

oxygen
magazine

Fit Fabulous

COMPETITION

The entries are in and the Fit and Fabulous countdown has begun! We have had some amazing entries this year from women of all ages and sizes; from the emotional to the hilarious.

Though a very difficult process, the Oxygen team have managed to select our six finalists who are featured on the following pages. These women have inspired us with their will-power, positive attitude and determination. Now we are leaving the final decision up to you. Yes, it is up to you to choose a winner! Vote for the woman who most inspires you to achieve your goals, and is worthy of the title. Good luck, everyone, and choose wisely!

Never too Late!

Name: Leanne Magraith

Age: 47

Hometown: Henley Beach, South Australia

Height: 170cm

Before Weight: 71kg

After Weight: 60kg

Centimetres lost: 39

It was Autumn 2007, I was about to face another winter of severe asthma/chest infections. At my worst I am on high dose steroid medication and a nebuliser every four hours for several weeks at a time. I am not technically overweight but I am not far off and gaining about a kilo every two months. I feel flabby and frumpy and lack confidence.

How I did it:

I eased my way into an intensive exercise program and made significant changes to my diet. After four months my body shape had drastically changed and I had made an overall improvement to my overall fitness. My resting heart rate went from 75 to 58 and my lung function improved by 22%.

How I feel now:

The experience had such a profound effect on me that I am now starting a business to help other women to transform their bodies and their lives. I believe it is never too late to change – ever!



1.



Taking Control

Name: Lynda Magann

Age: 41

Hometown: Beechwood, NSW

Height: 164cm

Before Weight: 65.5kg

After Weight: 59kg

Centimetres Lost: 27

I have mental illness (Bi-polar and Obsessive Compulsive Disorder). Unfortunately the medication I take causes weight gain and increased appetite. After losing a close friend to suicide my illness worsened and my medication had to be raised. I started to eat more – even though I exercised regularly my weight increased. After reaching 65.5kgs in August I decided to do a 12 week challenge.

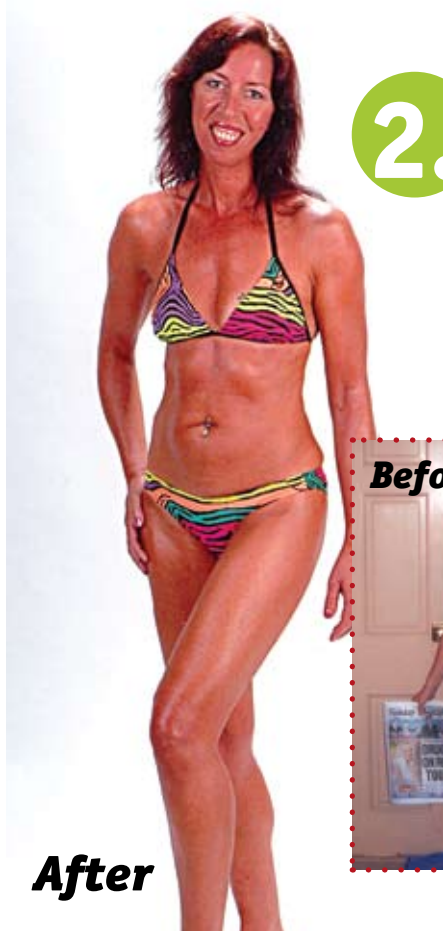
How I did it:

I began homeopathic treatment, alternative therapies

and decreased my medication. I re-started my exercise program and began to eat clean foods again. I stopped counting calories as it played havoc with my Obsessive Compulsive Disorder. I incorporated creative visualisation, positive affirmations and meditations into every day. I am learning to play the djembe (African drum) – it's great for the arms as well as a form of meditation. I do cardio that I enjoy and all my weight training is done at home.

How I feel now:

I am learning to be kind to myself. Yes, I have a hidden disability but I refuse to let it stop me from being a strong and healthy woman! I am the power in my world, I control my illness and best of all, I am happy.



2.



Only Just Begun

Name: Pia Juner
Age: 36
Hometown: Henley Brook, WA
Height: 164cm
Before Weight: 75kg
After Weight: 68kg
Centimetres Lost: 23

I was so sick of the way I looked - fat, frumpy and years older than I actually was! Always feeling tired and grumpy, I was desperate. So I took myself down to the local gym and presented myself... taadaa! Help me please!

How I did it:

Diet, exercise and mindset. All along through countless

weight loss programmes I just did as I was told because "that's what we do," but I just wasn't committed 100%. You have to first fix the inside (mind) before you can fix the outside (body). Once I was logged into my psyche it just happened!

How I feel now:

I have dropped two dress sizes and I can't believe I did it. I just concentrated on one meal, one workout at a time and eventually I got there. I won't be stopping here as I have other goals to achieve.



After

Lady in Red

Name: Kathy Ettem
Age: 32
Hometown: Roma, QLD
Height: 162cm
Before Weight: 97kg
After Weight: 68kg

I can not remember a time when I was not embarrassed about myself and how I looked. I was depressed all the time and had no energy. I found out I had PCOS (Polycystic Ovarian Syndrome) and was told that it was extremely difficult for people like me to lose weight and keep it off. I couldn't fall pregnant and was first put on tablets. When they didn't work, then I was injecting myself.

How I did it:

I finally cracked one day and realised that I was responsible for my own happiness and no

one else could give it to me. I decided to choose a happier life and visualised what it would be like to walk into a clothing store and try on anything I liked, particularly a sexy red dress that would make my husbands eyes pop. Living on a 20,000 acre property and 80km from the nearest gym I had to do it myself. I started out doing a lot of aerobics, then started to pick up a few weights after reading Oxygen magazines.

How I feel now:

I had no idea how much energy and love I could feel once that weight finally came off. Whilst going through the transformation I fell pregnant which was the most rewarding thing.



After

Motivated Mum

Name: Julie Banham
Age: 46
Hometown: Toronto, NSW
Height: 164 cm
Before Weight: 100.4kg
After Weight: 65kg
Centimetres Lost: 88

Depressed, unhappy, fat, unwell. Fairly apt words for someone who was in my body about five months ago. I had just looked down at the scales and saw three figures staring back at me-100kg!

How I did it:

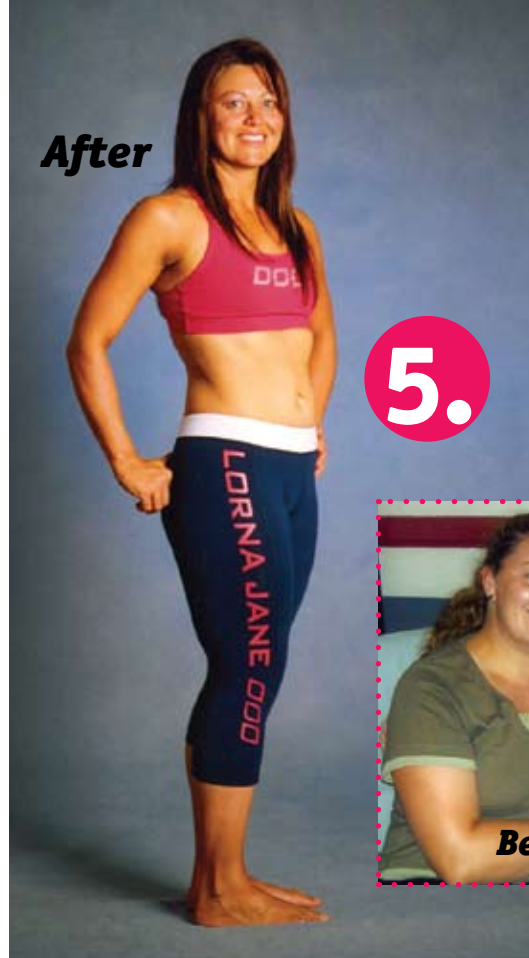
I started a diet that ripped quite a few kilos off rapidly, and came across the Oxygen Fit & Fabulous competition when I was 86kg. This was

the competition to keep me motivated. So I pushed harder thinking of new ways to exercise in my already busy routine. As I progressed further through the challenge exercising became easier and more exciting.

How I feel now:

I am now at 65kg and while I am close to half the woman I was in size, I feel like three times the woman that stepped on those scales in mind and health. My exceptionally active daughter now has a training partner instead of a couch partner. I can guarantee that nothing tastes as good as being trim and healthy feels.

After



5.



Before

Marathon Miracle

Name: Angela Berens
Age: 34
Hometown: Rochedale South, QLD
Height: 179cm
Before Weight: 90kg
After Weight: 67kg
Centimetres Lost: 60

In 2002, 34 weeks pregnant with my first child, I suffered a brain aneurism (stroke). I was in a coma for two weeks and had no recollection of being on life support or having a baby. I awoke to a lifeless body, unable to move or talk or breathe without medical assistance. Doctors had told my husband I may never walk again. The stroke rocked me to my core. I was overweight and in a wheelchair but, I still had self belief because in my mind I was the same capable and beautiful person.

How I did it:

Whilst learning how to walk again I decided to set myself an enormous goal; to run a full marathon. Other people can do amazing things, why not me! I finally had the direction and I was committed, excited and believed in myself. I could do this.

How I feel now:

I ran the Sydney marathon in four hours 20 minutes. Since then, I have become a mother for the second time, and I have transformed my body.

After



6.



Before



1.



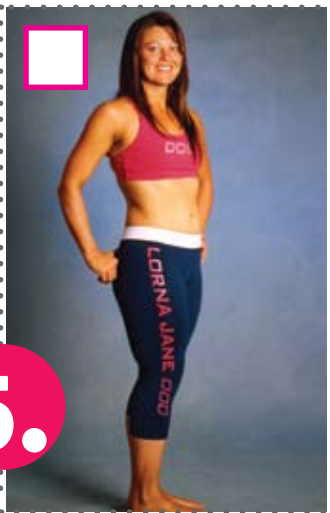
2.



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6.

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Vote & WIN

You could win a subscription to Oxygen magazine simply by voting for your favourite Fit & Fabulous entrant. Just tick one box above and mail it to: Oxygen Fit & Fab Comp, PO Box 41, Maylands WA 6931.
NOTE: One vote per entry form. Photocopied entry forms will not be accepted. Entry forms incorrectly filled out will be discarded.

Name:

Address:

State: Postcode:

Telephone: Email:

Entries close July 30, 2008.

Tick the box if you do not want to receive extra information from Oxygen magazine.