

Participants living healthier, seeing results

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jumping jacks or stepping, or slow it down with more relaxing movements.

Lisa Fraser of Figures said Ms Cameron's routine combines strength activities with a cardiovascular workout.

A nutritional counsellor is helping Ms Cameron make wise food choices.

"It's a multi-disciplinary approach," Ms Fraser said.

Colleen Gorman

Ms Gorman is shedding her extra pounds with help from Herbal Magic, 15 Martin St. She's already down eight pounds and 13 inches, and said she can feel the difference in the way her clothes fit.

She's been paired up with a trained nutritional counsellor and together they drew up a meal plan focusing on balance and proper portions.

Ms Gorman said she appreciates Herbal Magic's sensible approach to eating. She currently weighs in every day, and said the routine helps her stick to the plan.

Ms Gorman is taking several supplements, which help to control her appetite, reduce cravings, increase energy levels, help stabilize blood sugar levels and maintain muscle mass.

"They really do work," Ms Gorman said.

Stephanie Norrie of Herbal Magic said Ms Gorman keeps a food diary every day, which they then go over together. She said Ms Gorman is actually two-and-a-half pounds ahead of schedule.

Brigit Atkinson

Ms Atkinson is working hard at Truestar For Women Nutrition and Fitness Centres, 575 Ontario St.

Truestar provides a 30-minute work-out circuit with aerobics and strength training,

"In about 15 minutes my trainer can make me as weak as a kitten."

DIANE WOLSTENHOLME

plus nutritional counselling.

To date, Ms Atkinson has lost seven pounds and four inches.

"I'm going three times a week, which for me is incredible. I've gone to others in the past, but didn't stick with it."

She said she has more energy, which she attributes to the vitamins she's taking, and is enjoying the Internet component of Truestar, which provides everything from menus to shopping lists.

"Her main goal isn't really weight loss, but an increased energy level and an increased fitness level, with weight loss as a by-product," said operations manager Reggie Reyes.

Ms Atkinson has been receiving weekly coaching which helps keep her on track and accountable to someone other than herself, Mr. Reyes said.

"She's changing her life — living a healthy lifestyle, not just joining a gym."

Joice Schofield

Although she hasn't lost many pounds yet, Ms Schofield is 15-and-a-half inches smaller thanks to Inches Away Fitness and Toning Studio, located at 42 Bronte St. S., unit 11.

Deemed a great place for people who hate exercise to strengthen and tone their bodies, Inches Away uses nine different exercise tables — such as the 'cellulite

exterminator' — with each focusing on a particular area of the body.

"You lie on the bed and it does the work for you," said manager Bonnie Nowak, who said it's a simple and relaxing way to tone up. "It's good for all ages, from 20 to 80."

Ms Schofield is at Inches Away three times each week for two hours each time.

"If I'd have known how easy it was going to be, I'd have done it long ago with these guys," Ms Schofield said, adding her first reaction when she saw the beds was, "Yeah right, how much are these machines going to do?"

Diane Wolstenholme

Ms Wolstenholme is working out at GoodLife Fitness For Women, located at 409 Main St. E.

For the past three weeks she's been working out under the watchful — and helpful — eye of trainer Nathalie LeFave.

Ms Wolstenholme meets with Ms LeFave twice weekly, who helps her implement her cardiovascular and weight workout.

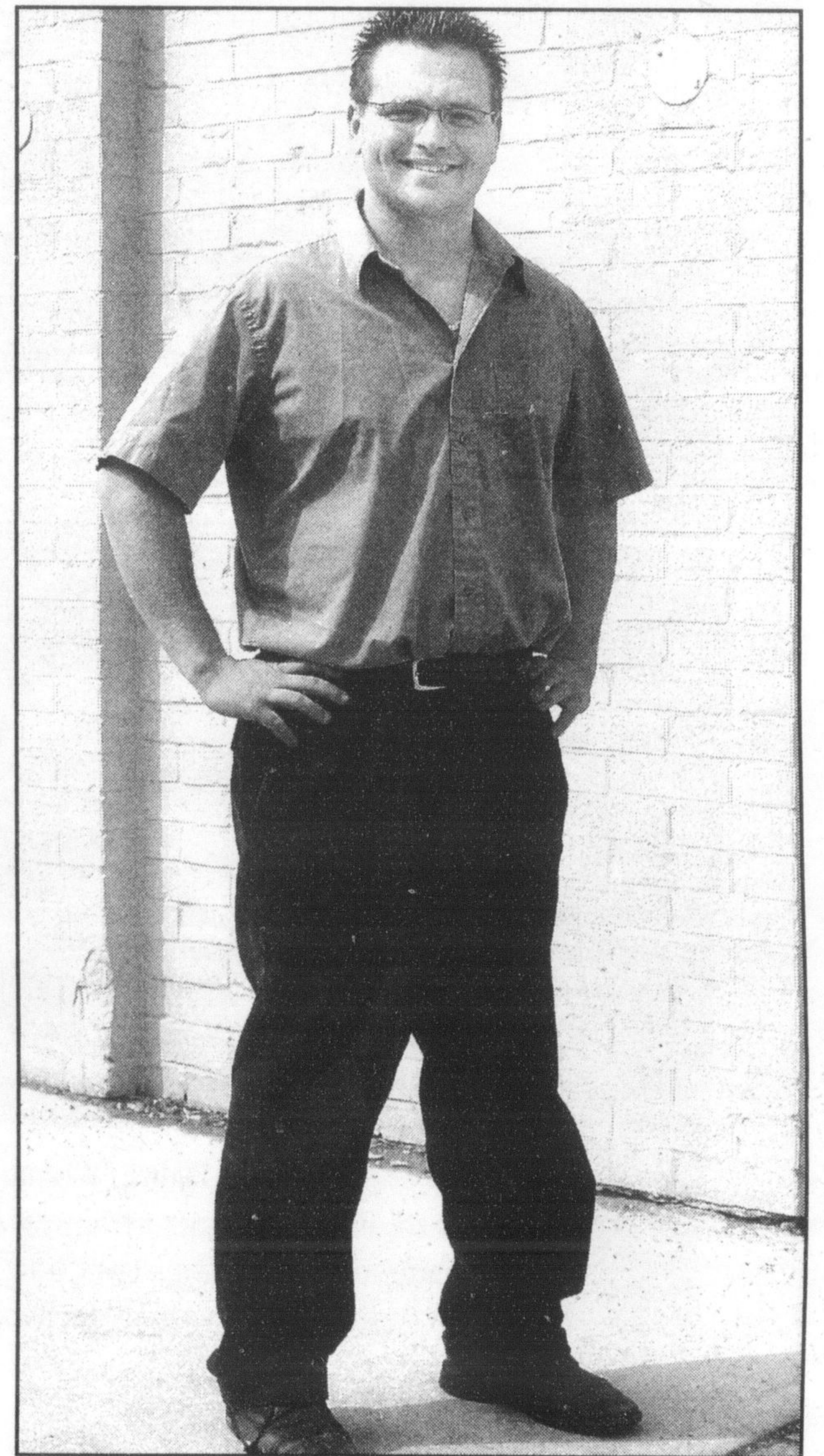
In addition to working out, Ms Wolstenholme is also keeping a food journal.

"If her nutrition isn't in line, I can train her to death and we won't see any results. We're slowly changing her eating patterns," Ms LeFave said.

It's been a slow start, with Ms Wolstenholme losing about a pound, but Ms LeFave said that's because it normally takes the body about 21 days to get used to a new regiment.

Ms Wolstenholme said she highly recommends having a trainer.

"In about 15 minutes my trainer can make me as weak as a kitten," she said.



Sean Miller has shed 10 pounds so far.

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