

《为了穿上梦寐以求的婚纱，新娘戒掉蛋糕，狂甩45公斤》

为了穿上梦寐以求的婚纱，新娘戒掉蛋糕，狂甩45公斤

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Katy Peters, from Bridgend in Wales, joined Slimming World and decided to swap Greggs for broccoli in a bid to reach her dream dress size ahead of her wedding to Matthew Peters

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A bride to be swapped her daily Greggs for broccoli and managed to lose just shy of seven stone before her big day.

??(1?????6.35??)

The 30-year-old was determined to shift the excess weight before marrying Matthew Peters, Wales online reported.

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"I had always dreamed of fitting into my 'dream' size 12 dress. That was always mygoal," she said.

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"But actually, when I was at my fitting it was a little bit big on me. Whenever I pick up my phone and take a glance at my wedding pictures, it still blows my mind how much I managed to lose.

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Katy, who met Matthew in a night club in Bridgend in 2008, had half-heartedly tried slimming groups over the course of several years.

2008??

In 2016, twoyears after getting engaged, she plucked up the courage to join Slimming World.

2016????????????????????“????”???

"The date I joined will always stick in my mind, as that was the date that changed my life," she said.

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"This time I knew I wasn't going to just play around. I was determined to do something about my weight."

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Katy read the Slimming World literature and decided to make some changes to her diet.

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"I don't like vegetables, but I trained myself to like broccoli," she said.

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"I used to eat Greggs constantly as it's just across the road from where I work. But for months and months I just refused to go in there. Instead I'd prepare fresh stuff at home.

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"Before long I could really feel the difference."

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Two years after her slimming journey began Katy and Matthew tied the knot at the Grove Golf Club in Porthcawl on August Bank Holiday 2018 .

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"When we first got engaged I honestly couldn't picture myself getting married because of the way I looked," said Katy, who still attends her Slimming World group in Aberkenfig each week.

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"But Matthew has never looked at me any differently. He said he would have married me even he'd had to roll me down the aisle."

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