

Sick of feeling tired and unhealthy, three CLEO readers sign up for a four-week health program, a.k.a. Bikini Bootcamp. Warning: A hell of a lot of motivation ahead. By Bessie Recep

**KYLIE
PEAVOY**

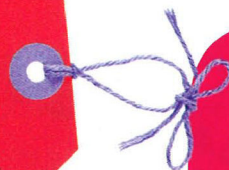
BIKINI BOOTCAMP

SUMMER GIVEAWAY

To celebrate CLEO's Swimsuit Issue we have 10 bikinis, worth \$110 each, to give away, thanks to Who is Angie?

**ALL YOU HAVE TO
DO TO WIN IS
VISIT CLEO.COM.AU**

Competition closes November 2, 2008.
Conditions apply. See CLEO website for details.



THE DIARY



BEFORE

ELOISE LAURIA

25, PERSONAL ASSISTANT

THE VITAL STATS

- HEIGHT: 166cm
- WEIGHT: 59kg
- BMI: 22
- SIZE: 10

POST-BIKINI BOOTCAMP

- WEIGHT: 56kg
- BMI: 20
- SIZE: 10

Bikini Bootcamp came at the perfect time in my life. Getting married in December was the perfect excuse to get into shape. The bootcamp gave me the opportunity to tone up and learn some good habits to carry through for the rest of my life, with the bonus of losing weight at the same time! I now look forward to working out. I don't have to think about the nutrition side of things anymore because I've developed a plan of eating more fruit and vegetables with every meal. I'm looking better and feeling fitter. With a honeymoon planned on a tropical island, I've never looked forward to wearing a bikini as much as I do now."

WEEK ONE:

I've started hitting Elixir Health Club (elixr.com.au) and had a personal training session with fitness trainer Adam Vine-Hall, who made me start with five minutes on the cross trainer. I was feeling so enthusiastic after the gym that I bought a whole lot of fruit to eat at my desk during the day. Before meeting CLEO's resident nutritionist, Kristen Beck (beckhealth.com.au), I was worried that she might tell me to "Cut out the carbs!", as I have an Italian background so we eat pasta everyday. I'm getting married in December, so I'm making a conscious effort to watch what I eat. One week in and I've gone shopping for a new dress and found that my body is changing. Hopefully, it'll tone up soon!

WEEK TWO:

I had a kickboxing session and it was so full-on. I had to push an 80-kilo punching bag around the room 15 times. My legs were burning. I also did some push ups – 16 of them. An improvement from last week's attempt of just three! I'm feeling good and my jeans are sitting a little looser. I've stopped drinking coffee and seem to be more alert now.

WEEK THREE:

I've received my second compliment in two weeks about my weight loss. It's great to know I'm getting results. Someone has also commented on my glowing skin, which I think has to do with my fruit and vegie intake.

WEEK FOUR:

I've noticed that my posture is a lot better since I've started working out and I'm making more of a conscious effort to sit up straight.

I had my last session with Adam and, man, did he make me work hard! This time I managed 30 push-ups; I was thrilled! I'm feeling so much more fitter and I'm aware of what I should and shouldn't be eating.

I'm now making sure all my fish and meat are grilled and am eating vegetables I never used to. It's a food plan I can definitely adapt to.



Eloise in action, pumping iron at Elixir Health Club.

FITNESS GOAL

CLEO's resident fitness trainer, Adam Vine-Hall, says: "Eloise's body shape is naturally slim, so weight loss wasn't the major goal. We focused on strength and aerobic training to develop some lean muscle and generate a toned look."

NUTRITION PLAN

Our expert nutritionist Kristen Beck says: "Eloise's BMI (body mass index) was already within healthy range, but after reviewing her eating patterns I could see she was managing her weight but not reaching her nutritional requirements. The plan was to focus on eating enough fruits, vegetables and lean meats, as these help to curb appetite and provide vital nutrients."

THE MENU

BREAKFAST: Boiled or scrambled eggs with two pieces of wholegrain toast; one piece of fruit.

SNACK: Fruit or raw vegies.

LUNCH: Sushi or salad with tuna or salmon and piece of fruit.

SNACK: Mixed dried nuts, seeds and fruit mix; small tub low-fat yoghurt.

DINNER: Meatballs or bolognese with wholemeal pasta and salad.



THE DIARY



BROOKE SAMPSON

20, ONLINE GAMING HOSTESS

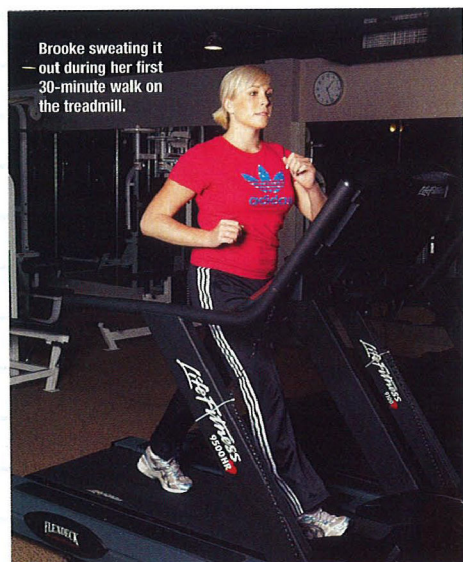
THE VITAL STATS

- HEIGHT: 177cm
- WEIGHT: 89kg
- BMI: 29
- SIZE: 12-14

POST-BIKINI BOOTCAMP

- WEIGHT: 87kg
- BMI: 28
- SIZE: 12-14

BEFORE



Brooke sweating it out during her first 30-minute walk on the treadmill.

WEEK ONE:

I've come into this program a week later than the other girls, as someone else dropped out, so I won't have as long to achieve results, but I'm feeling super-motivated. Day one consists of a Pilates class at Elixir and a 30-minute walk on the treadmill. As well as having my weekly session with Adam, I'm doing whatever I can exercise-wise. I'm going to the gym at least every second day and have done other activities like a 1500m swim. Kristen's nutrition plan helps me take notice of what I'm eating. Hopefully, it'll curb my sugar cravings!

WEEK TWO:

When I met Adam for my second training session I was feeling exhausted but, luckily, he got me motivated and we had another hard session together. I've also managed to make it to the gym a few times – I've mixed it up with an hour on the bike, 45 minutes on the cross trainer, 30 minutes of weights and 20 minutes of sit-ups. Diet-wise, I've stopped dining out during the week and I'm also more aware of how much – and what – I'm eating.

WEEK THREE:

I'm now thinking more about nutrition, portion size and what I eat before and after a workout. I've been feeling so good about hitting the gym that now I can't stay away! I've noticed the more I train, the more energy I have, which is a great motivator. I'm doing really well and have set up a routine, which I'll try to stick to."



"Since starting the program, my energy levels are great, my stress levels have decreased and I have newfound confidence."

My goal for this bootcamp was to get in shape for my 21st birthday, as well as develop a routine that would help me stay fit and healthy in the long-term. I've learnt that it takes four to eight weeks to really see changes in your body but, after three weeks, I'm feeling stronger and more toned. My body shape hasn't changed much but I can see that I'm on the right track and am dedicated to sticking with it. My mindset is also much more positive; since starting the program, my energy levels are great, my stress levels have decreased and, overall, I have newfound confidence. It just shows that a healthy lifestyle has so many benefits.

SUMMER GIVEAWAY

To celebrate CLEO's Swimsuit Issue we have 11 bikinis, worth \$89.95 each, to give away, thanks to Billabong.

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THE HOT BODY PLAN

Adam says: "Motivating Brooke into a routine was important. Pilates was beneficial for her past sporting injuries." Kristen says: "Her eating patterns were already good, but we had to ensure she was getting enough protein."

THE MENU

BREAKFAST:

Kellogg's Special K Advantage with skim milk and one piece of fruit.

SNACK:

A piece of fruit or raw vegies.

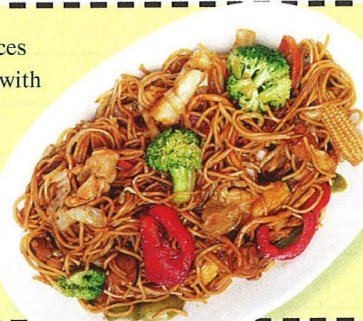
LUNCH:

A salad wrap with low-fat cheese and lean meat (turkey, beef, ham).

SNACK: Two pieces of wholegrain toast with vegemite or honey.

DINNER:

Beef or chicken stir-fry with brown rice; at least two cups of raw vegies.



28, EXHIBITION MANAGER

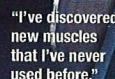


- WEIGHT: 70.5kg
- BMI: 24
- SIZE: 12

My one piece of advice?
Keep at it – it takes a bit of
time, but it's worth it.



I had my last session with Adam; we did some gentle running so my legs wouldn't be sore for Sunday's marathon. The best thing is, Kristen told me to "carb up", so I ate a huge portion of spaghetti for dinner! So, how did I go? I completed the run in 56 minutes and 27 seconds! It's a great sense of achievement; I feel very proud of myself.



DINNER: Steak, fish or chicken (no skin), and brown rice, couscous, pasta or polenta and salad.

