

the lose2win08 diaries

Here's a weekly catch-up with all of our Lose2Win contestants



JANINE MCFARLANE
ENTRY WEIGHT: 81kg
WEIGH-IN (Thursday): 78.7kg

Busy, busy, busy! Photos, boot camp, fitness test, infant massage teaching course (I'm now a qualified instructor), all in one week. That's on top of the everyday domestic duties that come with raising five kids.

One saviour this week was a night away with my partner – wining, dining (trying to fit into diet guidelines), dancing... and a night in a hotel! Feeling rather tired but I think that is mainly due to the hectic schedule I've been keeping.



DEANNE JOHNSON
ENTRY WEIGHT: 80kg
WEIGH-IN (Thursday): 79kg

I've made quite a few changes in the first week. Firstly, the amount and the intensity of the exercise I've done. Also my meal sizes have shrunk and I've cut out all rubbish. My only downfall for the week was my big day out at Amateurs on Friday.

RON JOHNSON
ENTRY WEIGHT: 102kg
WEIGH-IN (Thursday): 101.6kg

I was a late starter to the exercise program due to my work commitments. The diet is going well and I've trained twice. The training is very strenuous.



CHERYL EDWARDS
ENTRY WEIGHT: 92.7kg
WEIGH-IN (Thursday): 95.2kg

Week one did not start so great. I had back pain, and on top of that, suffered a "hypo" where I had to eat something sweet in order to bring my blood glucose levels up. I sent Geoff an email with my concerns. His email back was reassuring and helpful, so no more negative thoughts. I have reduced food intake and gone from drinking 1.5 litres of Zero a day to one can in nearly a week. I am now losing the taste for it. My main liquid intake now consists of water, tea and hot chocolate.

Boot camp was an eye opener and just shows how unfit I am. Well that is going to change, so bring on the pain.



JANELLE MORRIS
ENTRY WEIGHT: 76kg
WEIGH-IN (Thursday): 75.4kg

As expected, the Sarge and his team are making us work. The workouts are arduous, yet give a feeling of accomplishment at the end.

Also, I must say, I'm sleeping much better now that I have been on the program for a while.

I'm really glad that Tara's healthy eating plan is not a deprivation diet and is actually quite do-able. Having said that though, I have only been on the Lose2Win program for one week.

I've had to rearrange my schedule to make this challenge a priority and have made a choice to be dedicated to it. So far, so good.



KARYN LOCKE
ENTRY WEIGHT: 80kg
WEIGH-IN (Thursday): Not tested (pass out)

Week one was spent interstate for work and it's hard to diet and exercise away from home, but I'm trying.

Week one down and I have survived. I am stiff and sore all over after Monday afternoon's session at the Esplanade and have discovered muscles that my body had forgotten about.

I am enjoying the diet and I'm sure my family feel that I've become an extremely fussy eater as I scrutinise each meal.

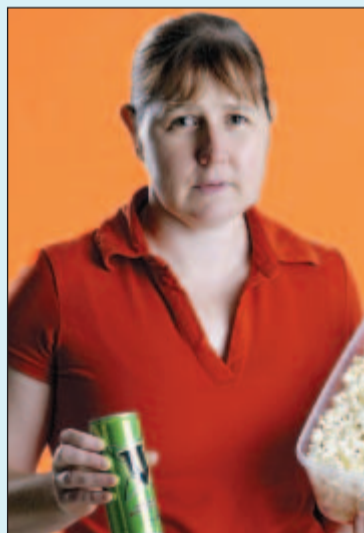


CANDICE REPEN
ENTRY WEIGHT: 108.7kg
WEIGH-IN (Thursday): 108.2kg

I am feeling so sore! My body aches in every way possible and I feel as if I just want to give up, but I know I have to keep pushing on.

The trainers are great and do understand how you feel. However they still push you to your limits.

As for the diet planner it would be great if I ate half the things on it.



ROBYN FLETCHER
ENTRY WEIGHT: 66kg
WEIGH-IN (Thursday): 64kg

Well, week one is down! The first day was incredibly hard as I suffered from a migraine which always happens as soon as I start a sensible diet and exercise program. It's like my body goes into protest and this is usually the only ammunition I need to stop before I even start! But I had to be at the Esplanade for the circuit training, so no excuses! I did it! I'm on my way.



DIANE JASON
ENTRY WEIGHT: 84kg
WEIGH-IN (Thursday): 83.8kg

The biggest challenges so far have been Boot Camp, and undergoing a fitness test. I was pleased with the way I felt after Boot Camp, exhausted and sore, but was horrified at how unfit I was after the fitness test. At least I now have a starting point to improve from. The diet is easy to follow and I haven't felt hungry. It has been good to have support from friends and work colleagues.



ANNETTE HENNEBRY
ENTRY WEIGHT: 89kg
WEIGH-IN (Thursday): 88kg

My first week has been better than I thought although I have been sore. I have actually been enjoying eating healthily and making wonderful salads. I have a problem with eating regularly so this has been a challenge, but I am on the way now to my goal of losing 20kg and this time I'm not giving up even though it is hard to find the time to exercise but now I have, I am feeling better for it already.



BEN HOLT
ENTRY WEIGHT: 150kg
WEIGH-IN (Thursday): 144.5kg

The first week was hard, I was so very sore after my first couple of training sessions. I have also found that I need to organise and plan my day so I have time to prepare my lunch and dinner where I thought I never had the time before. This might mean getting up a few minutes earlier in the morning, but it's time well-spent! I constantly remind myself that if there is no pain there is no gain (or loss in this situation).

LOSE 2 WIN 08

Sarge's fitness challenge

Monthly meal plan

Kickstart your way to good health with this helpful monthly plan



I'm often asked, "Can I drink alcohol during this diet?"

In moderation, alcohol can be part of a healthy diet and healthy lifestyle. To minimise risks to your health: Men should consume no more than two standard drinks a day on average.

Women should consume

no more than one standard drink a day on average. Men and women should have at least one alcohol free day per week.

Tara
Tara Diversi, Accredited Practising Dietician

	Monday	Tuesday	Wednesday	Thursday
Breakfast	<p>WEEK 1 1 cup high fibre cereal, 3/4 cup low-fat milk, 1 serve of fruit.</p> <p>WEEK 2 As above.</p> <p>WEEK 3 2 slices multigrain toast, 1/2 -3/4 cup baked beans.</p> <p>WEEK 4 2 poached or boiled eggs, 2 slices of multigrain toast.</p>	<p>WEEK 1 1/2 to 3/4 cup natural muesli with equal strawberries and low-fat yoghurt.</p> <p>WEEK 2 2 slices multigrain toast, cottage cheese/Vegemite, 1 piece citrus fruit.</p> <p>WEEK 3 1 cup high-fibre cereal or 3/4 cup untoasted muesli, 1/2 cup low-fat yoghurt, 1/2 cup low-fat milk.</p> <p>WEEK 4 1-1 1/2 cups high-fibre cereal, 1 cup low-fat milk, 1 serve fruit.</p>	<p>WEEK 1 Omelette or scrambled eggs made from 2 egg whites, 1 egg yolk, 1 slice of ham, onion, tomato, mushrooms and herbs.</p> <p>WEEK 2 1 cup breakfast cereal or 2 Weetbix, 1/2 cup low-fat milk, 1 serve of fruit.</p> <p>WEEK 3 1 slice multigrain toast, 1 poached/boiled egg, 2 grilled mushrooms.</p> <p>WEEK 4 2 slices multigrain toast, 1/2 cup baked beans.</p>	<p>WEEK 1 2 slices multigrain toast, 1/2 cup low-fat milk, 1 serve of fruit.</p> <p>WEEK 2 As above.</p> <p>WEEK 3 2 slices multigrain toast, 1/2 cup peanut butter.</p> <p>WEEK 4 2 slices multigrain toast, 1/2 cup baked beans.</p>
Snacks	<p>WEEK 1 1 handful nuts.</p> <p>WEEK 2 1 tub low-fat yoghurt.</p> <p>WEEK 3 1 piece fruit.</p> <p>WEEK 4 1 tub low-fat yoghurt (about 1/4 cup).</p>	<p>WEEK 1 2 x rice cakes, no butter, 1 cup coffee/tea/water.</p> <p>WEEK 2 1 piece fruit, handful nuts.</p> <p>WEEK 3 1/4 cup mixed nuts.</p> <p>WEEK 4 1 piece fruit, 1/4 cup nuts.</p>	<p>WEEK 1 Low-fat muffin, skinny latte/cappuccino.</p> <p>WEEK 2 1 serve fruit.</p> <p>WEEK 3 1 serve fruit, handful nuts.</p> <p>WEEK 4 1 tub low-fat yoghurt.</p>	<p>WEEK 1 2 slices fruit, 1/4 cup nuts.</p> <p>WEEK 2 1 piece fruit, 1/4 cup nuts.</p> <p>WEEK 3 As above.</p> <p>WEEK 4 1 tub low-fat yoghurt.</p>
Lunch	<p>WEEK 1 1 pita/lavash wrap with chicken breast, 1/2-1 cup salad, fat-free dressing.</p> <p>WEEK 2 Multigrain sandwich with 1 slice ham, 1 slice low-fat cheese and mixed salad.</p> <p>WEEK 3 Multigrain sandwich with tuna, mixed salad.</p> <p>WEEK 4 Multigrain/rye sandwich, 1 slice ham, 1 slice low-fat cheese, 1 cup salad.</p>	<p>WEEK 1 Wholegrain/rye sandwich with 1 slice ham, at least 1/2 cup salad.</p> <p>WEEK 2 Big garden salad, boiled egg, 20g low-fat cheese, oil-free salad dressing, 1 piece fruit.</p> <p>WEEK 3 Soup (non-creamy, home-made or 97% fat free), small wholemeal roll.</p> <p>WEEK 4 2 cups garden salad, 2 boiled eggs.</p>	<p>WEEK 1 2 cups salad, small tin tuna/salmon, 1 piece fruit.</p> <p>WEEK 2 Pasta salad with low-fat dressing.</p> <p>WEEK 3 Leg ham and salad foccacia, 1 glass wine.</p> <p>WEEK 4 Greek salad (dark lettuce, low fat fetta, olives, cucumber, tomato) and sliced lean lamb.</p>	<p>WEEK 1 Ham and low-fat cheese, 1 cup garden salad.</p> <p>WEEK 2 1 tin 97% fat-free wholemeal roll.</p> <p>WEEK 3 Bean salad, 1/2 cup low-fat milk, and free salad.</p> <p>WEEK 4 Free lunch.</p>
Tea	<p>WEEK 1 1 tub low-fat yoghurt + glass of water.</p> <p>WEEK 2 1 serve fruit.</p> <p>WEEK 3 10 small flavoured rice crackers.</p> <p>WEEK 4 1 serve fruit.</p>	<p>WEEK 1 1 cup fruit, 1/4 cup mixed nuts, water.</p> <p>WEEK 2 2 multigrain low-fat crackers with low-fat cheese and tomato.</p> <p>WEEK 3 As above.</p> <p>WEEK 4 4 small Vita-Weat crackers, 2 slices low-fat cheese, optional tomato/onion.</p>	<p>WEEK 1 Carrot sticks with salsa dip, water.</p> <p>WEEK 2 Carrot/celery sticks, 2 tbsp low-fat cream cheese with sweet chilli sauce.</p> <p>WEEK 3 1 tub low-fat yoghurt.</p> <p>WEEK 4 Handful nuts</p>	<p>WEEK 1 1 piece fruit, 1/4 cup nuts.</p> <p>WEEK 2 1 tub low-fat yoghurt.</p> <p>WEEK 3 As above.</p> <p>WEEK 4 1 piece fruit.</p>
Dinner	<p>WEEK 1 Chicken pasta: 100g chicken breast, 100ml evaporated skim milk, 1 cup vegetables, 1 chicken stock cube, garlic and herbs to taste, 1 cup cooked wholemeal pasta, 1/2 cup cottage cheese or natural yoghurt.</p> <p>WEEK 2 150g lean steak, large garden salad.</p> <p>WEEK 3 1/2 grilled chicken breast, 1-2 cups vegetables, low fat white sauce, 1 small potato.</p> <p>WEEK 4 100g Hokkien noodles with 120g lean meat, vegetables.</p>	<p>WEEK 1 1 small wholemeal pita bread pizza, topped with handful meat, 1/2 cup cheese, mushrooms, onion, zucchini, eggplant.</p> <p>WEEK 2 2 rissole patties (100g mince) with added zucchini/carrot, 2 slices multigrain bread/potato, 2 cups vegetables.</p> <p>WEEK 3 1 cup curried chicken/lamb, 1/2 cup lentils or kidney beans, 1 cup vegetables per person, 1 cup rice.</p> <p>WEEK 4 Free dinner.</p>	<p>WEEK 1 Spaghetti bolognese: 1 1/2 cups pasta, at least 1 cup mixed vegetables, 1/2 cup mince, glass water.</p> <p>WEEK 2 Grilled chicken breast and salad.</p> <p>WEEK 3 Free dinner.</p> <p>WEEK 4 Curried fish and vegetables: 220g white fish, 2 cups light vegetables, including onion, curry powder, garlic/ginger to taste/200ml evaporated skim milk/1 cup coconut essence, 1 to 1 1/2 cups brown/basmati rice.</p>	<p>WEEK 1 Palm size lean meat, 1 medium bowl mixed vegetables.</p> <p>WEEK 2 Stir-fry: 120g mixed stir-fry.</p> <p>WEEK 3 Stir-fry: 120g vegetables, 1/2 cup low-fat milk.</p> <p>WEEK 4 Tasty chicken, 1/2 cup fruit chutney, 1/2 cup low-fat milk. Bake in 180C oven for 15 minutes.</p>
Supper	<p>WEEK 1 3/4 cup tinned fruit or low-fat hot chocolate.</p> <p>WEEK 2 1 glass wine.</p> <p>WEEK 3 1 cup diet jelly.</p> <p>WEEK 4 1 piece fruit.</p>	<p>WEEK 1 Banana smoothie with 1 banana, 1/2 tub low-fat yoghurt, 200ml low-fat milk.</p> <p>WEEK 2 1 row chocolate/1 Freddo frog (25-30g).</p> <p>WEEK 3 1 cup jelly, 1/2 cup tinned fruit.</p> <p>WEEK 4 1 glass wine/mid or light beer.</p>	<p>WEEK 1 1 piece fruit, 1 cup water/diet cordial.</p> <p>WEEK 2 3/4 cup tinned fruit, 1 cup jelly.</p> <p>WEEK 3 2 glasses wine.</p> <p>WEEK 4 Any of above.</p>	<p>WEEK 1 2 scoops low-fat custard, 1 cup low-fat milk.</p> <p>WEEK 2 As above.</p> <p>WEEK 3 2 glasses wine.</p> <p>WEEK 4 Any of above.</p>

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How to use this meal planner

tip

Breakfast: 1 cup of tea or coffee and water is always included.

Morning and afternoon tea: Always includes a glass of water, diet cordial, coffee or tea.

Lunch: Always includes at least 1/2 to 1 cup of vegetables, with 1 glass of water or diet cordial.

Dinner: Always include at least 1 to 2 cups of vegetables. Meats must be palm-size. Portions are for one, so multiply out servings when cooking for more.

Supper: You may substitute three squares of chocolate for one glass of wine.

BROUGHT TO YOU BY:



• It is recommended you consult your doctor before starting this health program

Thursday	Friday	Saturday	Sunday
Wholegrain toast, 2 poached/boiled tomatoes/mushroom.	WEEK 1 2 slices wholegrain toast, 1/2-3/4 cup baked beans.	WEEK 1 2 pancakes topped with lemon juice and 1 tsp sugar.	WEEK 1 1 scrambled egg (no oil) with grilled mushrooms and tomatoes.
Wholegrain toast, scraping of butter.	WEEK 2 Banana milkshake: 1 banana, 1/2 tub low-fat yoghurt, 200ml low fat milk.	WEEK 2 Scrambled egg or omelette with 2 eggs, free vegetables such as tomato, mushrooms, spinach.	WEEK 2 2 slices multigrain/rye bread, 2 poached/boiled eggs, grilled mushrooms and tomatoes.
Multigrain/rye toast with 1/2 cup of nuts.	WEEK 3 Scrambled egg or omelette with 2 eggs, free vegetables such as tomato, mushrooms, spinach.	WEEK 3 2 slices wholegrain toast, 1/2-3/4 cup baked beans.	WEEK 3 As above.
	WEEK 4 Banana smoothie, 1 slice multigrain/rye bread with Vegemite.	WEEK 4 Same as Week 1.	WEEK 4 As above.
Wholemeal bread, 1 cup tea/coffee.	WEEK 1 2 wholemeal crackers with tomato, low-fat cheese.	WEEK 1 2 sweet plain biscuits.	WEEK 1 1 tub low-fat yoghurt
1/4 cup nuts.	WEEK 2 Low-fat muffin.	WEEK 2 1 tub low-fat yoghurt/Fruche.	WEEK 2 Cup of tea/coffee.
Yoghurt.	WEEK 3 1 tub low-fat yoghurt/Fruche.	WEEK 3 Skinny latte/cappuccino with biscotti.	WEEK 3 1 piece fruit.
	WEEK 4 2 low fat crackers with tomato and low-fat cheese.	WEEK 4 Handful nuts (1/4 cup).	WEEK 4 1 piece fruit.
Low-fat cheese sandwich, 1 cup vegetables, low-fat dressing.	WEEK 1 Free healthy lunch!	WEEK 1 Wholemeal vegetable sandwich, glass water.	WEEK 1 Free lunch.
Free soup, small roll.	WEEK 2 Ham and low-fat cheese grill on multigrain bread, 2 cups salad.	WEEK 2 Burger: rissole (see Tuesday night), salad, hommus and multigrain bread	WEEK 2 Multigrain lean roast chicken sandwich, 1/2-1 cup vegetables.
(4-bean mix, garlic, basil) salad, small tin tuna/salmon.	WEEK 3 Small tin of flavoured tuna, 1 cup of cooked pasta and vegetables.	WEEK 3 Chicken, cheese, tomato, onion toasted multigrain/rye sandwich, fruit.	WEEK 3 Leftover salad/meat with small tin tuna.
	WEEK 4 1/2 chicken breast/2 slices ham with 2 cups garden vegetables or Greek salad with low-fat dressing.	WEEK 4 Rye sandwich with low-fat cheese, avocado, lettuce, tomato, onion.	WEEK 4 97% fat-free soup, wholemeal roll.
Handful (small) nuts, water.	WEEK 1 1 piece fruit, glass of water/tea/coffee.	WEEK 1 1 piece fruit.	WEEK 1 Handful nuts, 1 piece fruit.
Yoghurt.	WEEK 2 1 piece fruit, 2 wholemeal crackers with low-fat cheese and tomato.	WEEK 2 1 piece fruit.	WEEK 2 1 tub low-fat yoghurt.
	WEEK 3 Low-fat muffin/scone with jam.	WEEK 3 1 piece fruit.	WEEK 3 Skinny latte/cappuccino with biscotti.
	WEEK 4 2 shredded wheatmeal/oatmeal biscuits.	WEEK 4 1 piece fruit.	WEEK 4 1 tub low-fat yoghurt.
Pork/kangaroo, baked potato, 1-2 cups vegetables.	WEEK 1 Palm-sized baked/grilled fish, 1 cup oven baked chips, 1-2 cups salad, low-fat dressing.	WEEK 1 Free dinner.	WEEK 1 Beef stir-fry: 100g beef strips/per person, 1-2 cup vegetables per person, 1 cup steamed rice or noodles, stir-fry sauce.
Lean red meat, 2 cups vegetables, glass of wine.	WEEK 2 Free dinner.	WEEK 2 120g baked/grilled salmon, 3/4 cup mashed sweet potato, free vegetables.	WEEK 2 Chicken stir-fry: 1/2 chicken breast, 1 cup mixed vegetables, 1 tbsp almonds, 1 cup brown/basmati rice.
Chicken, 1 1/2 cups beans, 1 cup rice.	WEEK 3 Chicken stir-fry - see Thursday, Week 3.	WEEK 3 BBQ: Small steak/1/2 sausage/1/2 chicken breast, grilled onion, 2 slices wholegrain bread, at least 2 cups salad.	WEEK 3 Spaghetti bolognese: See Wednesday, Week 1.
Chicken breast: Spread 1/2 tbsp butter on 1/2 chicken breast, top with grated low-fat cheese. Oven, serve with 2 cups salad.	WEEK 4 Free dinner.	WEEK 4 150g steak, 1 cup sweet potato (can be made into chips), 2 cups salad.	WEEK 4 150g steak, 2 cups side salad or vegetables, 1 small potato.
Low-fat ice cream or 1 cup water/herbal tea.	WEEK 1 2 glasses wine.	WEEK 1 2 scoops low-fat ice-cream, 1-2 kiwi fruit.	WEEK 1 1 piece fruit.
	WEEK 2 2 glasses wine or 1 row chocolate.	WEEK 2 As above.	WEEK 2 1 small chocolate (30g), 1 piece fruit.
	WEEK 3 1 cup sorbet or 2 scoops low-fat ice-cream.	WEEK 3 1 cup fruit salad, 2-3 glasses wine.	WEEK 3 1 small chocolate (30g), 1 piece fruit.
	WEEK 4 1/2 cup tinned fruit/ 3/4 cup custard.	WEEK 4 2 scoops low-fat ice-cream or 2 alcoholic drinks.	WEEK 4 As above.



BLOOD BROTHERS

This great local production of Willie Russell's musical has thrilled Cairns audiences. Don't be one of the few who don't watch it. **Last show tonight at Cairns Civic Theatre, ph: 4031 9555.**



TOO GOOD TO BE TRUE

Written, directed, produced and performed by residents of Cairns, this play is about Pixie and Christopher Skase. **Tonight and tomorrow night, 8pm, Clink Theatre, Mowbray St.**



STILL LIVES BY TOM RISLEY

A revelatory exhibition that exposes the artist's concepts and processes through the years. **At the KickArts Gallery.**



LOS PISTOLEROS

Tom Jones crossed with the Buena Vista Social Club crossed with the rumble in the jungle of rock - Los Pistoreros will be at Frogs Restaurant in Kuranda tomorrow afternoon.



7 DEADLY AUSTRALIAN SINS

Should you be sent to hell for being a vegetarian at a barbecue? Playwrights examine transgressions. **Last night tonight, JUTE Theatre, 8pm, ph: 4031 9555.**



no routine doesn't mean no discipline

There are no excuses for falling off the diet bandwagon while on holidays

When it is school holidays, more families are travelling and sometimes this can upset your routine.

Food and exercise are usually the only things not planned, but the benefits to your family's health can be huge!

When choosing accommodation, factor in food preparation facilities such as a microwave, a decent-sized fridge and, even better, self-contained kitchens. This can mean a big saving in kilojoules along with time and money.



Make sure you know what facilities are around your accommodation including supermarkets, food outlets and the closest places to exercise.

When you are travelling, whether it be driving or flying, drink plenty of water and make sure your snacks and meals are planned, rather than being reactive to hunger and the food

that is easily available. On holidays, excuses are easily the biggest speed bumps to weight loss.

Make sure when you do eat out that you are having plenty of vegetables and not relying on deep-fried food too much.

Fun activities that include exercise are a winner with the kids as well as your waistline! To do this you need to pack your shoes and exercise clothes.

Remember, no excuses.

Tara Diversi is with Health Management Dietetics, www.healthmanagement.com.au

Cairns Esplanade Fun Free Fitness Program

SEPTEMBER

SATURDAY: Meditation Sahaja Yoga 7.30am, aqua aerobics 8.30am, boxercise 10am

MONDAY: Pram-ersize 8am, walk/run circuit class 5.15pm

TUESDAY: Yoga 7am

OCTOBER-DECEMBER

MONDAY: Aqua aerobics 6.30am, walk/run circuit 5.15pm

TUESDAY: Yoga 6.30am

WEDNESDAY: Sarge's Army Boot Camp 5.30pm

THURSDAY: Pilates 6am,

Petanque 10am

FRIDAY: Aqua aerobics 6.30am, boot camp (circuit) 6.30am

SATURDAY: Sahaja Yoga Meditation 7.30am, aqua aerobics 8.30am, boxercise 10am



Whatever your inclination

With a Tilt Train getaway, your escape to Queensland's favourite holiday spots begins the moment you step aboard.

Take in the coastal scenery, converse with fellow travellers, grab a bite to eat, or simply sit back, relax and enjoy the experience of Australia's most innovative passenger train. Whatever your inclination, there's a great value Tilt Train fare and accommodation package ready to whisk you away.

Find out more by calling **1300 655 826** or see your local travel agent or QR Travel Centre.

