

Get Me into my Dress on Time!

Submitted by: Richmond Towers Communications (Chrome)

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A bride to be from Berkshire has issued an internet plea to bloggers on health networking website yearofwellbeing.com to help her squeeze into her wedding dress!

Victoria Till, 30, has become a celebrity on the website - which is underpinned by scientific experts in wellbeing and produced in partnership with Alpro soya – after vowing to shed three and a half stone before she heads down the aisle to her sweetheart, next February.

Victoria is so desperate to meet her goal that her wedding dress was purchased 9 months in advance!

Now she has created a flurry of interest among bloggers on yearofwellbeing.com and is receiving regular help, encouragement and advice. As a result she has already shed 22lbs in weight and is confident of slimming down to her size 14 goal for her big day on the 28th February 2009.

The PA from Berkshire has been dairy intolerant her whole life and discovered a new way of losing weight and improving her wellbeing via the yearofwellbeing.com, she now believes that “Wellbeing is the root of who you are as a person”

She said that: “its every girl's dream to look their best on their wedding day and I wasn't happy with my weight but didn't know how to best set about shedding the pounds.”

“Since joining the yearofwellbeing.com I have been getting encouragement from other bloggers who are going through similar problems.

“I am now confident I can make my goal of fitting into my wedding dress in time for the biggest day of my life!”

Victoria has been so overwhelmed by the support she has received that she even has a few tips that she shares with the people on yearofwellbeing.com

1. Wellbeing starts at home, try and give yourself time to do what you want to do not what you have to do.
2. Eat right, so important in order to function at work or at home.
3. Work is for work so don't take it home with you!
4. Make sure that you are the best you, you can be!
5. You don't have to be dairy intolerant to enjoy soya, why not try some on your cereal!

To find out more about Victoria's quest to get to the church on time visit www.yearofwellbeing.com.

-ENDS-

Note to editor:

The website, underpinned by scientific experts in wellbeing and produced in partnership with Alpro soya, offers a personalised programme of tips and advice to help you make small changes that will make a big difference. This includes an on-line community, webchats, podcasts and 100 Wellbeing Ambassadors. From health and nutrition advice to relationships, work and leisure activities, The Year of Wellbeing will help you to reassess your lifestyle and achieve a more balanced outlook. So register now to change your life and be a part of The Year of Wellbeing at www.yearofwellbeing.com

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