

GO BIGGEST LOSER! | shape up and slim down

WRITTEN BY SONDRA BARR • PHOTOGRAPHY BY CARL SCHULTZ

MONTH 2

HALFWAY THROUGH THE PROGRAM, OUR FOUR PARTICIPANTS ARE FEELING BETTER AND SHEDDING POUNDS AND INCHES.

BEING TRAINED BY
GIFFORD HEALTH INSTITUTE

BEING TRAINED BY
FOCUS ON FITNESS



Rachel Newcombe, 29
Stay-at-Home Mom
5'3"

STARTING WEIGHT: 154.8

MEASUREMENTS	Start	Month 2	CHANGE
Chest	36.50	33	3.5
Waist	35.00	29.75	5.25
Hips	42.00	38.75	3.25
Upper thigh	25.00	23.25	1.75
Calf	15.00	14.25	.75
Bicep	11.50	11	.50
Total Inches	165.00	150	
TOTAL INCHES LOST		15	



James Baum, 32
Network Analyst
6'4"

STARTING WEIGHT: 380

MEASUREMENTS	Start	Month 2	CHANGE
Chest	53.50	49	4.5
Waist	55.00	52	3
Hips	51.50	52.25	(.75)
Upper thigh	34.75	31	3.75
Calf	20.25	19.50	.75
Bicep	19.50	20	(.50)
Total Inches	234.50	223.75	
TOTAL INCHES LOST		10.75	



Phyllis Beatty, 47
Flight Attendant
5'4"

STARTING WEIGHT: 194

MEASUREMENTS	Start	Month 2	CHANGE
Chest	42.00	37.75	4.25
Waist	42.00	35.50	6.50
Hips	45.50	38.75	6.75
Upper thigh	25.50	22.25	3.25
Calf	16.25	14.25	2.00
Bicep	11.50	11	0.50
Total Inches	182.75	159.50	
TOTAL INCHES LOST		23.25	



Tiffany McCann, 33
Registered Nurse
5'11"

STARTING WEIGHT: 221

MEASUREMENTS	Start	Month 2	CHANGE
Chest	43.50	36	7.5
Waist	43.75	32	11.75
Hips	46.00	39	7
Upper thigh	28.00	23	5
Calf	16.50	15	1.50
Bicep	11.75	10.25	1.50
Total Inches	189.50	155.25	
TOTAL INCHES LOST		34.25	

ALAN GIFFORD'S APPROACH

Rachel and James are right on track. Our goal is to make permanent changes and when change occurs too rapidly there is a risk of regaining the weight when the program stops. We have 10 people participating in our "Biggest Loser" program. Most of them are making excellent progress and help motivate Rachel and James to improve. We've identified that two of our participants are hindered by a problem called "Metabolic Syndrome." This condition affects the way their body utilizes glucose, choosing to store it as fat rather than as glycogen in the muscles. Normal diet and exercise are not enough in a situation like this. As a result we've

altered their training program, modified their nutrition and are confident they will now see results after years of struggling. If this sounds like a problem you've struggled with, give us a call. We know how to help you succeed.

GIFFORD HEALTH INSTITUTE
(480) 588-0541
GIFFORDHEALTHINSTITUTE.COM

BRENDA BARK'S APPROACH

Tiffany and Phyllis again made excellent progress during the past month, as shown by measurements, photographs, and weight loss. After just two months, they are shopping for new clothes as Phyllis has lost four sizes and Tiffany has lost six sizes. For this entire competition, they are following the standard Focus on Fitness approach that I've used during my nine years in business as a personal trainer. My approach works and I can guarantee it. When my clients follow my program, they get results. During this last month, the intensity of their workouts has remained the same, but because they are

in much better shape, the actual workload has increased substantially which accelerates results. Tiffany and Phyllis continue to develop a healthy lifestyle through their exercise and by following the Focus on Fitness eating plan.

FOCUS ON FITNESS
(480) 699-3162
MYFOCUSONFITNESS.COM

