



PHOTOGRAPHY: IMPULSE

BEFORE		AFTER	
WEIGHT	65.8kg	WEIGHT	58.4kg
WAIST	80cm	WAIST	73cm
DRESS SIZE	12	DRESS SIZE	10
		HEIGHT	166cm

# HILDE BRUNNBAUER

## THE SKY'S THE LIMIT By Maya Anderson

**M**any of us have experienced the exhaustion a long plane flight can give us, that makes a workout the last thing on our minds when we finally land. Chances are you also know how hard it can be to eat healthy food when you're faced with limited choices on-flight. Now imagine trying to stay slim, energised and in shape when you have to fly for a living, like 30-year-old

international flight attendant Hilde Brunnbauer.

Not only does Hilde have to schedule workouts around her long, tiring work hours, the food available on board isn't always waistline-friendly, either. "Working on the aircraft is hard as there are always temptations - lots of chocolates, ice creams and biscuits," she confesses. Looking at her now, it seems unlikely that Hilde was ever dissatisfied with her body. But it wasn't all too long

ago that Hilde felt unfit and unhappy with her health and fitness, and constant yoyo-dieting without achieving the results she wanted. "I had reached a point where I felt so uncomfortable with myself that I was getting quite depressed and just knew I had to do something about it."

But it was upon her return from a relaxing, highly indulgent holiday in Thailand that motivated Hilde to finally put an end to her constant obsession with food and dieting. She decided to complete a body overhaul, and enlisted the help of personal trainer Sue Heintze of Ideal Bodies Online. She also told her partner Cam about what she planned to do so that he could offer his support. "I had a training and nutrition plan set out for me so all I had to do was follow it - it sounds easy but it really was a major challenge!" Hilde laughs.

While Hilde had always exercised, she never seemed to get the results she was after. "I was starting to wonder why I bothered," she admits. "It didn't take long for me to realise that life wasn't going to stop for me to complete my challenge and that I had to make this a lifestyle and deal with any obstacles that came up." As an international flight attendant, Hilde would travel to a different country each week and had to learn how to make the most out of whatever environment she was in at the time.

Unlike those of us who skip our morning run if it's raining, Hilde committed herself to exercising without finding excuses - none at all. "Instead of finding reasons not to train, I started finding ways to push myself in the absence of standard methods," she says. "On the way home from trips I would fly throughout the night. This was a constant struggle as I was so tired from lack of sleep, and used to use this as an excuse to eat sweets and not exercise. But this soon changed and I found that some gentle exercise actually made me feel so much better and got me going for the day."

Hilde learnt to be flexible and fit in her workouts wherever she was. "Some



## DIET

**BREAKFAST:** Oats and cottage cheese

**SNACK:** Protein shake and apple

**LUNCH:** Tuna salad with brown rice

**SNACK:** Protein shake or protein bar

**DINNER:** Lean chicken, beef or fish and vegies

**DESSERT:** Diet yoghurt or sugar-free jelly

## WORKOUT

**MONDAY:** Jog and weights

**TUESDAY:** Bike ride and abs

**WEDNESDAY:** Interval training and weights

**THURSDAY:** Jog and abs

**FRIDAY:** Power walk and weights

**SATURDAY:** Rest day or powerwalk

**SUNDAY:** Weights and abs

*Routine varied each week due to travelling but aimed for: Five to six cardio sessions and three to four weight training sessions*

places had gyms, others didn't," she explains. "If there was no gym I would use that day to go for a run or find some stairs in a hotel to walk up." Each week Hilde would aim to squeeze in weight training three to four times and five to six cardio sessions, including a mixture of high and low intensity sessions. "Each week I checked in with my online trainer who kept me motivated and accountable."

An obstacle Hilde had to overcome in her quest for a better body was the diet that she had become used to as a flight attendant. "We are given a crew meal onboard, although I wouldn't class it as a very healthy meal. So I tend to make my own salad and add some lean protein," Hilde reveals.

Determined to see results, Hilde began eating five to six small meals a day, consisting of a serving of protein and starchy carbs or vegetables. "I drank

## "WORKING ON THE AIRCRAFT IS HARD AS THERE ARE ALWAYS TEMPTATIONS - LOTS OF CHOCOLATES, ICE CREAMS AND BISCUITS."

two to three litres of water a day and limited myself to having one free meal each week - this really helped me stay motivated during the week and was a nice treat to look forward to,"

She also learnt the importance of having healthy foods on hand all the time so that she could help avoid the lure of unhealthy airport fare. "I found it much easier when I made sure I had my own little snacks rather than being tempted by what was around me," Hilde recalls. "This was extremely hard at three in the morning when all you wanted was a chocolate bar! But all I had to do was remind myself how much better I would feel the next day for not having it and I seemed to resist temptation."

Another difficult part was trying to remain positive when the results took their time to show, despite her hard work. "I had to keep reminding myself to be patient and all my hard work would pay off," she comments.

Eventually it did. "I have so much more energy and so much more confidence within myself," Hilde says proudly. "I can finally see myself pursuing my dream of having my own business in the health and fitness industry." Hilde is now halfway through her Certificate 4 in fitness, and wants to fulfil her dream of becoming a personal trainer. "I'm still flying and still managing to keep up my healthy lifestyle. The best part of it now is that it has all become habit and I can't imagine any other lifestyle. I still love doing all my training and keep a very similar diet." While her favourite healthy meal would be a plate of salmon and vegies, or oats and cottage cheese with sugar free maple syrup, Hilde will sometimes reward herself for her hard work with some sticky date pudding or chocolate.

Cam and Hilde's family have been supportive and are proud of what she has achieved. "They know that health

and fitness is what I am passionate about and can see that I am finally getting closer to doing what I would love to do," Hilde says. "I get mixed responses from friends - my close friends think it is great, although some friends seem to think that it takes over my life and that I shouldn't train so much, or should go out drinking more. But I suppose they don't know just how much I love my new lifestyle!" When she needs a kick of inspiration, she looks to Oxygen cover girls - Monica Brant-Peckham is her favourite fitness model.

Hilde believes that revamping her health and fitness has given her greater confidence about her body. "I still have times when I would like it to be better, but I now know what it takes to get there and actually get excited about the process."

So what advice would she give to readers who want to achieve similar success with their own physiques and fitness? "Stop making excuses and just do it," Hilde says firmly. "Try and find some exercises you enjoy and start incorporating some healthy foods into your diet. I think if you start to make some permanent lifestyle changes you can maintain, you will be far more likely to succeed. The rewards are far greater than the changes you will have to make - nothing beats the feeling of being fit and healthy!"

Now Hilde is looking forward to getting married in Thailand next January. But we're sure that this time when she goes to Thailand, she'll be feeling a whole lot fitter and healthier. ☺

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