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11DR017 Fiona Rose Dress

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Page 41



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“I’m finally comfortable in a bikini”

After an exchange to France left her carrying unwanted kilos, uni student **Hannah Jenkins** discovered the secret to lasting weight loss.

LOST 10.4KG

FIND YOUR IDEAL SUPPORT SYSTEM

“I couldn’t have succeeded in losing 10 kilos without the endless support of my family, especially my mum and close friends. Encouragement from others really pushed me on. I also love it when people who haven’t seen me in a while ask if I’ve lost weight – that really motivates me to continue with maintenance.”