

# Look at me *Now*

Chronic severe asthmatic, Lisa Vaughan overcame her breathing difficulties to excel in her 12-week Challenge. Here, she shares her story



## *Lisa's story*

After spending an entire winter, cooped up inside, unwilling to exercise outdoors as my asthma and breathing was so bad, I became increasingly unfit and unhealthy. I felt lethargic, unmotivated to exercise (which was unusual as I had competed in triathlons several years earlier) and very uncomfortable with my body.

On my son's fifth birthday, I looked in the mirror and thought 'enough is enough'. I had been reading Women's Fitness and Health magazine all year and watched as other women transformed their bodies and decided to take on this Challenge. I started researching and began my journey with the help of an online personal trainer, Sue Heintze from [idealbodiesonline.com](http://idealbodiesonline.com)

The first thing I discovered was that I just hadn't been eating enough food at the right time. Can you believe that? I was eating too little at the beginning of the day and after a full day's work, picking up the children, getting them organised for bed etc, I would be starving and overeat. The other thing I discovered was that the little things do matter – the sugar in my tea, those few chockies at the end of the day, the late-night snacks, etc.

Eating the right types of food, enabled me to have the energy to exercise. In

## *Success tips*

- Plan ahead. Prepare meals the night before or in the morning.
- Let as many friends, family members and colleagues know what you are doing. They can help you keep on track.
- Be consistent and patient. You didn't get out of shape overnight so stick with your program and you will be rewarded.
- Keep that 'before' photo handy and find a role model whom you aspire to be like.
- Really know what it is that you want to achieve. Specific goal setting is really important.

Stats	Before	After
Height	5'3	5'3
Weight	52.6 kg	48 kg
Chest	84 cm	86 cm
Waist	71 cm	66.5 cm
Calves	34 cm	33.5 cm
Arms	27 cm	24 cm
Thighs	56 cm	51.5 cm
Hips	92 cm	82.5 cm

## Sample diet

**Meal one, 7.30 am:** 1 egg and 3 egg whites, scrambled with 2 slices wheat-free bread.

**Meal two, 10.30am:** ½ cup rolled oats with ½ cup low-fat cottage cheese or 30g Max's whey protein isolate powder.

**Meal three, 1.30pm:** ½ cup rice, 125g grilled chicken with loads of steamed green vegetables or salad.

**Meal four, 4.30pm:** ½ cup skim milk with chocolate protein powder or 6 thin rice cakes with ½ cup cottage cheese.

**Meal five, 7pm:** 125g grilled salmon with 3 cups of steamed or stir-fried vegetables.

3 litres of water per day and 2-3 cups of tea.

## Exercise program

**Monday:** am: 45-minute run/walk. pm: Weight-training (back, chest and shoulders).

**Tuesday:** Interval training - 25 minutes, and abs.

**Wednesday:** Weight-training - legs, biceps and triceps.

**Thursday:** am: Run or bike trainer for 45 minutes and abs.

**Friday:** am: 45-minute run/walk. pm: Weight-training (chest, back and shoulders).

**Saturday:** One-hour power-walk including stairs and hills.

**Sunday:** One-hour bike ride and abs.

the past, if I did more than five days of exercise per week for more than a few weeks I would end up with some 'flu' and be sick for days – even weeks. Not this time. I have been healthy the entire 12 weeks and have had so much energy that my friends and family can hardly keep up.

The obstacles I needed to overcome are just like any working mother – juggling work with family, friends, training, housework, etc.

I just got into the habit of getting up at 5am, made everyone's lunches for the day including four of my five meals, trained for one hour until 7am, then it was all done.

The other obstacle was definitely my difficulty breathing. Some days I just couldn't breathe well, so instead of running or cycling as I may have had planned, I would just power-walk; but I still went. In the past if I couldn't run I thought, 'what's the point?' and would just stay in bed. Well, I've found that power-walking is fun and a great fat burner!

The outcome from the past 12 weeks is that at 35 years of age, and two children later, I finally have the body I have always wanted.

My self esteem has improved, my energy is renewed and I am enjoying encouraging other women to start the Challenge. \*

# What do you know about your bottled water?

