



Chaunce Drury faces up to a full-length mirror and dreams of things to come.

Just 42 days to get beach-worthy



Want to get into that bikini by July? Join forces with Chaunce Drury, our Bikini Boot Camp leader, as she spends six weeks shaping up for beach season

By Renee Blackstone
Lifestyles Editor

When Chaunce Drury realized she had regained 20 of the 40 pounds she'd struggled so hard to lose almost two years ago, the 30-year-old film industry worker vowed to get serious about getting back on track. "I woke up one day and realized: I'm not very healthy. I took my dog for a walk one day and going up a hill — not even a big hill — I had to go slow and thought, 'Wow! I'm out of shape!'"

Not for long. Drury has volunteered to go public with every red-faced gasp, every sore under-used muscle and unwanted jiggle as she begins a six-week shapeup that will put her back into a bikini in time for beach season.

"I know once I start, it'll happen. I'm very determined to do this," she says.

This determination has made Drury the standard-bearer for *The Province's* Bikini Boot Camp, a six-week series involving The Specialty Gourmet, Innovative Fitness, Eveline Charles Salon & Spa and Swimco beach-wear.

Drury has been at Bikini Boot Camp for a week now and today, we'll provide you with details of what she's been doing with the trainers at Innovative Fitness, what meals she's been eating, delivered to her each day by Specialty Gourmet, and what the specialists at Eveline Charles have advised her to do for glowing, healthy skin.

At the end of six weeks, Drury will undergo a complete beauty makeover at Eveline Charles and pick out the perfect beach outfit from Swimco before having her picture taken for our final instalment of Bikini Boot Camp, scheduled for June 13.

We invite our readers to join with her for their own version of the boot camp. The bottom-line requirements are commitment and perseverance; the goal is to feel — and look — the best you can. [Editor's note: Anyone just starting an exercise program is strongly advised to get their doctor's approval first.]

We'll have full menu details and complete workout programs, plus a personal daily

On the web

Province readers can follow Bikini Boot Camp online at www.theprovince.com. Look for the link under "Online Extras."



Photos by Kim Stallknecht — The Province

Drury winces as the scales convey the dreaded news that she's regained 20 of the 40 pounds she lost two years ago. She has vowed to reverse the setback.

diary Drury is keeping during the program at our website, www.theprovince.com. Click on Online Extras. The material will be updated every week.

Setting goals

Drury devised her own workout and diet plan two years ago when she realized her weight had shot up past her comfort zone. She did her research before beginning, read all she could about how to get in shape, worked out regularly at the gym, watched her diet and ended up losing 40 pounds over five months.

Now, the weight is creeping back up and Drury says that's because she made the mistake of thinking she was finished when she reached her target weight. Her life became more hectic, her eating schedule more erratic, and exercise? Who has time?

"I've learned you can't just say, 'Well, I've reached my goal.' You have to make it a lifelong habit," she says.

And habits are best formed when they're laid on a foundation of reachable goals. With the Bikini Boot Camp, Drury says she wants to:

- Feel healthier and fitter.
- Lose 10 or more pounds in time for beach season.
- Begin to challenge herself more, to take on goals such as running a 5k fun run.

The workouts

When I saw Drury at her first workout, I thought she was going to explode, both from the excitement of going public with her efforts to get in shape and because of the intensity of the workout trainer Colin Macdonald had set up for her.

Earlier in the session, Drury was given an initial assessment in which Macdonald checked her posture, overall cardio conditioning and core strength. A heart-rate monitor showed she burned 500 calories — of which 45 per cent were fat calories —