# Trinny Woodall reveals struggles with rapid weight loss and protein intake at 61



Trinny Woodall, the founder of the beauty brand Trinny London, recently opened up about her struggles with weight management in a candid Instagram video shared on Monday. At the age of 61, Woodall discussed the challenges she faces in maintaining a healthy body, particularly emphasising her concerns about protein intake and the effects of sudden weight loss.

In the video, Woodall wore a sparkly silver gym top paired with light grey bottoms, and was joined by her personal trainer, Nathalie Hayward. She revealed that she lost 4kg due to an illness, a loss that she described as making her feel like an “old elephant” rather than the “strong bull” she aspires to be.

In her post, Woodall acknowledged her longstanding high metabolism, stating, “I have always been what some people might define as thin.” However, she emphasised the emotional toll of rapidly losing weight, noting that such changes can make her feel vulnerable. "Muscle needs daily protein, and muscle keeps my bones protected," she explained, highlighting the importance of strength and muscle preservation as one ages.

Woodall also detailed her dietary adjustments, aiming to double her protein intake. She noted, “I generally start with a three egg omelette and I'm going to start incorporating a protein shake mid-morning with some collagen.” Her lunch typically consists of chicken and salad, while her evening meals include fish. “At the beginning of the year, I was getting over 100g a day into my diet, but in the last few weeks I think I've been doing maximum about 60 or 80,” she acknowledged.

The video served as a platform for Woodall to share her personal health journey, urging her followers to consider their own protein intake, especially during and after menopause. In her candid manner, she stated, “Ask yourself are you taking enough protein every day? You should really take double the kilos that you weigh especially as you reach menopause and beyond… Sometimes that's really challenging.”

Woodall's ongoing conversation about health and wellness is consistent with her previous posts, where she often discusses the benefits of regular workouts and skincare routines. Her lifestyle choices appear to be a cornerstone of her success, as she has maintained a vibrant public persona despite the pressures of entrepreneurship and personal challenges.

Beyond physical health, Woodall has also shared her recent exploration of meditation as a means of managing stress. Addressing her hectic lifestyle, she remarked, “I lead quite a stressed life... Stress, medically, is a really sh\*\*ty place to get to for your body.” Her newfound commitment to meditation has reportedly provided her with a sense of calm and well-being, which she described as “profound.”

The discussion around health, strength, and well-being continues to resonate with her audience, as Woodall effectively combines her personal experiences with professional insights, reinforcing her role not only as an entrepreneur but also as a relatable figure navigating the complexities of health in later life.

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

## Bibliography

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6. <https://www.telegraph.co.uk/health-fitness/wellbeing/menopause/eat-your-way-to-a-smoother-menopause/> - This source discusses the importance of increased protein intake for menopausal women, noting that it supports bone health and helps prevent muscle loss, with guidelines recommending 0.45-0.55g of protein per pound of body weight daily.
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