



Cleo
March, 2011

Page: 150
Section: General News
Region: National, AU
Circulation: 120051
Type: Magazines Lifestyle
Size: 4,055.51 sq.cms.



slice
slicemedia.com

press clip

Welcome to the second month of the CLEO Body Challenge. We're following 25-year-old Jess, a customer service rep, as she shapes up and aims to drop 10 kilos in time for her high school reunion.

Jess has gone from a schedule of no exercise and constant snacking to working out six times a week and eating five perfectly balanced meals a day. She's lost 6.6kg and centimetres off her body, but it hasn't been easy. In fact, Jess seriously considered pulling out the week before this article went to print.

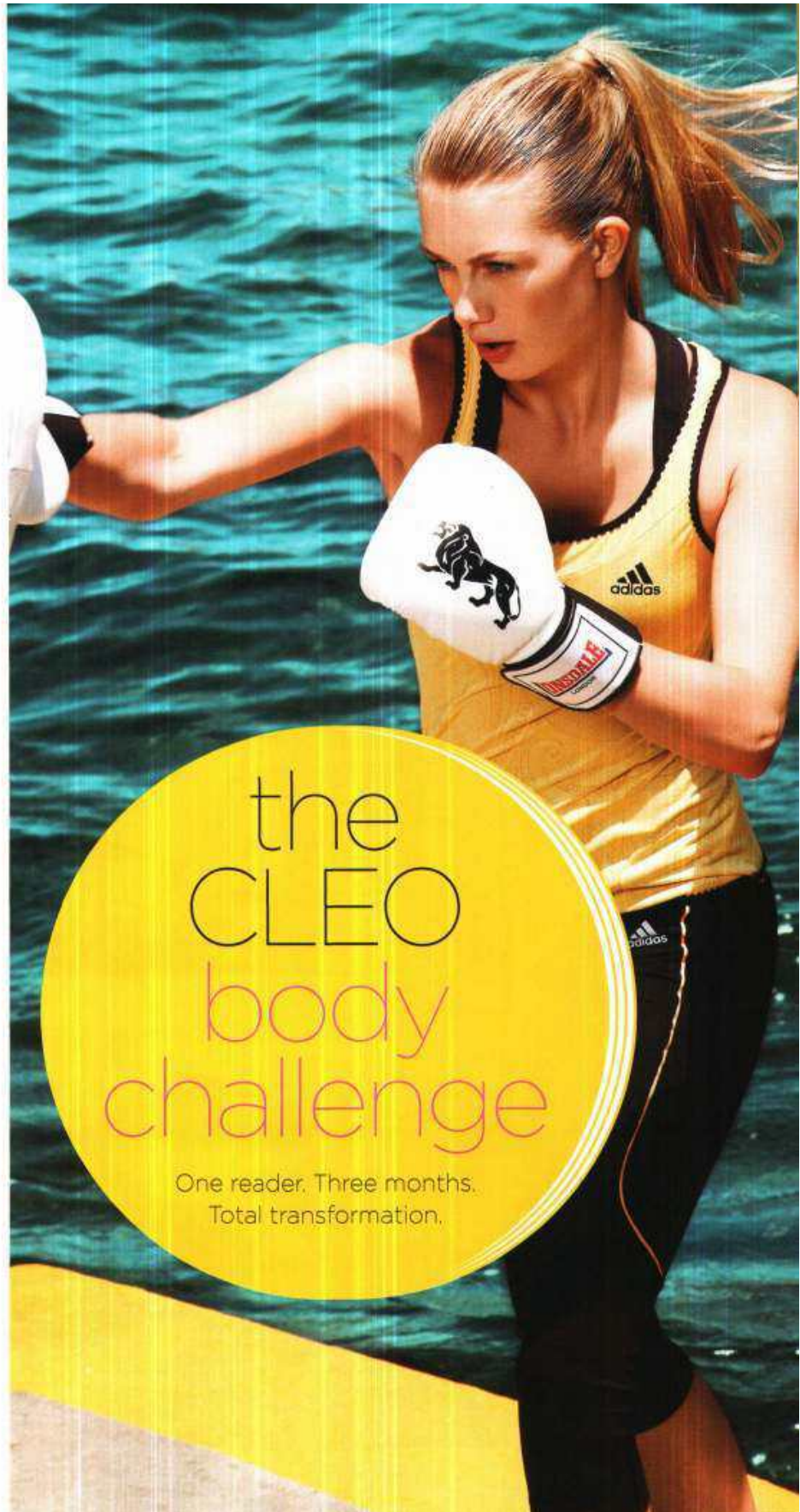
"I was overwhelmed," she confesses. "I had to move house, plus I had heaps of

"i felt guilty about not sticking to the program exactly."

social commitments. It was a mission trying to do my daily workout, prepare five meals a day, and hold down a job! I felt guilty about not sticking to the program exactly."

Personal trainer Deni Curtis sees Jess six days a week. His opinion? "She needs to stop being so hard on herself! She's done really well." He adds, "Once she's reached her goal weight, we'll scale back her training to twice a week. It'll be a maintenance program rather than a weight loss one, which is much easier."

And, as long as Jess sticks to her nutritious food schedule, her new body will be hers to keep.



the
CLEO
body
challenge

One reader. Three months.
Total transformation.

150

press clip

CLEO BODY



MONTH 1

Dress size: 12 Weight: 73kg BMI: 25
Waist: 74.5cm Hips: 98cm Bust: 101.5cm

the expert



Deni Curtis, director of Vision Personal Training (visionpt.com.au)

As an accredited personal trainer and former rugby league rep, Deni has spent the past six years making the world a much fitter

place. He has a keen interest in sports and motivation psychology, which Jess greatly benefited from during this really tough period.

Let's not mince words – the midway point of the Body Challenge was hard for Jess. She actually considered ditching the program altogether, but thanks to Deni's encouragement, decided to get back in the game. He's adapted her training and has started doing extra one-on-one sessions with her so she feels more supported. These workouts will be flexible so Deni can cater to how Jess feels on the day. "If she's really psyched, we'll do cardio. If she's tired and stressed, then yoga it is," he says. ♦



JESS HAS
DITCHED
6.6KG!

JESS' CURRENT STATS AND GOALS

Height: 170cm ■ Dress size: 12 Goal: 10
■ Weight: 66.4kg Goal: 63kg ■ BMI: 23 Goal: 22
■ Waist: 72cm Goal: 70cm ■ Hips: 98cm
Goal: 93cm ■ Bust: 98cm Goal: 95cm

press clip

CLEO BODY

"Deni is the perfect trainer for me," says Jess. "I got a bit teary on the treadmill one night after I'd had a shocking day at work, and he was like, 'You know what? No hardcore weights today. We're going to do hill-walks and you can tell me about your crap day. Get it off your chest'. He totally understands the healthy mind, healthy body connection. I'm so glad he's my trainer - not some super-aggressive, shouty ex-boxer!"

Deni's gym, Vision Personal Training, will be running a 9-Week Weight Loss Challenge in March. Visit visionpt.com.au for details.

JESS' PROGRAM FOR MONTH 2

- MONDAY:** Group boxing class (1hr), personal training with Deni (30min)
- TUESDAY:** Weights and cardio with Deni (30min each)
- WEDNESDAY:** Running group (1hr), personal training with Deni (30min)
- THURSDAY:** Weights and cardio with Deni (30min each)
- FRIDAY:** Group cross-training class (1hr), personal training with Deni (30min)
- SATURDAY:** Boxing (1hr), personal training with Deni (30min)
- SUNDAY:** Rest



Visit cleo.com.au to see how Jess went in Month 1.

diet delivery

the expert



Geraldine Georgeou, accredited practising dietitian and owner of designerdiets.com.au

With a master's degree in science, specialising in nutrition and dietetics, Geraldine has been

helping people get the most out of their meals for more than 10 years. This month, she looked at Jess' drinking habits and made a major tweak to last month's food plan.



A big food change is happening from this point on! As Jess struggled to find time to shop for groceries and prepare food, the good people at Eat Fit Food (eatfitfood.com.au) will now deliver healthy pre-prepared meals to her house three times a week. "Jess has been falling into old eating habits, skipping meals early in the day and grazing too

much in the evenings," says Geraldine. "The idea behind getting healthy meals delivered is that it'll show her how to eat and when. Just like she's training her body with exercise, we're going to train her brain with regular meal times!" Geraldine's main focus is getting Jess to understand nutrition and the art of having regular, balanced meals.

press clip

THE EAT FIT FOOD MENU

- Free-range eggs with potato rosti, baby spinach and tomato jam
- Eat Fit Food muesli bar
- Tomato, beetroot, carrot, avocado and hummus salad with ginger miso dressing (lean beef optional)
- Fruit salad
- Tuna with chickpeas, almonds, roast capsicum and lemon caper dressing



operation booze avoidance



Bad news for thirsty girls: One gram of alcohol is equal to 29 kilojoules. One gram of fat is equal to 37 kilojoules. So boozing is almost like drinking fat! An added problem is that, once drunk, 24-hour fast-food outlets take on an appeal that borders on magical. Jess had a tough time avoiding alcohol due to her hectic social life, so Geraldine has put together a three-step program to make sure it doesn't sabotage Jess' Body Challenge:



1. Have a healthy sandwich before you go out so you're not tempted to devour lots of finger food.
2. Sip a spacer drink, like mineral water with fresh lime and mint, in between alcoholic bevs.
3. Avoid creamy or sugary drinks, and cocktails. (Vodka with fresh lime and soda has the lowest kJs.)

the drinks-to-doughnuts ratio

DRINK	KJ	DOUGHNUTS
VODKA AND SODA	266	3/8 DOUGHIE
GLASS OF DRY WHITE WINE	469	1/2 DOUGHIE
CAN OF LIGHT BEER	386	3/4 DOUGHIE
SHOT OF TEQUILA	272	3/8 DOUGHIE
GLASS OF RED WINE	456	1/2 DOUGHIE
MARGARITA	460	3/4 DOUGHIE
MOJITO	710	1 DOUGHIE
VODKA CRUISER	734	1 DOUGHIE
SCHOONER OF REGULAR BEER	684	3/4 DOUGHIE
PINA COLADA WITH CREAM	1,210	1 1/2 DOUGHIE
DOUBLE SHOT OF JACK DANIEL'S WITH COKE	872	1 DOUGHIE

1 ORIGINAL KRISPY KREME DOUGHNUT = 954KJ



the average woman needs 5,000-8,000 kilojoules per day for basic functioning.