

# 'A sense of accomplishment'

In Week 3 Chaunce Drury notices less arm jiggle and no creaking sounds when she bends

## The food

Chaunce has been following her diet and she said she has not cheated despite having occasional days where she had her chocolate cravings. Resisting temptation is always a challenge, especially when it's chocolate.

The Specialty Gourmet noted they have found that people who have been following the Zone diet reported fewer cravings, possibly because getting the meals delivered allows them to stick to a regular pattern of eating.

Other suggestions to help fight off those cravings are to replace it with something similar. For example, obviously an apple is a healthier choice than chocolate. However, that probably won't be enough to convince you to have it instead. For some, because an apple is sweet, similar to chocolate, and is refreshing, it will do the trick. If the apple just doesn't do it for you and you are going to have chocolate anyway, a couple of tips: first, don't buy the large bag of chocolate because you get a better deal for the jumbo size. We tend to eat more if we buy the large bag, as opposed to a small package. Second, keep it stored away, out of sight or at least out of reach. You'll likely take less if you have to get up for it, so don't leave the bag in front of you for easy access.

**Maria Thomas**  
Registered Dietitian, Urban Nutrition



Chaunce Drury gets pointers from dietitian Maria Thomas on smart food choices.

Nick Procylo — The Province

## The workouts

Chaunce has definitely had an eventful week. It started with a bang the first day as Chaunce was pleasantly surprised with a mini duathlon. We wanted to ensure she was fully prepared. Chaunce strapped on a heart-rate monitor, her zone was set and she warmed up while the grease board was prepped to lay out a 3-km run, 5-km bike and 2-km run.

To get Chaunce through the run, we spent time talking and sharing things about Chaunce's life and the experiences she's had with training. We were very careful that she maintained proper form and stayed within her target heart-rate zone. With the mini duathlon under her belt, Chaunce is looking forward to conquering the 5-km portion of her relay.

Her other days this week are a combination of strength training and core work in the facility and also a jog on her own. Her run/walk program has built up to 35 minutes, which we guess will be her time in the 5-km run.

Chaunce is quickly realizing that her ideal goals are attainable. She is progressing at an increasing rate and focusing on her entire lifestyle rather than just her physical training. We can tell that Chaunce is taking action and embracing the philosophy of lifestyle management, which leads to a healthier and happier body and mind.

**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 and Swimco as Chaunce's Bikini Boot Camp 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

## Chaunce's diary

### Day 16

Every time I wake up on workout days, I feel like I might not make it through the hour, that my body won't co-operate. Somehow my body rises to the occasion.

I had another test of willpower today when I had to go to the bakery to pick out a cake for a practicum student who helped us out for a few weeks. Then I had to stare at the last piece that was left. I eventually just threw it out.

Tonight I am going to treat myself to one glass of wine. I deserve it.

### Day 17

I couldn't fall asleep last night because my glutes were burning and I had the

twitches. It was like my mind wanted to shut off but my body wasn't ready yet. But I have been having better sleeps lately. I find that if I don't eat as soon as I wake up now I get the shakes and feel like I am going to pass out. I guess because I haven't been shoving extra unwanted calories

in my mouth. I went to the gym right and did my 35 minute walk/run. I can see changes in myself but I am starting to wonder if anyone else will notice in such a short amount of time.

### Day 18

Today was a crazy busy day, very productive. I ran around and did errands, did housework and attempted to do a yoga class. I signed myself up for the "inflexible"

class. So far this seems to be the hardest element of my program. It is very difficult for me to relax and just sit there and be aware of my horrible posture.

### Day 19

I got a bit of a shocker when I showed up for my session this morning and Aaron Keay told me that I would be doing a mini duathlon. He got me running in the rain, riding on the bike and back in the rain for the full hour. I had to stop a couple of times but I did it. I felt like I was in the movie *Rocky*. As much as I think that I don't like running, I do like the sense of accomplishment. It gave me hope that maybe I will be able to carry out this 5-km event on Sunday.

### Day 20

It's funny how my body has become so

accustomed to me eating regularly. Nothing beats the convenience of having my meals already portioned and prepared. My shins are a little sore from running. I'll make an effort to go to bed early tonight if I don't get caught up in some cheesy reality show.

### Day 21

I notice significant changes in my energy level and mobility. When I bend over, I don't creak and crack. My body feels tighter and I have lost some weight. My arms don't jiggle as much and the heart monitor that I wear during my workouts needs a slight adjustment to accommodate my slimmer top half. I don't think that I will be sporting a six-pack in such a short time but I'm on my way.

I wasn't really hungry today. I never thought I'd hear myself say "I've eaten enough."

