

Fat camper: 'Look at me now!'



Before and after ... Hannah's dropped eight dress sizes and looks fantastic

By DAVID LOWE
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THE Sun online's fat camp blogger Hannah Jenkins has a message for her bullies – "Just look at me now!"

Pretty Hannah, 17, suffered endless teasing at school before she checked into Well Spring weight-loss camp in July weighing 16st 6lbs.

But after eight weeks at the Cumbria facility Hannah's lost a whopping 2.5st, dropped eight dress sizes to a 16, and as our stunning makeover photos show, she's never looked better.

Hannah says: "I feel like a new woman.

"I've gained so much self-confidence and everyone has been commenting on how great I look.

"It's such a good feeling to walk into a shop and pick up a piece of clothing you know is going to fit.

"Before camp I was always too big for the nice items my friends could wear.

"But as you can see from these clothes, that's not the case anymore!"

Hannah's battle with the bulge over the summer was more than just a lengthy weight-loss programme.

It was a journey of discovery for a young woman who lost her lust for life when her beloved gran died 18 months ago.

Hannah, who lives with her mum Maureen and dad Martin in Herefordshire, says: "When my granny, Joan, passed away it was like a light went out.

"We were very close and I loved her so much.

"Soon afterwards my uncle died and I had to go to bereavement counselling.

"I didn't want to do any activities. Probably the most exciting part of the day was walking to and from the bus.

"I wouldn't say I was depressed, but I just thought there was no point doing anything.

"I didn't want to make friends and in March I gave up my AS-Levels at Hereford Sixth Form College.

"My moods were dreadful. I was irritable and snappy and probably a real pain in the neck!"



Babe in black ... Hannah's looking great

Hannah's problems were made even worse by the mindless bullies who taunted her about her weight.

She says: "The name-calling and sniggering hurt a lot.

"I felt isolated and alone.

"This made me turn to food for comfort and like many teenagers I have a weakness for snacks.

"I'd eat up to four bars of Dairy Milk Bubbly chocolate a day, together with crisps and over half a litre of Coke.

"That had a dramatic effect on my size. I was in a vicious circle of feeling lonely, eating for comfort and putting on more weight."

At the end of her tether, Hannah begged her parents to send her to Well Spring camp - the only weight-loss scheme of its kind in the UK.

It's run like a regular summer camp with loads of healthy outdoor activities, but with extra classes on nutrition and weight control.

Hannah says: "I'd tried everything to slim down but nothing seemed to work.

"Points systems were just too rigid so I prefer the flexible approach taught at camp.

"I love cous cous, pasta, carrots and broccoli and because they're healthy I can eat them no problem.

"I've learned how to read food labels, and what ingredients to avoid.

"Thankfully I can still have the odd bar of chocolate, so long as I've planned it into what I'm eating that day."

Although Hannah won't be returning to Well Spring next year, she's determined to keep in touch with the friends she made.

Hannah beams: "I've definitely come away a couple of stones lighter, but with several extra friends.

"My most special memory is from the last night.

"We had a big party outside and everyone wore their camp tee-shirts.

"It was such a special atmosphere as we signed each other's shirts and talked late into the night.

"Camp was more than just a way to lose weight. We all learnt so much about ourselves during the experience."

As she confidently strikes a pose during our fashion shoot, Hannah reveals her hopes for the future.

She says: "I'm determined to keep losing weight until I'm at a size I'm happy with.

"My gran would be so proud of me as I'll be starting a BTEC National Diploma in Travel and Tourism soon.

"I'd like to go on and get some kind of management job in the tourism industry.

"Thankfully I've got over the bullying as it really stripped me of all confidence.

"Teasing someone because they're overweight is silly and can do a lot of damage.

"Think about the effect your words will have.

"Because of bullies I was another person before fat camp, physically and mentally.

"I just wish they could see me now!"

wellspringcamp.co.uk

Photos by Stewart Williams

Outfit 1

Dress, £40, Debenhams

Leggings, £12, Evans

Heels, £22, New Look

Jewellery, Freedom at Topshop

Outfit 2

Top, £24.99, River Island

Trousers, £35, and pumps, £20, both Evans

Jewellery, Freedom at Topshop