

Helen's Story

Name: Helen Pugh

Age: 28

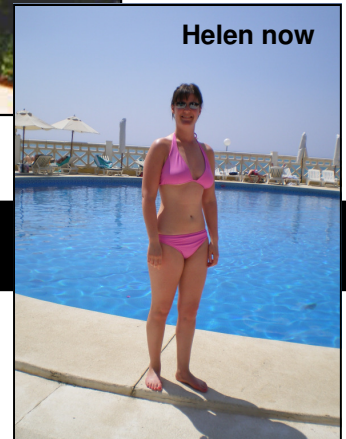
Achievements:

Dropped from 11 to 8 stone (3 dress sizes)

Increased fitness levels



Helen before her fitness regime



Helen now

"Helen Says"

"Joining a gym isn't always just about shedding the lbs. In my case it was essentially to try to increase my fitness levels—the weight loss I did achieve was an added bonus.

"As a teenager I suffered from Chondromalacia Patella which affects the knee cap. As a result, exercise was out for me. I then went to University and a lack of exercise combined with a student life meant I was piling on the pounds.

"After my degree, I realised that I needed to do something to get into shape before it was too late. So I joined Life in 2005 and haven't looked back since.

"Because of the problem with my knees, I started off with a low impact but high repetition weights programme and then as my fitness levels improved, I gradually moved on to the cv equipment.

"This gradual approach to exercise has helped with my knee problems as well as with sciatica caused by a back injury. The staff advised on stretching exercises which helped to speed up my recovery.

"I exercise at least four times a week at the gym and attend their kick box class once a week. I've also run three 5k races which a couple of years ago would have been impossible. I eat reasonably healthily and don't drink much alcohol—which has definitely made a difference. I've never felt fitter.

"What I liked about Life was that everyone was really friendly and understanding. They developed a programme to suit my medical condition and fitness goals and there is always an instructor on hand to give advice. They were also very proactive in altering my programme to help me gradually build up my fitness levels without making me feel pressurised or uncomfortable."

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Helen's Training Regime & Diet

Training Schedule:

20 minutes on the cross trainer
10 to 20 minutes on the treadmill
10 minutes on the bike
10 minutes on the rower

Kick boxing class once a week

Additional running if training for a 5k run

Typical Daily Diet:

Breakfast: cereal or toast
Lunch: chicken wrap or soup
Dinner: chicken casserole with lots of vegetables (no potatoes)

General diet:

- **Avoid carbs**
- **Little alcohol**
- **Some treats!**