

Revitalised

Ready to go



Tired, lethargic and unmotivated are three words Jodie Arnold used to describe herself before she tackled the 12-Week Body Blitz Challenge. She was going round in circles, bingeing on bad food and not exercising. But, after a trip to the naturopath and a few helpful hints from a personal trainer, she was encouraged to begin a new phase of her life.

“I’d be so tired from work that I’d go home, eat, normally snacking on chocolate, sleep, and the next day would be the same. It was like a bad cycle that I couldn’t get out of.”

Jodie says her diet was shocking. She was caught up in the habit of eating three meals a day, with the added problem of bingeing on sugary snacks after a long day at work. She felt terrible and didn’t have the answers to help her out of her rut.

“That’s why I went to the naturopath. She told me the foods I needed to avoid and she said I needed to build some muscle to get my metabolism firing.”

After

These simple but important pieces of

Measurements			
	Before	After	Results: + or -
Height	168cm		
Weight	67kg	57kg	-10kg
Body fat %	30.2%	21.8%	-8.4%
Shoulders	102cm	97cm	-5cm
Chest	86cm	82.5cm	-3.5cm
Waist	75cm	64.5cm	-10.5cm
Hips	105cm	96.5cm	-8.5cm
Thigh	60cm	56cm	-4cm
Knee	46cm	41.5cm	-4.5cm
Calf	38.5cm	35.5cm	-3cm
Bicep	32cm	29cm	-3cm



a couple of others who have seen my photos. They've all asked me what I've done to get the results."

Jodie's adamant the results don't stop here. She is now starting another challenge. This time she's working on lowering her body fat percentage a little more.

Jodie has a great piece of advice for aspiring challengers. "I took progress photos at eight weeks and held them side by side with my before shots, and that's when it hit home. So the last four weeks, I really put in 100 per cent," she says proudly. "So don't be scared," says Jodie. "Get out and have a go. If you're consistent then the results will come." 

Diet
Meal One - oats, fruit, protein powder
Meal Two - strawberries, cottage cheese
Meal Three - grilled chicken, salad flax or olive oil
Meal Four - tuna, apple or orange
Meal Five - chicken/fish/tuna/salmon/lean beef, vegetables, flax or olive oil
1 free choice meal per week

Training
Monday - 30 min cardio - interval training
Tuesday - chest/back/abs; 45 min powerwalk
Wednesday - 30 min cardio - interval training
Thursday - biceps/triceps/abs; 60 min group class or power walk
Friday - day off
Saturday - legs/shoulders/abs
Sunday - 60 min group class or powerwalk

information were enough to spur Jodie to do some further research. Jumping on the Internet was her easiest option.

"I did some research and I came across Sue Gilman's web site (a past body blitz winner), www.idealbodiesonline.com. It was so informative and easy to understand. So I worked up the courage to email her."

Jodie got an immediate reply to her email, and her transformation began within days. She was provided with a nutrition plan that was very similar to what the naturopath prescribed for her, along with an exercise program. "Within a few weeks my energy levels had increased so much," she says.

It was within three-to-four weeks that Jodie noticed differences in her physique. But, just as importantly, she had heaps more energy, and when you start work at eight o'clock every morning, extra energy can only be a good thing. At first, though, she had a few doubts about how her training would fit in with her lifestyle. "I never thought I'd be able to fit in training around work," she says, "But Gilman said if you want results you need to put in the work."

So she did, and her dedication has paid off. She now believes it was her consistency with the program that got her the results and the new eating habits that she picked up during the challenge are something she says will keep her in good stead for the rest of her life.

There was an additional surprise for Jodie at the beginning of her challenge. After contacting Gilman for help over the internet, they realised they both lived in Mildura, Victoria. Destiny was at work. It made it so much easier for Jodie to begin the program.

"When I was starting out with the

program, she took me through the exercises to make sure I did them properly. I had been in a gym before, but she was just making sure my technique was good and she gave me a few pointers."

Jodie worked out at a gym near her work. She'd either go in the morning before

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work or straight after work.

With her training down pat, the diet was the next thing to conquer. Before the competition, Jodie says she was too focused on carbs. Only eating three meals a day, plus being caught up in the idea that everything low fat is good for you. Both the naturopath and Gilman helped re-educate Jodie on good and bad foods, and encouraged her to incorporate more protein in her diet.

"I had no problems with energy for training or work. That's the best thing. You do a workout and you feel so much more revitalised for the rest of the day."

This is a huge contrast to how she felt previous to the challenge. Some mornings she just didn't want to get out of bed because she was so tired. "Now I find it easier to face the day and I'm more positive," Jodie says.

She's not the only one who's happy with her results. Her husband and her mother-in-law are also rapt with what she's achieved.

"I've gone on to inspire his mum and