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# Lifestyles

## Want to get in shape, but need a little help in getting started?

By **FANNIE SUNSHINE**  
*The Champion*

Are you really out of shape and ready to make a commitment to turning things around?

Losing weight through exercise and diet and sticking to a healthy lifestyle isn't easy, especially if you've got a long way to go.

But the good news is, help is available to make the journey a little easier.

Tracy Hasselfeldt, fitness supervisor for the Milton Leisure Centre, said if someone is new to the gym, the best thing to do is workout with a personal trainer for the first few weeks.

"If someone was obese, I would recommend a light exercise program to start out with, like walking or biking. Then we would slowly incorporate weights."

She said the main thing to keep in mind when attempting to lose weight is making sure to stay active.

"We have an introduction-to-fitness class, which is eight weeks long. It's for someone who has never exercised before and we introduce them to something new each week, like swimming or cardio. The main focus is to get the person comfortable in a gym setting."

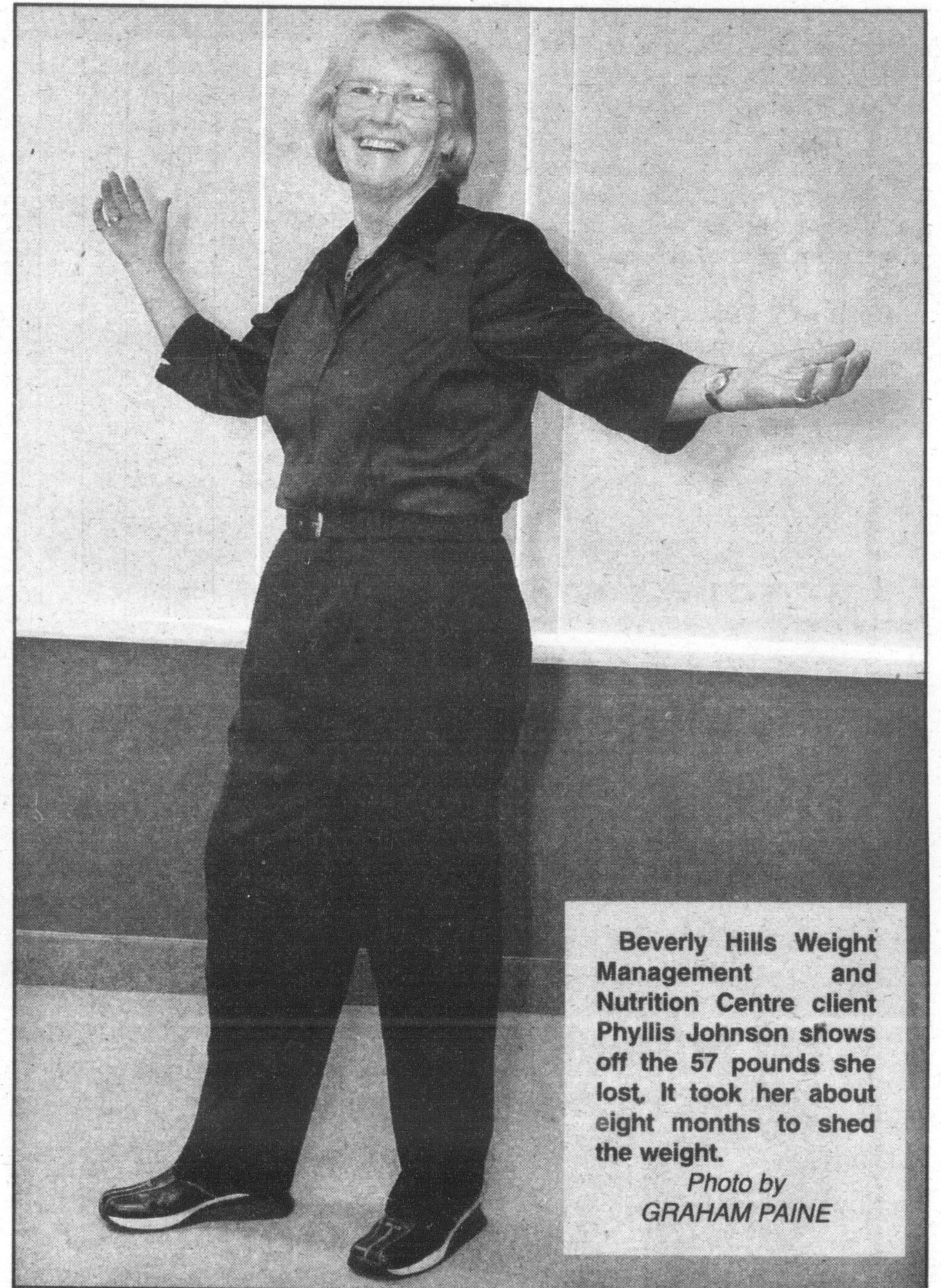
Local weight-loss centres offer their own programs.

"We have a very unique concept for our weight-loss program," said Maxine Stanley, owner of Herbal Magic in Milton. "The program combines store bought food with our herbal supplements, which are ephedrine-free products."

She said clients meet with staff for a free consultation to determine the right type of weight loss program for the person.

"The program is based on the amount of weight the person wants to lose, combined with medical conditions and concerns. We then design a food plan and herbal regime."

Herbal Magic naturally curbs a person's appetite and cravings and increases energy



Beverly Hills Weight Management and Nutrition Centre client Phyllis Johnson shows off the 57 pounds she lost. It took her about eight months to shed the weight.

Photo by  
GRAHAM PAINE

level, Ms Stanley continued.

"It's a tool to help you lose weight. You combine the herbs with healthy eating. About 90 per cent of our clientele don't exercise. The common problem is people say they exercise but they are not eating healthy, and therefore not losing weight. You can exercise until you're blue in the face but losing weight won't happen unless you change your eating habits."

She said individuals are on the Herbal Magic program for about two years, followed by a one-year maintenance program, which excludes herb usage.

"If you change your eating habits and make healthy decisions and use the herbs, you should see immediate results. People should be losing two to four pounds a week and we guarantee 100 pounds will be lost in a year."

The majority of Herbal Magic's clientele, Ms Stanley said, want to lose 30 to 40 pounds, while others want guidance in changing eating habits.

"Some have been overweight since child birth. Food is a battle day in and day out. Starving yourself is the worst thing you could do. Some people only eat dinner and are so hungry because they missed breakfast and lunch so they eat more and keep getting larger and larger."

Meanwhile, Marion Healy, owner and registered nutritional consultant with Beverly Hills Weight Management and

Nutrition Centre, said saturated fats are the main culprit when it comes to obesity.

"Saturated fats are pasta, cheese, creams. We wean the bad foods off slowly and provide healthier options. A cardiovascular workout is also very important."

Ms Healy said when dealing with very obese clients (over 180 pounds from the weight bracket), or people with over 40 per cent body fat, she takes into account hereditary factors and job setting.

"The programs will vary from person to person. If someone is sitting for the majority of their work day or if they are moving around, it makes a difference in designing a weight loss program. The more muscle you have, the more calories you burn. People want to look good and feel good."

She agreed with Ms Stanley that an individual focusing on a healthy lifestyle should lose two to four pounds a week.

"Anything over that is too fast for the system. Drinking water is very important."

For best results in keeping weight off, Ms Healy said making subtle changes is the best way to go. "If you're dedicated and want a good body you have to work at it everyday. There are no magic results. As a society we are too busy to workout, so try to do a cardio activity you enjoy if you hate going to the gym."

Once a person reaches their ideal weight, they are placed on a one-year maintenance program.

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