



Before

After

**Client:** **Julie Russell**

**Key goal:** Weight Loss

**Trainer:** Chris Jones (Glow Fitness) since May 2007

**Achievement:** Lost 25kg and has reached ideal weight (posture is pretty good too!)

**May 2008**

**Trainer's comments:**

It was fantastic to see Julie achieve her goals; her consistency with both exercise and nutrition & lifestyle made the difference. Julie trained at the gym once per week with me, and twice a week on her own with a program that I had written for her. Her exercise program consisted mostly of free weight exercises functional to her life and some short duration interval cardio. I believe that much of Julie's fantastic results came from the changes in lifestyle. She concentrated on getting to bed on time; eating regularly; moving more to organic whole foods; eating right for her metabolic type; and cutting out processed foods. Julie has done fantastically well and is now educated in the healthy way to maintain her ideal weight for the long term. It was a pleasure working with her.

**Julie's comments:**

**What's the secret?**

"Exercise alone is not enough - it's about slowly adopting a better lifestyle - food, exercise and sleep/rest are all important for health and well being. I learnt about the changes I had to make but instead of adopting it all too quickly, I changed little things about my diet bit by bit. It's not just about seeing Chris at the gym - he's still thinking about and caring about what you are up to after that too. Like little text messages he sent to me when I was trying to cut down the wine on a week night - "Julie, hope you are having a wine free night". That meant a lot to me as I felt that someone else was interested in keeping me on the straight and narrow, not just me."

### What were some key learning points?

"Don't eat low-fat anything! Good fat is OK to eat, particularly if it is organic. Eggs are great to eat and are now a huge part of my diet! Getting me on to Juice Plus was also great; I almost never got sick. Salt isn't bad for you, if it is the right sort. Timing of when to eat was also important. Have a big breakfast which helps you resist the crappy food at morning tea time. "

### What else worked well for you?

"Cutting back tea and coffee (totally eliminated coffee from my diet). I ended up buying bottled Evian water or San Pellegrino as it made them feel more like a treat and was better for me than straight tap water with all its chemicals. I loved the taste of bottled water so it made me drink more. Cutting back on the wine during the week i.e. no wine at all during the week had a HUGE impact on my weight loss. Nutrition...I moved to organic milk, eggs, and some vegies. I limited my intake of starchy carbs and ate lower starch vegetables. Variety is also the key. I also tried to eat more raw vegies and stopped using the microwave for cooking vegies - have now moved to a steamer. Cut down the alcohol consumption! The key thing was that I made changes slowly which has meant that I have been able to make them part of my lifestyle not just a 'diet'. I make sure I have a cooked breakfast (with protein) even if I have to cook it and take it to work (if I'm running late). I also make sure I eat my dinner earlier and this has helped me to stop the 5pm temptation to have a glass of wine. I realised I was having the wine because I was hungry and once I started having dinner slightly earlier I didn't feel like having a glass of wine. Again, full-fat food was better than low-fat things. Nuts have also been something that I have added as a 'treat' to my food. I think the diet has had a HUGE effect. As I said above, without the changes to what I was putting in my stomach I wouldn't have had the weight loss success. The exercise also helped too to tone, and changed my mental attitude - made me feel positive and able to deal with things better."

### Finally, what about the exercise?

"Workouts were developed slowly which was great for me. I built up to doing everything. In the start we focused on my technique which once I perfected gave me the confidence to try harder things. I loved the training. It was always different but I felt capable of doing it. The little challenges for me worked well too. I.e. beating my rowing time. I actually was able to do a chin up! Wow! I felt more positive about myself after our training sessions. I think it has helped me to get back to how I felt about myself when I was younger. More confident and able to achieve anything I put my mind to. "

**Julie changed her body using the principles outlined on [www.HolisticTrainer.net](http://www.HolisticTrainer.net).**

**Click on 7 Steps to Survival to learn more.**

