

Newport loses three male gorillas!

JACQUI CARDY

Newport Weight Watchers meets at 9.30am on Tuesday in Newport Village Hall. For more information, please contact Jacqui on 07531 794554

People in Newport are feeling a lot lighter these days after losing over 1,178lbs or 84 stones in weight since joining the Newport Weight Watchers – that’s the equivalent of 3 male gorillas! Newport resident and Weight Watcher Leader, Jacqui Cardy, who herself lost 1 ½ stone with Weight Watchers opened the meeting in September 2011 and said “Newport is a great village to live with lots to offer and certainly has that community atmosphere. I’d only just moved to Newport when I started working for Weight Watchers and



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realised that there was a need for a meeting in Newport to help residents of Newport and the surrounding villages to become slimmer, fitter and healthier. It is also somewhere to meet for a cup of tea and a chat. Focus is often made on the nearer bigger towns like Saffron Walden and Bishops Stortford but for some people, particularly those who can't or don't want to drive, or parents with small babies or children, it's not always convenient to travel to a larger, perhaps less personal venue. It's fantastic to see people not only grow in confidence on their weight loss journeys, but also make friends with people they didn't know before. It's even more fantastic to see the support and encouragement that people give to others whom perhaps ½ an hour before, had never met. The village hall is a perfect venue too as it's quite a hub of activity all week and certainly one of the focal points of the village. I think we're very fortunate to have it at our disposal".

And it really is a village effort too – Sharon Davey, herself a Newport mum also runs the Newport Youth Club and helps at the meeting providing invaluable support to members as she knows exactly how each person feels having lost an incredible 64lbs since

joining a year ago; there's also Lesley Stock (who has lost over 25lbs and still going!) who members may recognise as she helps out at Newport Doctors' Surgery and attends events with the fabulous Girls Go Out group and is on hand to welcome members as they arrive and always has a laugh and a joke with everyone. With Sarah and Sara completing the meeting team, it really has been a recipe for success.

Jacqui goes on to say "It's great to have local role models like Jamie Oliver making such a difference to the way our children eat at school, but responsibility for the way we all eat also has to come from the family home too. That's why I'm keen to support and encourage Uttlesford residents to get cooking in a healthy way and get active to become fitter and healthier. We accept so many things in our daily lives, even taking medication, so why wouldn't we want to eat and live in a healthier way every day?"

"I have around 45 amazing people in my meeting, all playing their part to get healthier and fitter for life. The success of the group is down to its supportive and friendly atmosphere with members really embracing the Weight Watcher values of healthy eating and being more active to be their best ever in 2012!"

"We encourage members to be more active as part of their healthy living plan which doesn't need to mean joining a gym or running a marathon as that doesn't suit everyone. We're extremely fortunate to live in such a beautiful part of Essex and Newport in particular, as the village is the centre point of the long-distance path known as 'The Harcamlow Way', a figure-of-eight walk between Cambridge and Harlow. Consequently it has a large number of walks radiating from its centre; short walks of surrounding interest include those heading towards Saffron Walden, the English Heritage property of Audley End House, or Prior Hall Barn in Widdington.

"Weight Watchers also knows that eating out and socialising is an important part of people's lives nowadays, especially as a well-earned treat and how fortunate are we too that Newport has two pubs: The Coach and Horses and The White Horse, not forgetting the Newport Members' Club. Because the ProPoints healthy eating plan is so liveable, members can still eat out, enjoy a few drinks and still lose weight.

"Moving to a new area can be tricky but I feel very fortunate to not only have found a friendly, welcoming village to live with lots going on, but Newport has also given me a new direction in my career, helping change the lives of others. Thank you Newport!" **NN**

JACQUELINE CARDY, SHARON DAVEY, LESLEY STOCK, SARAH MCSWEENEY AND SARA SCOTT.



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