

# 'A new-found happiness'

After 6 weeks, Chaunce Drury lost weight and feels great

## Chaunce's diary

### Day 36

Bikini Boot Camp is coming to an end.

After leaving my workout session I realized that coming to my sessions and seeing results has really given me a need to continue. And having had my meals from the Specialty Gourmet has been a key element in facilitating the progress. At the beginning of this, I didn't think I'd have the drive to do this on my own. But I am feeling good about myself and ready to continue on with confidence.

### Day 37

What a lucky girl I am. I got to have a massage at the Eveline Charles Spa. This was the best massage I've received at a spa. The atmosphere makes you feel like you are indulging in true luxury. I'll try to make it a priority to treat myself at least once a month. And now that I won't be spending so much money on eating out, I think this will be an achievable goal. Every woman should treat herself once in awhile.

### Day 38

I did my regular Sunday run and I actually looked forward to it. I have even been contemplating joining a running group. I did some core exercises tonight for only the second time since I told myself that I would try to do these exercises a few times a week. There is no need for me to feel guilty for not following through with everything. It's just best to try to focus on what I am able to accomplish.

### Day 39

I had one of my hardest cardio challenges

during a session this morning. I had to carry a heavy backpack walking on the treadmill, then on the stair climber. I was glad to get it over with at the beginning of the week. I

can't believe that the six weeks is coming to an end. I feel like a rejuvenated person. I am a little nervous about having my picture taken in a bathing suit though.

### Day 40

Today was my six-week fitness test and I've shown improvement since my first test, more so than I had expected. I'm impressed. I even brought my test printout to show everyone at work. I'm hooked. I can't wait for my next fitness analysis.

### Day 41

Today I found myself walking around with a grin on my face. It was the first time in a long time that I have felt comfortable about myself from the inside out. A celebration is certainly in order; I hope my friends have no plans for Saturday night because I'll be ready to put my dancing shoes on.

### Day 42

This is my last diary entry but it won't be the last of my journey to a healthier me as my days of continued commitment shall prevail. I have walked away from this challenge with so much more than I had anticipated. I'm not sure that writing about my challenges and triumphs has inspired people, but I'm optimistic it did reach some readers. What I do know from this experience is that you have to be honest with yourself and don't get caught up in the expectations of others. Have realistic goals. I look forward to a future of improving health and a new-found happiness.



Jon Murray — The Province

Watch for Chaunce's final photos in next Sunday's Province

Just another day at the spa for Chaunce Drury for a well-earned treat.

## The workouts

After six weeks of training, a 10-km run and two fitness evaluations to gauge her success, Chaunce has made the decision to continue with her program.

Over these weeks of dedicated training, Chaunce lost eight pounds and her weight is down from 142.5 to 134.5 — she's lost a total of 4.8-per-cent body fat.

The physical changes are obvious. "I feel that much tighter, but still have some way to go," Chaunce says. Chaunce's results have been so much more than just losing pounds and she's made gains in every single evaluation.

She has an overall increase in strength in a combined three-exercise total of leg press, lat pull-down and bench press. With Chaunce's previous weightlifting background, we barely focused on the strength aspect but knew that with time this would come back. Most importantly Chaunce has

improved her breathing and cardio endurance where she previously had to stop a few times in the 12-minute run, she achieved her goal of not stopping once for 12 minutes.

In the process we have seen Chaunce's heart rate drop about six to 10 beats on average in a workout, and this indicates an overall improvement in her fitness level. Her last two areas of testing show that Chaunce has not only gotten stronger and faster and her heart is healthier, but that she is more flexible. And, yes, her body has become tighter and she's lost two centimeters around her arms, almost five cm around her waist, and three cm around her legs — in just a few weeks.

This weekend is her final photo shoot and the end of Bikini Boot Camp. I'd say she pulled her weight in what she set out to do.

Aaron Keay, General Manager  
Innovative Fitness

### ON THE WEB:

Province subscribers can follow Bikini Boot Camp online at [www.theprovince.com](http://www.theprovince.com). Look for the link under "Online Extras"

Thanks to The Specialty Gourmet, Innovative Fitness, Eveline Charles Salons & Spas, Swimco and Urban Nutrition — Chaunce's boosters in this series. Look for *The Province* ads offering you a chance to win a fitness, meal and beauty package similar to the one described here.

## The food

Chaunce has made excellent lifestyle changes that will enhance her overall health and wellness in the long run. One of the key aspects of her program with regards to nutrition is that she has learned about the importance of regular meals, particularly small, frequent meals spread throughout the day every few hours to help control appetite, and now we want her to keep up with this routine. It will be challenging, however, because she won't have as much support or the convenience and luxury of having gourmet meals from The Specialty Gourmet delivered to her door. My goal will be to teach her to stay on track after Bikini Boot Camp is over.

Keeping the weight off is often as hard, if not harder, than actually losing the weight for many people. Chaunce and I will be contin-

uing our talks to help keep her on track.

Having someone to be accountable to often can make a huge difference in someone's success. Having someone whom you can check in and discuss new strategies with can help you maintain everything you have worked so hard to achieve. Chaunce and I will be continuing nutrition counselling via one-to-one and on-line counselling sessions through [www.urbannutrition.com](http://www.urbannutrition.com)

Anything is achievable and sometimes it just takes a little help. Don't be afraid to utilize the services available to help enhance your health and wellness — and those which can change your life for the better.

Maria Thomas  
Registered Dietitian  
Urban Nutrition