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[Vital Private Keto Gummies. I lost 6st 3lbs \(39.5kg\) with Slimming World! Steve Little, Slimming World's Top Target 2025](#)



[#slimmingworld #weightlosstransformation #weightloss #beforeandafter #slimmingworldmotivation #loseweight To find out more about Slimming World go to <https://www.slimmingworld.co.uk/> A fishmongerâ€™s success on the scales after losing an incredible 6st 3lbs and maintaining his weight for more than eight years has earned him a national prize this World Obesity Day \(March 4th 2025\). Steve Little, 40, from Norwich, made the life-changing decision to join his local Slimming World group following a heart breaking experience during a dream trip to Florida in 2016, when he was unable to fit on a theme park ride. Steve says: â€œIâ€™d always wanted to go to Florida and all the big theme parks. But when I got on the Harry Potter ride at Universal Studios, I pulled at the harness and immediately thought â€˜this wonâ€™t fasten.â€™ Despite yanking and pulling at it, it would not budge, and I just couldn't get it to click into place. I was so embarrassed when I was asked to leave the ride.â€ Steven had struggled with his weight since childhood and says the incident brought back feelings of insecurity from his younger years: â€œI always felt like the odd one out, like I didnâ€™t fit in or wasnâ€™t good enough, and that all came flooding back. I was determined to make a change for good after that.â€ On his return from America, Steven looked up his local Slimming World group and went along. He says the group was nothing like he expected it to be, including when he heard about Slimming Worldâ€™s healthy eating plan. Steven says: â€œMy experiences of trying to lose weight had always involved restricting myself, which I could never sustain for long. Iâ€™d always go back to how Iâ€™d been eating before and end up putting on even more weight. â€œI expected Slimming World would be the same, but as soon as my Consultant Karen told me Iâ€™d be able to eat my favourite foods like burger and chips and still lose weight, I was hooked. I went away that week and made simple changes like choosing lean meat and not cooking in oil. I ate real, hearty meals and wondered if it was too good to be true. In my first week I lost 8lbs and I couldnâ€™t believe it. I thought to myself, I can actually do this. â€œI soon realised my group was somewhere I was made to feel accepted too, and that other people there](#)

had the exact struggles I did. Being around like-minded people helped me to lift the feelings of guilt and shame I felt, and this change in mindset was the reason that, this time, everything clicked into place. As well as making changes to his diet, Steven also embraced Slimming World's physical activity support programme, which encourages members to increase the amount of movement they do at a pace that's right for them. Steven says: "A few of the members at my Slimming World group started a walking group in Cromer and I asked if I could join them. We get our steps in and talk about life, and we've all become such good friends. Exercise always use to feel like a chore to me, but this is social time, so it doesn't feel like that at all, and I look forward to it every week." Since losing weight, Steven returned to Florida and made unforgettable memories for all the right reasons second time around " he fit comfortably on all the rides. He says: "That moment in Florida was a real wake-up call for me, but I didn't know then how that awful experience was going to change my life forever. Being able to return and reflect on that " as well as go on every single ride " was the most amazing feeling." Steven's weight loss has not only transformed his health and confidence, it's also inspired a new career. Alongside continuing to sell seafood, he has trained to become a Slimming World Consultant and now runs four groups across Norwich. He says: "I felt so passionate about Slimming World and what it did for me, I wanted to shout it from the rooftops " and still do. So when I got the opportunity to take over my local Slimming World group I jumped at the chance and now I support more than 400 members at my groups each week. Being able to help others find the same happiness and self-belief that I have is the most rewarding job." Steven has now maintained his weight loss for more than eight years and his achievement has earned him the title of Slimming World's Top Target Consultant 2025. Steven says: "We're bombarded with different weight loss methods nowadays, especially on social media. So many of these companies promise the earth, and a quick fix sounds really appealing when we're desperate to lose weight, but it's so important to find a way that will help you to make lasting changes that fit into your real life. Getting support is absolutely crucial too, because losing weight isn't easy " if it was so many of us wouldn't be overweight. Slimming World gave me the tools and support to lose weight in a way that worked for me and I'm proof that you can lose weight and keep it off."

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