

# Bringing confidence back

Tenille Rossi shares the secrets to her BodyBlitz challenge success

I had always been reasonably fit when I was younger, but I had never really followed a healthy eating plan or understood good nutrition.

After the birth of my first daughter, I lost the baby weight without too much trouble. But when my second daughter was born I struggled to lose any of the weight. I wasn't sleeping enough and I was resorting to buying takeaway food because I was too tired to cook, and eating a block of chocolate a night.

I finally realised I had to change what I was doing when my daughter turned one and I was still putting on weight. I was at the point where I had to start moving or start buying larger clothes.

I had attempted to diet when my daughter was a few months old, but without direction or a proper diet plan, I quickly drifted off track. I chose to complete the 12-week BodyBlitz challenge because I felt it would offer the motivation I needed to follow through and reach my goals.

I knew it wasn't going to be easy changing the way I had been eating for so long and trying to exercise around two children and part time shift work. So I enlisted the help of Hilde Brunnbauer from Get Active Online. She helped me with a nutrition and training program that fit well with my lifestyle and was a constant support throughout the 12 weeks.

It wasn't long before I really began to enjoy the changes. With my one treat meal a week, I didn't feel like I was

missing anything. The biggest thing I learnt was portion size! The meals I had been eating previously were two or three times the size they should have been. I now keep my meals smaller and eat more often. If I start to get hungry I know the next meal isn't too far away.

My husband was a fantastic support throughout and helped

## DIET PLAN

**Breakfast** Oats, 1 egg, 3 egg whites

**Morning tea** Low fat yoghurt and handful of almonds

**Lunch** Turkey and salad wrap

**Afternoon tea** Protein bar

**Dinner** Grilled chicken and salad

## WEEKLY EXERCISE PLAN

**Monday** Weights

**Tuesday** Cardio cross-trainer interval session

**Wednesday** Weights

**Thursday** Cardio 5km run

**Friday** Weights

**Saturday** Running interval session

keep my eating plan on track. While he didn't complete the challenge, he has also started training and improving his health and fitness.

I thought the biggest challenge was going to be lack of sleep from work, but I found the healthy eating

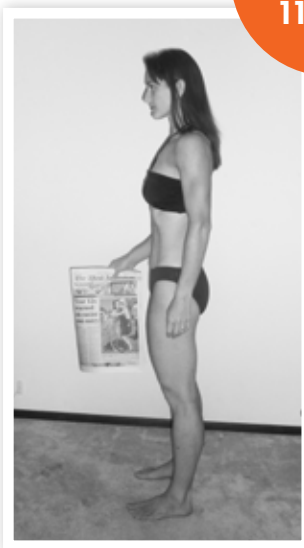


gave me more energy and I was able to cope better looking after the kids.

I feel that I've got far more energy for my beautiful children and I can get up and play and dance with them rather than sit exhausted on the couch. Doing the challenge has given me back my confidence and I love feeling fit and strong again. \*



I lost a total of 11 kilos



It will only take 12 weeks and it could change your life forever. The BodyBlitz 12-week challenge is designed to help you lose weight and enjoy the benefits of a healthy life. Enter online at [www.bodyblitz.net.au](http://www.bodyblitz.net.au)



## How effective is your Calcium?

### Keep those bones strong!

A diet deficient in calcium can lead to osteoporosis in later life. Both calcium and magnesium are critical for strong bones and teeth. **Floradix Calcium Magnesium with Zinc and Vitamin D**, is a pleasant tasting vitamin and mineral supplement.

**Floradix Calcium Magnesium with Zinc and Vitamin D Contains:**

- **Calcium** to strengthen bone and tissue in children and older adults
- **Magnesium** to aid in the prevention of muscular cramps and nerve function, to help keep the heart rhythm steady and keep bones strong
- **Vitamin D** to stimulate the absorption of calcium and for healthy bones and teeth.
- **Zinc** to support a healthy immune system and to support normal growth and development during childhood adolescence.

Always read the label and use only as directed. If symptoms persist consult your healthcare professional.



FREE FROM ALCOHOL, ARTIFICIAL COLOURS, PRESERVATIVES, GLUTEN, YEAST & LACTOSE

NATURAL HEALTHCARE SINCE 1916 **Salus**

AVAILABLE AT ALL GOOD HEALTH STORES, AND SELECTED PHARMACIES

Enquiries, Nature's Synergy Pty Ltd  
Phone (02) 9499 7023 Fax (02) 9499 7024  
Email: [sales@cornell.com.au](mailto:sales@cornell.com.au)

CHC 50747-01/09