

# Page has lost total of 28 pounds in the Challenge

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Lea Ann Page

Lea Ann Page is doing her best to get out of the weight loss slump she said she's found herself in over the past month.

The weight just doesn't seem to be coming off as quickly as it did in the first and second months of the challenge, she said.

Ms Page, a marketing assistant at The Champion, has now lost a total of 28 pounds in the last three months and eight pounds in the past month with Herbal Magic's weight loss program.

It was frustrating, she said, when she found herself losing just one pound per week for a few weeks.

"I feel like cheating when I'm not losing it as fast. What's the point?" she wondered out loud. "But then I think of what I've lost, and I don't want to gain it back."

Ms Page had two strikes against her this past month — Easter and a hip injury. The holiday presented quite a challenge because of the desserts and chocolate in the house. And with her hip injury, Ms Page said she hasn't been able to do much exercising besides walking her dog.

Although Ms Page said her boyfriend is looking forward to her finishing the program, she said she appreciates the fact that she doesn't drink alcohol with the program. It's cheaper for him when they go to a bar, and she can always serve as the couple's designated driver.

Like Mr. Townsend, Ms Page said she's now feeling fuller faster.

"I can now eat a grapefruit and I'm full," she said, adding, "I used to scoff at girls who used to eat one thing and say, 'I'm so full.'"

Fitting into some of her "skinny clothes" has been one of the biggest excitements of the past month, Ms Page said. And to keep herself motivated, she has promised herself a tattoo at the end of the challenge.

## Karen Smith

Although she's not losing weight as fast as the other challenge participants, Champion Editor Karen Smith said she's still confident that slow and steady is the way to go.

Healthy eating — following the Canada Food Guide — and exercise at the Milton Leisure Centre make up her plan of action.

She lost three pounds this past month, for a total weight loss of

eight pounds.

"It's not as fast as I thought, but I'm happy it's coming off," Ms Smith said. "It took a while to put on, so it'll take a while to take off."

The one bright spot to her regime is the fact that her legs are becoming "rock solid" and better defined, Ms Smith said.

She said she now finds herself doing more outdoor activities such as hiking, because the weather has been so nice lately.

In fact, Ms Smith recently joined a hiking club, in which she expects to participate at least once each week.

She'll still go to the Milton Leisure Centre at least once each week, Ms Smith said, and she'll continue to see her personal trainer every two weeks.

A weekly weight routine and step classes continue to be her activities of choice at the gym.

Soup for lunch, lots of fruit and juice make up a large part of Ms Smith's meals. Easter was a bit of a set back, she said.

"People gave me chocolate. I had to eat it."

## Wendy McNab

An extremely busy schedule has meant a lot less time spent at the gym this month, Ms McNab said.

Between long hours at the office — Ms McNab is The Champion's advertising director — and time spent preparing her

trailer for summer, working out at GoodLife Fitness For Women just hasn't happened much, Ms McNab admitted.

But that doesn't mean she hasn't been exercising. It's just been done in different ways, she said. At her trailer, for instance, "I was working my buns off," Ms McNab said.

When she had a bit of time for exercising, it was mostly spent doing some walking around her neighbourhood, Ms McNab said, adding that it doesn't take as long as making a trip to the gym.

"You need a full hour-and-a-half (to go to the gym). Sometimes it's just easier to do 20 or 30 minutes at home."

More time at the gym is something that will definitely be happening soon, said Ms McNab.

She has already renewed her six-month GoodLife membership, and said she looks forward to exercising in an air conditioned gym on hot summer days.

The weight is continuing to come off, and Ms McNab said she's continuing to feel more energetic. People have been stopping her on the street and telling her how great she looks, Ms McNab said, and she had to buy new clothes — in a smaller size — last week.

Ms McNab said while it's often a drag getting herself to the gym, she feels great once she's there. The atmosphere of the gym, with the TVs and CD players, adds to the excitement of being there.

"Getting there is the hard part. Being there isn't," she said.

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