# Marv Young's inspiring journey of weight loss and resilience



Marv Young, a 51-year-old senior benefits manager from south London, has achieved a remarkable transformation over the past year, losing a total of seven stones after grappling with significant personal loss and health challenges. Young's journey began when she faced the grief of losing three family members: her brother Alan at the age of nine, her uncle Douglas at 13, and her father Jonathan when she was 26. These profound losses led her to develop a coping mechanism through food, resulting in her reaching a peak weight of 17st 5lbs (110.5kg) at a height of 5ft 1ins in 2021.

In an interview with PA Real Life, Young described her emotional eating as a reflection of the love expressed within her Caribbean household culture, where food played a significant role at family gatherings. She remarked, "Coming from a Caribbean household, food is a form of love, so even though my sibling was no longer there, my mum was still buying the same amount of food." This pattern persisted into her adulthood and was compounded by her diagnosis of multiple sclerosis (MS) in the same year she reached her heaviest weight. She noted that obesity has been associated with increased risks related to MS, a condition affecting the brain and spinal cord.

A turning point came in December 2022 when Young was gifted a necklace that she could not fit around her neck, prompting a realisation of the extent of her weight issue. Reflecting on the moment, she said, "I thought, ‘Oh my God, how embarrassing, can I really go and tell her to change this gift?’" This incident became a catalyst for change, leading her to seek a weight-loss solution.

In January 2023, she enrolled in the 1:1 Diet by Cambridge Weight Plan, a programme that incorporates consultant-led support, weigh-ins, and a variety of meal replacement products. During the course of the year, with the encouragement of her consultant Deborah Adams, Young lost an impressive seven stones and evolved from a size 22 to a size 10, ultimately weighing 10st 2lbs (64.5kg). This transformation not only dramatically altered her physical appearance but also improved her mental outlook. Young stated, "I’ve been fat throughout my whole life… this is the first time in years that I’ve been slim."

With her newfound health, she has also become a consultant for the 1:1 Diet, aspiring to help others navigate their own weight-loss journeys. She reflects on her experience positively, saying, "I now enjoy shopping for clothes as I have choice," highlighting her increased mobility and improved health status, which has allowed her to reduce her MS medication.

Marv Young continues to emphasise the power of resilience and shifting one's mindset, stating, “I experienced so much grief, but I always believe you have options. You can either let things consume you or you can rise above it." Her narrative serves as an inspiring example of personal transformation through lifestyle change amidst adversity.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.one2onediet.com/blog/woman-of-the-year-winner-marv-young> - This URL supports Marv Young's achievement as the 1:1 Diet Woman of the Year, highlighting her significant weight loss and transformation.
* [https://www.tiktok.com/@reformedjojodieter/video/7453469086756949281](https://www.tiktok.com/%40reformedjojodieter/video/7453469086756949281) - This TikTok video further details Marv Young's journey, emphasizing her weight loss and health transformation.
* <https://www.multiplesclerosis.org.uk/about-ms/what-is-ms> - This URL provides information about multiple sclerosis (MS), a condition affecting the brain and spinal cord, which Marv Young was diagnosed with.
* <https://www.nhs.uk/conditions/obesity/risks> - This NHS webpage discusses the risks associated with obesity, including its impact on conditions like MS, which aligns with Marv Young's health challenges.
* <https://www.cambridgeweightplan.com/1-1-diet> - This URL explains the 1:1 Diet by Cambridge Weight Plan, a program Marv Young used to achieve her weight loss.