

AFTER BEING TURNED DOWN FOR ACTIVE SERVICE IN AFGHANISTAN, TERRITORIAL ARMY BOMBARDIER SHEDS 7ST 9LB TO WIN MALE SLIMMER OF THE YEAR AWARD

31-year old Ross Hatfield from Nottingham, who had already completed his service in Iraq with the Territorial Army in 2006, was devastated when he failed his fitness test for service in Afghanistan in November 2008. But, it was the turning point for him to shed a mega **7st 9lb** and win the **Male Slimmer of the Year 2010 Award**.

6' Ross, who used to weigh **21st** now weighs just **13st 5lb**. He has shed an amazing **ten inches** from his weight – from **42"** to **32"** and said goodbye to his **XXL tops**.

Ross is one of eight inspirational **Rosemary Conley Diet & Fitness magazine Slimmer of the Year Award** winners who have lost over **77 stone** between them. He received his prize for becoming **Male Slimmer of the Year 2010** – a cheque for £1,000 – from Rosemary Conley, CBE, at a glittering ceremony held at the London Marriott County Hall on Tuesday 5th January 2010.

Says Rosemary Conley: "After losing an enormous amount of weight, our Male Slimmer of the Year is now ready for action. Ross has given up junk food and his beer-fuelled lifestyle for a chance to be fit and healthy again. Now, instead of downing 16 pints of lager on a night out, he is concentrating on his own six-pack and he looks amazing. Despite being the only male at his Rosemary Conley class, Ross soon began to enjoy the exercise sessions in class and is hoping to become an instructor himself – to encourage other overweight and unfit men to sign up!"

Adds Ross: "At first, I was a bit sceptical about joining a **Rosemary Conley Diet and Fitness Club** as I thought I'd look ridiculous and there would be loads of women staring at me and laughing behind my back, but I couldn't believe how lovely everyone was. They were so friendly and enthusiastic."

Whilst Ross had been big at senior school, because he was tall he could carry weight without looking fat. "I always had huge portions and I was always hungry," says Ross.

Leaving home at the age of 24 and living on fat-laden ready meals and convenience foods did not help. "There was never anything healthy in my fridge, just junk food," admits Ross, who also had a busy social life to contend with that often involved downing 16 pints of lager on a night out.

Following his humiliation from failing the fitness test for the Territorial Army, Ross lost a stone and a half by Christmas 2008 by cutting back on his junk-laden food and joining a health club but in January 2009, with a little encouragement from his mum who already attended the classes, he joined the Rosemary Conley Diet and Fitness Club and within six months he lost a further 6st 2lb to totally transform his physique and get his fitness to its peak.

Ross now looks toned, trim and fantastic and instead of his friends taking the mickey, they all want to find out his fitness tips.

For details of **Rosemary Conley Diet and Fitness** classes in Nottingham South, contact Sharyn Purdue-Horan on 01949 876400 or visit www.rosemaryconley.com or view on www.rosemaryconley.tv

Continued....

To read the full story of how Ross transformed his life within one year of being issued with an RTU – Return to Unit – with fitness issues, to becoming the Male Slimmer of the Year, check out the February issue of **Rosemary Conley Diet & Fitness** magazine, on sale now.

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Note to Editors

B-roll footage of the **Rosemary Conley Diet & Fitness Magazine Slimmers of the Year 2010** is available for broadcast. Contact Gemma Binch on 07500 843511 if you are interested.