

» weigh to go From previous page



lost
8.2kg

» Cheryl-ann Hawkins

Starting weight: 85kg

Method: Heavy Haulers

I'M FEELING fabulous. I'm fit and toned, and the 12-week program at Heavy Haulers was a great success for me.

I managed to lose 8.2kg over the period, though more importantly I've lost many centimetres and millimetres of fat in my measurements.

So far I've lost:

■ **37.7 per cent reduction in my four skinfold measurements sites (155mm to 95mm).**

■ **7.5cm from each thigh.**

■ **11cm each from my naval waist.**

■ **10cm from hips.**

■ **7cm from my chest.**

■ **2cm from my biceps and calves.**

■ **8.5cm from my shoulders.**

I couldn't have done it without the support of Murray at Heavy Haulers' Bayside site, and Neil and Craig who have developed the program. At times it was tough and I felt too tired to go training, but I persevered.

I trained hard and now I have the results that I have been dreaming about. I'm planning to stay with Heavy Haulers until I can decrease my millimetres of fat down to

70 at least, then it will be fine-tuning from there. Training starts again this week.

I went on a dreaded jeans-buying shopping expedition last week after I came home from holidays, only to buy not one but two pairs of size-12 designer jeans.

I was so excited, I couldn't believe what I was seeing and I had to stop myself from buying everything in the shop that was a size 12.

It's been many years since I was a size 12.

Many people had been complimenting me over the previous few weeks and I just thought they were being nice. However, here was the proof that what I had been doing was actually working.

It feels great to spend your money on clothes that actually look good on you. For years I had been avoiding spending money for my old figure. Now I can't stop.

Even after a week on holidays I still managed to lose weight.

What I've learnt so far is you need to commit to at least three weight-resistance interval training sessions each week, and no compromise on that.

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■ **GIVE up the wine: stick to spirits and soda water.**

■ **CONTROL your eating.**

■ **MAKE it dependent upon your exercise and ensure you eat small regular meals through out the day.**

■ **FOR all mums out there, you need the unconditional support of your partner to exercise and eat well. My husband was my greatest support and fan over this period.**

I will continue to lose weight over the next six months with Heavy Haulers.