



On a **weight-loss** **MISSION**

Meet Geoff, Emma and Lyn. For the next six months, we'll be tracking this trio as they embark on a diet and fitness overhaul.
Monica Videnieks reports.

To the outside world, Emma Christophers is a bubbly and gregarious woman. But she is sick of herself. Why? Because at the age of 30 her weight is out of control and it is threatening to envelope her life.

"I'm sick of telling myself I have beautiful eyes or nice hair and then looking into the mirror and feeling miserable because the truth is I'm overweight and need to do something about it," Ms Christophers told Mind&Body.

So she's taking action. Ms Christophers along with Geoff Kenneally, 60, and Lyn Farthing, 52, have joined the Mind&Body Weightloss Challenge.

For the next six months, this trio will be teamed with experts from HBF, including dietitian Caitlin Thompson and personal trainers

Max Tamatoa and Tori McLarty who will overhaul their diets and get them cracking on an achievable exercise program with the aim of getting their weight down to healthy levels.

And it doesn't end there. In six months to celebrate their newfound fitness, they'll also compete in a 14km fun run, the HBF Run for a Reason.

So let's meet our challengers:

Emma Christophers

WHY I'M DOING THE WLC:

"I want to be happy with myself. I've been through some dramas and I've lost motivation. I comfort eat and I eat a lot of rubbish. I want to feel like I can do anything; like complete a 14km fun run."

VITAL STATS:

Weight now: 116kg
What it should be: 84kg (max)

NUTRITION:

An example of Emma's diet:

Breakfast: nil

Morning tea: 10 almonds and 1 cupcake

Lunch: Pizza and 600ml Mountain Dew

Afternoon tea: Samosa and dim sum

Dinner: 150g of chicken, 2 eggs and a large serve of vegetables

Supper: 100g of potato crisps

What the nutritionist advises:

Emma is sabotaging her weight-loss efforts by skipping breakfast. People who eat breakfast are less likely to experience cravings for higher-kilojoule foods later in the day. She needs to include more high-fibre

foods, such as vegetables, fruit, wholemeal bread, wholegrain cereal, beans and legumes. Fibre "bulks" up food and makes it more satisfying, so you feel fuller with less. Emma is also often choosing foods for their ease and not for their nutritional value.





Geoff Kenneally

WHY I'M DOING THE WLC:

"I want to increase my fitness and lose some kilos off my tummy. I started out doing the HBF free fitness classes (in spring) and I did that for five weeks and it was great, so now I want to keep that momentum going. Probably my downfall is sweets. I do eat a lot of vegies, so I'm not all bad, but I do like sweets."

VITAL STATS:

Weight now: 85kg
What it should be: 78kg (max)

NUTRITION:

An example of Geoff's diet:
Breakfast: Up and Go popper, 1 banana, a bowl of porridge with...

skim milk and black coffee

Morning tea: Banana and black coffee

Lunch: 1 wholemeal chicken and salad sandwich and 1 wholemeal chicken, cheese and lettuce sandwich and 250ml skim milk

Afternoon tea: Apple, 2 biscuits and black coffee

Dinner: Rissoles and vegetables and 1 glass skim milk

Dessert: Choc Wedge ice-cream

What the nutritionist advises:

Geoff needs to reduce his

portion sizes.

Eating smaller meals of the right foods and including healthy, low-GI snacks at specific times will help prevent overeating and maintain energy levels. He should drink water with meals. It contains no kilojoules and is the best fluid for hydrating the body. It also helps us feel satisfied longer.



Lyn Farthing

WHY I'M DOING THE WLC:

"I smoked for 35 years and I gave up almost three years ago, so I feel like this is the next phase of my life. I need to lose weight but I don't know where to start, I want to be able to change my whole lifestyle. I have Crohn's disease. I want to be able to bend down to tie my shoelaces."

VITAL STATS:

Weight now: 68kg
What it should be: 57kg (max).

NUTRITION:

An example of Lyn's diet:
Breakfast: Cup of muesli (dry) and one cup of coffee with 2 tsp...

sugar and tull cream milk

Morning tea: Fruit salad

Lunch: Four large sandwich Vita-Weat biscuits with cheese and tomato slices

Dinner: Steak, salad and oven-baked chips with can of cola

Dessert: Drumstick ice-cream

Supper: Bowl of chips

What the nutritionist advises:

By having sugar in her coffee, cola and an ice-cream, she is adding about 70g of unneeded sugar. Combined with the 30g of saturated fat in the ice-cream chips and

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dairy, it is making it difficult for Lyn to lose weight. Lyn needs to reduce the sugar but increase the low-fat dairy. She should eat more vegetables at lunch and add in a healthy mid-afternoon snack.





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**First steps: Emma
Christophers,
Geoff Kenneally
and Lyn Farthing.**
Picture: Astrid Volzke