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## Much to gain for Tieri mum following incredible weight loss



» **GAINS AFTER LOSS:** Julie McClelland can now enjoy time playing with her sons Jacob and Curtis after an inspirational weight loss.

PHOTOS: AMBER HOOKER

# Happier than ever

### Amber Hooker

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BURSTING with energy, there is no stopping Julie McClelland's two young boys from racing around the yard, but a struggle with weight often kept the Tieri mum on the sidelines.

Determined to enjoy life with husband, Shaun and sons Jacob, four, and two-and-a-half-year-old Curtis, Julie made the decision two years ago to drop the kilos.

Aided by a Jenny Craig diet and consultant, plenty of willpower and spurred on by her number one

motivator – her family – Julie lost an incredible 45kg so far, and continues to push towards her goal.

"I think it was just years of making excuses and thinking 'I will just buy the next size up' or 'I will start Monday'," Julie recalled of how her journey began.

"I have got two sons and I always hated photos, and then I started thinking 'am I ever going to get nice family photos done if I am always embarrassed?'"

As a self-confessed "shy person", Julie said she was sensitive about speaking on her weight publicly, but hoped to inspire others who,



» **Julie McClelland has lost 45kg since 2013.**

like her, "never thought this was possible".

"I don't believe I have spoken to any woman who

is happy with every part of their body," she said.

"People say 'I have always wanted to lose weight', when you are ready you will make it happen... in the grand scheme of things, you can't put a price on your health."

Julie said as she burns the 10kg left to reach her goal, she feels "happier now than where I was".

Julie recently applied to become a Jenny Craig national ambassador, and although she missed out on the position, a Jenny Craig spokesman said Julie was a "terrific community inspiration".