

SARA-JANE WAYWOOD

LOST 14KG

BEFORE

"I want to take back my body after so many years of being pregnant and breastfeeding," said the 1.64m mother of two from the NSW Central Coast, who is 25: "I would just like to recognise the person in the mirror again."

TRAINING PLAN

"My strategy for Sara-Jane included permanent lifestyle changes," says trainer Karl McCafferty, who advised her to prepare a daily lunchbox.

AFTER

"I sent my mum a photo of myself and she didn't even know who I was! I finally feel like I'm coming back out of my shell," says Sara-Jane, who did three to four weekly sessions of cardio, such as boxing, and strength exercise, and followed an eating plan. "Now I love exercise. Even push-ups are doable!" MVB Personal Training, Terrigal, NSW; mv8.com.au (0413 478 389).



BEFORE

80kg; size 14;
waist 100cm; hips
119cm; body fat
38 per cent;
BMI 30



AFTER

66kg; size
10-12; waist 83cm;
hips 106cm; body
fat 28 per cent;
BMI 25

