

More fit, less fat

At the halfway mark our weight-loss champions are continuing to improve their fitness and drop those unwanted kilos

» Cheryl-Ann Hawkins

Lost: 4kg
Starting weight: 85kg
Method: Heavy Haulers



I'VE just finished the first two weeks of the second four-week program with Heavy Haulers.

Despite feeling fit at the end of the last program, I felt completely unco-ordinated and unfit as my body adjusted to the new challenge of different types of exercise – still based around tyres, though.

My weight loss has seemed to plateau for a couple of weeks – I've lost only 1kg over the past fortnight. But I continue to lose centimetres. In total I have lost 5cm from just my waist

I did have a girls' weekend away during this period where I ate some food I wasn't meant to.

But the weekend away included an overnight 50km hike at Wilsons Promontory and I thought I could get away with eating what I wanted. I was wrong and had to work twice as hard to get rid of that extra weight. It was so frustrating.

Murray, my trainer at Heavy Haulers, wasn't too worried.

I've since been keeping a food diary and it will be assessed this week to see where I can make some improvements.

The food diary definitely helped me get rid of the weight I gained over the hike, plus the extra kilograms.

I'm definitely changing body shape and fitting into clothes that have been sitting in my wardrobe just waiting to be worn.

The support I've been receiving from my family and friends and the guys at Heavy Haulers has been remarkable. All have been closely following my progress.

In two weeks I will have my body reassessment with Heavy Haulers and I'm hoping the early mornings and hard work has paid off.

» Pamela Harkin

Lost: 3.5kg
Has been on the program for four weeks
Starting weight: 95.3kg
Method: Think Slim Self Hypnosis



I'm still listening to Mark Stephens' audios and videos and thoroughly enjoying them.

There's quite a bit of audio to get through, so there's plenty of information in the audio to assist you.

I'm maintaining a slow but steady weight loss and I have to be strict on my diet and ensure the exercise regime is also maintained each day.

» Louise Baker

Lost: 6.4kg
Starting weight: 111.6kg
Method: The Biggest Loser Club



THIS week has been one of slow but positive change.

I'm finding it progressively easier for me to meet my exercise targets. So now I'm aiming to achieve greater speed and distance over the same time.

I'm also finding that my gradual weight loss has enabled me to rediscover the dormant parts of my wardrobe – all very reassuring.

Fortunately, I'm adapting to the quiet revolution occurring in my diet. Even with low fat-options usurping the positions previously held by butter and its cronies, I find I'm enjoying my food as much as I used to.

I now use the natural sweetness or sourness of fresh fruit, vegetables and herbs to ensure my diet's appeal doesn't wane. Though late last week I did enjoy a tapas meal with friends, I was still able to stay within my daily recommended calorie intake.

It has become evident to me that in such a short time of operating a healthier eating and exercise regime, I'm already feeling a distinct improvement in my wellbeing.

» Amanda Weisz

Lost: 4.5kg
Starting weight: 125kg
Method: Curves Gym



UNFORTUNATELY, I don't think I've lost any more weight over the past two weeks.

I've still been working out at Curves at least three times a week, but I haven't been watching my diet at all and I have fallen back into some bad habits.

Still, I feel like I'm a lot fitter and healthier than I was six weeks ago and I'm determined to keep up my Curves workouts.

Last week they had a Bring Your Bloke night at my local Curves and I managed to convince my fiance to come along to see exactly what I've been raving on about all these weeks. I'm hoping I'll be able to convince him to do a workout with me too.

heraldsun.com.au

Join *extrawell* editor Daniel Hoy for a live blog from 10am today on all things weight loss.

» Katie Rees

Lost: 8.4kg
Starting weight: 85kg
Method: Tony Ferguson Weight-Loss Clinic



THIS week provided my biggest challenge so far – a weekend away.

My husband and I decided to brave the winter cold and go camping (in a tent, not a cabin) at Wilsons Promontory.

Of course this meant limited cooking facilities, which could have proved difficult.

In the end, I decided to forego the diet for a couple of days and just eat sensibly.

So that meant cereal for breakfast, sandwiches for lunch and pasta for dinner. Not quite low-carb but we did walk about 10km a day so I figured it wouldn't affect me too much.

I still registered a loss on the scales, which I was very happy about.

Otherwise, things are going very much to plan. Vegetable soup is my saviour – filling, nutritious and great for someone who is not a big fan of vegetables.

Each weekend I cook up a big batch of soup so I figured it throughout the week, which provides the perfect antidote to all my lunches and dinners out.

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