

'I LOVE BEING A LOSER!'



The new radiant Nadine. It took exposing her size on reality TV to motivate her to lose weight

The *Biggest Loser* contestant and mother of four Nadine Lautman has dropped from 16st 8lbs to 13st and her weight is still falling – she's well on her way to her target weight of 9st 8lbs. In an inspiring account of her gruelling reality TV weight-loss regime, she tells **REAL** what being a loser means to her...

I never had a weight issue growing up. When I was in the army before I left to have my first child, Keeley, at 21, I weighed 10st 2lbs at 5ft 2½in. I was happy with how I looked, and was healthy and fit. When I met my husband, Phil, I was a size 12, but with every child I had, I went up a couple of dress sizes until I was a size 24.

Most people who are overweight are serial dieters. I was one of those people. You name the diet, I'd done it, but the most I'd ever lost was 9lbs and I was stuck in a rut. For me it became a question of taking drastic action, doing something that was really going to work. Competing with 11 others in LIVINGtv's reality weight-loss show *The Biggest Loser* to drop the most weight while isolated in a country house was the ultimate. You go away, you have no distractions, and you hit the ground running.

When you're a mum at home, you make several different meals a day – often catch-me-if-you-can meals because you're always on the run. I applied for the show because I wanted to get out of the routine and spend some time on me for a change.

From the minute I got up in the morning until bedtime, I was making packed lunches, doing laundry and giving the children their baths. I would be lucky to eat as much as a shop-bought pasty on the run – but I would pig out at night on the wrong foods. I was used to picking at the kids' meals at five o'clock in the evening, in addition to finally sitting down to my own dinner at nine o'clock at night, when all the kids were in bed. Phil and I would have a convenient takeaway. I didn't have time to exercise. I ate for eating's sake.

REALITY CHECK

As a contestant on *The Biggest Loser*, I had to wear my swimsuit on TV. I died a thousand times over. All 12 of us contestants were mortified as we stood there displaying our bodies and everything we despised about ourselves. I was a member of the programme's red team. We were put on a predominantly vegetarian diet with small amounts of chicken and fish – no red meat at all. The other team ate a meat-based diet but the weight loss from both teams was fairly equal. It was hard for me as I like my steak and mince. Also, in comparison with what we were used to, the portion sizes seemed to be for mice! It took me about a month to get used to it, though I was never really hungry as I could always have a piece of fruit and we had to eat five meals a day. Now if I eat more than my regular portion size, I feel full. We trained for 4-5 hours each day on the

“EVERYTHING'S CHANGED – I'VE GOT A GLOW ABOUT ME. I WALK TALL. I FEEL GOOD INSIDE

programme. We were constantly monitored and we couldn't just go and get some food out of a cupboard. I learnt that I didn't need to eat for something to do. I could go and do something more beneficial.

When I was eliminated from the show, there was no way I would have wanted to give up the diet and exercise and go back to how I felt before. I liked myself inside and out for the first time in ages. And if you feel good about yourself, everything stops being such a battle. So far I have lost 3½st. On the outside I still feel that I look larger than most people, but I'm knocking off the pounds each week and what seemed an impossible mountain is now just a molehill. Watching the show has been excruciating. I never thought I was as big as I look on TV.

Since coming home, I have stuck to the diet by picking out all the things I liked from the programme menu and going with them. My husband eats the same evening meals as me, though I still have to cook separately for the children. Most of the time, I'm not affected by temptation; I throw their leftovers in the bin. Sometimes I pinch a chip, but I now recognise that it's just one chip, so I don't feel

BEFORE AND AFTER MEALS

NADINE'S TYPICAL DAILY DIET BEFORE

- Breakfast:** 2 slices of wholemeal toast
- 2pm:** Shop-bought pasty
- Evening:** Kettle chips and wine, plus snacking on children's dinner leftovers
- 9pm dinner:** Takeaway, or home-cooked meal like lasagne
- Exercise:** On the go – no time to work out

NADINE'S TYPICAL DAILY DIET NOW

- Breakfast:** Toasted bagel with egg
- Throughout day:** Fruit and vegetables
- Lunch:** Soup or salad
- 7pm dinner:** Chicken and vegetable risotto
- Exercise:** 1 – 1.5 hours in the gym, 4-5 times a week

FEATURE Olivia Gordon PHOTOGRAPHS Julie Lomax/LIVINGtv



Nadine – far right – with her red team on *The Biggest Loser*



Jill forced herself to pose for an obligatory 'before' swimsuit shot



After: 3½st lighter. Nadine's a new woman

guilty the way I used to and have another chip and then another. I have what I want when I really want it – the difference is I don't want it as much as I did before.

I still have my off moments but get back in the gym rather than letting it get me down. You have to be realistic and allow yourself some breaks. Now I get up at 5am when the children do, Phil makes the packed lunches and I hit the gym at 6.30am. I do a 60-90 minute workout, so by the time I come home and Phil goes to work, I've done my exercise for the day. I couldn't run before – now I feel really healthy and fit,

and always run up stairs. It's already making a difference to my family – I can go swimming, horseriding or to LazerQuest with my kids now – the embarrassment factor just isn't there anymore.

I am 100% a different person to the one I was when I entered the house. Everything's changed – I've got a glow about me. I walk tall and I feel good inside. Now if people look at me, I think it's because I look good. I feel on top of the world.

■ Who will be *The Biggest Loser*? Catch the final on LIVINGtv on 8 December at 9pm