# Ferne McCann's 2.5 Stone Weight Loss Transformation Sparks Praise and Inspiration



Ferne McCann has recently showcased her physical transformation by losing 2.5 stone since the birth of her youngest child, Finty, last year. During a holiday in Croatia, McCann shared multiple photos on Instagram, highlighting her toned figure in a black bikini while at the Bowa Restaurant and on a boat trip. She accessorized her swimwear with gold necklaces and captioned the post, "Trust yourself to choose what’s right for you. The most beautiful beach club restaurant on an island. What a gorgeous, special day in Croatia."

Earlier this month, Ferne posted pictures of herself in a beige crop top and white shorts, contrasted with an older photo in black underwear to showcase her weight loss progress. She attributed her transformation to a breakfast-focused nutrition plan and moderate exercise.

McCann, 33, has launched a health and nutrition website named Fernutrition. Her weight loss journey has garnered positive comments on social media, including praise from fellow TOWIE star Danielle Armstrong.

Last month, she expressed pride in her progress, mentioning her accountability coaching groups that emphasize 80% nutrition and 20% exercise. McCann, who welcomed daughter Finty with partner Lorri Haines last July, also has a six-year-old daughter named Sunday from a previous relationship.