



**Manly Daily**  
**Wednesday 14/10/2015**

Page: 7  
Section: General News  
Region: Sydney, AU  
Circulation: 87525  
Type: Suburban  
Size: 451.00 sq.cms.



**slice**  
CUT STRAIGHT TO YOUR NEWS

press clip

BELROSE

# Gran feels weight off her shoulders

Sarah Swain

NOT many 70-year-old grandmothers can get away with skinny jeans.

But for Barb McDougall, they're one of her favourite new wardrobe additions after she shed almost 30kg and dropped five sizes.

Mrs McDougall, of Belrose, has lost the weight over two years.

And she said it was one photo that spurred her into action after struggling with her weight for years.

"I was looking at a photo of me in front of the Harbour Bridge and I thought, 'Good grief,'" she said.

Mrs McDougall knew her aunt had lost lots of weight at Jenny Craig, when she was aged 85, so she finally plucked up the courage to join the Dee Why branch.

The diet company has its own food dieters eat while they're losing weight, before gradually reintroducing their own healthy cooking.

Now, rather than indulging in her favourite meal of hot chips, Mrs McDougall is more likely to snack on Jenny Craig salads and pasta dishes.

She said the new regimen

had helped with her high blood pressure.

And as well as her skinny jeans Mrs McDougall, who is married to husband John, said she felt totally different when she went shopping.

She has even become a consultant to a fashion brand and hosts parties at people's houses.

"When you walk into a shop people would look at you and think, 'That fat lady'. Now they say, 'Can I help you?'" she said.

"Because, when I was bigger, I used to wear really loose fitting things and now I'm smaller I can wear something a bit slimmer.

"I think you have a lot more self confidence. I feel better walking down the street."

And Mrs McDougall, who works part-time at Wellandra Retirement home at Cromer, wants to remind people that you are never too old to make a change.

"If you really want to live a longer life you need to get healthy," she said.

Gwen Harders, of Jenny Craig in Dee Why, said: "To all those who think that they may have missed the boat, look no further than Barb."



**Grandmother Barb McDougall looks fabulous after losing more than 30kg.**

Picture: TROY SNOOK



**Manly Daily**  
**Wednesday 14/10/2015**

Page: 7  
Section: General News  
Region: Sydney, AU  
Circulation: 87525  
Type: Suburban  
Size: 451.00 sq.cms.



**slice**  
CUT STRAIGHT TO YOUR NEWS

press clip



**The picture that drove Barb McDougall to lose weight.**