

Losing it big time

It's all good news this week for our weight-loss women, one of whom has dropped an amazing 10kg.

Daniel Hoy reports

OUR weight-loss champions are into the final stretch of their 12-week challenge. With only four weeks remaining they are knuckling down for a month of hard work

» Cheryl-Ann Hawkins

Lost: 5.8kg
Starting weight: 85kg
Method: Heavy Haulers



TRAINING with Heavy Haulers has been going really well. I've now lost 5.8kg and am so excited to be under the 80kg mark. The results I've been able to achieve in such a short time have been fantastic.

With the help of my trainer, Murray, I've been able to decrease my skin-fold measurements by more than 3 per cent and have lost 37.5cm over five different body sites.

My body is looking strong and athletic and I'm feeling great. I'm now comfortably fitting into size 12-14 clothes and anything else has been binned. I was concerned that the scales weren't reflecting my achievements, but I've clearly toned up.

I have three weekly training sessions with Heavy Haulers and I'm in awe at how I've been able to push my body beyond what I thought was possible in both speed and strength. It's a great program for those who have been training in their comfort zone for too long (like me) or for those who need motivation to get into some exercise.

The support I've received from the trainers has been great and the four weekly body measurements are extremely motivating. I competed in their championships and felt I did rather well for a first-timer, achieving much more than I would have ever dreamed about two months ago. I'm now looking forward to the next four-week program and pushing forward towards a new me.

» Pamela Harkin

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



I'VE had the flu for the past two weeks and as a result have struggled to exercise.

But I'm still listening to the tapes and they are fantastic, not only for weight loss. I reckon if you're a person who is down in the dumps they are perfect for getting you thinking in a positive way.

» Louise Baker

Lost: 7.2kg
Starting weight: 111.6kg
Method: The Biggest Loser Club



I'M CONTINUING to enjoy the experience, and am pleased with my weight loss.

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 great, and I'm enjoying the food which is satisfying and interesting.

A few weeks ago I was confident I could maintain my level of enthusiasm for what is a change of lifestyle for me, and am happy to report I have done just that.

The kilograms continue to come off and even more pleasing is the fact my body shape is also changing.

My exercise targets are getting easier to achieve, so I'm aiming to achieve greater speed and distance over the same time.

All in all I'm happy with where I am at.

» Amanda Weisz

Lost: 6kg
Starting weight: 125kg
Method: Curves Gym



GOOD news: I've finally smashed through my plateau and have lost another 2kg over the past two weeks, bringing my total weight loss to 6kg.

The staff at Curves have been absolutely wonderful as usual. They sensed my frustration and impatience and have spent a lot of time talking to me about my goals and generally helping to keep me motivated and focused.

I've really started to notice lately that my workouts are getting tougher. This is because the Curves Smart system has been steadily increasing my workout intensity and is constantly pushing me to work harder and faster.

I've also been trying to focus a lot more attention on my diet and watching what I eat, especially when I'm not eating at home.

For me, this has been the toughest part of the process so far, but I feel as though I'm finally starting to make some inroads.

» Katie Rees

Lost: 10kg
Starting weight: 85kg
Method: Tony Ferguson Weight-Loss Clinic



Imagine my delight when I was able to buy a pair of size-14 jeans, something I haven't worn since high school. It's an amazing feeling

WELL, we're two-thirds of the way through the 12-week challenge and I'm sick of dieting. I'd just love a piece of bread or some pasta.

But I'll keep soldiering on.

I must admit I really admire those people who have a lot of weight to lose and just keep persisting. It must be so difficult to stay motivated.

On the positive side, I reached my 10kg milestone this week and I'm over the moon about it. I've also lost 15cm off my waist.

This has presented its own set of problems, of course.

My clothes are all starting to get too big. Imagine my delight when I was able to buy a pair of size-14 jeans, something I haven't worn since high school.

It's an amazing feeling.

I've also ramped up boot camp to three times a week.

The early mornings are a killer but it's definitely worth it, and it will help tone up some of those problem areas like arms and stomach.

People are starting to notice the changes in me, and the positive comments I've been getting are just spurring me on even more.



Standing room: our feet can painfully rebel.

Feet of strength

SCIENTISTS estimate the average person will walk what amounts to three trips around the Earth in a lifetime.

Is it any wonder, then, that our feet sometimes stage a prolonged and painful rebellion? An estimated 10 per cent of the adult population have suffered from plantar fasciitis — what podiatrists say is the most common of myriad ailments that can develop in the intricate 26-bone, 33-joint, 100-tendon design of the foot.

The plantar fascia is a fibrous tissue that runs from the heel to the ball of the foot, providing cushioning and support to the arch and serving as a connective buffer between the foot and the achilles tendon.

When it gets stressed, micro-tears and inflammation cause sharp pain and can make weight-bearing and flexion unbearable. The achilles tendon may have had Greek mythology to boost its profile, but plantar fasciitis can be equally painful and debilitating.

Orthopedic foot surgeons and podiatrists say plantar fasciitis can be difficult to treat and unpredictable to cure, not to mention nearly impossible to prevent.

The underlying cause remains a matter of debate among specialists.

The majority of plantar fasciitis sufferers are not endurance runners but simply ageing baby boomers who perhaps have packed on some kilos, stand for long periods in their occupation and perhaps have structural abnormalities such as flat feet or high arches. Or not.

Foot experts can only speculate.

Researchers claim that repetitive trauma to the fascia can lead to irritation that, in time, leads to degeneration of the tissue itself.

Podiatrist Kevin Kirby says degeneration is the biggest obstacle to overcoming the condition.

"When you're 10 years old, (the fascia) are like rubber bands, they stretch and go back," Kirby says. "With an older person, it's like paper. You pull on them and they rip. Maybe not that dramatic, but that's what happens. When (fascia) are put under a load and stretched repeatedly for years and years, they are more likely to get these little tears."

F B 1 2 3 C M Y K DHS 13-JUL-2009 PAGE 35 FIRST

» Health

Advertising Contact : Marie Vivet T: 9292 2457

STOP SMOKING IN 1 HOUR!

The "Winkler One Hour Hypnotic Method" has been used in Australia for over 15 years to help people stop smoking without those nasty cravings and withdrawal symptoms.

You feel calm and relaxed as you go about your daily business.

Experience vibrant health with clear lungs.

Don't risk your health, or watch your money go up in smoke.

Achieve your goal permanently!

CALL & QUIT NOW 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

WE ARE THE PROFESSIONALS IN MENS GROOMING!

Mens Body Works.

Melbournes 1st & only grooming & day spa facility for men.

464 Church St Richmond

Call us on: 9429 5400 or Visit us at: www.mensbodyworks.com