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Dublin influencer Aoibhe Devlin shares amazing 2 1/2 stone weight loss transformation

"I feel the best I've felt in years. I never thought I'd wear a bikini again after ten years of wearing swimsuits and covering up," said busy mum of two Aoibhe

NEWS By [Kayla Walsh](#) Features Editor

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Influencer Aoibhe Devlin says she feels the best she has in years after a dramatic weight loss transformation.

The Dublin mum of two told RSVP Live that she always struggled with her weight growing up, but piled on a few extra pounds due to her pregnancies with her daughter Lily and son Hugo.

"I was at my heaviest after I had Lily, Lily is three now and Hugo is 16 months," she said.

"But I was always up and down in **weight**, I was never super thin."



📸 Aoibhe Devlin's amazing weight loss

After a difficult end of her **pregnancy** with Hugo, Aoibhe struggled with her confidence and wanted to do something for herself.

"I knew I was blessed to have a baby boy and a baby girl and I knew that I wasn't going to have any more kids," she said.

"Although I was in a bad place, I put my focus into exercising well."

As it was during the pandemic, Aoibhe wasn't able to go to a gym - so she worked out at home and started eating healthier, with the help of an app called Gymondo International.

"I was following two different programmes in an app at home," she went on.

"It was an at-home workout programme so I did the pilates programme and the 'Get in shape' programme.

"They also had a nutrition aspect with different recipes. I had to do it myself because I wasn't able to go to a trainer or anything."

The blogger also underwent an abdominoplasty to remove some excess fat and skin on her stomach.

"I had what you would call a mummy pouch, and I knew that no matter how much weight I lost, it was always going to be there so after I had Hugo I decided I was going to go for it.

"I am delighted that I got it done. I had a breast reduction in 2019 at The Avoca Clinic and I went back there for my abdominoplasty. I got it done with Cormac Joyce and he is just amazing, he put me so at ease."

After the abdominoplasty, Aoibhe had about four months of recovery time, which she said was "tough" with two kids, but she got through it.

She has continued her home workouts, which she does two or three times a week, and she tries to eat healthily.

Over the past 13 months, she's lost an amazing 39 pounds and says she feels so much happier in her body.

"I feel the best I've felt in years. I bought my first bikini in ten years this year. I wore it last month in Italy and I felt amazing in it.

"I never thought I'd ever wear a bikini again after years of wearing swimsuits and covering up.

She added: "My babies are everything to me and I'm so proud of what a woman's body can do."

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