

WEIGHT WATCH 2004

Thinking Thin

A month into regimen, reporter sees results, benefits

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

By Meredith Grenier
DAILY BREEZE

It's fitting that I undertake this "life-altering weight-loss journey," as my trainer calls it, in 2004, the Chinese Year of the Monkey. It is said that people born (and diets initiated) under this sign "sometimes cause trouble."

Although, to be honest, the only thing close to trouble I've encountered is an e-mail from a woman in Manhattan Beach who found the mother-of-the-bride dress I'm contemplating wearing to my daughter's May 1 wedding (the inspiration for all this heart-pounding, social-life-killing activity) to be an "awful crepey drapey dress... a terribly overdone costume." The reader signed off asking if my daughter had seen it, but then kindly wished me "good luck."

Actually, my daughter hasn't seen it. Showing it to her may be a moot point since the dress is a size 8 and my trainer, Derek Bimat of the Rolling Hills Athletic Club, insists I'll be wearing a 6.

As proof that beauty is in the eye of the beholder, another reader called to ask where she could find the dress so she could purchase the same one for her daughter's wedding, also in May.

The rest of the feedback has been "atta-girl" comments and vows to join me at the altar of thinness.

One e-mail came from a teenage girl who was prompted to get into shape after reading my first article, published at the beginning of January, which she found to be "a sense of inspiration."

She wrote: "I can't even begin to explain what a horrible feeling I've felt throughout most of my high school years knowing that I'm the chubby buddy." She is determined to begin a diet and exercise program to slim down with me in time for her May prom.

Looking back at the first month, my initial victory was staying on the program the first week, which included Christmas and New Year's parties.

The next accomplishment was to do the treadmill religiously for one hour every day. The hardest part, I found, wasn't the 3-mile workout; it wasn't even

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Progress Report:

Goal: Lose 3 to 4 dress sizes, 30-plus pounds by May 1.

Days remaining: 95

Weight loss so far: 13 pounds between Dec. 22 and Jan. 26:

- Week 1 — 0 pounds
- Week 2 — 7 pounds
- Week 3 — 2 pounds
- Week 4 — 2 pounds
- Week 5 — 2 pounds

Total inches lost so far: 27¼ inches between Dec. 26 and Jan. 26, including: Neck: 1 inch; Upper arm, left: 2¼ inches; Chest: 3¼ inches;

Waist: 3½ inches; Waist (roll): 4½ inches; Hips: 3 inches; Thigh (one): 1¼ inches; Calf (one): ¼ inch.

Personal trainer tip: Remember, muscle is much more dense than fat, and muscle by volume can weigh up to four times more than fat. So don't be concerned if the scale doesn't show a loss some weeks when you are exercising. You still will be losing inches.

Personal trainer quote: "Remember, Meredith, the gluteus maximus is a muscle, not a cushion."

Motivational tip: When you finally prove to yourself you can take control over your own body to mold it the way you like it, you discover there is nothing you can't do when you put your mind to it.

Reporter Meredith Grenier envisions a new look by May.



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