

# Off go the kilos

Our weight-loss competition winners are now a month into their challenge and all five are tasting success

## » Louise Baker



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

This week I was advised to increase my food intake so I added more fruit, nuts and fish, but making sure to keep at my daily kilojoule limit.

I'm never hungry and the variety and quality of my meals is fantastic thanks to my husband's creative and dedicated kitchen skills.

I found this a little difficult but slowly my body is accepting the increase.

Roula, my support person from The Biggest Loser, has been giving me just the right amount of encouragement without being too intrusive. She is always there should I need help with anything.

I have continued my walking routine and have never been short of at least two companions from work (thanks Rachel and Lesley).

My diet is continuing to be both interesting and satisfying so I feel confident I can maintain my current level of enthusiasm for what is a change of lifestyle for me.

I was rather pleased when I speculatively tried on a new dress from my wardrobe and found it now fits easily — it certainly didn't four weeks ago.

The kilos are slowly coming off, but it's my shape that is changing for the better.

## » Katie Rees



**Lost:** 4.7kg  
**Starting weight:** 85kg  
**Method:** Tony Ferguson Weight-Loss Clinic

After my initial struggle in the first two weeks, I've found the program gets easier to follow and becomes a habit.

I've decided to stick to the original two-shakes-a-day plan, and have followed it to the letter, only to be let down by a small loss of 700g in the third week.

Feeling rather disillusioned, I felt like giving up, but somehow pushed on with it.

It was extra surprising given I'd started doing boot camp this week, and was certain that would help the kilos drop.

I've also donned the lycra to go on a bike ride. Those hills are starting to get a little easier, but it's still a long way to go before I look like the typical trim, taut and terrific Beach Rd cyclist.

I've found the key to this program is planning, planning, planning. I work out all my meals a week in advance to ensure there is always suitable food available when I need it.

I've tried to keep the interest up by experimenting with lots of new recipes — six so far. The chicken schnitzel and gravy is my favourite.

The program guidelines are strict, but eating out is still a possibility.

Since I've started, I've had several lunches and dinners out and just factored them into the program (even bacon and eggs for breakfast one day).

It's been made easier by the number of supportive people around me who have tried to accommodate my new way of eating and not tempt me with my favourite foods.

Overall, it's progressing well and I look forward to continuing my success.

## » Amanda Weisz



**Lost:** 4kg  
**Starting weight:** 125kg  
**Method:** Curves Gym

I've lost another 1kg in the past two weeks, bringing my total weight loss to 4kg.

I must admit I would have liked to have lost more, but I know I'm probably building muscle and losing centimetres, which is even more important.

I've decided I'm not going to start looking for a wedding dress until my weight drops below 100kg — or until I have dropped about three clothing sizes — so I have a big incentive to keep working hard.

## » Pamela Harkin



**Lost:** 2.5kg  
(has been on the program for two weeks)  
**Starting weight:** 95.3kg  
**Method:** Think Slim Self Hypnosis

Despite starting the program late I've now lost 2.5kg and several centimetres from my stomach, hips and thighs. I feel and look much healthier.

The Mark Stephens therapy really concentrates on all the things we all know we should do, but the program inspires you to actually get out there and do it.

The audio program is fantastic to listen to and really makes you motivated to eat correctly and exercise at least twice a day.

Mark is quite entertaining to listen to because he identifies with certain obstacles that most people face in their efforts to achieve their goals.

You can listen to the program anywhere at any time. It's very enjoyable as well as relaxing, motivating and makes you face each day with enthusiasm in whatever goal you wish to achieve.

## » Cheryl-Ann Hawkins



**Lost:** 3.2kg  
**Starting weight:** 85kg  
**Method:** Heavy Haulers

I've just had a one-week break from the Heavy Haulers program to let my body recover before the start of the next intensive four-week program.

I have lost 20.7% of my body fat which is fantastic.

Unfortunately, I sprained my ankle at the start of the break (playing tennis), so I've been concentrating on trying to limit my food intake and take part in sport that doesn't involve bearing weight on my ankle, such as swimming.

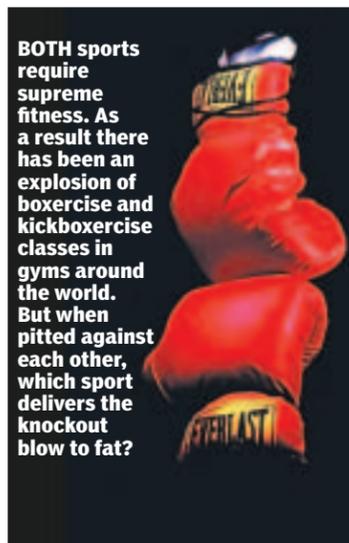
Surprisingly, I have actually missed the program over the week's break and was very keen to restart.

I didn't think I would miss the early-morning starts, but I was wrong. I have definitely developed more vitality in my day that I didn't ever have before and many people are commenting about my healthy glow.

Juggling the food requirements has been my great challenge. I've really had to plan meals and outings in advance to ensure I eat the right food.

It has all come down to my food and drink choices combined with some intense workouts to ensure weight loss.

## » road test boxing v kickboxing



**BOTH sports require supreme fitness. As a result there has been an explosion of boxercise and kickboxercise classes in gyms around the world. But when pitted against each other, which sport delivers the knockout blow to fat?**

FITNESS	WEIGHT LOSS	INJURY	COMPLETE BODY WORKOUT
<p><b>Boxing:</b> Boxers are among the fittest athletes on the planet. Try ducking, weaving and throwing punches for 15 rounds. To get fit they run, skip and ride. Boxercise classes are enough for most of us to increase our fitness quickly, without having to worry about being knocked out. <b>4/5</b></p> <p><b>Kickboxing:</b> Similar to boxing, the fitness required by professionals is immense. Taking a kickboxing exercise class will leave you feeling exhausted, but it's a great all-over body workout. <b>4/5</b></p>	<p><b>B:</b> A 90kg man burns about 3650kJ an hour doing boxing training. Depending on your sex and weight you'll burn more or fewer kilojoules than this. The heavier you are the more you burn. When you consider you need to burn about 37,000kJ every day for a week to burn 1kg of fat, seven days of boxing training is a great way to shed the kilos. <b>4/5</b></p> <p><b>KB:</b> Just as effective at burning energy as boxing. The same 90kg man burns 3600 kilojoules an hour during kickboxing training. <b>4/5</b></p>	<p><b>B:</b> Technique is the key. If it's lacking in your boxercise class you can end up with shoulder or elbow problems. But if your technique is sound it's a great way to get fit. <b>3/5</b></p> <p><b>KB:</b> Because kicking is thrown into the mix it increases the problems a poor technique can cause. You can damage your knees, back and hamstring if you throw kicks the wrong way. Not warming up properly can also lead to problems. <b>2/5</b></p>	<p><b>B:</b> Boxercise works the arms and upper body and also strengthens the legs. The constant movement builds muscles all over the body. <b>4/5</b></p> <p><b>KB:</b> Has more range of movement in the legs than boxing. Throwing in the kicks helps with leg strength and balance. It provides the same workout as a boxing class, with a little more work on the legs. <b>5/5</b></p>

**The verdict »** It's a draw. Each sport records a healthy 15/20

## » Health

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