

'I've worked really hard'

Chaunce faces down the temptations — except for a few bites of buttered popcorn at the movies

Chaunce's diary

Day 29

Today was my day off from working out. I've been thinking about what my plans are once these six weeks are over and this experience has definitely opened the doors to new options. My reintroduction to healthy living will give me plenty to do over the upcoming summer months. I might even consider cancelling my cable TV.

Day 30

I had no sleep last night, my dog Otis threw up all night, everywhere! I somehow convinced myself to get out of bed when the alarm went off. I brought the sick dog with me to my workout session so I could take him to the vet right after. Now, *that* is dedication. Then I waited three hours to find out that he had something that I couldn't do anything about. I made my way into work where, of course, it was business as usual regardless of my personal tribulations. I was grumpy. I hadn't even eaten breakfast yet and thought that I was going to pass out. It threw my whole day off. This would be a perfect example of a day where my diet easily could have been jeopardized if it weren't for my little cooler of meals.

Day 31

Today was a day of catch-up. I had lots of running around to do and it seemed that throughout the day, I kept coming face to face with aromatic whiffs of potentially risky food choices. It was smart of me to bring my cooler along so I could dip into it when I was hungry. I tried some clothes on today and was happy to reach for items two sizes smaller than what I normally would try on. I think that I will reach my goal of 10 pounds in six weeks and a total of 20 lbs. by the middle of July. I tried to do yoga at home while following a video — no go. I really need to be in a class where I have no distractions for this activity. I wonder what the dog was thinking while watching me.

Day 32

People keep telling me "You should be looking real buff after your six weeks." This started to bother me because no matter what I look like after the six weeks, I have worked really hard throughout this. These kinds of comments and expectations have made me feel disappointed. It's amazing how judgmental people can be when looking in from the outside. I am

trying not to let this affect my frame of mind. I did my 40-minute run and although I didn't feel as though I had much energy today, I did notice that my heart wasn't pounding out of my chest — which is an improvement. I have been to the movies several times during this challenge and for the first time I let myself have a few bits of popcorn and I didn't even feel guilty about it. That is a great feeling: to indulge in a treat that isn't necessarily that good for you and then feel as though you deserve it makes it that much more enjoyable.

Day 33

Woke up this morning with a plan, the Grouse Grind. I was feeling very motivated. It seemed like a good way to end the long weekend. And my boss even felt like this was something she wanted to attempt so we cheered each other on with every sweaty step. When you start out, the hike usually seems like it's a never-ending journey but once you get to the top, you convince you self that it wasn't that bad and that maybe not only could you endure it again but do it faster! The challenges are never-ending.

The rest of the day was easygoing. I even watched a television program called *The Swan*. What a messed-up concept. Even if I had the opportunity, I don't think this would be an option for me. I don't know what is more difficult: dealing with yourself pre-transformation or post.

Day 34

It seems as though it's been ages since my last workout session. I had to cut it short today due to an early call at work. It was so busy for me that I had no time to think about anything. I thought I'd be a little sore from doing the Grind but, surprisingly enough, I wasn't. I guess my body is getting used to the abuse. I'm off to bed.

Day 35

I couldn't get out of bed this morning — and the rain didn't help. My workout went well. Innovative Fitness trainer Colin Macdonald noticed that I giggle a lot. When I am feeling self-conscious, I giggle. How annoying. You'd think that after a month I would feel comfortable with this personal-training gig but sometimes I just can't get used to someone watching my funny faces, or the odd-looking positions I'm in while doing a creative exercise. And I can't get used to the whole compliment thing. I'll have to get used to it if I'm going to be a bikini babe!



Kim Stallknecht — The Province

Those who expect Chaunce Drury to look 'really buff' should bite their tongues.

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

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

The food

Now that we are getting close to the end of Chaunce's Bikini Boot Camp program, as a dietitian my goal is to help her maintain these healthy eating habits.

My clients often have questions about controlling appetite, healthy meal and snack ideas, what to do when they plateau, eating out, etc. — and Chaunce will have these, too.

One of the greatest benefits of Chaunce's current diet is that The Specialty Gourmet has provided her with great healthy meals, in which portion size and calories have been controlled. In addition to the exercise, this has been a large part of the reason she has been losing weight.

Because keeping the weight off for many people is often harder than losing the weight, here are a few tips that will help make eating post-Bikini Boot Camp simple:

- First, carbs. For so many people, carbs are taboo. If you want to reduce your carbohydrate intake,

particularly if you have a history of choosing refined carb sources, make sure you are getting enough of the healthy carbohydrates, or "smart carbs," such as fruits (at least two servings daily), vegetables (at least three servings daily), and whole grains (at least five servings daily). Choose legumes, beans and peas more often as they are low in fat and a source of protein and fibre.

- Second, watch your fat intake. Don't avoid all fats, just make sure the ones you choose are healthy fats, such as those in nuts, seeds, olive oil, fish and flax. Just remember fat contributes twice as many calories as carbohydrates.

- And finally, protein. Eat two to three servings of protein daily. One serving is about the size of a deck of cards. Including some protein with meals and snacks will help you feel full for longer, rather than if you skipped the protein.

Maria Thomas
Registered Dietitian, Urban Nutrition