

LOOK AND FEEL BETTER
Go online at nubeginnings.co.uk for more on the Devon retreat!



Guest blog: Victoria Wills

▼ All about me

Until quite recently I worked in London as a management consultant, but I quit that job to set up NuBeginnings in Devon. It's a boutique boot camp that helps people lose weight and keep it off. It features in the *Slimmer of the Year* documentary, showing

as part of the *Extraordinary Weight Stories* season on Sky Real Lives this month. I'm 32 and have struggled with my weight and my relationship with food all my life. I'd been to lots of boot camps in the USA and Canada. They were effective

at getting the weight off, but didn't address why I was eating badly – so I always put it back on. Then I studied hypnotherapy and realised that if the psychological aspect of eating was made part of a boot camp, I could show people how to stay slim.

▼ Friday 18 April



Yoga helps me focus and stay fit!

Just finished filming my contribution to *Slimmer of the Year: What Happened Next?* – the documentary (showing on Tue 24 at 10pm on Sky Real Lives) features people such as Gemma Kemsley, who lost 10 stone and dropped from a size 28 to a size 8 through *Weight Watchers* (see our interview, p47). I got involved to show another way people can keep the weight off. Everyone knows if you go for a two-hour jog every day and only eat carrot sticks, you'll lose weight. But you can't live like that forever! You need to consider your relationship with food.

Setting up NuBeginnings has been a real challenge. It's scary leaving your job, home, family and friends to do something completely new. If you're thinking of starting your own business, don't wait for everything to be perfect. If I'd waited to find the ideal property for my boot camp, I'd still be in London! Your business has got to be your passion, too. At the moment I'm not making any money but the work I'm doing is something I really care about.

Because I found hypnotherapy so beneficial in my own battle with weight, it takes a central role at NuBeginnings – clients have three one-hour sessions during a weekly programme. Hypnotherapy made a huge

difference to how I feel about food. The idea is that your subconscious drives your behaviour – for example, it might tell you that chocolate cheers you up. You can address the things that cause recurring problems through deep relaxation and positive suggestions, so you don't automatically reach for that chocolate bar. If there's something deep-seated affecting your behaviour – perhaps you were always told to clear your plate as a child – then we address that, too.



The home of NuBeginnings

Guests get up to do an exercise class, such as yoga, between 7.45am and 8.45am. Then it's time for breakfast, before I do a talk on eating habits. Fitness classes take place between 11am and 1pm. After a spot of lunch, we go on a two-hour hike. Today, one lady had a bit of a tantrum – she'd pushed herself extremely hard and was physically exhausted. Our hypnotherapy sessions run between 4pm and 6pm and then there's a food-related lecture before bed. It's quite a full-on experience for all our clients!

Thanks to my work, I'm obsessed with TV weight-loss shows. Hopefully the *Extraordinary Weight Stories* season on Sky Real Lives will highlight some of the issues surrounding weight and weight loss in the UK and will also show how difficult and challenging it can be for a lot of people, no matter what size you are.



Taking the dogs for a walk is the perfect start to my day

▼ Country life



I was born and raised in London, so moving to Devon was a bit of a shock to the system. But I really love it now – I just can't work out why everyone else seems to know the bank opening and closing times and I don't!

▼ Belly-buster



I'm still losing weight myself and I've started taking belly-dancing classes to keep up the good work. We run beginners' classes at NuBeginnings, but I'm keen to move to the next level. It's an amazing work-out!

▼ Quick tip



If you want to lose weight and keep it off, you need to focus on *how* you eat, not *what* you eat. Do you take time to chew properly? Do you normally eat your evening meal while you watch *Coronation Street*? Focus on how you eat and you can make a breakthrough...



▶ Posted at 9.12pm

Done

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