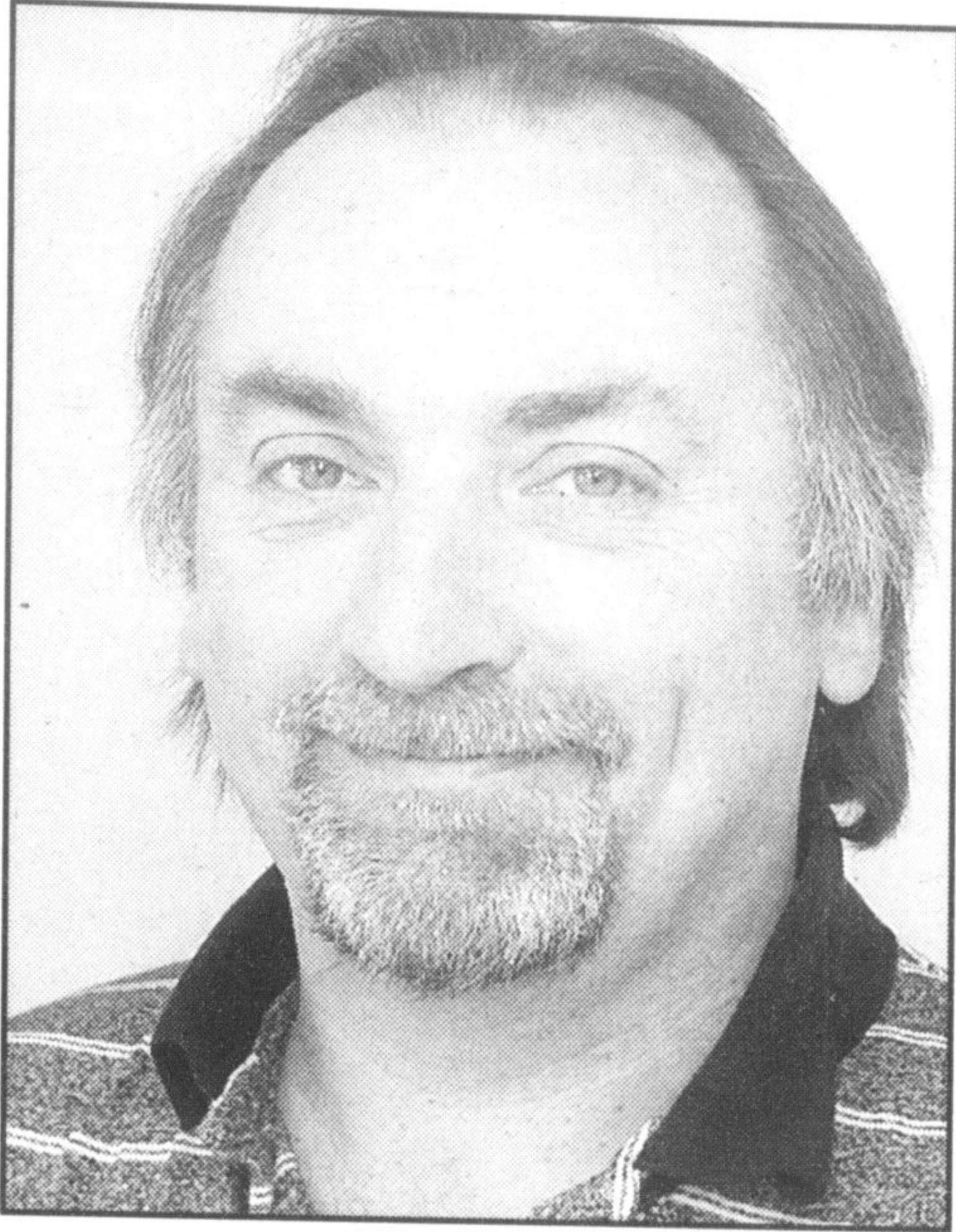


Champion Weight Loss Challenge



Murray Townsend



Lea Ann Page



Karen Smith



Wendy McNab

Challenge participants gear up for final stretch

The Weight Loss Challenge was full of personal victories in May, with all four participants on their way to reaching the goals they set out four months ago as they embarked on the journey.

Heading into the fifth month of the six-month Challenge, participants are doing their best to give it their all as they near the final stretch.

Murray Townsend

This month, Mr. Townsend, a freelancer with The Champion, was able to do something he never thought possible. He trained with the Milton Marauders football team.

It was hard work and painful at times, but Mr. Townsend said it was rewarding and there's no way he could have done it four months ago.

"I was turning into a non-moving couch potato slob — a couch blob. I could barely walk, never mind run across a field," Mr. Townsend said.

In total, Mr. Townsend has lost 46 pounds, with this month's loss totalling 5 pounds. Mr. Townsend said he was curious why he hadn't lost more this month when he was playing football two hours a night, two nights a week.

He was told by the folks at Beverly Hills Weight Management Centre that it's because he's been adding muscle, which is heavier than fat.

One of the things he said threw him off this

month was that he couldn't eat dinner at his normal time due to the football practices. Sometimes he'd eat dinner earlier in the afternoon and then eat something else when he came home.

"Nothing big, but you need something after you've been beaten up," he said, adding, "It threw my schedule off a bit."

Mr. Townsend said although he doesn't notice much of a difference when he looks in the mirror, he definitely notices a difference when he tries to wear some of his clothes.

"The pants fall right down," he said.

Lea Ann Page

For Lea Ann Page, a marketing assistant at The

Champion, this month has brought its share of ups and downs.

Most of the downs were related to the fact that this month was her birthday. And with a birthday comes birthday cake.

"For my birthday, I wanted to cheat because I felt like I deserved it," said Ms Page, who's following Herbal Magic's weight loss program.

Her diet allows her to eat ice cream cake, but not the gooey, crunchy fudge part in the middle — the best part, she was reminded for the first time in so long.

Luckily, she said her boyfriend refused to order her the "birthday pizza" she was craving the day after her birthday.

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