

Losing it, loving it

Two weeks ago we revealed our five new weight-loss warriors who were about to embark on a 12-week program using five different methods to shed the kilos. Here is how they are progressing after a fortnight of hard work

» Louise Baker

Lost: 3.6kg
Starting weight: 111.6kg
Method: The Biggest Loser Club



So far I've lost 3.6kg and have lost 10cm from my waist, 5cm from my hips and 6cm from my chest.

In the beginning I was very keen and anticipated a successful weight-loss campaign. I tried a few meals from the menu planner, with great success. The standout meal was the corn tortillas – it was very tasty and nutritious.

The water has been a big effort on my part, I'm not used to drinking so much. I've been having a few evening meals of homemade soup and lots and lots of fruit throughout the day.

The first week was uncomplicated with little to interfere with my eating/exercise routine. An evening out for my son's birthday was the only time I was tempted to be indulgent. However I was careful and my daily walking has helped me shed a few kilos.

I've managed to get out and about walking four days this week.

The second week was always going to be interesting because I felt the *Herald Sun* article announcing our challenge was sure to excite interest from my friends and work colleagues.

Well I wasn't wrong there. I had

so much positive feedback and practical support from my friends, colleagues and acquaintances that I feel encouraged to maintain my healthy regime despite only a slight downward movement in my weight this week.

» Amanda Weisz

Lost: 3kg
Starting Weight: 125kg
Method: Curves Gym



Things are going really well. Everyone at the Ashburton centre is so supportive and have really gone to great lengths to make me feel welcome and to keep me motivated. They even call me to find out where I am when I don't turn up for a couple of days.

I love the circuit concept and am enjoying the new Curves Smart option that I signed up for last week. It's like having my own personal trainer on every machine, which means I'm always working hard and can't slacken off.

I also really like that it gives me a computerised summary of my workout at the end of each session. I can see which muscles and machines I used effectively and how many calories I managed to burn. It's a great motivator.

I'm hoping to maintain weight loss of about 1kg a week.

» Katie Rees

Lost: 4kg
Starting weight: 85kg
Method: Tony Ferguson Weight-Loss Clinic



The program I'm on is basically a meal replacement, low-carb diet with lots of vegetables. All the standard forms of carbs that we know and love (bread, pasta, rice, potatoes, and of course biscuits and cakes) are banned.

A typical day would be a Tony Ferguson (TF) shake for breakfast, fruit for morning tea, TF soup/shake and salad for lunch, more fruit for afternoon tea, and finally an almost-normal dinner (but minus any rice, pasta and potato).

I found lunch the most difficult meal. I think the soup would be a bit more palatable if only I could have some bread with it. And don't talk to me about salads ... I'm happy to eat lettuce but I hate tomato, cucumber or any type of raw vegetable.

Despite all this, I actually got through the first week without cheating at all. I really don't know how I did to be honest. I was constantly tired, and almost fell asleep in a few meetings.

I was missing all the foods I loved and another 11 weeks of the program just seemed unbearable. I talked to my TF consultant about

this and she put me on a different variation of the program, one where I could eat a bit of bread, and one less shake or soup.

I've also joined the TF website forum where I met lots of other people in the same situation, and also, lots of fantastic recipes. I discovered you can turn the shakes and soups into all sorts of things – bread, cakes, pancakes, biscuits, even jelly slice.

This was a breakthrough discovery. I'm actually starting to feel excited about this now.

» Pamela Harkin

Lost: N/A
Starting weight: 95.3kg
Method: Think Slim Self Hypnosis



Because of a mix-up with the program, Harkin only started this week. She says she is enjoying it so far and is looking forward to dropping a few of those unwanted kilograms.

» Cheryl-Ann-Hawkins

Lost: 2kg
Starting Weight: 85kg
Method: Heavy Haulers



Training is going well, but getting up at 5.15am three mornings a week has been a challenge. I've clearly been training in my comfort zone for too long.

I'm already achieving results. Murray and his team at Heavy Haulers keep pushing my body past what I thought was possible. I initially thought that hauling tyres around for an hour each session would be just plain hard work, but I'm having some laughs along the way.

With each session I'm getting faster and stronger and I'm achieving new personal-best scores each day.

The trainers are much more interested in getting my body fat down than my weight. My diet has been cut back and spread over five small meals a day. But I've still been able to go out to dinners.

» seven days



MasterChef host Sarah Wilson

Monday

Morning starts with a light jog to Bondi Beach and 20 minutes of yoga on the sand as the sun rises. Jog back home and off to the *MasterChef* studios for hair and make-up.

Tuesday

It's cold this morning, so I do 20 minutes of yoga at home, then 20 minutes of meditation. I meditate at least once a day to retain consistent energy and vibrancy. A food produce awards function follows filming. I stick to one glass of red and a few seafood canapes, then a cup of chamomile when I get home. I rub sesame oil into my feet – a great Ayurvedic remedy for grounding yourself at the end of the day.

Wednesday

Day off today, so head out for a swim at Icebergs, 20 minutes of meditation overlooking the ocean, then spelt toast with ricotta at a local cafe. I also make a big pot of fennel and celeriac soup and freeze it in batches.

Thursday

Early start at the studio and a long day on my feet. I meditate after lunch, between filming, and take Vitamin C (an acid-free version that's much better for your endocrinal system) to keep my immune system going.

Friday

Early start but a 3.30pm finish. That means I can do a 45-minute weights session at the gym, focusing on strengthening my core and back. A glass of wine and tapas with friends, then a bit of yoga before bed.

Saturday

I head off to Ku-ring-gai Chase National Park for a 14km bushwalk, which I lightly jog. I grab boiled eggs on rye and tea at a local cafe en route. It's a weekend ritual.

Sunday

Not so early this morning, but start the day with 40 minutes of sand running at Bondi beach, brunch and some writing in the afternoon, followed by a Vinyasa yoga class in the evening.

Get your **BONUS TOTE BAG** when you purchase your **Herald Sun** RRP \$1.50 this Saturday



» Health

Advertising Contact : Marie Vivet T: 9292 2457

STOP SMOKING IN 1 HOUR!

The "Winkler Hypnotic Method" will enable you to stop smoking completely and permanently without nasty cravings and withdrawal symptoms.

You feel calm and relaxed as you go about your normal daily business. Experience vibrant health with clear lungs. Don't risk your health, or watch your money go up in smoke.

CALL & QUIT NOW Achieve your goal permanently!
ASK FOR YOUR FREE BROCHURE
94719898 www.stopsmoking.com.au

USED COMMERCIAL GYM EQUIPMENT

SALE

- Treadmills • Cross Trainers
- Steppers • Bikes • Pinloaded
- Reebok Steps

WESTGATE HEALTH CLUB
(03) 9369 6622 ~ 0416 139 792
Cnr Grieve & Doherty's Rd, Altona
* Viewing by appointment only

LOSE 6 INCHES in your 1st treatment or IT'S FREE

EVOLUTION OF VISUAL SLIMMING

Detox Your Body & Lose Inches • Tighten those flabby bits
Diminish the appearance of cellulite

Call 0411 406 316 www.suddenlyslender.com.au
(exclusive licensee of Suddenly Slender USA) Digitally Altered Images