

WHOLE-LIFE Makeover Finale

Dawn Burns and Liz Pappas have crossed the finish line of their marathon makeover.

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OVERVIEW

Liz Pappas, 45, a busy wife and mother of two in a suburb west of Toronto, and Dawn Burns, 31, a single career-minded woman in Toronto, began a 10-month Whole-Life Makeover with *Canadian Living* in the February issue.

Liz had a goal to lose 60 pounds – and a history of weight struggles. She had exercised away 85 pounds four years earlier, but gained a lot of the weight back when a knee injury sidelined her. Liz planned to get back to the gym (spinning classes and the elliptical machine), and *Canadian Living* also teamed her up with personal fitness trainer Sarah Mulaner (who scheduled biweekly

muscle-conditioning sessions) and registered dietitian Cara Rosenbloom (who offered healthy eating tips). But life – the nagging knee injury, a new back problem and less time than ever – kept getting in the way. With the finish line in sight, she lowered her expectations and weight-loss goal and found success! Her final weight: 195 pounds (a loss of 27 pounds).

Two years ago, Dawn Burns weighed 215 pounds, didn't exercise and had poor eating habits. She loved her life (working at a publishing company and living downtown), but was concerned about a recent diagnosis of gastroesophageal reflux disease (GERD) and out-of-control lactose intolerance. When going off the birth control pill resulted in a 25-pound weight loss, a newly single Dawn decided it was the perfect time to tackle her health issues. *Canadian Living* sent her to Extreme Fitness, where trainer Justin Williams provided a three-times-a-week muscle-conditioning program. He also recommended she start fun physical activities such as walking, cycling and fitness classes that appealed to her. Rosenbloom provided lots of healthy eating advice, and even took Dawn on a grocery store tour. The result: Dawn improved her health and lifestyle habits, and reached her goal weight of 167 pounds well before the end of the makeover. »

BEFORE



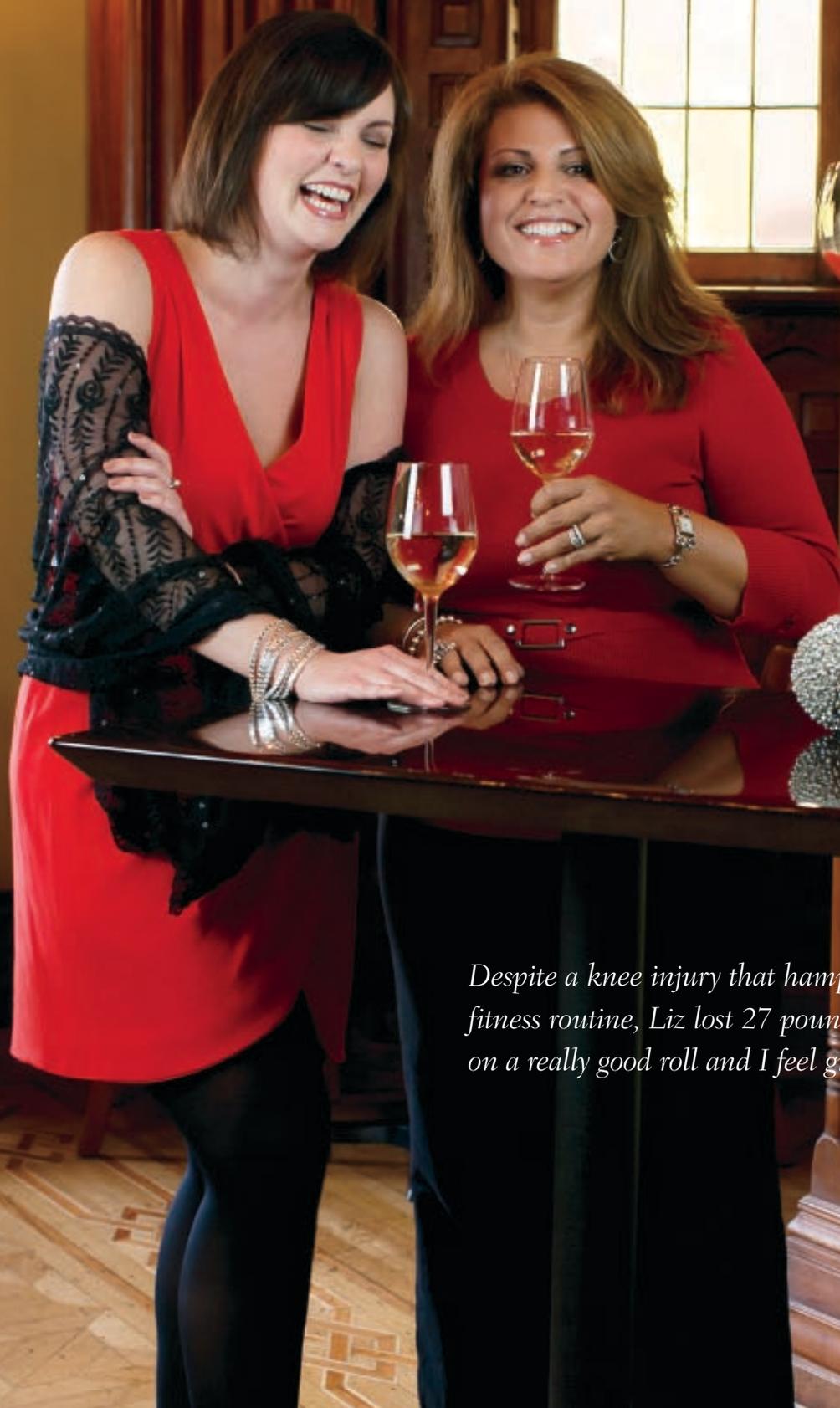
LIZ

DAWN

FIND OUT MORE

Looking for some motivation to stay fit yourself? Go to canadianliving.com/december for tips on how to stay on top of your weight-loss plan.

Dawn is stronger and making healthy eating choices is now second nature to her. "This is what I always imagined myself to be."



Despite a knee injury that hampered her fitness routine, Liz lost 27 pounds. "I'm on a really good roll and I feel great."



LIZ PAPPAS
THE YEAR IN REVIEW

Liz had a challenging year. While she lost weight, “I couldn’t work out as consistently or as intensely as I wanted.” She also admits: “Even though I’m eating healthy food (I love Mediterranean-style cooking), I’m eating too much of it. At the same time, I’m coming to terms with my body. Maybe I’m meant to be a size 14 – and I’m OK with that. I’m on a really good roll and I feel great.”

HEALTHY CHANGES

- Drinking green tea at night helps take Liz’s hunger away.
- She snacks on oranges and other fruit more often.
- A rice cake can satisfy her carb cravings.
- Salads taste just as good with less dressing – she uses one-quarter of the oil-and-vinegar dressing that she used to.
- Whole grain bread tastes as good as white – and is more filling and better for you.

MOTIVATING ADVICE

- Put a picture of your smaller self on the fridge.
- Get enough sleep. “It’s harder to stick to workout goals if you’re tired.”
- Target one bad habit. (Liz gave up after-dinner snacking.)
- Don’t tempt yourself. “I have a weak spot for the hazelnut spread Nutella. If that comes in the house, I will eat it all. So I don’t buy it now.”
- Be aware of learned behaviour and try to change it. “As a child, I was encouraged to eat...no one ever stopped me.”

THE FITNESS TRAINER WEIGHS IN

“Liz’s body fought her with injuries,” says Sarah Mulaner. “But she still lost 27 pounds – and that’s great.”

RECOMMENDATIONS: Work out three or four times a week (a

combination of muscle conditioning and aerobic exercise), but be gentler on your body. Take shorter (30-minute) spinning classes, and stay motivated with popular classes such as a low-impact boot camp or a muscle-conditioning class that uses kettle bells.

REMEMBER: Just because you exercise doesn’t mean you can eat whatever you want. Balance is the key for weight loss and maintenance, says Mulaner.

THE REGISTERED DIETITIAN WEIGHS IN

“Liz may not have met all of her initial dietary goals, but she now has the tools to do so,” says Cara Rosenbloom. “Liz is thinking healthier and trying to make better food choices.”

RECOMMENDATIONS: Liz admits she sometimes eats too much at meals. Rosenbloom offers these tips to help her with portion control.

- Keep serving platters off the table.
- Use a smaller-size salad plate for your meal, instead of a dinner plate. Studies show your mind still registers that you’re eating a full plate of food and you’ll feel full.
- If you’re still hungry, wait for 20 minutes before you go back for seconds. That gives your mind time to register whether or not your stomach is full. If your stomach is growling after 20 minutes, you need another portion.

REMEMBER: “If your current diet plan is not working, talk to your health-care professional and figure out if it’s the diet, exercise or mind-set that’s not working,” says Rosenbloom.

THE DOCTOR WEIGHS IN

“Liz has had a few health issues to deal with, but she is in a good place with regard to her success – and that’s important,” says Dr. Valerie Kubazky, a family physician in Toronto. While Liz still needs to lower her BMI, continuing with all of the lifestyle changes she has made will help. “Liz is working out, her blood pressure is fine and she’s content being a size 14. That’s all good!” »

LIZ PAPPAS

	MONTH 1	MONTH 4	MONTH 7	MONTH 10
Height:	5’7”			
Weight:	222 lbs	213 lbs	205 lbs	195 lbs
Resting BP:	120/60	108/60	104/60	120/82
Resting HR:	60 bpm	60 bpm	56 bpm	70 bpm
Total body fat:	36.5%	35.5%	34.5%	32.5%
Body mass index:	35	34	33	30

MEASUREMENTS (inches):

Dress size:	16	16	16	14
Arms:	15½ R, 15¼ L	14½, 14¼	14¾, 14¾	13¾, 13¼
Chest:	46¾	44½	44½	42½
Waist:	40	37	35½	35
Hips:	45½	44½	44	44½



**DAWN BURNS
THE YEAR IN REVIEW**

Dawn surpassed her weight goal and is in a maintenance phase, enjoying regular exercise (cycling, walking and different fitness classes) and healthy, balanced eating. “This is what I always imagined myself to be,” she says.

HEALTHY CHANGES

- Dawn eats breakfast now, and it gives her energy.
- Cutting out spicy and greasy food and carbonated pop eliminated her GERD.
- Applesauce and almonds are as tasty as pop and a bag of chips – and still provide taste and crunch.
- Her favourite takeout is now a sub sandwich on whole wheat bread with turkey, tons of vegetables and mustard.
- A salad with a burger is just as satisfying as fries with a burger.

MOTIVATING ADVICE

- A little taste is as good as the whole thing. “I had just two bites of my birthday cake!”
- Downplay your trouble area (for Dawn, her legs) by dressing well for your body shape. Dawn highlights her height and her slim waist.
- Share your fitness goals. Everyone in Dawn’s life knew about the makeover and asked about it, and that helped keep her accountable to her goals.
- Reward yourself – Dawn is taking a trip to New York.

**THE FITNESS TRAINER
WEIGHS IN**

“Dawn is confident in the gym and enjoys exercising,” says trainer Justin Williams. “And she’s strong: She went from doing 15 basic squats without any weights to acing three squats with a 90-pound barbell on her back!”

RECOMMENDATIONS: Enjoy regular physical activity and continue with

twice-a-week muscle-conditioning workouts to keep strong for those activities.

REMEMBER: “Don’t ever let fitness stop being a habit. Even if you don’t feel like it, go to the gym. Take fitness on vacation, too.”

**THE REGISTERED
DIETITIAN WEIGHS IN**

While Dawn still eats out a lot and buys prepared frozen meals, she makes the best choices she can, says Rosenbloom. “And Dawn is likely to maintain these changes because she doesn’t think about it anymore, she just does it.”

RECOMMENDATIONS: Supplement her diet with calcium and vitamin D, try to cook more at home and take a cooking class.

Rosenbloom also offers these tips for when Dawn craves fast food.

- Order pizza with whole grain crust and lots of vegetables. Ask for a side salad.
- Try whole grains (brown rice, buckwheat soba noodles), lots of vegetable dishes, and lean chicken and beef dishes.
- Ask for salty sauces, such as soy-based sauce, on the side, or request half the sauce.

REMEMBER: “With a healthy, balanced diet, there is always room for indulgences.”

THE DOCTOR WEIGHS IN

Psychologically, Dawn is in great spirits, having achieved her makeover goals, says Dr. J. Massad, Dawn’s family doctor in Toronto. Her BMI is in a healthy range, which means her risk for different diseases is low, and her blood pressure is normal, which is important because she has a family history of hypertension. Other good signs: Dawn’s HDL (good cholesterol) has increased and her fasting sugars have decreased.

“As long as Dawn can continue exercising regularly and making healthy food choices, she’ll stay in great shape!” ■

DAWN BURNS

	MONTH 1	MONTH 4	MONTH 7	MONTH 10
Height:	5'9"			
Weight:	190 lbs	177 lbs	167 lbs	165 lbs
Resting BP:	135/80	128/68	120/80	120/70
Resting HR:	78 bpm	75 bpm	70 bpm	70 bpm
Total body fat:	36%	26.6%	25.3%	23.7%
Body mass index:	28	26	25	24.4

MEASUREMENTS (inches):

Dress size:	14	12	10 to 12	10
Arms:	12½ R, 12½ L	12¾, 12¾	12½, 12½	12, 12
Chest:	38	37½	37	36
Waist:	34	29½	29	28
Hips:	45½	44¾	44	43