

A new body for life

Lisa has always had a passion for the active life, but had never really reached her target health and fitness goals. That all changed upon entering the 12-Week BodyBlitz Challenge. Here she shares her story.

Lisa's story

As a qualified fitness instructor, being healthy and active has always been a priority for me; however, after taking a world trip, I put on quite a bit of weight and was feeling very unmotivated and depressed about the way I looked. I realised that I needed to take action as I wasn't going to achieve the body I wanted just by wishful thinking. I had previously started exercise and diet programs but always ended giving up when things got a bit tough, so I never achieved results. So, I sat down and took some time to really think about how to go about getting to where I wanted to be.

After reading success stories of the BodyBlitz competition in *Women's Health & Fitness* magazines, I admired these women for completing the Challenge and thought that it would be a great incentive for me. I decided then and there that I would enter this competition and give 100 per cent throughout the whole 12 weeks to see what I could achieve! I had also just commenced working for Sue Heintze at *Ideal Bodies Online* and I knew this was the perfect opportunity to lose my excess body fat, and to also experience the Challenge firsthand along with my clients.

Sue wrote my initial program and provided me with updates throughout

the 12 weeks. I never got bored of the same routine and I also enjoyed the delicious food that was on my food plan. I found I was never hungry yet at the same time I was losing weight.

Sample diet

- Meal 1:** Oats and cottage cheese.
- Meal 2:** Egg whites and fruit.
- Meal 3:** Chicken with rice and salad.
- Meal 4:** Rice cakes and cottage cheese.
- Meal 5:** Fish with vegetables
- Post workout:** Goliaths Sports Nutrition WPI Protein Shake. Occasionally I would have a free meal (e.g. pasta or ice cream).

Exercise program

- Mon:** Moderate HR cardio, weights – chest, back and shoulders.
- Tues:** Body Attack class.
- Wed:** Interval training, weights – legs and arms.
- Thurs:** Step class.
- Fri:** Power walk, weights – chest, back and shoulders.
- Sat:** Moderate HR cardio.
- Sun:** Rest day.

*Please note that both my diet and exercise plan changed regularly.

At first I was worried about eating so much food, however Sue assured me that I needed to eat to fuel my body, and therefore to lose fat! Because I lead a busy life I soon discovered that I needed to prepare most of my meals in advance. I spent time on weekends and week nights getting myself organised so I could just 'grab and go' when time was short.

I admit that there were times when I felt like giving up as my days were so exhausting – getting up every morning at 5:15am so I could fit in my exercise routine before going to work, and then my part-time job at nights for *Ideal Bodies Online*. As Sue says, this is part and parcel of the challenge and this is where participants need to be strong to get through the rough patches that then allow them to progress.

I'm so pleased that I did persevere right through to the end as I can't explain the feeling of self satisfaction I now have because I did it! I know that I gave 110 per

cent throughout the 12 weeks. I feel so much better for it – healthy and fit again. I'm thrilled to now be able to pass on my experiences to my clients so I can help them through their own transformations.

My plan is to improve my results even further and to share my experiences with others so I can help these people achieve their goals and feel so much better within. *

Stats Before After

Height	166cm	166cm
Weight	65.8kg	57kg
Chest	86.5cm	82cm
Waist	80.5cm	68cm
Calves	31.5cm	30cm
Arms	30cm	26cm
Thighs	61cm	53cm
Hips	94cm	80cm



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