

# Bikini quest in top gear

Chance Drury's bid to shed 20 pounds for beach season passes a major milestone

## The workouts

Chance was notably nervous when she arrived at Parkgate Park at roughly 8 a.m. on Sunday morning to participate in the Sea 2 Summit Duathlon. She had never done a five-kilometre event but was more than prepared. Some 40-plus minutes after the start, Chance completed her leg, the first five-kilometre run, and passed the timing chip to her teammate for the 20 km mountain-bike stage. Chance then suggested to her teammate that they do the next 5 km together so that she could complete a full 10 km.

Although it has been only a few weeks Chance has seen tremendous gains, and that can be attributed to her focus and also remaining on track with her clearly laid out three-month program. We were all very proud of her.

She came in Monday to the Innovative Fitness facility to the warm welcome of a boisterous "thunder clap" (the way we congratulate clients on accomplishments). For Chance, this has become more than a bikini competition, as seen in last weekend's life-changing accomplishments.

Aaron Keay, General Manager, Innovative Fitness

## Chance's diary

### Day 22

I was on my way driving to my workout session at 5:40 a.m. when I noticed there were quite a few people out jogging so early and I thought, "Gee, what motivation." Then I realized I was part of the same club.

I have now reached the halfway point in my challenge and, in retrospect, I have accomplished quite a bit in a short time with the assistance of the great services of The Specialty Gourmet and Innovative Fitness. I really don't believe that I would have been inspired to begin such a regimen at this time in my life with all that is involved in maintaining both a healthy diet and good physical health. I mean, I don't have to think, I just do . . .



### Day 23

I woke up this morning to one of my best breakfasts yet, crab scrambled eggs! What a treat. Today I was supposed to go to a yoga class and I really wanted to but my schedule just would not allow it. I don't

know how to describe my feelings about tomorrow's duathlon. I can't imagine myself actually doing it. I hope all the visions I am having of tripping over a log will subside so I can fall asleep tonight, as I need all the energy I can get.

### Day 24

What an experience I had today at the duathlon. It all seemed to be overwhelming when I first arrived, but I soon felt

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Thanks to The Specialty Gourmet, Innovative Fitness, Eveline Charles Salons & Spas, Swimco and Urban Nutrition — Chance'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.



Gerry Kahrman — The Province

Thanks to meals delivered by The Specialty Gourmet, Chance Drury eats well and has time to ponder the regimen.

## The food

Week 4 and Chance is doing very well. She is developing some excellent eating and exercise habits that are going to help her achieve and maintain her weight loss in the long run.

At the beginning of the program Chance was feeling exhausted, but she is now a regular morning jogger, hasn't cheated on her eating program at all and is really developing a healthy conscience.

Hydration is extremely important because dehydration can lead to fatigue and headaches that impair performance. The American Dietetic Association recommends approximately two cups of fluid two hours prior to

the run, two cups 15 minutes before and half a cup every 15 minutes during the run. After the race, two cups should be taken for every pound lost.

Chance's diet also needs to provide sufficient carbohydrates for heavier exercise so she will have the energy she needs. Because the Zone Diet is typically lower in carbohydrates than required by athletes, the question was whether Chance would have the energy to make it through the five-kilometre run. She ran 10 km and even avoided the snack table at the end!

Congratulations, Chance!

Maria Thomas  
Registered Dietitian, Urban Nutrition



With her hectic schedule, Drury eats while working.

myself being drawn into the atmosphere and all its energy. It wasn't about the competition so much as the experience and doing your best. I felt so inspired that not only did I do the first five kilometres but decided I could complete the second five. I can't believe I did it. A few weeks ago I got winded from climbing up the stairs. I owe many thanks to the staff at Innovative Fitness for encouraging me to do this event.

### Day 25

I woke up today and, surprisingly, I wasn't in pain — a little stiff in the knees, but mobile. My workout session was good. Work was crazy as usual but I managed to eat all my meals in a timely fashion and drink an average amount of water.

### Day 26

I wasn't feeling so hot when I woke up

this morning but somehow I still managed to get my butt over to Innovative Fitness for my session. I soon started to feel a little better and my stomach seemed to settle itself. My body was actually sorer today than yesterday. We have been working a lot on my cardio and I can't believe the progress I have made in such a short time. My stomach has developed a little alarm clock of its own and it's now in sync with my every-couple-of-hours eating routine.

### Day 27

It has now become a regular daily routine for my co-workers to check out my meals for the day. A few meals have been questioned but I was let off the hook as they were part of my Zone Diet supplied by The Specialty Gourmet. There are some who try to taunt and tempt me with goodies, but I'm not about to crack, not now.