



BEFORE		AFTER	
WEIGHT	76g	WEIGHT	64kg



# KRISTIN GLEESON

## TAKING CONTROL

**K**ristin says that waking up everyday and feeling amazing is what has made her transformation worthwhile. More confident in everything she does, she now sees the world with different eyes, stating that nothing seems to be as bad as it used to be. Loving every aspect of her new found health and vitality, there is nothing that she doesn't like about her new approach to a healthy and balanced lifestyle.

Sick of inaction and being miserable with the way she looked, Kristen came to

a point of clarity where she realised that she wanted to actually achieve one of the goals that she had set for herself. Now, after losing over 10 kilos, Kristen believes that she has the confidence to achieve anything she sets her mind to.

"Learning that I was responsible for the way I looked was difficult, but I am so glad I know that now," Kristen says. The hardest part about getting her body in shape was realising that being healthy was a choice that she had to make for herself. Once she grasped that concept everything began to fall

into place.

Although it was hard work and dedication that got her to where she is today, Kristin attributes much of her success to superb guidance from Sue Heintze of Ideal Bodies Online. "It was a fantastic program and I will be back for another one!" she says enthusiastically.

Kristin has just resigned as the deputy general manager of a hotel/pub in Sydney and is about to relocate to Cairns. Working in the hospitality industry means that Kristin is surrounded by temptations and this is reflected in her not-so-healthy food weakness; potato chips. However, Sue has taught her the importance of balance and the crucial role that protein plays in muscle recovery. This is why she includes it in the five small meals that she eats every day. Restricting carbs from the mid-afternoon ensures proper insulin regulation and helps keep her physique trim. She consumes only limited amounts of fruit and dairy products, but includes small amounts of both throughout the day.

## DIET

**MEAL ONE:** Pancake made with oats, cottage cheese, egg whites, banana, topped with sugar free maple syrup.

**MEAL TWO:** Protein shake blended with ice cubes, banana and skim milk.

**MEAL THREE:** Chicken breast or white fish with vegetables and baked white or sweet potato.

**MEAL FOUR:** Protein bar or rice cakes and a protein shake made with water.

**MEAL FIVE:** Chicken, fish or lean beef with vegetables.

## WORKOUT

**MONDAY:** Legs/arms weight training and a 40 minute walk/jog combo (eventually leading up to a 40 minute jog).

**TUESDAY:** Chest/back/shoulders weight training, abs and 30 minutes of interval training.

**WEDNESDAY:** Power walk for an hour and abs.

**THURSDAY:** Legs/arms weight training and 60 minutes of moderate intensity cardio.

**FRIDAY:** Chest/back/shoulders weight training, abs and 30 minutes of interval training.

**SATURDAY:** Power walk for an hour and abs.

**SUNDAY:** Day off!

Kristin's favourite healthy food is her daily breakfast pancake, proving that staying in shape can be done on more than just vegetables and tins of tuna. Supplementation is also an important part of her training regime, employing glutamine for muscle recovery, flaxseed oil for omega-3 and craving control, MRM Driven for energy and a daily multivitamin to make sure she is covering all of her nutritional bases.

When training, Kristin admits that she goes through phases when she has different preferred exercises. At this point in time she loves squats, "Now I can do them

so well, and lift quite a lot (of) weight," she explains. She enjoys reaching optimal performance and finds her form improves with guidance and time.

"Listen to your body, it usually knows best," is the best training advice that Kristin has been given. While she doesn't have a specific training role model, every woman in magazines that has made a fitness transformation has inspired her. "I commend any woman who can achieve a transformation, as I know how hard it can be," she says. Kristin admits she feels amazing and has never been better, not only transforming the physical but her attitude towards life too.

Fitness has changed Kristin's life in a huge way; she now feels empowered and is firm in her belief that she can achieve anything she puts her mind to. She wants to motivate others to achieve their own health and fitness goals and is now combining her business studies with sport and exercise science so that she can start her own business.

While admitting that her least favourite part of the health and fitness lifestyle is seeing other people trying to reach their goals and not being able to get there, she says that if you want something in life you should, "Stop talking about (it) and just do it." She believes that sacrifice is part of the game and sometimes you have to be a little selfish to be your own best friend. "Don't be your own worst enemy, no one else is to blame but yourself and there are no excuses. In the end it's all worth it," Kristin says.

In the future Kristin hopes to run a successful business helping other people achieve what she has - body, mind and life transformation.

## SHARE YOUR STORY!

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