PART 1

Whole-Life MAKEOVER

Liz Pappas and Dawn Burns couldn't be living more different lives: Liz is a stay-at-home mom in the suburbs, while Dawn is a single city-dweller with a busy career. What they have in common is a desire to make changes. And now they have the chance with *Canadian Living*'s yearlong Becel makeover.

BY YLVA VAN BUUREN

PHOTOGRAPHY BY NANCY FALCONI

FITNESS

MEET LIZ'S COACH

SARAH MULANER is the owner of Imagine Fitness, which provides personal fitness training in the Greater Toronto Area and throughout southern Ontario. She's a certified personal trainer and takes ongoing training with CanFitPro.

Mulaner says: "As Liz becomes more fit, we'll change the exercises, tools and environment to ensure that she continues to see results and stays motivated and excited about exercise."

LIZ'S FITNESS GOALS

- Lose 60 pounds and improve fitness
- Reduce and prevent back pain
- Get familiar with gym workouts and equipment, while strengthening the muscles around her injured knee
- Do resistance training, cardio work and stretch routines
- Work out four times a week for 60 minutes (once with trainer)
- Try a few in-home sessions

MEET DAWN'S COACH

JUSTIN WILLIAMS is a personal fitness trainer with Extreme Fitness with certifications in strength training and fat loss. He is also a certified exercise physiologist with the Canadian Society for Exercise Physiology.

Williams says: "Becoming more active outside of the gym – for example, walking up the stairs to her apartment instead of taking the elevator – will also help Dawn reach her goals."

DAWN'S FITNESS GOALS

- Lose 23 pounds
- Improve overall fitness
- Weight train three times a week
- Fit more cardio into her everyday life
- Meet with her trainer regularly
- Advance exercises every month

NUTRITION

MEET THE COACH

CARA ROSENBLOOM, RD, has a bachelor of applied science in food and nutrition from Ryerson University in Toronto. She is a member of Dietitians of Canada and sits on the technical advisory committee of the Heart and Stroke Foundation's Health Check Program. As president of Words to Eat By, she is featured regularly in the media.

Rosenbloom says: "Keeping a record of what she eats will help Liz acknowledge her eating habits and patterns – and become her own behavioural coach." Liz is also at risk for developing heart disease: it runs in her family, she does not exercise, smokes and has a history of high cholesterol (which is now under

PHOTOGRAPHY, GEOFF GEORGE (HEAD SHOTS)

control). "Being heart-healthy is about more than managing weight," adds Rosenbloom. "It's about an overall lifestyle that includes healthy eating, physical activity and managing stress.

"Dawn has poor eating habits. She makes meals out of chocolate bars and bags of chips, and her body is reacting to her poor health habits." And having a family history of heart disease and a personal history of high cholesterol, as well as getting little exercise, puts Dawn at risk of developing heart problems. The choices Dawn makes now can significantly decrease her risk of developing heart problems down the road, says Rosenbloom.

LIZ'S NUTRITION GOALS

- Lose weight and keep it off
- Keep a food and mood diary
- Learn more about nutrition
- Meet with her coach once a month
- Evaluate her progress regularly

DAWN'S NUTRITION GOALS

- Improve her overall diet and become more accountable for her eating
- Reduce gastroesophageal reflux disease (GERD) as well as lactose intolerance symptoms
- Start eating breakfast
- Stock up on healthy foods for healthier lunches and quick, nutritious dinners
- Learn more about food choices to alleviate heartburn and help lose weight
- Learn to cook easy, healthy meals
- Meet with her coach once a month
- Evaluate her progress regularly

A FAMILY DOCTOR WEIGHS IN

DR. VALERIE KUBAZKY, Liz's family doctor in Mississauga, Ont., shares her wisdom for Liz and Dawn – the good news is we can all benefit from her advice.

Even if you're a healthy weight, heart disease is still a risk if you smoke, have a poor diet or have high cholesterol.

- Healthy weight loss is one to two pounds a week in general. Discuss your body mass index and your weight-loss goals with your physician.
- Stay positive by getting adequate rest and exercise, and eating healthy foods. Women should focus specifically on getting enough calcium, vitamin D and magnesium for bone health, as well as enough iron.
- Smokers should butt out to reduce their risk of heart disease and cancer, improve energy and reduce all the other risks associated with smoking.
- Success is often more likely when a multidisciplinary team (doctor, nurse, dietitian, fitness coach and sometimes psychologist) is constantly working with you to help you achieve all of your goals.

GETTING TO KNOW LIZ PAPPAS

A few years ago, while in a celebratory mood, Liz threw out all of her "fat clothes." She had lost 85 pounds (dropping from 250 to 165 pounds) by exercising regularly and watching what she ate, and she was confident that she'd finally won her weight battle. But in late 2008, the married mom of two teen girls from Mississauga, Ont., says, her right knee started to act up. She ignored the pain at first and kept working out – she loved spinning and kickboxing. When Liz saw a specialist in January 2009, she was diagnosed with a torn meniscus (a common knee injury that causes pain in the joint) and advised to stop exercising for three months. Without exercise, Liz's willpower crumbled. "By the end of the summer, I was 220 pounds."

AT A GLANCE

Age: 43
Occupation: Homemaker
Pastimes: Cooking and dinner with friends
Health hotspots: Weight, fatigue, knee injury, osteoarthritis of the spine, smoking cigarettes (half a pack of cigarettes a day)
Fitness regimen: Nothing
Favourite foods: Bread and other carbs
Struggles with: Portion control
Liz says: "When I was young, 'fat' to my mother meant 'healthy,' and there was no stopping me – I didn't have one doughnut, I had three or four. To this day, I may be full, but I keep eating."

STATS

Resting blood pressure: **120/60**
Resting heart rate: **60 beats per minute**
Current body weight: **222 lbs**
Height: **5' 7"**
Total body fat: **36.5 per cent**
Body mass index: **35**

MEASUREMENTS

Arms:	**15½" R**	**15¼" L**
Chest:		**46¾"**
Waist:		**40"**
Hips:		**45½"**
Dress size:		**16**

Heart and blood vessel disease accounts for more than 40 per cent of all female deaths in Canada.

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Join our free online six-week boot camp and get fit – you could even win fabulous prizes.
www.canadianliving.com/february

Cholesterol Check

Keeping blood cholesterol under control is a key factor in reducing the risk of heart disease and stroke. Studies have shown that a one-unit reduction in blood cholesterol levels can reduce coronary heart disease risk by as much as 25 per cent.

GETTING TO KNOW DAWN BURNS

Dawn is living the dream of many young women – she's single with a great job and her own apartment in Toronto. She keeps up with fashion, and loves music and poetry. Friends and family are important too. But when filling out a profile to join an online dating website, Dawn says, "I had to admit I'm not very athletic and don't have great eating habits. I wasn't sure that was the type of person I wanted to be – so I didn't join." Other red flags also signalled a need for lifestyle changes. Dawn was recently diagnosed with GERD, which is heartburn-related. And while she loves her curves, she'd like to lose some weight. "Mostly I want to have more energy and be healthier in general."

AT A GLANCE

Age: 30
Health hotspots: GERD, lactose intolerance, out of shape
Occupation: Advertising coordinator
Pastimes: Shopping, social networking, writing a blog, photography
Fitness regimen: Walking (a bit)
Favourite foods: Fast food; junk food, such as chocolate and chips
Struggles with: Managing stress, low energy level
Dawn says: "I take pride in how I dress and accessorize, and it doesn't make sense to put icing on the outside and not take care of what's on the inside."

STATS

Resting blood pressure: **135/80**
Resting heart rate: **78 beats per minute**
Current body weight: **190 lbs**
Height: **5' 9"**
Total body fat: **36 per cent**
Body mass index: **28**

MEASUREMENTS

Arms:	**12½"**
Chest:	**38"**
Waist:	**34"**
Hips:	**45½"**
Dress size:	**14**

Lifestyle changes can reduce your risk of heart-related problems by as much as 80 per cent.

Wear One, Share Two, WIN ALL THREE!

Win one of 50 sets of three scarves from the limited-edition Heart Truth Signature Scarf Series from Becel. Keep one and pass the other two along to your sister, daughter or best friend, and wear them proudly to show that you love your hearts. To enter, send your heart-health tip to behearthealthy@canadianliving.com; please put "Be Heart-Healthy" in the subject line.

Whole-Life MAKEOVER

Month 2

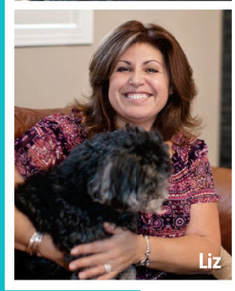
In our February 2010 issue, Dawn Burns and Liz Pappas embarked on a yearlong makeover. We asked them, "What was it like getting started on a new, healthier lifestyle?" Here's what they had to say.

DAWN: Going to the gym the first time was both exciting and daunting, says Dawn. "The trainer was nice, but really tough, and after the first session I was short of breath," she says. "I'm hoping that the more I go, the more comfortable I will feel about working out. Also, my doctor prescribed a Ventolin inhaler, which I'll carry with me to the gym." (Exercise can trigger shortness of breath associated with asthma.)

LIZ: One of Liz's habits is snacking on leftovers in the evening, and breaking that is going to be a big challenge, she says. One simple strategy she uses is to put the kettle on. "If the urge is bad, I'll have a cup of tea. It'll take a few weeks to get used to doing this, I'm sure...and unfortunately there will be a few nights of going to bed a wee bit hungry, too."

– Ylva Van Buuren

Dawn


Liz

PHOTOGRAPHY: COURTESY OF LAURIE BETITO (TOP); NANCY FALCONI

LIZ

DAWN

HEALTHY MAKEOVER: MONTH 3

It's month three of the Becel Makeover, and Liz Pappas and Dawn Burns are working out regularly and making healthier food choices.

- Liz now checks the calorie count on the Nutrition Facts tables on prepared foods. She used to focus on fat, but tracking calories is actually more important for weight control. Nutrition coach Cara Rosenbloom explains: "If you eat too much food and take in too many calories, you'll gain weight. It doesn't matter if those calories come from fat, carbohydrates or protein." Healthy fats are important to your diet, so don't cut them out completely.
- Dawn's focus has been on eating healthier foods. Her shopping list now includes fruit, as well as whole grain wraps and frozen prepared chicken for easy, nutritious dinners. She's eating breakfast more often (whole wheat toast with peanut butter and sliced bananas), and when she craves something sweet after a meal, she has applesauce.

– Ylva Van Buuren

LIZ

DAWN

WHOLE-LIFE MAKEOVER: MONTH 4

It's month four of the yearlong Becel Makeover, and Liz Pappas and Dawn Burns are sticking to their programs with a little help from their friends, family and coworkers.

- Liz's family is cheering her on by enjoying the lower fat, healthier meals she prepares. She's including more veggies and nutritious grains, such as brown rice and quinoa, in her diet. "Most of the time they're pretty good about eating my choices," she adds.
- Dawn finds it helpful to talk to friends who also work out, and says it feels great that two of her younger sisters have recently joined a gym. Comments from coworkers about how good she looks are also great motivation to stay on track. "Especially when I don't want to go to the gym that day or when there are tempting goodies left in the kitchen at work," says Dawn.

– Ylva Van Buuren

PHOTOGRAPHY: GEOFF GEORGE (YOGURT); GEOFFREY ROSS (BOOK); NANCY FALCONI