

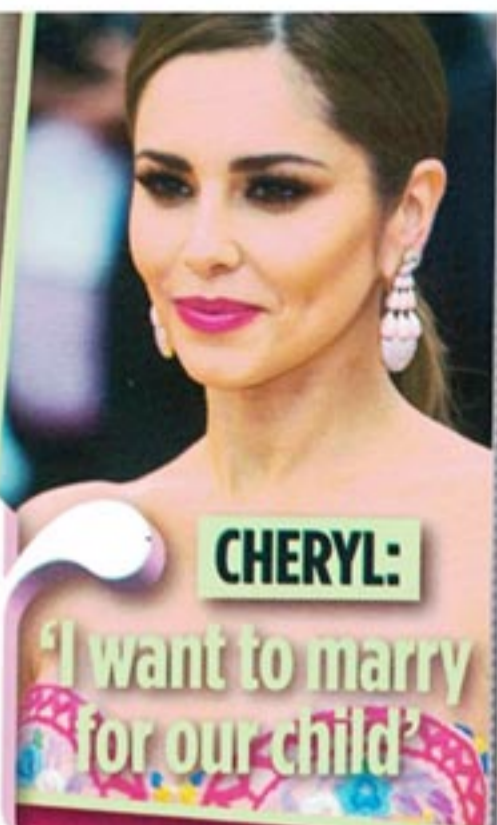
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Bow-wow
...wow!



**'My ex
thinks he's
a Dalmatian
- now he
romps with
his dog sitter!'**



CHERYL:

**'I want to marry
for our child'**

closer

**MARRIAGE
STRAIN**

**Michelle:
'A baby
won't fix us'**



**Ferne: 'I've got
my dream body
for Hollywood'**



**KIM & HER TRAINER
GET CLOSE**

**'I'll make
Kanye sorry'**



EXCLUSIVE!

JOSIE

**'I weigh
myself
daily - I
fear getting
fat again'**



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THE SECRETS BEHIND LISA'S BODY BLITZ



We talk to Slimmeria retreat owner Galia Grainger, where Lisa Riley kick-started her astonishing weight loss

Lisa Riley's jaw-dropping 7st weight loss has left fans amazed – and *Closer* can reveal the secrets behind her transformation.

The former *Emmerdale* actress – who has dropped from a size 30 to a size 16 in nine months – spent a week at Slimmeria retreat in Sussex last August, and lost 14lbs in seven days, which encouraged her health kick.

Diet guru Galia Grainger, who runs the retreat, is full of praise for the actress. She tells *Closer*: "Lisa was amazing. She's a really fun girl and she pushed herself and encouraged others. She found it hard, but she lost a stone after a week and she was crying with happiness. Since leaving the retreat, she's gone on to lose a lot more weight because she got herself into the right frame of mind and proved to herself she could do it. Losing some weight quickly is really motivating for our clients to continue with their weight-loss journey."

STRICT ROUTINE

The retreat focuses on eating small portions of healthy food and exercising in a fun, supportive environment.

"When guests arrive they are weighed and measured," says Galia. "They are then informed of the rules – and we are very strict!"

For the duration of their stay, guests must only consume the food provided – which includes no sugar, caffeine or alcohol and amounts to 400-500 calories per day. Guests are woken at 7.15am, and after a hot water with lemon, set off for a two-hour hike. They have a fresh juice or

small bowl of porridge for breakfast, followed by a fitness class and group yoga before eating a mixed-leaf salad at lunch. Guests are then free to relax and enjoy spa treatments. After a dinner of stir-fried vegetables, there's a fitness class or motivational talk before lights out at 9pm.

"The plan is tough and low calorie, but it's done under supervision to look after the wellbeing of our guests. Towards the end of the week, we educate the guests on how to embark on a healthy eating plan once they've left us. Our plan is very short-term and the guests know that, so we give them recipe ideas for healthy meals including lots of fruit and veg, protein and some carbs," adds Galia.

DETERMINATION

Lisa, 39, now keeps Galia up-to-date with her progress. Galia reveals: "She was shrinking every time we saw photographs! She's been so determined and has stopped eating after 6.30pm, controls her portions carefully, does Zumba and walks regularly."

But since losing the weight, Lisa has been accused of turning to a gastric band – which upsets Galia.

"I've seen Lisa lose the weight before my eyes and it's disgusting for people to say she didn't do it naturally," says Galia. "She has done so well and looks amazing."

By Annabelle Lee

● Visit Slimmeria.com



Lisa has gone from a size 30 to a size 16