

confidence  
breakthrough

May 22, 2000

# First for women



Before

One night while I was getting dressed to meet friends, I couldn't zip my jeans—even after I'd sucked in my stomach. *They shrunk in the wash*, I told myself. But when I couldn't fit into any of my pants, I had to face the truth: I'd ballooned up to a size 14, double the size I'd worn a few years ago. It was time to do something about it.

**My strategy:** I tried slimming with diet soda and seafood, but once I started eating normally again, I put on *more* weight. Then I met up with a friend I hadn't seen in months and was amazed: She was slim, toned and had a healthy glow. I learned she'd been working out with a personal trainer, Brad Schoenfeld. I was so impressed, I called him. At our first meeting, he gave me an eating guideline—60% carbohydrates, 20% protein and 20% fat—and set up a workout schedule of an hour and a half, three times a week. It was hard at first, but eventually I felt more energetic than I had in years. The weight started to fall off, until I'd lost 30 pounds and was wearing a size 6.

**It was worth it when:** I got invited to a party and was thin enough to shop in an exclusive boutique for a sleek, form-fitting gown. It made me feel like a gorgeous, sexy woman, not a dowdy, overweight mother of two.

**My best tip:** Eat smaller portions of your favorite foods, and make exercise part of your life.

**More information:** To find a personal trainer, log on to [www.personal-trainers.to/](http://www.personal-trainers.to/) or call Action Personal Training, at 847-33-TRAIN. Prices range from \$20 to \$70 per session.

**'The seams of my pants kept bursting'**

—JACKIE ROBERTS, 43  
divorced, marketing rep,  
two sons