

Legging it

A wedding got this woman moving

Ella Legg was living "the good life", attending loads of parties for her job as a magazine and online editor.

Sure, it was fun, but the drinking, canapé-eating and long hours added pudge to Legg's small frame.

"I loved wine too much and ate high-fat foods too often," she says.

Legg never got huge, but 10 superfluous kilos made her feel unfeminine. "I rarely wore dresses because I felt I looked crap in them," she says. But it was a particular white dress that inspired Ella to slim down – six months before committing to each other for life, Legg and her fiancé Adrian pledged to get in shape for their wedding.

Gaining vision

Legg was a regular gym-goer but needed more direction. "I'd been going for a couple of years, but I learnt next to nothing about losing weight," she admits. "The gym didn't offer a nutrition strategy, which was my biggest area of weakness." So the couple joined a Vision Personal Training program. Vision gave Legg a food diary and nutrition software, so she could track everything she ate, and she started attending one cardio and one strength-training session per week.

Here comes the bride

Legg's gym is seven kilometres from her home, so she began cycling there and back. She also started running. All that training and food-tracking paid off – within six months, Legg was able to show off her slim 51kg figure in her wedding dress.

Now Legg has ditched the good life for a better life: "I have so much more energy," she says. "I'm happier, more positive, more focused. I can motivate other people. I can fit more into my day. I can wear anything I like – and I found out I'm a fan of dresses!"

VITAL STATS

Name
Ella Legg

Age
35

Lives
Earlwood, NSW

Job
Communications freelancer

Height
155cm

Weight now
50kg

Weight before
61.7kg



"I can wear anything I like!"

Ella's tips

Buy a set of food scales "Weigh your portions so you know exactly how much you're eating. Initially this was a drag, but now it's part of my routine." **Exercise in the morning** "Get it out of the way early."

Track your food "If you ever notice you're putting weight back on, keeping a food journal will help you see where you're going off-track."

Take a load off

with Angela Buntic



Q+A

What's your opinion on hypnosis for weight loss?

SA, Gold Coast, Qld Hypnotherapy is a tool that can be used to change behaviour and modify habits. If successful, it could improve your eating habits and exercise regime, both key factors in weight loss. Although there is limited scientific evidence behind alternative therapies, some people find them worthwhile. When choosing a hypnotherapist, ask your family and friends – a referral is a great way to know if a therapist is reputable. Be sure to choose one who's a member of a recognised association, such as the Australian Hypnotherapists' Association (ahahypnotherapy.org.au).

I love wonton noodle soup. Is it bad for weight loss?

LK, Bulimba, Qld

Depending on how wonton noodle soup is prepared, it can be a healthy choice. If you're eating out, avoid the crispy wontons – instead, opt for soft wontons in a clear broth with lots of vegetables. Also, chicken or prawn wontons are lower in fat than pork or duck ones. Alternatively, you could cook wonton soup at home using lean chicken mince, salt-reduced stock and salt-reduced soy sauce. And make it with stacks of fresh vegetables to fill you up – try bok choy, carrots, baby corn and shallots. So good.



FROM HEAVY TO HEALTHY

April 2009
61.7kg
At her heaviest

May 2009
57.8kg
Legg lost weight fastest when she first started training

July 2009
53.4kg
Getting into running helped Legg continue to drop kilos

October 2009
51kg
Looking good in her wedding dress

March 2010
50kg
Legg's weight stabilised

Angela Buntic is a dietitian with a Masters in Nutrition and Dietetics who specialises in treating obesity, PCOS and diabetes. To ask her a question, go to yahoo7.com.au/womenshealth and include your initials, suburb and state.*