

# MS Lifestyle

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Tomorrow:  
Highlights of L'Oreal  
Fashion Week in T.O.



## Renew that resolution

It's time to rid yourself of that holiday and winter weight gain

JOANNE RICHARD  
Toronto Sun

**HIBERNATION'S** over—and just look what's crawling off the couch!

Sun deprived, out of shape, out of energy and 15 pounds heavier—sound like anyone you know?

Well, if you've been cocooning in your stretchy sweats all winter and now can't get into your jeans, you're not alone.

According to the experts, you can hide the truth when it comes to sweats, but there's no stretching it when it comes to jeans. "Sweats are the worst—they hide pounds and with the elastic waists, people aren't even aware they're putting on weight," says nutritional consultant Natalie Bean-Sole.

And they've sure packed it on: "It's been a cold, miserable winter and people were lazy, unmotivated, deprived of sunlight and on the couch living in their sweats," says Bean-Sole, who runs Nutrition Forever Inc., a Concord weight loss and healthy lifestyle centre.

### Annual influx

She is now seeing the annual influx of clients looking to resurrect discarded New Year's resolutions—and panicking as bathing suit season looms near.

Twelve to 15 pounds is the average weight gain over the winter, says fitness expert Barrie Shepley, adding that it all starts in December, with five to eight pounds extra by January 1, which then expands to 12 to 15 pounds by May 1.

Add to that sitting in a car, your office chair and your living room couch and in-



juries are just a stretch or step away by way of shortened hamstrings and tight back muscles. "By spring, trying to play tennis, golf, soccer or baseball is usually a recipe for disaster."

According to Shepley, a high performance coach and owner of Personal Best Health & Performance, March and early April is a delicate time in the health of Canadians. "A good portion of the population have been inactive and inside for months. Extra weight from a winter of overeating and under-exercising leaves bodies vulnerable to injury."

### Prepare for activities

The first warm days of April and May bring an army of people outside, overextending themselves and often becoming injured: "Softball players running too fast or throwing too many balls. Golfers swinging the club 95 to 120 times in their first few rounds. Soccer players with tight hamstrings sprinting after loose balls," he says. "Before you know it, many people have over-extended themselves and are injured before the first day of summer appears."

Get on the ball and spring into spring now in a healthy and effective manner. Shepley, a former Olympic coach, advises that for the next six weeks, people should start to prepare for spring/summer activities—doing stretching, resistance training, easy power-walking, jogging, etc.

Shepley advises getting out 10 times over the next four to six weeks, doing small 15 to 20 minute series of exercises and stretches to build up muscular strength and reduce chances of injury. Check out his stretches and movements at [personalbest.ca](http://personalbest.ca).

■ NATALIE BEAN-SOLE runs Nutrition Forever Inc., a weight-loss centre.

## Consultant speaks from the heart

NATALIE BEAN-SOLE practices what she preaches. The nutrition consultant not only eats healthy, but works out too.

"You have to eat to lose, and also be physically active," says Bean-Sole, who works out daily before going to her job as president of Nutrition Forever. She has even run the Toronto marathon.

Good nutrition is essential to health, stresses Bean-Sole, but the disturbing fact remains that growing numbers of people are inadequately nourished, out of shape and overweight. Half of all Canadians are

overweight or obese, including 37% of children.

Bean-Sole is well aware of the pain of being overweight. She was once 70 pounds overweight and totally out of shape, but today she epitomizes health and fitness and helps others deal with weighty issues.

Bean-Sole, 31, offers one-on-one consulting to help clients lose weight safely and develop healthy eating and exercise habits, whether at home or attending school miles away. "I've had to work at it and I show them how to do that in a healthy way.

"It's horrible being overweight. You feel like the whole world is looking at you and judging you," says Bean-Sole, who once found comfort in binge eating. "The weight battered my self confidence."

Today she overflows with confidence, good advice and empathy. Her clients range from age 7 to 93, and she counsels many teens: "I tell them my story and that I was one of them. I know what head-space they're in," says Bean-Sole, who has kept off the 70 pounds for 10 years through proper eating and exercise.

"My plan is not a diet—it's a life-

style." Bean-Sole's lifestyle plan even includes individual menus designed around specific needs and shopping lists to help organize weekly grocery shopping.

Bean-Sole admits some clients come in with unrealistic goals. "Many people think that if you're thin, life is perfect and that the grass is always greener on the other side. But they soon find out that being fit is what brings health and happiness—not wearing a size 2." Visit [nutritionforeverinc.com](http://nutritionforeverinc.com) or call 905-707-8995.

—Joanne Richard

## Unveil a leaner you in just two months

DOES the mere thought of bathing suit season send chills down your spine?

Well, according to Barrie Shepley, there's still hope! "A healthy goal is to lose one to two pounds per week. People may see significantly larger weight losses on low-carb diets and other diet systems, but two things happen—it's not long-term, and also, they may be a lower body weight, but they have no muscle tone and hence don't look good or feel good in their bathing suits anyway."

He says that in eight weeks you could be 10-15 pounds lighter with more toned muscles if you do it as a combination of exercise and caloric monitoring.