



Skipping, not one of Drury's favourite activities, was part of the intense workout designed for her by trainer Colin Macdonald.

during that first workout, according to Innovative Fitness head Aaron Keay.

Although the boot camp is only 42 days long, the fitness specialists will draw up a three-month program for Drury. That's because most people need 90 days to break bad habits and establish good ones, says Keay.

At her second session three days later, Drury underwent a fitness evaluation that consisted of body-fat measurement, cardio, co-ordination and speed testing, muscular-strength testing, muscular-endurance testing and a flexibility test.

The food

Chaunce Drury is a foodie. She's been cooking since she was five, started throwing dinner parties at 16, loves to cook and prefers shopping at Granville Island Public Market for tonight's dinner to shopping on Robson St. for shoes . . . to wear to



tonight's dinner!

She also works in a highly stressful industry in which 12-hour days during the height of filming are not uncommon. Forget about sitting down to three good meals and a healthy snack a day. Munch on whatever is available — cookies, chips, more cookies, maybe some more of those chips.



Esthetician Amanda Barr gives Drury a facial and healing mask at the Eveline Charles Spa on West 11th Ave.

What's a girl to do?

Enter the Specialty Gourmet, which offers full or partial daily menus for Zone, Atkins and Heart Healthy diets. Every day, Drury wakes up to find someone else has done the cooking for her as she opens the cooler left at her front door filled with Zone diet breakfast, lunch, dinner and snack. No grabbing whatever junk food is available, no guessing how much is enough, no overfilling the plate.

Nutritionist Maria Thomas of Urban Nutrition says the Zone diet is better than Atkins for weight loss for someone involved in an intense workout program like Drury. The Zone tends to be low in calories when properly followed and this allows the person to lose the weight, she says.

The diet includes a variety of fruits and vegetables and also emphasizes some fat and protein to promote satiety and thus help control appetite, says Thomas.

She suggests anyone following the diet also take a multivitamin and a calcium supplement, "to help ensure nutritional needs are being met."

Chaunce's diary

Day 1

I was given a chance to explain my goals and to find out what kind of physical condition I'm in currently. Can you say, "None!"

The Province sent a photographer to document my first session. Not always a Kodak moment for a girl who is about to be all sweaty, red in the face and put into unflattering positions while trying to hold her stomach in so it doesn't pop out the bottom of her shirt.

Oh, well, I guess that's what it's all about; being real. And let me tell you my butt feeling like it was going to jiggle right off my backside as I started to warm up on the treadmill was pretty darn real.

I can only hope my experiences will encourage others to find the courage to take on challenges that seem impossible.

Day 2

Woke up this morning and my legs, butt, chest — oh heck, it was all feeling a little sore.

The food part is easy. It is such a wonderful thing to not have to think or stress about what I'm going to eat for the day.

The portions are perfect, except it was hard yesterday. My stomach gave a grumble or

two but that was because it's not used to eating what it is supposed to, only eating what it wants.

That's always been my problem; I don't know when to stop eating. Yes, growing up, my nickname was "The Hollow Leg." How can such a small girl eat so much?

What's going to be hard over the next six weeks is the social aspect. Most of my social life centres on brunches, coffee dates, late-night ice-cream runs, eating buttery popcorn at the movies, shopping at the market, trying out a new restaurant or going out for a cocktail or two.

Day 3

I had to buy some reasonably priced new gym clothes today. Seems easy enough, right? Well, it took me three hours. I didn't want a short, tight shirt and I didn't want short shorts; both seemed to be the trend in many of stores. The stuff that is comfy and slightly larger makes me look like a house. And they want to put me in a bikini in six weeks? I can't even find the gym clothes to get me there.

Day 4

Back to work and it was tough! I forgot how hard it was to work in that environment and remember to eat and drink properly. I'm really tired right now; I'm trying to get ready for my 5:15 a.m. wakeup call. I'm so nervous that I won't be able to do my workout routine that early in the morning. I'm off to walk the dog, then go to bed. I hope I've packed everything for the morning . . .

Day 5

Between my 5:15 a.m. alarm, working out, working a 12-hour day, visiting with a relative to wish him a happy birthday, picking up the dog and getting ready for my next crazy workout session, my day was pretty long. I didn't really feel tired until I got home. Maybe it's my new eating habits that are helping me.

Day 6

I'm starting to feel a little more comfortable at Innovative Fitness. I really have to get over the idea that people are judging me all the time.

Eveline Charles treated Drury to a facial after doing an assessment on her skin. "She has very sensitive, dry skin," said esthetician Amanda Barr. Sweating through her workouts will be a good thing for Drury, Barr says, as this will help detoxify her skin. She was advised to exfoliate several times a week with a gentle exfoliant, to use a moisturizer every day and to cleanse her skin every morning and every night. And it goes without saying that sunscreen is a must whenever she ventures outdoors.

Win your own Bikini Boot Camp experience!

Look for our ads offering you a chance to win a fitness, meal and beauty package similar to the one described here, beginning with the Friday, May 7 issue of *The Province*.

Contest tokens will begin appearing in next Sunday's instalment of Bikini Boot Camp.