

WEIGHT LOSS CHALLENGE!

Gorman has lost most weight this month



From left, Dianna Wigglesworth, Colleen Gorman and Lori Frechette are feeling good after enjoying successful weight loss this month.

Photo by GRAHAM PAINE

And they're off! The eight contestants in The Champion's Weight Loss Challenge are moving full steam ahead in a bid to reach their personal goals.

Although it's always encouraging to see the numbers dropping on the scale, many of the contestants this month agree that it's more about how they look and feel than it is about the number of pounds they've lost.

Sean Miller

Sean Miller said he's loving the progress he's making so far at Pur Health, 3037 Derry Rd. He's now down a total of 17 pounds — seven pounds this past month — but his progress is even more impressive considering he's been doing a lot of weight training, and muscle weighs more than fat.

His progress is more accurately reflected in his four per cent decrease in body fat since the challenge began.

Sporting a new, leaner pair of dress pants — a size 34, rather than the previous 38 — Mr. Miller said he couldn't feel better these days.

Although he admitted it can be tough getting into a work-out routine, Mr. Miller said he's now disappointed when he can't make it out to the gym. He usually visits Pur Health three or four times each week for one-and-a-half to two hours.

He added he's learning the importance of not focusing solely on the scale.

"The scale doesn't always tell the true story," he said. "People need to understand it's not always the numbers, it's how you look and feel."

Joice Schofield

Joice Schofield said her results this month haven't been as positive as they could've been, but she's still pleased with her progress at Inches Away Fitness and Toning Studio, 42 Bronte St. S.

"I haven't gotten there as much as I should," Ms Schofield said, adding Inches Away recommends visiting three times each week, but she's been going only once or twice a week.

The studio uses nine different exercise tables, each focusing on a particular area of the body. The customer simply lies on the bed and relaxes, Ms Schofield said.

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