

# Townsend admits at one point he looked at cat's food

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Ms Smith said all in all she's feeling better than ever. "I think my metabolism is starting to click in from the exercise." While last month she was working at a beginner's level of weight training, she's now progressed to an intermediate level, meaning heavier weights.

"The weights tone and increase the metabolism," Ms Smith said, adding that weight training is also a cardiovascular activity because it increases the heart rate.

Lea Ann Page

These days, it's no longer the temptation to eat that Lea Ann Page has to guard against, but the ever-growing urge to buy new clothes.

That's because as she heads into the third month of The Champion's Weight Loss Challenge, Ms Page is already 20 pounds lighter — and feeling better by the day.

"I have more energy, and I can almost keep up with my dog," Ms Page said, adding that she also feels more confident. "I want to wear makeup more. Before, I didn't really care."

The desire to hit a Chinese buffet has subsided, Ms Page said, and it's becoming easier and easier to stick to the meals planned with her nutrition counsellor at Herbal Magic, 15 Martin St.

"I'm in a routine, so I know what to shop for and cook." Ms Page said she's continuing to visit her food counselor three times each week. Each time she goes she's weighed, and then her counselor checks her food diary. "That way, if I'm not losing weight, they can figure out why."

She still hasn't made any intentional slip ups, Ms Page said, although she did admit to eating a forbidden food by accident.

"I was at my grandma's house and I popped a pepperette into my mouth. My boyfriend was like, 'What are you doing?' I said, 'Oh yeah'. I stopped and gave it to him. He gets to eat all the stuff I can't."

Ms Page is almost halfway to her goal of losing 50 pounds. Although she said she isn't losing weight as quickly now, she shows no signs of giving up.

"(The weight loss) isn't as fast now," Ms Page said. "They thought I might have to switch programs, but I haven't yet, because I'm still losing (weight)."

Ms Page said her boyfriend is also continuing to lose weight, probably as a result of the ever-present chicken and broccoli for dinner.

Murray Townsend

Is humble pie on the list of foods Murray Townsend is allowed to eat?

He seems to have eaten quite a bit of it lately. Gone is the Mr. Townsend of last month who joyfully boasted, "I should be a poster boy for weight loss."

In his place is a more subdued Mr. Townsend, entering his third month in The Champion's Weight Loss Challenge on the Beverly Hills Weight Management program.

"I've hit a bit of a plateau," he admitted, as he explained that he's now lost a total of 28 pounds — seven more since last month. "I stayed at (26 pounds) for a week or two."

The main problem? Those nasty cravings.

"I fought some discipline problems. I had gobble attacks. I couldn't stop eating everything I could find. I was crazed. I was even looking at the cat's food."

But he doesn't see the "plateau" as a huge problem.

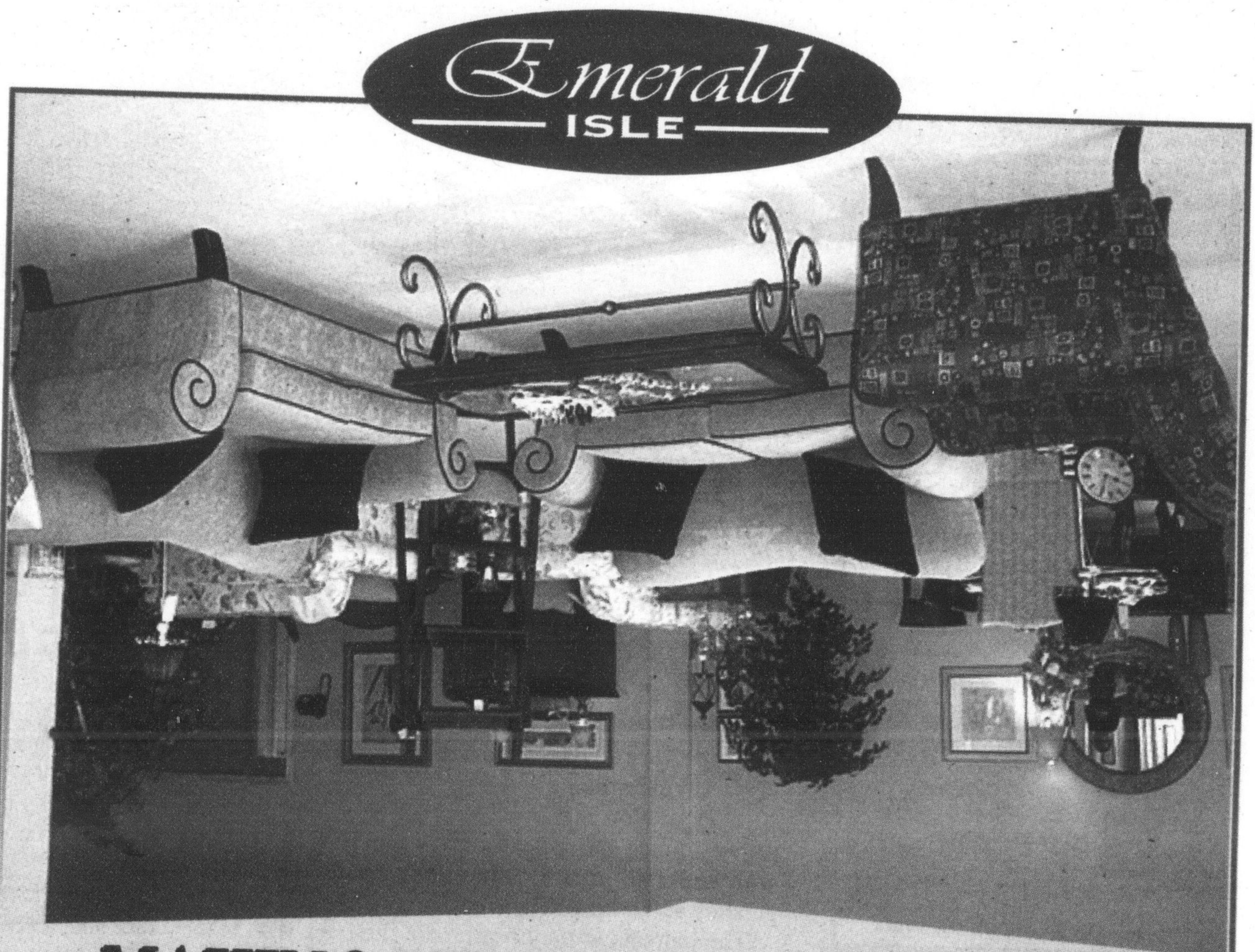
"It's common for people to have difficulties at some point. It's hard to stay on track all the time. As long as you get back on track... It's a constant battle. You have to keep at it. You have low points, then you get through them, then you have high points."

Mr. Townsend is continuing to meet with a nutritional consultant three times each week for monitoring and assessment.

The "gobble attacks" are definitely not worth it, Mr. Townsend said. "After I'm finished a gobble attack, I'm mad at myself and I swear I'll never do it again. I feel terrible and I pay for days after trying to make up for it."

If he wasn't held accountable for his intake by the folks at Beverly Hills, Mr. Townsend said he would have gained weight during the course of the Challenge.

As far as his menu goes, Mr. Townsend said he now has a definite liking for fat-free yogurt, fat-free salad dressings and vegetables such as snow peas that he can munch on uncooked. He's also continuing to enjoy Beverly Hills' protein supplements, especially the bar, he said.

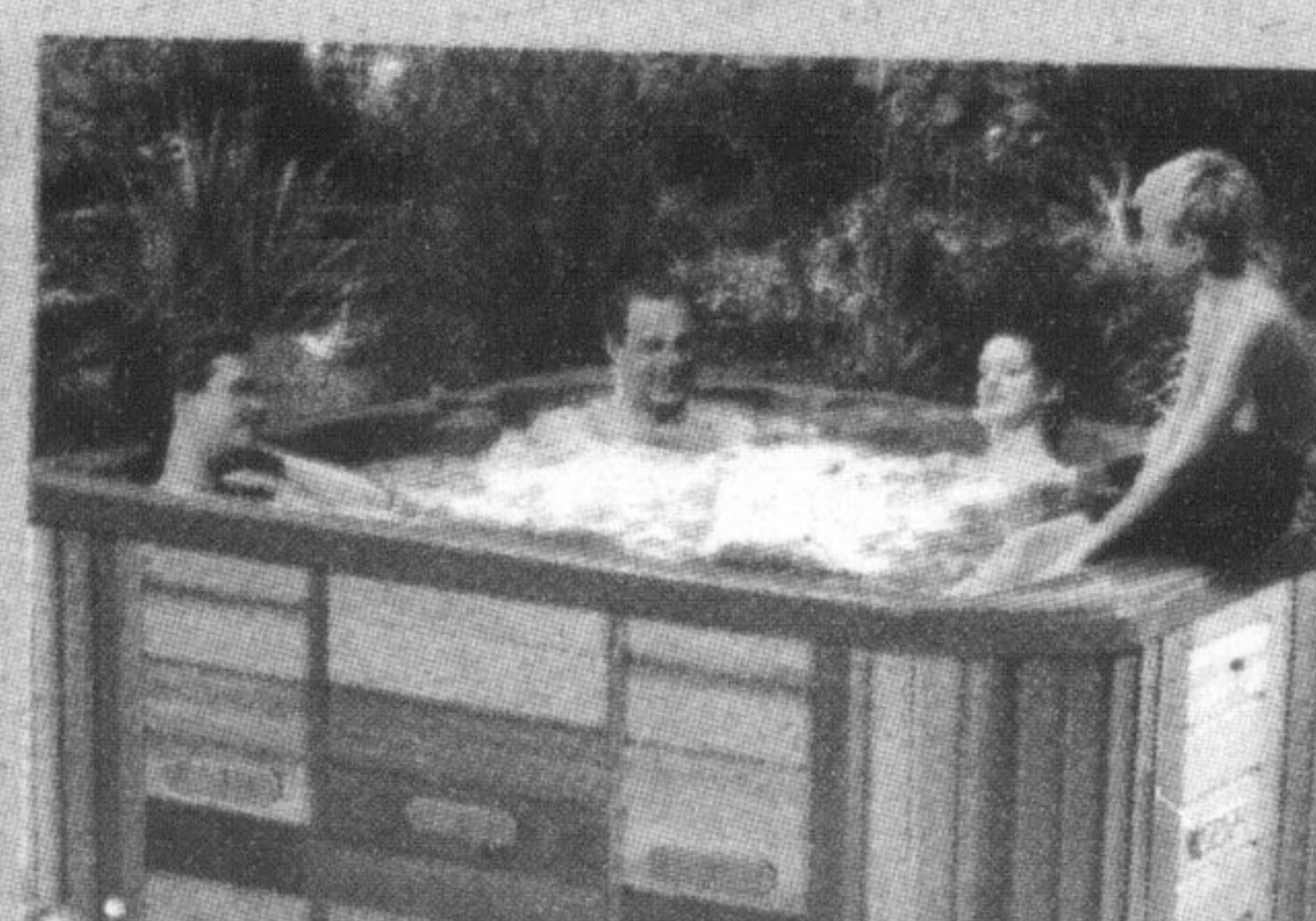


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