Coach.



While Aisling was carrying extra weight before she decided to start a family it crept up further following the birth of her second son Patrick in November 2015. "Patrick was in hospital after he was born and I put on more weight because I was eating out of home a lot."

Her doctor diagnosed that Aisling had post-natal depression and prescribed antidepressants. However, that visit to the doctor was the moment that transformed her life. She said: "I came home and I said 'I have to take control of my life.'"

Aisling joined WW in early 2016 and she was engaged to her partner Martin a few months later. She decided that she would not book her wedding until she reached her goal weight of 12stone 4lbs.

"I didn't have a healthy relationship with food," she admits. "I did try to lose weight on my own but I found it really hard. I would do a few days of eating well and then was going for a take-away and that would throw me off."

"I always had an excuse for myself, like I'm 5'11 so I am quite tall for a woman, I'd always say that I am big boned or that I would look awful scrawny if I was slim. I knew I was overweight and felt bad about myself but I continued with the excuses."

"But once I started WW, I had the support I needed and found following the WW

programme livable by simply applying the SmartPoints® system to everyday foods, and the weight loss just kind of happened."

One of the highlights of her wedding journey was finding the perfect wedding dress.

"Being able to go into a wedding dress shop and pick anything off the rack and try it on was a massive thing for me, it was so emotional. On our special day I felt so confident standing next to my husband and bridesmaids without feeling like I had to cover myself as I would have in the past."

Aisling runs her own WW workshops in Moycullen where she shares her wellness and weight loss journey. She can balance being a WW Coach around her busy life and says that seeing the change in other people is inspiring and empowering.

"My own energy levels are far higher. Before WW I used to come home in the evenings and eat my weight in rubbish. Now if I want something to eat, I have everything in the house I need so I can choose something healthy."

Plus, with WW digital I have the programme in the palm of my hand 24/7 for handy meal ideas, recipes, eating out, on the go tracking and so much more; including access to the members-only community that is supportive and full of inspirational stories.

NEW!
my **WW**

The new MyWW is a science-based programme with three ways to follow it. This ground-breaking new program is customised for each member tailoring weight loss to your life. Everyone's different. Our personal assessment focuses on your unique needs and provides the best options that match your lifestyle.



The new
weight watchers

Aisling facilitates her WW Workshop
Tuesdays at 6pm in Aras Uilinn, Church Road,
Moycullen, Galway.

Find more information about the new MyWW
programme and other Workshops
visit www.ww.ie or call us at 01 870 3900