

GO BIGGEST LOSER! | shape up and slim down

MONTH 3

BEING TRAINED BY
GIFFORD HEALTH INSTITUTE



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

James Baum, 32
Network Analyst
6'4"

STARTING WEIGHT: 154.8

STARTING WEIGHT: 380

MEASUREMENTS	Start	Month 2	CHANGE
Chest	36.50	32.75	33.75
Waist	35.00	30.00	5.00
Hips	42.00	37.75	4.25
Upper thigh	25.00	23.00	2.00
Calf	15.00	14.25	.75
Bicep	11.50	10.75	.75
Total Inches	165.00	148.50	
TOTAL INCHES LOST		16.50	

MEASUREMENTS	Start	Month 2	CHANGE
Chest	53.50	49.50	4.00
Waist	55.00	51.00	4.00
Hips	51.50	49.50	2.00
Upper thigh	34.75	31.00	3.75
Calf	20.25	20.00	.25
Bicep	19.50	18.50	1.00
Total Inches	234.50	219.50	
TOTAL INCHES LOST		15	



ALAN GIFFORD'S APPROACH

This is the final month of our 2009 Biggest Loser program. With the holidays around the corner, let me ask you: How many times have you had your fitness plans ruined by the holidays? This year come learn how to maintain and even lose body fat during the holidays... and still enjoy delicious holiday food. Have you been following this contest and wondering if this will work for you? Well, now is the time to call. The research funding that has allowed us to offer you a no cost, Clinical Weight Loss program, ends Dec. 31. If you enroll

now there will be no expense. Come in and learn about our doctor directed, personal trainer supervised, exercise and nutrition program. Think of it as our Christmas present to you.

GIFFORD HEALTH INSTITUTE
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WITH ONLY A MONTH LEFT TO GO IN GO GILBERT! MAGAZINE'S BIGGEST LOSER PROGRAM, THE BODIES OF OUR FOUR CHALLENGERS ALREADY SHOW DEFINITE IMPROVEMENT. THROUGH TARGETED NUTRITIONAL PLANS, PERSONAL TRAINING, AND THE EXPERT ADVICE OF GIFFORD HEALTH INSTITUTE AND FOCUS ON FITNESS, THEY'RE TONING UP, SLIMMING DOWN, AND FEELING ENERGIZED.



Phyllis Beatty, 47
Flight Attendant
5'4"

Tiffany McCann, 33
Registered Nurse
5'11"

STARTING WEIGHT: 194

STARTING WEIGHT: 221

MEASUREMENTS	Start	Month 2	CHANGE
Chest	42.00	37.75	4.25
Waist	42.00	33.00	9.00
Hips	45.50	37.25	8.25
Upper thigh	25.50	21.00	4.25
Calf	16.25	14.25	2.00
Bicep	11.50	10.25	1.25
Total Inches	182.75	153.50	
TOTAL INCHES LOST		29.25	

MEASUREMENTS	Start	Month 2	CHANGE
Chest	43.50	34.50	9.00
Waist	43.75	29	14.75
Hips	46.00	37.50	8.50
Upper thigh	28.00	22.75	5.25
Calf	16.50	14.50	2.00
Bicep	11.75	9.50	2.25
Total Inches	189.50	147.75	
TOTAL INCHES LOST		41.75	

BRENDA BARK'S APPROACH

Because on the well-publicized successes with Tiffany and Phyllis, I have created a Biggest Loser Training Package. This package duplicates the entire four-month program that I am providing to Tiffany and Phyllis in this competition.

In Month 3, my training regimens were individually adjusted for Tiffany and Phyllis to accelerate their progress. The workload and intensity has remained high, as in months one and two, but as their bodies have responded to the first two months, I have adjusted and tailored their programs based on their individual fitness needs.

While I am proud of their results, I note that they are typical for three months of training at Focus on Fitness. For the last nine years I have built my reputation on getting fast results and changing people's lives with my methods of training.

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