

CHAINED UP TO LOSE WEIGHT!

Disrupted dieter Wendy Barker created her own successful slimming technique

Wendy Barker was so sick of yo-yo dieting that she came up with a brilliant weight-loss idea – she chained herself up.

The idea came to the 51-year-old when she was looking through her jewellery box and discovered a funky belly chain she used to wear in the 1970s.

Trying it around her then much-thicker waist, the Aucklander was shocked by how tight it had become. But then she had a bright idea – what if she wore a belly chain to help her lose weight?

"I've been trying different diets since I was 14 years old," she says. "I wanted something that would tell me I was putting on weight before my jeans didn't fit. The chain seemed like the perfect solution but I had to find something that was strong, comfortable and looked good."

Wendy searched for belly chains that would take the strain, but couldn't find any. So she invented her own – the Figure 8 Bodychain.

Her bright idea worked and Wendy went from a size 14 to a size 10. "When the chain feels tight, it alerts you to change your eating patterns," Wendy's sister Theona Ormsby (48) tried out the chain with fantastic results, dropping from a size 24 to size 12. She is now training to be a gym instructor.

Wendy also studied the effect of the chain to remind wearers of their goal. "After all, a figure of eight is the shape we are meant to be," she laughs.

Vicky Tyler

WENDY'S EASY WEIGHT-LOSS TIPS:

- Don't have full-fat milk in your latte.
- Eat from a smaller plate.
- Cut out white bread.
- Trim fat from meat before cooking.
- Remove skin from chicken.

www.bodychain.co.nz



BEFORE
Theona halved her dress size from 24 to 12



AFTER

