



Leanne Chubey is shown in before and after photos. Chubey, a 38-year-old group home worker from Gladstone, is now 175 pounds after weighing as much as 361 pounds just three years ago. (Submitted)

» GLADSTONE WOMAN LOSES 186 POUNDS

‘It feels amazing’

BY JILLIAN AUSTIN

Leanne Chubey's wake-up call came three years ago when she stepped on the scale and saw the dial swing to 361 pounds.

It was the heaviest Chubey has ever been.

"It just came to a point where my weight was getting out of control and I had to do something about it," said Chubey, a group home worker from Gladstone.

What really motivated her was when her parents came to her, suggesting she try out Herbal Magic in Brandon.

"I broke down," Chubey said. "I think it was just

having my family finally coming to me. I think it made me wake up and say, 'I have to do this.'"

A determined Chubey drastically changed her eating habits and incorporated regular exercise into her life.

"I was never one to eat my fruits and vegetables," she said.

"Now I take my time to prepare my meals."

There were hurdles along the way, but Chubey said she refused to give up.

"It's tough. There were days I was miserable, days I was fine ... but it got easier," she said. "I was ready."

Chubey, 38, now weighs

175 pounds — a loss of a whopping 186 pounds — and fits into a size 10.

"It feels amazing. It's the best thing I've ever done for myself," she said. "I never in my years thought I could lose this kind of weight."

A strong will, along with support from family and Herbal Magic, made Chubey's story a success.

"I just feel more noticed ... my head is held up higher, more confidence, I became more approachable," she said. "I want to do more, go out more ... I never thought I could feel that way ... it's a nice feeling."

Her inspirational story was

featured in the January edition of Best Health magazine.

Last May, Chubey ran her first 10-kilometre run in Brandon and plans to again this year.

To those wanting to get healthy and lose weight, Chubey has some advice:

"Make sure you're determined to do this," she said.

"Don't give up, even on the hardest day you have, don't give up. Know that you're important. You deserve this. It's not easy, but you're never going to find an easy way."

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