

# Kellie's KILLER NEW BOD

Raising four kids on your own. Sounds like enough of a challenge doesn't it? Well 35-year-old Kellie Robins was so determined to makeover her body and lifestyle that she decided to take on the 12 week BodyBlitz Challenge as well.

## Kellie's story...

I decided to start my challenge after realising that all my clothes were feeling tight. I was walking around with a jumper tied around my waist to hide my 'muffin top'. I often had a jumper tied around my waist, even in 29-degree heat!

I had always been a comfort-eater, but things got worse when my relationship of 15 years fell apart. I had four kids to raise on my own and running around after them all day was very tiring and stressful. Most times I was too tired and stressed to be bothered cooking a healthy meal. By the time I had sat down at night after cooking, cleaning up, bathing and doing uniforms and lunches for the next day I was exhausted!

At night when the kids were in bed I would get very lonely and bored sitting there by myself, so the perfect companion was my cuppa and a block of chockie. Steadily my weight increased and everything in my wardrobe got tighter and tighter, I felt so disgusting. I was really tired most of the time and just looked and felt unhealthy. I had really low self-esteem and couldn't accept the simplest compliments from

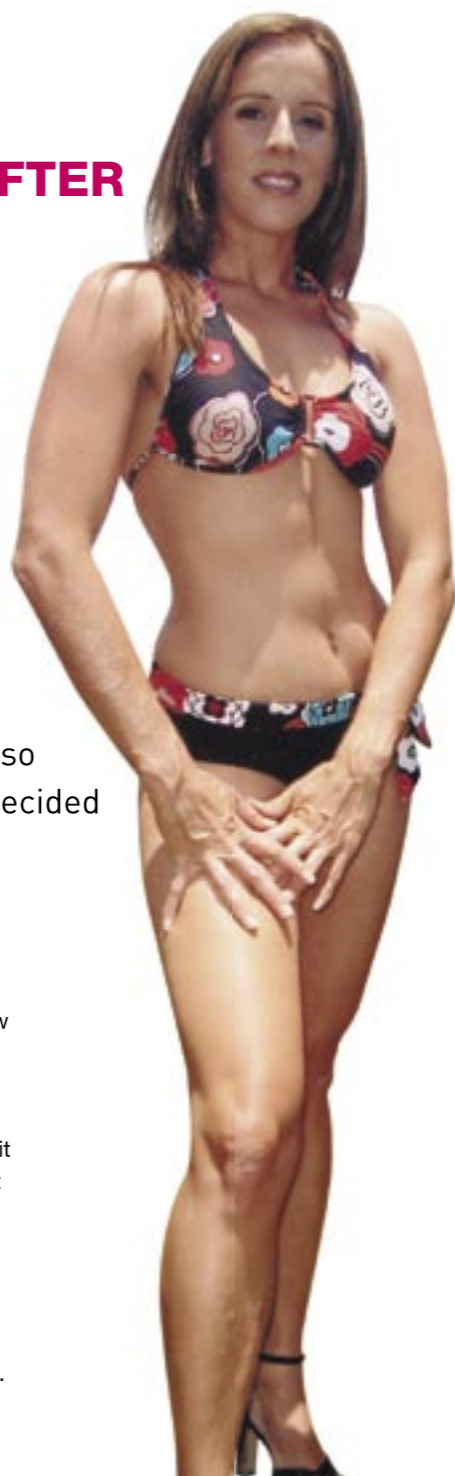
people because I felt so bad about how I thought I looked and felt.

Nobody every commented about my weight because I wasn't really that overweight and I think I must have hid it well under my clothing. But I knew that all of this bad food was not doing my body or health any good. Something had to change. Every Monday I would tell myself that I would start eating healthier, but two days later I would cave in for those 'feel good' bad foods.

I had been reading *WH&F* for years and always read the stories in the 12 week BodyBlitz. That's where I saw an article by Sue Heintze. So I decided to send her an email and get some info about her programs. I hesitated at first because of the fact that I had to pay for the program and being a single parent was tough enough without having to fork out on something that I may not even stick to. I didn't want to waste my money if I couldn't stick to it. I just knew that I had to get those negative thoughts out of my head, so I told myself that I was going to do it this time.

So I took the chance and within a couple of days I received my program. I was so excited and couldn't wait to get

**AFTER**



### Kellie's tips

1. Cut out pictures of people and quotes that inspire you and look at them regularly
2. Write down your goals
3. Keep a food and exercise diary
4. Prepare your meals the day before
5. Be patient and consistent as lasting results take time
6. Set mini-goals and reward yourself with non-food treats when you achieve them

started. The menu plan and exercise looked quite tough but I was actually looking forward to the challenge. I thought to myself that if I was going to do this then I would also enter the BodyBlitz to keep myself even more accountable. The worst part was then having to ask my 13-year-old son to take my before photos. Here I was in my bikini in front of my son having my photo taken. There were a few laughs and smirks from behind the camera as he took the photos.

The first few weeks were the hardest as I still had to do all the stuff with the kids but then I also had to find the time to schedule in my workouts and eat properly as well. Sometimes I wasn't getting my workouts in until 10pm! I would just get on the treadmill when the kids were in bed and put on my iPod. I would just get so caught up in the music that I wouldn't even know I was exercising, it was so relaxing and certainly took my mind off chocolate! The next few weeks the weight loss slowed down but I always kept in the back of my mind that muscle is denser than fat and that now I would be adding some definition to my body, which kept me inspired. Then people started asking if I had lost weight. That was certainly rewarding.

I allowed myself the occasional treat once a week, which I really looked forward to. Instead of having them on a daily basis I learnt to savour every mouthful. Even my kids are eating better, which is a great bonus.

I recently completed a training course and am now a more positive and confident person.

I have reached my goal weight and just want to concentrate now on getting a bit more definition and lowering my body fat percentage a bit more.

So to all those busy mums out there that think they have no time or energy to exercise...make time for yourself when the kids are asleep, during the day or at school. Become selfish and make yourself a priority even if it's just for 30-40 minutes, it's amazing how we find the time when we get ourselves into a routine. The kids will thank you as they will have a happier less stressed mum that will have lots more energy to do the fun stuff with them. \*



**BEFORE**

Stats	Before	After
Height	163cm	163cm
Weight	63.8kg	53.6kg
Chest	95cm	87cm
Waist	81cm	68cm
Calves	37cm	34cm
Arms	30cm	28cm
Thighs	59cm	51cm
Hips	97cm	81cm
Body fat %	30%	22%

### Sample diet

- Meal 1: Oats, three egg whites
- Meal 2: Diet yoghurt, ladybird protein crunch
- Meal 3: Tuna, brown rice and salad
- Meal 4: Protein shake
- Meal 5: Chicken, vegies, flaxseed oil
- Post weight-training: Protein shake

### Training plan

- Mon: Chest, back, shoulders
- Tues: 60min power walk, abs
- Wed: Legs, arms, moderate intensity 60min cardio
- Thurs: Hill incline walk, abs
- Fri: Chest, back, shoulders
- Sat: Walk/jog combos, abs
- Sun: Rest

## Buns-of-steel need their iron too!

The bad news  
is iron is lost  
through sweat.

## The good news

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