

# Surrogacy did it for me!

**Bit on the side!**

## Figures & facts!

**1** Nine months ago, Georgia Davis was Britain's fattest teen – at 33st. Now she's shed 12st and the title!

**2** Barry Austin of Birmingham is Britain's heaviest man. He topped the scales at 65st! He's lost a fair bit, though – now down to a... er... trimmer 43st.

**3** Leanne Salt, 23, from Coventry, became the largest woman in the world to give birth to triplets in 2007. A team of 60 experts and a special bed held 37st Leanne. She had Deanna, 4lb 4oz, Daisy, 4lb 1oz, and Finlee, 5lb 10oz.

**4** Kell the English mastiff from East Leake, Notts, weighed 20st to 'win' the world's heaviest dog! He eats up to 100lb of beef a week!

**I've finally got a nice toned tummy!**



By Sarah Watkins, 27, from Wigan

I rubbed my hands over my pregnant belly, sighed with exhaustion. I loved being pregnant, loved that fluttering feeling inside. *But I didn't love feeling fat!* Before the birth of my first two, Matthew, now 3, and Adam, 2, I'd been a slim size-12. But racing around all day and working as a support carer at night, my body needed fuel! So I snacked on chocolates and crisps during my shifts. On top of big meals. My weight was 15st 2lb, and I was a size-18/20. And then a dear friend had asked if I'd be a surrogate mum for her. She couldn't have kids of her own.

It was heartbreaking. She could see how much joy my kids brought me. And how easily I'd found it to fall pregnant.

*Yes, I was desperate to get back in shape again. But how could I say no to her heartfelt plea?*

So here I was, fat and pregnant again.

The diet would have to wait! I gave birth to the baby on 19 September last year.

*Beautiful, healthy... and not mine.*

My friend was thrilled. 'It was an honour,' I told her. And I meant it.

*Now it was time to do something for me!*

And a few days later, browsing on the Internet, I ordered a book that would help me...

*Get Off Your A\*\*\* & Lose Weight* was as brutal as it sounded, but totally truthful. *You're fat because you*



*eat too much,* wrote the author Steve Miller.

It was the kickstart I needed. And later that same month, I was ready to take action.

No more crisps, snacks and fizzy drinks.

Hello to fresh fruit, salads and healthy, lean meat.

It wasn't easy, but I was determined to stick to it.

I started going to the gym and the weight started dropping off.

Today, I've lost five-and-a-half stone and am a size-8/10!

*I'm fit at last.*

'You certainly are,' says my hubby, David, 34 with a glint in his eye.

At last, I can look in the mirror and say, 'Hello, Yummy Mummy!'



**MORE FAT-BUSTIN' STORIES**