



Gorman lost whopping 28 pounds in challenge

• from CHAMPION'S on page A10 is the way to go."

Lori Frechette

Major surgery prevented Lori Frechette from doing much in the way of weight loss this month, but she's still managing to keep off the 27 pounds she lost thanks to Beverly Hills Weight Management and Nutrition Centre, 550 Ontario St.

A benefit she wasn't expecting from her weight loss is that she's recovering from surgery faster than she thought since she's in better shape.

Once fully recovered in a few weeks, Ms Frechette said she plans to pick up right where she left off.

"I want to continue until I lose an extra 20 pounds," she said.

Ms Frechette didn't reach her original goal of losing 60 pounds, but what she's learned from her one-on-one meetings with a registered nutritional consultant have been invaluable, she said.

Audrey Kirkwood of Beverly Hills said Ms Frechette should be proud of herself.

"Lori has done amazingly well. She's made so many positive changes in her life through her eating habits," she said.

Joice Schofield

Although Ms Schofield hasn't been visiting Inches Away Fitness and Toning Studio, 42 Bronte St. S., unit 11, as much as she wanted to, she said she's thrilled with her results.

"Summer and life got in the way, but I highly recommend it (Inches Away)," she said. "It works. And I plan to go back when I'm done (the competition)."

From the start, the inches began to come off, Ms Schofield said, and it's just now that the pounds are beginning to drop, too.

In total, Ms Schofield has lost about 10 pounds and 32 inches off areas including her shoulders, thighs and stomach.

She said the exercise tables, with each one focusing on a different area of the body, are relaxing.

"If you hate to sweat, this is perfect for you. It really does work," she said.

Diane Wolstenholme

Ms Wolstenholme was away on vacation and couldn't be reached for comment, but her personal trainer, Nathalie LeFave, had nothing but positive things to say about Ms Wolstenholme's progress at GoodLife Fitness for Women, 409 Main St. E.

Last month alone, Ms Wolstenholme had managed to shed three-and-a-half pounds, plus two inches off her waist.

Since the challenge began, it's been the inches that Ms Wolstenholme has focused on. Her main concern was having a tighter, more toned abdomen.

"She doesn't have much (weight) to lose," Ms LeFave said. "The main thing was strengthening her core area."

Her eating habits are also much better now, Ms LeFave added.

Colleen Gorman

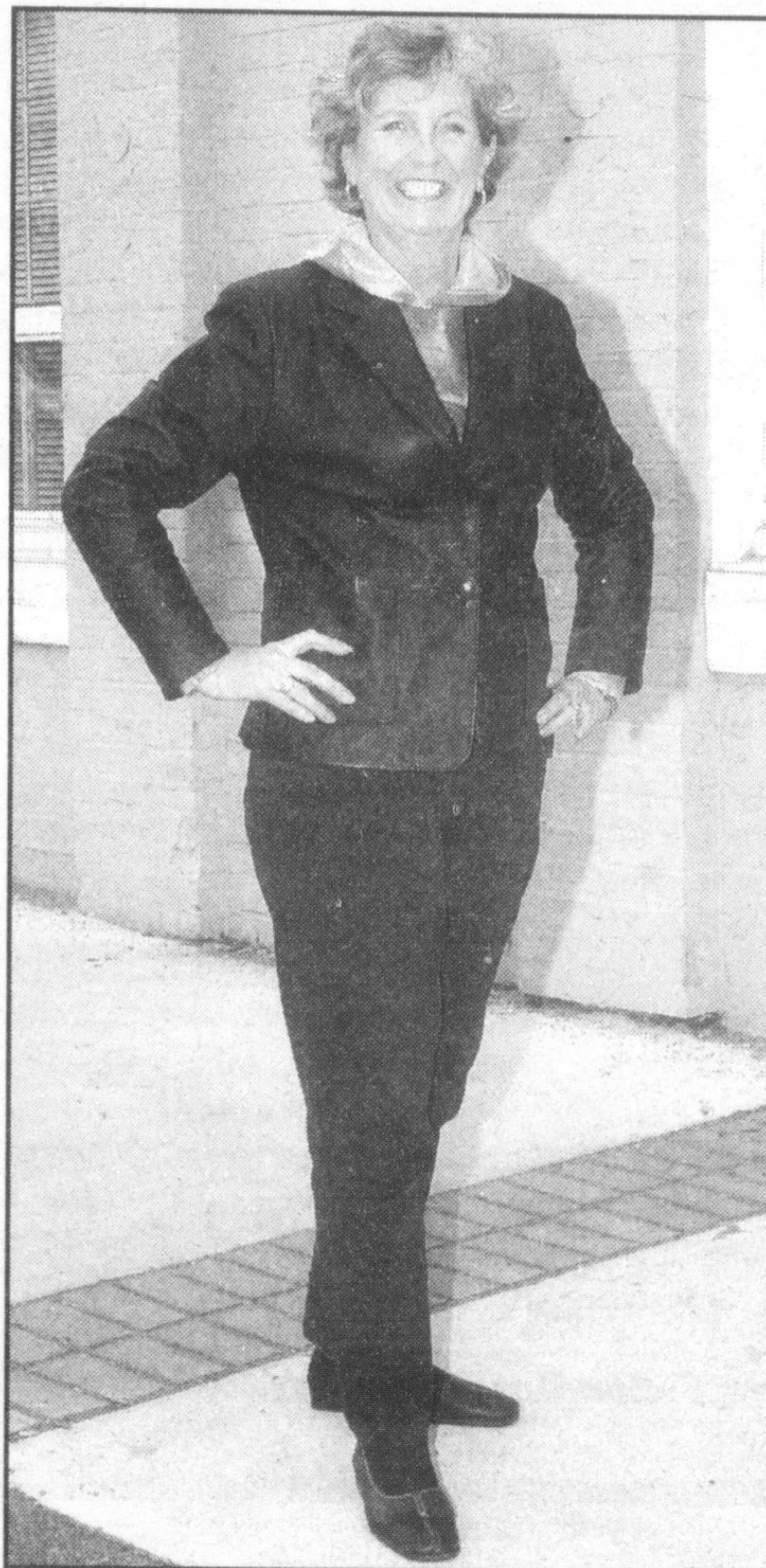
Due to her own hard work and help from Herbal Magic, 15 Martin St., Colleen Gorman is still losing weight. This month, she lost four pounds, for a total loss of 28 pounds and 43-and-a-half inches.

"I'd definitely recommend this," Ms Gorman said enthusiastically.

Over the past six months, Ms Gorman has checked into Herbal Magic daily for weigh-ins, and said she couldn't have done it on her own.

The fact so many Miltonians have been following her progress has been an added motivation, she said, and she's pleased to have been able to inspire some people to lose weight themselves.

Stephanie Norrie of Herbal Magic said although Ms Gorman could've been more con-



File photo by GRAHAM PAINE

Colleen Gorman poses for a shot in April, a month after the challenge started.

sistent at times, she did very well.

Sheena Cameron

Sheena Cameron did more than achieve her goal of losing 20 pounds. She exceeded it, with a total weight loss of 21 pounds.

Thanks to her regular exercising sessions at the Milton Leisure Centre on Main Street, plus golfing once a week, Ms Cameron said she's "feeling fabulous."

"I have a lot more energy to enjoy the summer outdoors with my grandchildren," Ms Cameron said.

She added she intends to maintain her weight, and when summer's over and the winter season approaches, she'll look for new activities to stay slim and healthy.

"Thank you to the Milton Leisure Centre for their excellent support," Ms Cameron said, adding her personal trainers have been very helpful.

Her personal trainer, Nathan Lam, said he's seen improvements in many areas.

"I've noticed her endurance is much better. She's not as tired as when she first started," he said. "Also, her flexibility has improved a lot."

Brigit Atkinson

For Brigit Atkinson, the main goal of this challenge has been to gain energy and tone her muscles. Truestar For Women Nutrition and Fitness Centres, 575 Ontario St., has helped her with this and more, between its gym facility and handy Internet component.

With Truestar's 30-minute workout circuit, what you put into it is what you get out of it, she said.

"It's what you make of it," she said.

On Truestar's Web site, Ms Atkinson said she's been able to find everything from her personalized exercise program to exercises she can do at home when she can't get to the gym.

Also on the site is a place to ask questions. Truestar responds by e-mail.

"There's stuff for the whole family," Ms Atkinson said of the Internet portion.

She added it's thanks to Truestar that she's now a regular breakfast eater, and is reaping the benefits of the added meal.

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