

Active Image Success Stories

Building the Foundation for a Healthier You!



Every once in a while its nice to hear how real people are coping with the real challenges of managing their weight, finding time to exercise and eating well balanced meals. Lara is currently on the maintenance program where she is learning how to maintain her weight for a lifetime !!!! Let her story inspire and motivate you to reach your goal and be the best you can be!

"Wow, you're so thin!"

This is the reaction of Lara's friends when they catch sight of her new, improved body after she completed the Active Image 12-week Commitments Program!

Lara wanted her body to be more symmetrical; to tone and define her upper body and lose fat below the waist. She also realized that she should lose some weight since there is a family history of diabetes. Her father who was recently diagnosed with the disease set a good example for Lara by changing his diet and starting an exercise program which resulted in him not having to take medication.

Lara's main form of exercise for many years was soccer until about 18 months ago when she was once again on hiatus due to injuries and she realized that she no longer loved the sport (especially the injury part!). After she stopped playing, the weight started creeping on to her petite 5' 2 1/2" frame.

She got off to a good start earlier this year by using the Web MD Fitness Journal, but found that she needed the more personalized one-on-one program that a personal trainer can give. Cathy designed an exercise program which focussed on toning Lara's upper body through weight training and Pilates, which she really liked. Running was the cardio component of the program which also helped trim Lara's lower body. Although she had followed a healthy diet, the most important thing Lara learned from the Commitments program was to be aware of portion size. Many of us have this problem which I think results from eating in restaurants where they serve you meals the size of hub caps. That was another challenge that Lara, like most of us, faced -- eating in restaurants three or four times a week. Cathy has lots of experience in helping her clients with this one and suggests planning ahead and maintaining a food log.

The good news ... Lara has achieved her goal of better symmetry and dropped two or three sizes. She runs three or four times a week, walks to work (about an hour round trip) and has started taking a spinning class. She would also like to take yoga again and

perhaps a dance class ... quite obviously she has gained tons of energy ... which she needs because she still has to go shopping for new clothes!

Sheila Paterson,
Active Image Newsletter Editor

For a more detailed program or other questions, please email me at cathy@activeimage.ca or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program.

Please share this success story with your family and friends; they will thank you for it.

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