

SUNDAY

Active
LAUNCESTON

The Sunday Examiner

active attack

Move more, live more!

- 6 weeks
- 2 participants
- Motivation
- Determination

and lots of grunt!



I'll try anything but I am no good at running.
Even when I played cricket there was no such thing
as a quick single for me!

Tony Benneworth, Local Business Identity



I am getting married in January. I have picked the
dress and it would be nice to fit into it!

Lou Clark, Chamber of Commerce



Follow Louise Clark and
Tony Benneworth's journey.

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IN YOUR SUNDAY EXAMINER

www.activelaunceston.com

ACTIVE ATTACK HEALTH PROGRAM



Simon Dornauf, Tony Benneworth, Cecilia Shing and Lou Clark at the exercise bikes.

Pictures: PAUL SCAMBLER



Tony and Simon discuss Tony's exercise regime.

Lou Clark motivated by wedding dress,
Tony Benneworth motivated by weight loss

Two limber up for sake of fitness

By FRAN VOSS

TWO Launceston identities have put their bodies on the line in the interest of community health.

Chamber of Commerce executive officer Lou Clark and local businessman Tony Benneworth have signed up to The Sunday Examiner/Active Launceston programme, Active Attack.

They hope their participation will not only improve their own health and fitness but inspire others to adopt a healthier lifestyle.

Over the next six weeks they will participate in an individual fitness programme designed for them by their coaches, final year University of Tasmania health science students Sharon King (for Lou Clark) and Simon Dornauf (for Tony Benneworth).

In both Lou's and Tony's cases, the commitment is the result of a catalyst in their lives.

Lou, 42, is getting married in January to barrister Michael Brett and she wants to fit into the wedding dress she's picked out.

Her goal is to lose up to 5kg in weight but she is also keen to reestablish a regular daily exercise routine.

"Since I've started at the

Chamber of Commerce it's been fairly full-on. I've always exercised but it's dropped off a bit and I'm going to a lot of functions and lunches," she said.

Lou wants her exercise to be fun, which means no running as far as she's concerned. She'd like to try pilates, yoga and dancing.

Tony, 57, a former State cricketer, is under instructions from his doctor to lose at least 20kg in weight.

"I'm a Type 2 diabetic and it's going the wrong way. It's weight control at this stage and the next step was tablets and needles and I don't want to do that."

"I thought this was the best way to do it because I probably wouldn't have the motivation otherwise." He says he'll try anything except running or activities involving heights.

"I've never been a runner, even then there was no such thing as a quick single for me," he said.

Tony is prepared to give up beer and drink more red wine.

Two weeks ago, the pair subjected themselves to rigorous medical and fitness assessments at the University of Tasmania, carried out by their personal coaches Sharon and Simon.

According to her assessment,



Lou is advised by Cecilia Shing on her fitness levels.

Lou needs to improve abdominal strength, overall cardiovascular fitness, cholesterol level, and body mass percentage.

But her flexibility, bone density and blood glucose levels were in the excellent/above average range.

Tony needs improvement in overall cardiovascular fitness, abdominal strength, fat percentage and body mass. His flexibility level was in the normal range.

Sharon and Simon have pre-

pared individual fitness regimens and the hard work for Lou and Tony starts today. The Sunday Examiner will follow their progress week by week for six weeks.

They will then undergo another assessment to determine if they've met their goals.

● Active Attack is an initiative of Active Launceston.

Active Launceston project coordinator Lucy Marshall said the aim of the community-driven

PROFILES

LOU CLARK, 42

- Educated at Scotch Oakburn College, graduated in Law from the University of Tasmania.
- Completed law apprenticeship with Clarke & Gee.
- Went on to a career in the media at 7LA, Tas TV (later WIN).

● 2008, executive officer Launceston Chamber of Commerce.

SHARON KING, 35

- From Launceston.
- Third (final) year Bachelor of Health Science student, University of Tasmania in Launceston.
- Future direction: dietetics and nutrition, personal trainer.
- Has applied for post-doctorate studies.

TONY BENNEWORTH, 57

- Educated at St Patrick's College.
- Former journalist.
- State cricketer, member of the 1979 winning Gillette Cup team.
- Bass Liberal MHA 1996 to 1998.
- Married with two children.

SIMON DORNAUF, 22

- From Launceston.
- Third year bachelor of health studies student, University of Tasmania, Launceston.
- Future direction: exercise physiology or rehabilitation.
- Represented the State in athletics as a 15 and 16-year old, interested in a range of sports.

project was to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

The University of Tasmania is leading the project with support from their partners: the Launceston City Council, Education Department, The Examiner and TAFISA (Trim and Fitness International Sport For All Association). Visit the website www.activelaunceston.com.au



www.activelaunceston.com.au

Active residents see the value in health and fitness

ACTIVE ATTACK WEEK TWO:

AFTER only two weeks of his Active Attack program Tony Benneworth is a changed man.

He's lost 6kg in weight and is feeling fantastic, he says.

The high-profile Launceston businessman and Chamber of Commerce executive officer Lou Clark have agreed to be guinea pigs in Active Launceston's six-week Active Attack project.

Mr Benneworth said his main focus had been walking and eating less.

"I've been walking an hour a day, mostly after work, and I'm loving it," he said.

"I just put the headphones on and take the dog. The dog hates me."

In terms of diet he has halved his normal food intake.

"I just used to love big meals and your body adjusts to it. But now I eat half of what I did and I don't miss it," he said.

Mr Benneworth has also

been taking part in the Active Launceston exercises in City Park.

Last week he joined the morning (6.15am) exercise class and lunchtime tai chi.

He particularly loved tai chi, which he said was very relaxing and mentally stimulating.

"I'm thoroughly enjoying it all and I feel remarkably good," he said.

Mr Benneworth's fitness program is being managed by University of Tasmania health science student Simon Dornauf.

Mr Dornauf said he had designed a low-intensity program for Mr Benneworth, who has type 2 diabetes.

"I'm very happy with his progress. He feels a lot more energetic," he said.

Mr Benneworth and Ms Clark will take part in the program for six weeks and then their health and fitness will be reassessed.

Both aim to establish good fitness habits that will be ongoing.



Tony Benneworth works out in City Park last week.

WHAT IT IS

ACTIVE Attack is an initiative of Active Launceston. The University of Tasmania is leading the project with support from the Launceston City Council, The Examiner, Education Department and the Trim and Fitness International Sport For All Association.

Active Launceston is a community-driven project aimed at improving the health and wellbeing of Launceston residents through increased physical activity.

Visit the website www.activelaunceston.com.au

Oxford to inspire new leaders

SYDNEY — Britain's prestigious Oxford University will offer two postgraduate scholarships to indigenous Australians in the hope of inspiring new Aboriginal leaders.

Oxford Chancellor Lord Chris Patten yesterday announced the university would offer the two scholarships from 2010.

Oxford, which has undertaken a \$2.95 billion worldwide fund-raising drive, is working with the Charlie Perkins Trust for Children And Students to develop the postgraduate scheme.

Mr Perkins, an activist and former head of the Commonwealth Department of Aboriginal Affairs, was the first indigenous Australian to graduate from university.

Lord Patten said Oxford

had a responsibility to encourage diversity in its student body.

Former Australian prime ministers John Gorton, Malcolm Fraser and Bob Hawke were Oxford graduates.

Victorious 1999 Australian World Cup Rugby player and Oxford graduate Joe Roff said it was critical that indigenous Australians had role models from every field.

"This scholarship is going to allow Aboriginal students... a chance to do what Barack Obama has just done," he said.

"We've seen with Kevin Rudd that we're just taking the first steps in really embracing and being proud of our indigenous culture, which is the oldest living culture in the world."

Croc release details call

BRISBANE — The Queensland Opposition has called on the Government to release full details on all crocodiles released near popular tourist spots after the sighting of one of the reptiles at Fraser Island, off south-east Queensland, last month.

Opposition tourism spokesman Rob Messenger said 20 crocodiles had been tagged and released as part of a satellite tracking program.

Four of the crocs had been accounted for, but Mr Messenger wanted answers on the rest.

Lou gets a kick losing weight, gaining fitness

ACTIVE ATTACK WEEK THREE

LOU Clark is getting serious about fitness.

The Launceston Chamber of Commerce executive officer has substituted mini icecreams with Skinny Cow icecreams and has only one egg instead of two for breakfast.

Now into week three of the Active Attack programme, her routine involves daily walking and a weekly Fit and Kicking programme in City Park.

Ms Clark says her clothes already feel looser and she's lost 2kg.

"I'm still alive, although I really did feel the Fit and Kicking programme the day after," she chuckled. "I feel great and I feel like my fitness is improving."

Last week The Sunday Examiner caught up with her during the lunchtime TREX in the City walk on Tuesday.

"That's really good because if I'm too busy to do another walk I can always fit that in at lunchtime," she said.

Ms Clark's coach for the project, University of Tasmania health science student Sharon King, said she had designed a programme aimed at making exercise a habit.

"It is best to start slow with a new exercise regime and build on that week to week," Ms King said.

Over the next week, she

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will develop a 10-minute abdominal session for Ms Clark, to be done two to three times a week.

The session is aimed at improving Ms Clark's core strength, identified in her assessment as needing improvement.

Ms Clark has found the way to beat business lunch overdose — make healthy choices like avoiding the sauces on the dish.

She hopes to join the Active Launceston yoga/pilates programme in City Park on Tuesday night.

WHAT IS IT

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Visit the website www.activelaunceston.com.au.



Lou Clark and trainer Sharon King (front) lead walkers in Royal Park.

This week in

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Exposé

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Profiling our local young achievers

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CRUISE REVOLUTION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cannibal-Run participants on seventh day of trek Van Demons on a roll

By FRAN VOSS

CANNIBAL-RUN, an attempt to retrace the monumental trek of cannibal convict Alexander Pearce, is into its seventh day.

The group of Tasmanian walkers, calling themselves the Van Demons, consists of Susan Carey, Jason Hoyle, Simon Morris, Maureen Le Fevre, Cynthia Schaap and Paul Le Fevre.

They set off from Coal Head on Macquarie Harbour on

Monday and will walk across almost 150km of the most rugged, trackless terrain in Tasmania. Their goal is to reach the junction of the Ouse and Shannon rivers in about 30 days.

Alexander Pearce took 49 days in 1822 and had to resort to cannibalism to survive.

Cannibal-Run progress can be tracked on the website www.stormplanet.com

Storm Planet contact David Simpson said questions and

comments to the walkers could be made on the site's forum.

Satellite phone update

● NOVEMBER 17, 1830 hours: The team had a bit of a tour on the boat, visiting Sarah Island, a look through the old township of Pillinger, Farm Cove and then dropped off at Coal Head, setting off at around 10.30am in light drizzle.

● NOVEMBER 19, 1910 hrs: First scheduled sat phone update went ahead without a

hitch! The team has been experiencing fine weather so far and have camped overnight tonight beside the Clark River.

The terrain has been extremely steep and good navigation proving to be an essential and critical component.

They have had limited visibility in thick scrub but when they get the views, they are spectacular all around.

Group spirit was summed up as tired, sore but cheerful.



Tony Benneworth has a weight session at the gym with Simon Dornauf.

Picture: WILL SWAN

Tony feeling fitter, trimmer

SINCE he started on the Active Attack programme, Tony Benneworth has halved the size of his meals and stuck to healthy food — until one night this week.

"I broke down and had a pizza and I felt terrible afterwards, but it was bloody lovely when I was eating it," Mr Benneworth confessed.

Perhaps he can be forgiven one indiscretion in an otherwise successful fitness campaign that has seen him lose 9kg and 2.5cm from his waistline.

Mr Benneworth is taking part in the six-week Active Attack project with Chamber of Commerce executive officer Lou Clark.

His aim is to lose 20kg and be a lot fitter. His exercise programme has included daily walks of

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between 40 and 60 minutes, tai chi in City Park and the 6.15am Active Launceston exercises in City Park.

"I loathe and detest getting out of bed early, but when I get there it's fantastic," he said.

His coach, Simon Dornauf, last week introduced a weight session in the gym. "I really liked it," Mr Benneworth said.

The resistance training was aimed at strengthening his muscles and improving his quality of life.

WHAT IS IT?

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Bus blast: The Government's school bus fare policy advertising campaign had been described as "an absolute disgrace" by Opposition education spokeswoman Sue Napier and Opposition infrastructure spokesman Jeremy Rockliff. "The Government's policy on school bus fares is flawed," Mrs Napier said. "This regime sees one child paying a daily bus fare each day he or she attends school, and another child in the same class being exempted — even though the two might live within metres of each other." Mr Rockliff said that the advertising was merely another attempt to hoodwink Tasmanians.

Sex popular: The new Australian Sex Party has had more than 1000 membership applications since its launch this week, it says. Convenor Fiona Patten said although she knew there would be a significant amount of interest in the political party, the numbers so far had taken her by surprise. "People are sick of not being treated like adults when it comes to issues involving censorship," she said.

Panda attack: A college student was attacked by a panda in a south China park after climbing a fence and trying to hug the endangered animal in its enclosure, state media said yesterday. The student was in hospital recovering from multiple bites to his limbs.

Devonport teacher gets national gong

DEVONPORT High School teacher Darren Llewellyn has been named Australia's best design and technology teacher.

Mr Llewellyn, the school's materials design technology teacher, said that he had no idea he had been nominated by his fellow teachers until he took out the State MCT Teacher of the Year Award.

Going on to win the National Design and Technology Teacher of the Year Award was just as big a surprise.

Parliamentary Secretary to the Premier Lisa Singh said that teachers educated Tasmania's future leaders.

"No matter how good our programs, or how good our curriculum, it is teachers who bring learning to life for students," she said.

Mr Llewellyn has done that, and he has improved the State's teaching programs.

He organises the Statewide Fairbrother MDT Challenge and created a spatial technologies education program, which involves surveying, digital mapping, computer-aided design and GPS systems.

He has recently collected his third degree, adding civil engineering to education and computing.

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Active Attack is an Active Launceston initiative, a community-driven project aimed at improving the health and wellbeing of Launceston residents through increased physical activity.

For information on Active Launceston programmes visit the website www.activelaunceston.com.au

WEEK FIVE

LOU Clark had a fitting for her wedding dress last week and to her delight it needs to be taken in quite an amount.

When Ms Clark started the Active Attack exercise and health project four weeks ago, one of her main goals was to ensure she fitted into the dress for her marriage in January.

Chamber of Commerce executive Ms Clark and high-profile businessman and former cricketer Tony Benneworth are taking part in the six-week project to inspire others to become more active.

"I feel great and can feel myself getting fitter

and stronger. I certainly think my body shape has changed slightly over the past week," Ms Clark said.

In the past two weeks her coach Sharon King has ramped up her walking programme with pump classes, workout sessions, fit and kicking, and fit ball.

While Ms Clark is finding these activities strenuous she is enjoying the challenge.

She has now lost 2.4kg in weight.

The Christmas season is a real trap because she has numerous functions to attend.

Ms King has suggested avoiding the function's canapes and finger food as they are loaded with fat.



Sharon King and Lou Clark work out in the University of Tasmania gym.

Picture: NEIL RICHARDSON

This week in

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Kristy Bracic, Sharon King, Lou Clark, Tony Benneworth and Lucy Marshall go horse-riding.

Picture: GEOFF ROBSON

Following the fitness trail

By FRAN VOSS

WITH Active Attack participants Lou Clark and Tony Benneworth both feeling fitter after five weeks of the program, they decided to try something different.

Last week they went horse-riding, a form of exercise that strengthens core body muscles as well as those of the back and legs.

Mr Benneworth came away from the experience with a whole new respect for jockeys and an awareness of muscles he didn't know he had.

"I'm still sore from it. I'm walking round like a man

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who's had a slippery pig run through his legs," he said.

"It's obviously very good for you but I didn't quite master it."

Ms Clark said she'd had ponies as a child but it had been 10 years since she'd ridden.

"When I got off the horse I could certainly feel I hadn't

used those muscles for a long time," she said.

Both Ms Clark and Mr Benneworth said they had gained fitness and lost weight from the program.

Mr Benneworth said his weight loss had levelled off at about 10kg but he was happy with his improved fitness.

"Going up stairs and those sorts of things that used to knock you around are a breeze now," he said.

He has particularly enjoyed his daily hour-long walks with the dog, which he will keep up after the program.

The dog was fitter too, he said.

"One good thing about it all,

gee that red wine is nice. I'm so glad they recommended it."

Ms Clark said her clothes were much looser.

She believes her body shape has changed significantly in just five weeks, which she attributes to the variety of activities she has tried.

"I've enjoyed mixing things up, not just doing the same thing day after day," she said.

"I'm very proud of myself."

Exercise has become a daily habit that she will continue with the help of the weekly calendar system that her coach, Sharon King, has set up. "I'm even going to try to walk on Christmas Day," she said.

ACTIVE ATTACK

- 1: Active Attack is an Active Launceston initiative, a community-driven project aimed at improving the health and wellbeing of Launceston residents through increased physical activity.
- 2: For information on Active Launceston programs, visit the website www.activeaunceston.com.au.

Deadly landslide: Malaysia will ban new hillside projects after a massive landslide on the outskirts of its largest city killed four people early yesterday and left at least 15 others injured. Thousands of residents were expected to be evacuated from the hillside estate of Bukit Antarabangsa outside Kuala Lumpur after the landslide cut off access to housing areas just before dawn, a district police spokesman said.

Mine rescue bid: Five Australians and two specially trained dogs have flown to Papua New Guinea to help search for up to 40 people missing in a gold mine landslide. It is understood 10 people have died, many more are injured and up to 40 are unaccounted for. The landslide occurred at the Barrick Gold Mine at Kora near the township of Kainantu, about 650km north-west of Port Moresby late on Thursday.

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Sharon King, Lou Clark and Simon Dornauf take part in an early morning Active City Park fitness session.

Fitness regime becomes a walk in the park

WEEK SIX

AS Christmas approaches sticking to a health regime gets harder.

Social occasions take up exercise time and party food puts the bite on weight loss.

Despite her increased social commitments Chamber of Commerce executive Lou Clark is sticking to her guns.

Ms Clark is taking part in the six-week Active Attack project aimed at inspiring others in the community to improve their health and fitness.

She has regularly taken part in the half-hour Trex In



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Active Attack is part of Active Launceston, a community-driven project aimed at improving the health and wellbeing of Launceston residents through increased physical activity.

The City lunchtime walk, something she will continue after the project finishes.

She also attended the early morning Active City Park fitness sessions, fitball classes, went horse-riding and walked to work several days last week when she was without a car.

Her favourite exercise is walking through Cataract Gorge, which is close to her home.

The Gorge was ideal because it included hills, variety and a beautiful view.

Ms Clark said she really loved the six-week Active Attack project.

"It's been worth it for a few reasons.

"I tried different forms of

exercise, I mixed it up so nothing got boring, and I got myself back into an exercise routine," she said.

Ms Clark feels more toned and her clothes are looser.

"The best thing about it was that I didn't have to change my diet that much because I usually eat healthy food, so it was more the physical thing," she said.

Tomorrow Ms Clark and fellow Active Attack participant Tony Benneworth will undergo assessment at the University of Tasmania physiology laboratory to check their progress after the six weeks.



Tony Benneworth is put through his paces by coach Simon Dornauf.

Picture: WILL SWAN

Program stars lose grand total of 11kg after changing lifestyles

AFTER six weeks, The Sunday Examiner-Active Launceston program, Active Attack, has trimmed a combined 11kg off its two fitness stars.

Chamber of Commerce executive officer Lou Clark and local businessman Tony Benneworth signed up to the program to improve their health and fitness and hopefully inspire others to adopt a healthier lifestyle.

Over the past six weeks, they have been participating in individual fitness programs designed for them by their coaches, final year University of Tasmania health science students Sharon King (for Lou Clark) and Simon Dornauf (for Tony Benneworth).

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This week the pair visited the University of Tasmania's Newnham campus to see how their hard work had paid off.

And pay off it did, according to Mr Dornauf, who said Mr Benneworth had lost a total of 8kg during the program.

"Tony has made a number of improvements to his health in just six weeks," Mr Dornauf said.

"These are all very pleasing results which have been achieved through some very simple lifestyle changes such as making healthy changes to his diet and doing at

least 40 minutes of simple exercise every night."

Mr Benneworth also lost 6cm from his waist, and boosted his good cholesterol by 18 per cent.

Ms King said Mrs Clark's overall health and fitness rating was much higher than it was six weeks ago.

Mrs Clark's cardiovascular fitness went up, her resting heart rate fell, and her flexibility improved.

Mrs Clark said she was surprised at how much her fitness had improved.

"I was pretty rapt with the results," she said.

"I lost 3kg, which is about half a kilo a week.

"While my weight loss wasn't huge, I have toned up quite a bit. My jeans are baggier and I need to wear a belt now."

Blushing bride says training schedule paid off

THE dress was a perfect fit, the sun was out and the guests were happy as Lou Clark and Michael Brett tied the knot yesterday.

Ms Clark, known by many for her role as the Launceston Chamber of Commerce executive officer, has been involved in a six-week Sunday Examiner Active Launceston program called Active Attack to trim down for her wedding day. And yesterday, at the culmination of an intensive training regime, she was happy with the result.

"I think I've scrubbed up pretty well — or so everyone keeps telling me," she said.

Over the course of the training, Ms Clark lost 3kg and toned and tightened while increasing her flexibility. She said the most important thing was to enjoy your exercise.

"If you're going to do it, you've got to have a lot of fun. I really enjoyed the six weeks and Sharon King, my trainer, was great with that.

"And besides, he's worth it," she said, grinning at her new husband.

Ms Clark said the key to sticking to a training routine was variety — finding new and interesting ways to exercise.

Yesterday, however, all that sweat and energy was the last thing on her mind, as she sipped a glass of bubbly with wedding guests at the Launceston Golf Club.



Michael Brett and Lou Clark after their wedding yesterday.

Picture: PHILLIP BIGGS