

Mind, body & spirit!

Elisabeth Shere gave temptation the boot in favour of a more positive lifestyle

Despite attempting the 12-Week Bodyblitz Challenge several times in the past, this time I was determined to succeed. I was tired of hearing myself make excuses, so I enlisted the help of online personal trainer Hilde from www.getactiveonline.com. It was then my journey commenced.

It took a couple of weeks for me to get into the swing of it, but whenever I felt like I was going off track, Hilde would ask me what my motivation and inspiration was. This was when it hit me and I reminded myself why I was doing it.

With Hilde, I became aware of my triggers and how to change my thought patterns when faced with temptation. I started learning from my mistakes and ensured I was always well prepared for my meals and training the week before. I left nothing to chance – no more excuses.

I suddenly felt empowered as I had control of my mind and body. My new mindset began spilling out in other areas of my life, such as my personal and professional relationships. I wasn't perfect and I still allowed myself the odd treat, yet I made sure I enjoyed it without attaching guilt to it. Knowing that I had control was enlightening and I now look forward to working out and training sessions.

I also started creating positive affirmations and began to love myself, ceasing the internal battle I held onto from

my teens. I was eating good food and plenty of it. I wasn't starving myself and was actually surprised by the quantity.

It doesn't matter how many times you've attempted to get the body you've always dreamed of, keep going until you reach your goal and never give up.

I even signed up for another 12 weeks with Hilde and am considering competing next year. I have new goals to attain and know now there is nothing I can't achieve.

*You can do it too. Enter the BodyBlitz online at www.bodyblitz.net.au **

DIET PLAN

Breakfast – Oats and cottage cheese with sugar free maple syrup.

Snack – 4 Rice Thins with ½ cup cottage cheese.

Lunch – Chicken salad with sweet potato and tbspx flaxseed oil.

Snack – Banana and protein shake.

Dinner – Chicken and small salad.

Snack – Fish and vegetables, Skinny Cow Ice-cream or diet yoghurt (max 4 times per week).

SAMPLE EXERCISE PLAN

Monday – Chest and back.

Tuesday – Interval session.

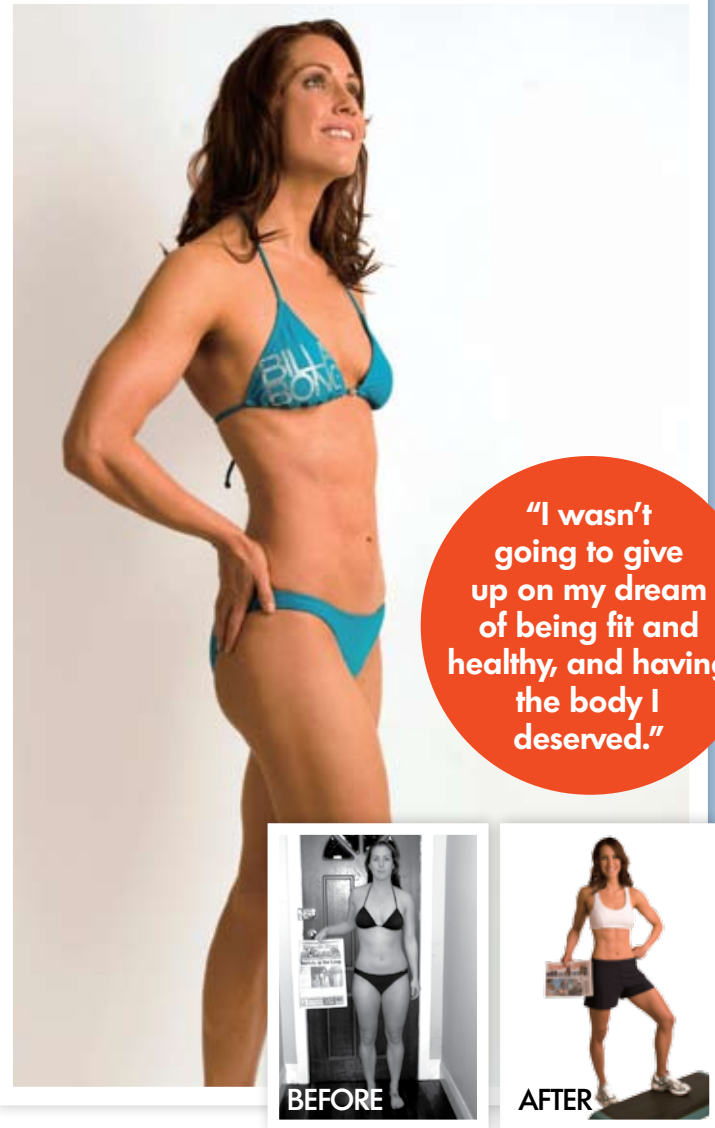
Wednesday – Legs.

Thursday – Power walk (45 min).

Friday – Shoulders, triceps and biceps or tempo running.

Saturday – RPM class.

Sunday – 40-min jog.



"I wasn't going to give up on my dream of being fit and healthy, and having the body I deserved."

BEFORE

Height 173cm
 Calves 35cm
 Weight 67.2kg
 Arms 31cm
 Chest 36.5cm
 Waist 85cm
 Thighs 58.5cm
 Hips 92.5cm

AFTER

Height 173cm
 Calves 32cm
 Weight 59kg
 Arms 28.5cm
 Chest 85cm
 Waist 71cm
 Thighs 51cm
 Hips 85.5cm