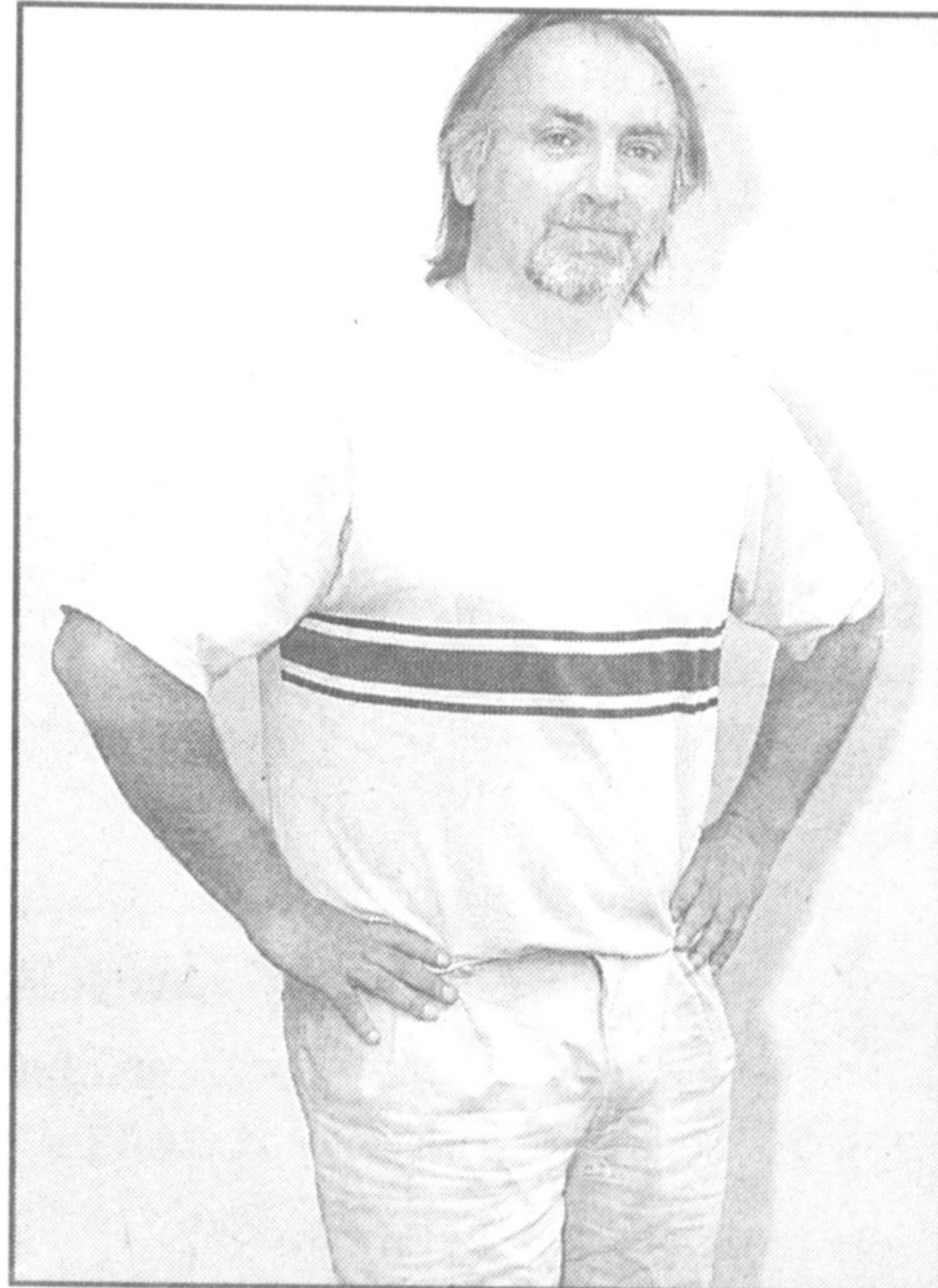


# Champion Weight-Loss Challenge



Lea Ann Page



Murray Townsend



Wendy McNab



Karen Smith

## Challenge participants say their work must go on

**W**hen it comes to willpower, four individuals at The Champion have demonstrated that they've got it.

Over the past six months, Lea Ann Page, Murray Townsend, Wendy McNab and Karen Smith have been participants in The Champion's Weight Loss Challenge — designed to give readers an inside look each month at four very different weight loss or exercise programs.

Now, the challenge has come to an end.

Although some goals have been reached more successfully than others, all the participants said they're glad they took on the challenge.

### Lea Ann Page

Two steps forward and one step back. Although progress for Lea Ann Page, a marketing assistant at The Champion, may have seemed slow at times, she has lost 44-and-a-half pounds and 52 inches in the past six months — an obvious victory.

Gone are the days of weighing 200 pounds. Ms Page now weighs 155-and-a-half pounds.

"I'm glad I started (Herbal Magic)," she said. "I'm a lot healthier."

But not everything has worked out how she

expected. Ms Page said she's proud of her weight loss but now feels she should lose more.

"I should feel happy," she said. "I feel a lot better. But now I'm obsessed. I weigh myself before bed and then in the morning when I wake up. I know I've lost a lot of weight, but I still feel too fat."

Maxine Stanley, owner of Herbal Magic at 15 Martin St., said she shouldn't feel this way because she's now in her ideal weight range.

Ms Page has finished the challenge slightly behind the schedule set by herself and her nutritional counsellor at Herbal Magic, 15 Martin St.

This month she lost 4 pounds, which means she's 5-and-a-half pounds away from reaching her ideal weight.

In Ms Page's case, Ms Stanley said, the slow weight loss is partly from not following the program "100 per cent."

Ms Page will soon begin a stabilization program and then a maintenance program.

Herbal Magic pairs each client with a trained nutritional counsellor. Together, they draw up a meal plan, focusing on balance and proper portions.

• see REAL on page 11

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