

WEIGHT WATCH 2004

Cutting down to **size**

Agony's goal is ecstasy by May 1 wedding



The goal:

Meredith bought this Size 8 dress to wear to her daughter's wedding in the hope it will help motivate her to lose weight.

Progress report:

Goal: Lose 3 to 4 dress sizes, 30-plus pounds.

Time to complete: 133 days.

Signs of success: Looking forward to 60 minutes every morning on the treadmill. Parking farther away from destinations to encourage walking.

Personal trainer

tip: Push-away and pull-to. Push away food that's bad for you and pull to you the good fuel for your body.



Before:

Meredith Grenier at the start of her life-altering commitment.

By Meredith Grenier, DAILY BREEZE | Photos by Branimir Kvartuc, DAILY BREEZE

Editor's note: This is the first in a four-part series following reporter Meredith Grenier as she tries to get in shape for her daughter's wedding.

It wasn't like she didn't give me plenty of notice. Our daughter announced her engagement on July 27.

While thrilled at the news, I couldn't resist a mental count-down: Nine months to fit into the mother-of-the-bride dress.

Never mind the lump in my throat that our little girl was gone forever. Nor a thought of the stress of planning a wedding. Not even a quick prayer of gratitude for the wonderful guy she's marrying. It was the dress that loomed large. Too large.

In a blink it was four months and 12 days until the wedding. The church, reception, photographer and florist had been booked. Her size 6 wedding gown was ordered along with the petite bridesmaids' dresses. The only thing left was the mother-of-the-bride's dress—and the body that must fill it.

While the mother plays a relatively small role on the bride's special day, what worried me was the tell-tale photographs that last in perpetuity. This was a mea culpa waiting to happen.

The solution came during the *Daily Breeze* employee Christmas luncheon.

"Why don't you consult a personal trainer," suggested longtime colleague Lynn Herweg, executive assistant to the publisher, who in the past few months had dieted, exercised and weight-lifted off 25 pounds and now sports a perfect size 6. She looks fabulous.

"I know just the right person," she added.

With a full tummy and heavy guilt, I committed to visit Derek Bimat, a trainer at the Rolling Hills Athletic Club in Torrance. That afternoon

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The regimen:

"The only thing is you have to do exactly what I tell you," personal trainer Derek Bimat told Meredith Grenier. At left, Derek shows Meredith the correct way to work out her upper-back muscles. The food plan consists of three or four minimeals and a lunch and dinner of protein, veggies and "good" carbs. Center, Meredith's freezer is packed with premade meals. Meredith also is required to do a one-hour cardio workout on the treadmill each day, which she takes care of each morning in her garage.