

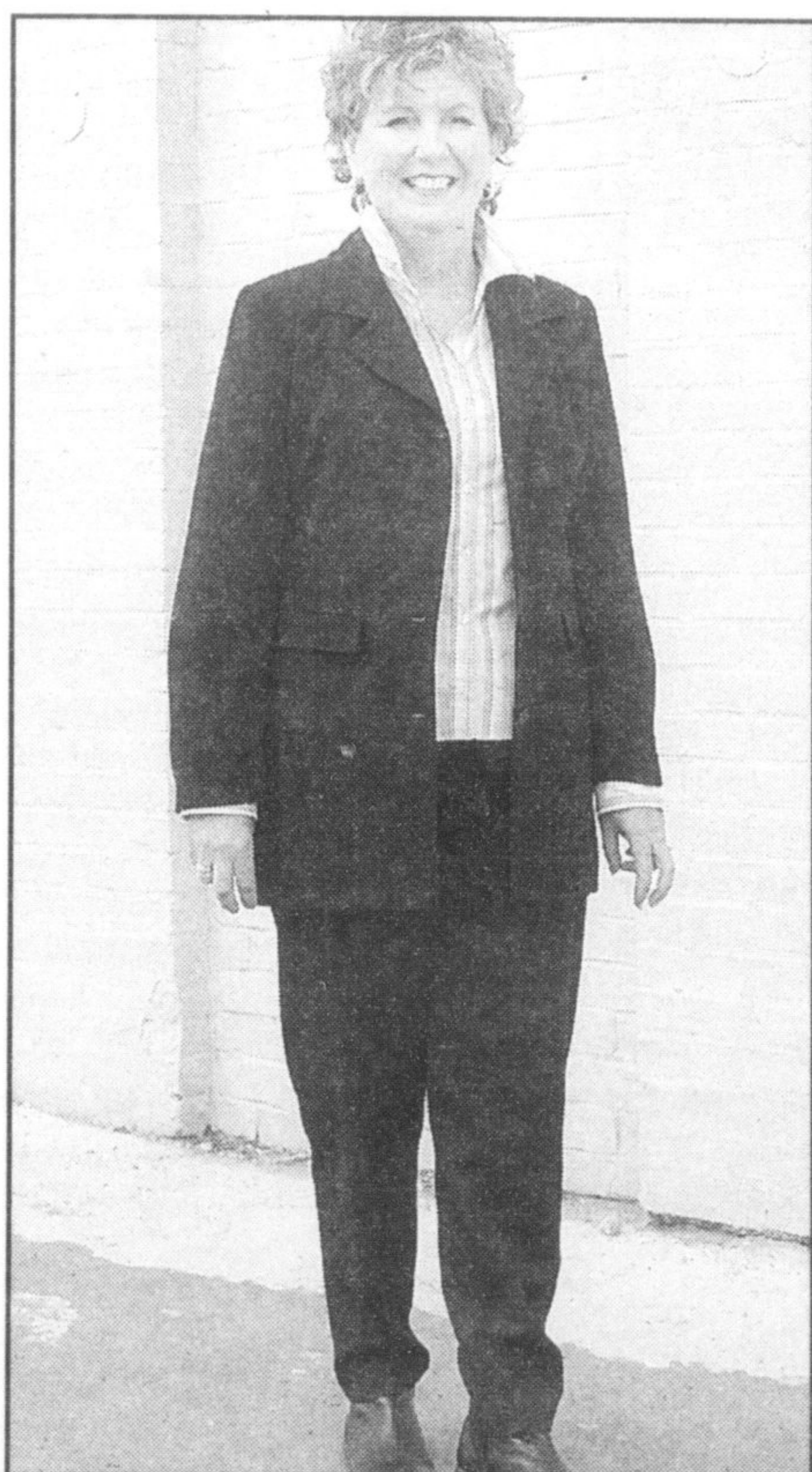


The Canadian Champion

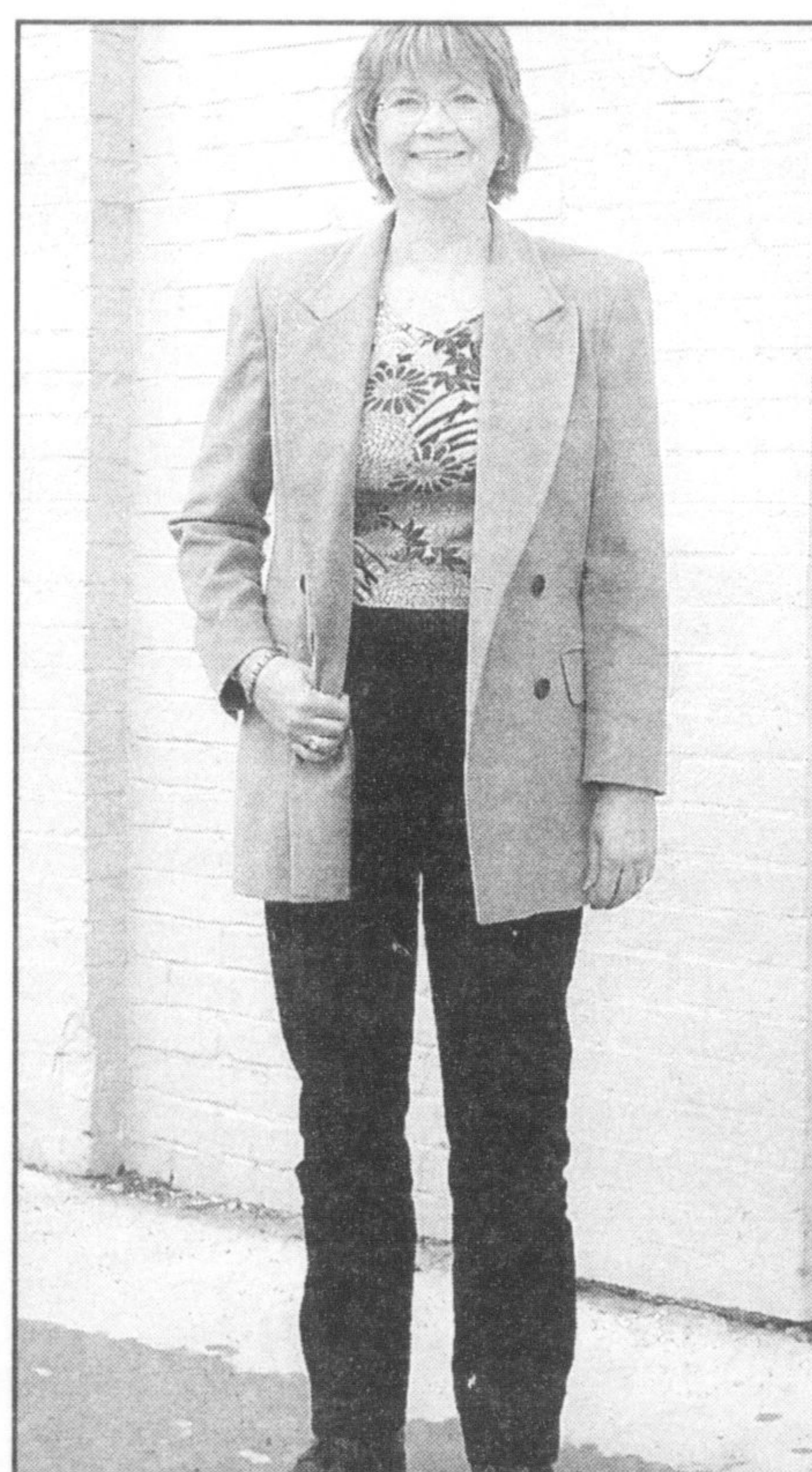
WEIGHT LOSS CHALLENGE!



Brigit Atkinson



Colleen Gorman



Diane Wolstenholme



Dianna Wigglesworth

Eight Champion staff taking challenge to shed pounds

It's time once again for The Champion's Weight Loss Challenge. It's an opportunity for staff members of this paper to try out various weight loss methods, and for readers to find inspiration in their successes and revel in their failures.

Each month, The Champion will publish an article outlining their progress and giving information about their method of choice.

Dianna Wigglesworth

Ms Wigglesworth will take a common-sense

approach — a combination of nutrition and exercise. She'll follow the Canada Food Guide, and plans to exercise at least three times a week at the Milton Leisure Centre.

As a mother of three, Ms Wigglesworth said her goal is to lose 50 pounds and get back her former figure — and to turn heads at her high school reunion in May.

Sheena Cameron

Ms Cameron will work out regularly at Figures health club and said her goal is to remain

dedicated and focused. By exercising and eating healthier, Ms Cameron said she hopes to lose 20 pounds and gain the energy she needs to keep up with her three grandchildren.

Sean Miller

Twenty pounds is what Mr. Miller hopes to shed through Herbal One's regiment. He'll cut back on bread and meat, putting more veggies in their place. He said the one thing he doesn't intend to do is monitor his weight daily, adding he'll know he's doing something right when peo-

ple start to comment on his slimmer shape.

Brigit Atkinson

Ms Atkinson will work out at True Star and make healthy food choices to lose — hopefully — 20 pounds. She hopes to have an improved energy level and tighter, more toned skin and muscles. Of course, looking and feeling good is always one of the goals — Ms Atkinson wants to fit into her pre-pregnancy "skinny clothes" — but said she also wants to be able to run around

• see BATHING on page 25



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