

Penny Byron

It's said that coal is a diamond in the rough and I had lived in the coal phase most of my life.

I grew up in Mildura, fit, active and healthy, playing sports and ballet dancing weekly. However, my body changed in adolescence and I became very self-conscious. The onset of puberty deposited fat that I'd never experienced before.

Growing up in the 60's also brought exposure to icons like Twiggy and Barbie with impossible waif-like figures that every woman desired. My life became a diet of addiction to caffeine, cigarettes, diet pills, chocolate, alcohol and dangerous food restrictions, coupled with the latest diet fads such as the Grapefruit Diet or the Israeli Army diet.

Hitting 50 in 2009 was a major milestone. I thought I was ok until I saw my photos. They shocked me into the realization that I needed to do something positive and make a change combined with the serious chest pains and warnings from the doctor that a radical change was necessary.

I had seen 'Ideal Bodies Online' on television and in my daughter's magazines. All the other diets and exercise programs I tried had failed but this time I couldn't afford to fail - even though I was terrified I would.

Sue, Kristin and Maxine were so patient and supportive, I never felt alone or embarrassed about asking multitudes of

questions about my food plan or exercise programs. I had embarked on an adventure to literally save my life.

I slowly metamorphosed into a fit and fabulous 50 year old, I still can't believe it's really me. I feel truly beautiful on the inside and out. I could not have done this without the support of these fabulous women at IBO who blazed the trail and made it possible for men and women to be the best they can be and to live their lives to their fullest potential.

Ideal Bodies Online helped change the coal into a sparkling diamond.

My weekly exercise included 3 days of weight training, power walking and interval cardio.

DIET EXAMPLE:

- Protein pancakes
- Cottage cheese, cinnamon, strawberries
- Tuna, rice cakes and green salad
- Almonds, protein shake or bar
- chicken breast and vegetables
- Diet jelly or egg white omelet
- A minimum of 3 litres of water per day



Nicole Yardley

Who would have thought a visit to a local milk bar would be the catalyst to transform my flabby, weak body to a stronger more conditioned physique.

Childbirth took its toll on me leaving me with abdominal separation. I had no clue how to restore my body to its former days of sporting glory.

While waiting for my chips, I read an article in a magazine about former Body Blitz winner Liz Bickerton. Her transformation was inspiring. I made a note of it as I gobbled down my food.

I had tried diets in the past that were very low in carbs. They worked, but weren't sustainable especially if I wanted to play sport. I didn't want to be skinny and starving. I loved my food and wanted to find a healthy balance between nutrition and training. I enlisted the help of Ideal Bodies Online and Sue Heintze. I didn't think an online trainer could hold so much clout - but she did.

After receiving my program, I went to the local gym to have my measurements taken. I was shocked to hear I had the biological age of a 50 yr old! I was only 38. To be honest I felt chronically tired most of the time. I needed the energy to keep up with my three very active young children.

I hung up a pair of slightly smaller jeans for motivation, said a prayer and began my program. I started by splitting my shorts at the gym but continued my workout with determination.

There were many obstacles to overcome such as my computer

crashing, sick children, house work, time management, stress and a chest infection near the end of my 12 weeks. I also had to come to terms with the disappointment of my marriage breakdown.

I am an active member of Celebrate Recovery - a group that helps people deal with grief, hurts, hang ups and addictions. Along the way I have learned that no amount of food can take away pain or stress. It has truly been a bumpy ride to the finish, in fact, it's been an imperfect journey in every way!

Apart from dropping from a size 16 to 12, I'm enjoying the benefits of being agile and active once again - something my children greatly appreciate. I'm thankful for Sue Heintze, my online trainer, and grateful for my celebrate recovery program which has helped me address the emotional triggers to my overeating.

DIET EXAMPLE:

- rice porridge with vanilla rice protein powder.
- low fat yogurt with berries
- grilled salmon and salad, with pumpkin and avocado
- rice cakes with almond nut butter
- Stir fried beef with onion, garlic, and green veggies
- diet jelly

TRAINING:

- Monday** = Full body workout
- Tuesday** = 25 min cardio
- Wednesday** = Full body workout
- Thursday** = 40 min cardio
- Friday** = Full body workout
- Saturday** = 60 min walk
- Sunday** = Rest



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