

Reveal
scoop

'I HAVE A NEW BODY for 2012'

Horrified by her size 22 shape, Josie Gibson vowed to change her lifestyle. Now a size 16, she was brave enough to wear a bikini again for our shoot



Sporting glowing skin and a big smile, Josie Gibson looks a million miles from the unhappy, out-of-shape woman pictured on a beach earlier this year. 'I hated those pictures,' says the *Big Brother* winner, who has since lost 3st. 'They were so unflattering, but they were the wake-up call I needed.' Ever since entering the public eye in 2010's *Big Brother*, the bubbly Bristolian has famously battled her weight. 'I've had a problem with it my whole life,' she admits. 'I used to think, "I'll start dieting tomorrow", but even being a size 12 has always been a struggle for me,' adds the 5ft 10in star. When she entered the *Big Brother* house

Josie's stats
WEIGHT BEFORE: 16ST
NOW: 13ST 3LB
LOST: 2ST 11LB
FROM SIZE 22 to 16

AFTER



BEFORE

in May 2010, Josie weighed in at 14st, but had no idea of the backlash she would receive as hours of lazing about in front of the cameras led to a 2st weight gain. 'I was the only fat bird in the house and, as soon as I came out, everyone picked on my weight.' At the same time, Josie was riding

cardio before breakfast, then exercising or training. After lunch we might go for a run down by the beach. It was so therapeutic – even my skin was glowing! 'At first I was starving because I was so used to eating rubbish but, once I got into it, I loved it. The food was great. 'I never used to have breakfast, but now

'John James was so thin and I was so big that we looked stupid together'

another roller coaster – with boyfriend John James. The pair, who met in the house, sparked an unlikely romance that played out in front of millions of viewers. They quickly became the nation's favourite couple, but the pressure took its toll.

'I've never felt so fat in my life as when I came out of that house. John James is so slim and thin and I'm so big that I thought we looked stupid together. Even he used to say we looked silly together! It made me feel horrible about myself.

'By that point I was at my heaviest and a size 22 but, because we were in love, we spent a lot of time going out for big dinners, so the weight was piling on.'

'When we split up [in March 2011], I put on even more weight, I felt sh*t about myself so I didn't care.'

'At my heaviest I would just eat carbs – whether it was pies, pasties, chips or crisps – you name it, I would eat it!'

But as the weight piled on, Josie's confidence sank further. She says: 'I was disgusted by my body at that point, especially when those pictures came out of me on the beach.'

Determined to get back into shape, Josie signed up to bootcamp, ready to battle her weight demons: 'It's one thing to work out, but I needed to sort out my head too.'

'At bootcamp we were out by 7.45am to do our first exercise round. An hour's

I've learnt you have to eat every few hours to keep your metabolism up.'

By eating five nutritionally balanced meals a day, Josie saw the weight fall off. She shed a whopping 8lb in just one week. 'I went from 13st 11lb to 13st 3lb,' says Josie, who is now a size 16. And despite her already svelte body, she's determined to hit the 1st mark by her birthday at the end of January.

'My ideal size would be a 12. I'm too tall to be any smaller than that.'

Inspired by her fitness programme, Josie is even returning to college to do a course in nutrition. 'Once I've finished my nutrition training, I want to launch a website to help people lose weight. I've learnt the hard way by eating the wrong things, slowing my metabolism down.'

And it's not just her health that's on the up. She's also found love with new boyfriend Luke, 24. 'Luke loves my body whatever size I am,' says loved-up Josie. 'He's really supportive, and we even go to the gym together!'

'Before, I wanted to lose weight for John,' says Josie, 'but now I want to lose it for myself. 2012 is definitely going to be the year.'

Janelle Butterfield

With thanks to No1 Boot Camp for Josie's weight-loss success – visit no1bootcamp.com

Josie is well on her way to reaching her goal weight this year



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