

Success at last

A change of attitude and personal trainer was exactly what **Lynne Cross** needed to reach her goal. Now she's accomplished this one, there's no stopping her conquering the next!

Lynne's story

Frustrated – that's how I felt. My husband and I had been religiously getting up at 4.30am to go to the gym while watching what we ate for the past 18 months. In the first two months, Jason had dropped 10 kilos, yet when I jumped on the scales, I'd only lost 0.2 kilos – not fair! I was more careful with my meals than he was and I was going for extra walks in the afternoons.

I read everything I could get my hands on hoping to shed some light on where I was going wrong. That was when I came across Lee Horton's BodyBlitz story in an old *Women's Health & Fitness*. By coincidence, I had met Lee and her online trainer, Hilde, at our gym not long before this. After many conversations with Hilde, I was satisfied that her approach to dieting and exercise was very balanced. This was a lifestyle that I could incorporate for a lifetime (not just a fad), which was really important to me.

I spent around 15 years battling anorexia and bulimia

as a teenager through to my early thirties. At my worst, I was hospitalised for six months. Yet I had won this fight and have maintained a healthy weight for over eight years and the 12-Week BodyBlitz Challenge was about doing something for myself. I wanted to improve my fitness, my wellbeing and change my shape – not worry about losing weight.

Once I made up my mind to begin the challenge, nothing could stop me. Hilde had given me the plan so all I had to do was follow it. She taught me how I needed to increase the intensity of my cardio and weight sessions by working harder for shorter periods of time. I loved the satisfaction I got when I was able to run up the hill (the lookout for our town) or get through a spin class, knowing I had put my best effort in.

I also enjoyed the eating plan. I'm now eating yummy, healthy food that I have every two to three hours to keep my energy levels up all day – I've never felt better. We would also treat ourselves to whatever we felt like on



a Saturday night like a pizza or going out for dinner. My weight dropped an average of half a kilo per week, but I was more excited about the changes to my shape. I now feel fit and comfortable in my own skin at 42, better than I did at 22.

Hilde wouldn't allow me to say negative things about myself and taught me to

accept compliments with a simple 'thank-you', instead of replying with a counteractive, negative remark about myself. I believe strongly in setting personal goals, so completing this 12-Week BodyBlitz Challenge has been a springboard for me to achieve many more and to live life to its best – fit, healthy and happy. *

Measurements

Before

Height..... 174cm
Calves..... 36cm
Weight..... 63.5kg
Arms..... 29cm
Chest..... 91cm
Waist 67cm
Thighs..... 62cm
Hips 93cm

After

Height..... 174cm
Calves..... 35cm
Weight..... 56.5kg
Arms..... 27cm
Chest..... 86cm
Waist 62cm
Thighs..... 55cm
Hips 87cm

Daily eating plan:

Pre workout – Shake made from vanilla protein powder on water, frozen banana and 1 teaspoon of coffee

Breakfast – Rolled oats with raspberries and vanilla protein powder on water

Morning tea – 2 large protein pancakes topped with sugar free maple syrup

Lunch – Grilled chicken breast fillet, sweet potato and steamed vegies

Afternoon tea – Cottage cheese, apple and almonds

Dinner – Grilled salmon or lean steak and steamed vegies

Supper – Evolve Lipowhey

protein drink on water.
3 litres of water per day
3 cups of coffee per day with skim milk and sweeteners

Sample exercise plan:

Monday morning – Weights (Back & Chest) & 20 mins on the stepper.

Monday afternoon – 40 mins walk/run steep hill climb.

Tuesday morning – Spin class & abs.

Wednesday morning – Legs routine & 20 mins on the stepper.

Thursday – Spin class & abs

Friday morning – Weights (Shoulders and Arms) and 20 mins on the stepper.

Friday afternoon – 40 mins walk/run steep hill climb.

Saturday – 30 min jog

Sunday – Rest



BEFORE



AFTER

Power of the mind:

Don't hold back: Turn negative thoughts and feelings into positive ones. Sitting around worrying won't produce results.

Get out of your comfort zone: Make this a promise to yourself before you take on the 12-Week BodyBlitz Challenge.

It's not a chore: Think of it as a positive and life-changing experience.

No excuses: Exercise will increase your energy and make you feel a lot better afterwards.

Stay focused: Write your goals down into a diary or onto sticky notes. Keeping track of your goals will remind you to keep going!

Find motivation: Discover what exercise you really love and what gets you motivated. Remember, gyms are not for everyone.

Choose wisely: While cardio and weights are both important to work out, this is not to say the exact same exercise routine is perfect for everyone. Find out what works for you with the advice or help from a professional.

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