



'I've dropped a dress size and four bra sizes'

EMMA PRENDERGAST, 33, a business manager from Leeds, is 5ft 9in tall, weighs 11st 9lb and is a size 12-14

I swam competitively in primary school, but at 16 I developed whooping cough and my weight crept up. At 20, I saw a picture of myself with friends and was horrified into joining a gym. I exercised hard five times a week, but as soon as I hit size ten, I stopped. The weight soon returned.

'Four years ago, a friend suggested British Military Fitness. "It works muscles like no gym ever could," she told me. Classes are run in a park by ex-Army men and you're put through a muddy and unpredictable routine of uphill sprints, burpees [squat thrusts], presses, planks and piggy-backing people.

'At first I hated it, but there was something I loved about it, too - it made me feel invincible. That high kept me going, despite the fact that I could barely walk from sore muscles the next day. Within three months my body shape had changed, and now - four years later - I've dropped a dress size and four bra sizes. It costs just £35 a month for unlimited workouts compared to the £80 a month I used to spend on a gym membership.

'Fitting it in is a military operation, too. I work from 7am to 7pm and put my kit in the boot of my car, then get changed in the car before my workout. My husband complains about not having a lie-in with me on Sundays, but I don't feel guilty. He's on his iPad anyway, and I remind him how happy I feel afterwards.'

Workout week: 'I do British Military Fitness in the park three days a week and a one-hour kettlebell session with three friends and a trainer on Saturdays.'

Diet: 'I have porridge and toast for breakfast, sandwich and crisps for lunch and pasta or roast for dinner.'

Trainer Tim Weeks says: 'Emma realises organisation is everything if you want to stick to an exercise routine. I'd think about having a total rest day, though, to allow the brain and body to recharge.'