

Herald Sun
extrawell

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Weighting game

Five women, five weight-loss programs. **Daniel Hoy** gives you the lowdown

W EIGHT loss can be a battle waged over years and years. Many women are locked in a constant struggle — they put on weight, lose it, then put it on again.

They go on diet after diet, but no matter how much weight they lose, it always comes back — with a vengeance.

Finding what works for you is the key to long-term sustained weight loss. The problem comes with the plethora

of options available. **Extrawell** has chosen five women to try five weight-loss programs. Every two weeks we will report on their progress. Here are their stories:

» **Cheryl-Ann-Hawkins, Sandringham**

Age: 40
Height: 164cm
Weight: 85kg
BMI: 32 (a BMI — body mass index of 26-30 is overweight, over 30 is considered obese).
Weight-loss program: Heavy Haulers
■ Heavy Haulers operates in a similar way to a standard circuit class, but the exercises are different. Instead of the usual sit-ups and bicep curls, those taking part don a harness and drag a tyre 20m, carry it back to the start and do it again, or complete sit-ups while dragging another big tyre 20m, for example. Heavy Haulers' Neale Trollope says: "We pride ourselves on our level of care, support and education. We want to instil all participants with the necessary health and life skills to make their lifestyle changes sustainable, whether they are doing Haulers or not doing Haulers."
more > www.heavyhaulers.com.au or 1300 442 8537

Have you always been overweight?

No, most of my excess weight was put on after I had children. But I did start slowly putting on weight after the age of 25.

What are the reasons for your weight gain?

Love of food. I'm too busy to get organised with meals. I also love to socialise and with that comes food and drinks.

How many times have you tried to lose weight?

Too many to remember in the past 15 years. But normally before significant events, such as a wedding, a 40th birthday, overseas holidays and always after having each child.

Why do you want to lose weight?

To feel good about myself. To be a good role model for my three daughters, who are four, seven and eight, so they have a healthier association with food. And to keep well and injury-free.

How does being overweight make you feel?

It makes me feel frustrated because of all the exercise I do. Currently I exercise one



to two hours a day, sometimes more, yet my body doesn't respond.

How will losing the weight change your life?

My self-esteem and body image will improve dramatically. It may also mean that I may not have to have hip surgery in the future for my deteriorating hips. I'm also hoping I'll improve my speed and performance in the sports I do now.

“To be a good role model for my three daughters, who are four, seven and eight, so they have a healthier association with food”

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