

Dreams of food

Want to get into that bikini by July? Join forces with Chaunce Drury as she shapes up for beach season. How's she doing in Week 2? She's sore. She's eating high-fibre cereal, which she normally wouldn't touch. Her clothes are fitting a bit looser — but she's craving chocolate

Day 8

A week has flown by and I haven't even cheated once with my diet. Today was one of my best meal days: everything was yummy.

I arrived for my session a little grumpy and couldn't focus. And then felt even more frustrated when I was doing core work and I couldn't even complete a full rep of situps.

Day 9

I slept in until 8 a.m. It was nice to just hang out for a bit and not have to rush to anything. I met up with a friend and we went for a one-hour walk around the Endowment Lands with our dogs. On my way back I stopped at some health food stores to price some items that were suggested to me. You walk into one of these kinds of stores and then automatically you feel as though you need to buy everything. And of course you don't, and not to mention it's so darn expensive. I can't buy anything this week. Maybe next weekend.

Day 10

I was supposed to go to yoga today but I decided that I was going to take a day off and get a massage instead. Chris, my massage therapist, always does wonders to my shoulders. That's where I carry all my stress.

I ended up seeing a movie with my good friend who is moving to Montréal. I am going to really miss her but she is my partner in crime when it comes to indulging in treats so the separation may do my butt some good. It was hard to watch her munch on popcorn but I was good and brought my snack and water and managed to enjoy the movie.

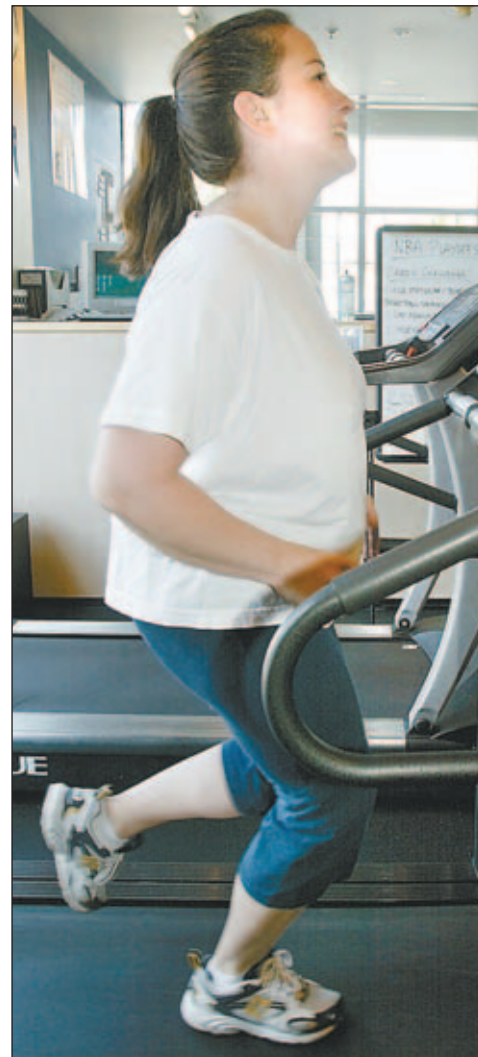
Day 11

I was running a little late and nothing goes smoothly when you run out of time. I have been eating my zone bar before my workouts but this morning I just didn't feel like eating but I had to or I would have absolutely no energy. After this morning's session realized how horrible my posture is. This really affects the way I follow through an exercise. I must work on improving that.

I forgot to drink enough water today. And eating my meals wasn't successful. I ended up having to eat my eggs cold, then dropped them on the floor in my dog-hair covered car.

Day 12

Today's a core day, my least favourite of all. Sometimes I feel like I don't have any stomach muscles at all. If it wasn't for my trainers I probably wouldn't work myself to my maximum potential. Innovative Fitness keeps it interesting: you never know what's in store. I will try to do a few core exercises before I go to bed at night. At work I had



Cardio work pays off: Week 2 has Chaunce maintaining her proper heart-rate and recovering more quickly when finished.

to move and lift some stuff that normally I would have done with ease, but my biceps and chest are sore. My water intake for today was good.

Day 13

I got to sleep in until 7 a.m. today — my day off from training. You'd think it would be a bonus but it made me feel even sleepier this morning. When I get my cooler full of meals, I forget what I ordered and for this morning I'd chosen high-fibre cereal. I don't like high-fibre cereal. My whole eating schedule is thrown off.

Day 14

I couldn't stop dreaming about food last night. And today I'm craving chocolate. It's certainly a day for self-control. I almost don't like having the days off from my workouts, but I also am not too quick to set my alarm for an early wake-up call either. I am starting to feel like my clothes are a little looser and I don't feel so sluggish. Things are looking up in only a short time but I'm not sure about this 5-km dualthon coming up. What if I pass out?



Innovative Fitness trainer Colin McDonald works with Chaunce Drury on upper-body exercises. Drury is getting into a groove and misses the workout on her day off.

The fitness

This week we've seen Chaunce's ability to handle more exercises improve dramatically. Where in her first three or four sessions she'd have longer rests from one exercise to the other, she's now ready to go right away.

Instead of just guessing her fitness levels — or in this case, her cardiovascular endurance — we can see it in her heart rate, where previously her heart rate was well into the 180s and Chaunce struggled to handle this, she's now able to keep herself in this zone, which has been changing each workout to eliminate boredom and also adds the variety in intensity so she

negates entering the injury zone. At the same time Chaunce is starting to see her heart rate drop faster when she enters a period of rest, which also means she is recovering quicker.

Does Chaunce have a fear of failure? Not at all — she's entered a duathlon where she will do the 5km portion of the entire event as a walk-run in conjunction with the walk-run program she is already on. On her first day of this she found it easy. In her second session, she jogged for two minutes and walked for two minutes as rest intervals, so she is doing well.

Saturday: Walk/run for 25 minutes.

Monday: Full body; 10-minutes warmup and then some specific retraction work of her shoulder blades. From here we started to work on her co-ordination and skipping in 90-second intervals, twice. Then we did some leg work, mainly hamstrings.

Tuesday: Core work and cardio. A combination of multidirectional body weighted movements, running technique movements for warmups and torso twists allow Chaunce to stay in her target heart-rate zone for 37 minutes on the day and burn more than 500 calories.

— Aaron Keay, General Manager
Innovative Fitness

The food

Chaunce says her energy levels have been a little low and one thing I've stressed is the importance of taking in adequate fluid, especially because she is exercising intensely and dehydration can contribute to fatigue.

She's staggering her meals and trying to eat every few hours, which is a good idea as smaller, more frequent meals and snacks can help to control appetite and reduce the likelihood of overeating.

Chaunce says one of her biggest challenges will be the social aspect of her life, which often revolved around food. For example, she mentioned coffee dates or how she enjoyed eating buttery popcorn at the movies. Of course, it is important to

enjoy food and the last thing we want is for someone to feel deprived. But let's put this into perspective: choosing a decaf, non-fat café latte instead of a café mocha with whipped cream can save you about 300 calories.

Now for popcorn: a large bag of movie-theatre popcorn that's been popped in coconut oil and has added butter can have more than 1,500 calories (that's more than Chaunce is eating in a whole day while on this program).

If you're going to have popcorn at a movie, it's a good idea to get a small serving, skip the butter and share it with a friend!

— Maria Thomas, registered dietician



On the web

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