

Mum's kilo crusher

DENICE BARNES

LIKE many young mums, Sara-Jane Waywood, of Blue Bay, had trouble shifting weight after two pregnancies in three years.

With all the best intentions, she just couldn't find the motivation.

"We had our first professional family photograph taken and I recognised my children and my husband and not myself," she said. "I wasn't happy."

She had read about a 12-week challenge competition in a magazine and entered.

The prize was a personal trainer for 12 weeks and she won.

Trainer Karl McCafferty, of Terrigal, was one of only 10 chosen nationally to take part.

Both agree it was a win-win situation for each of them.

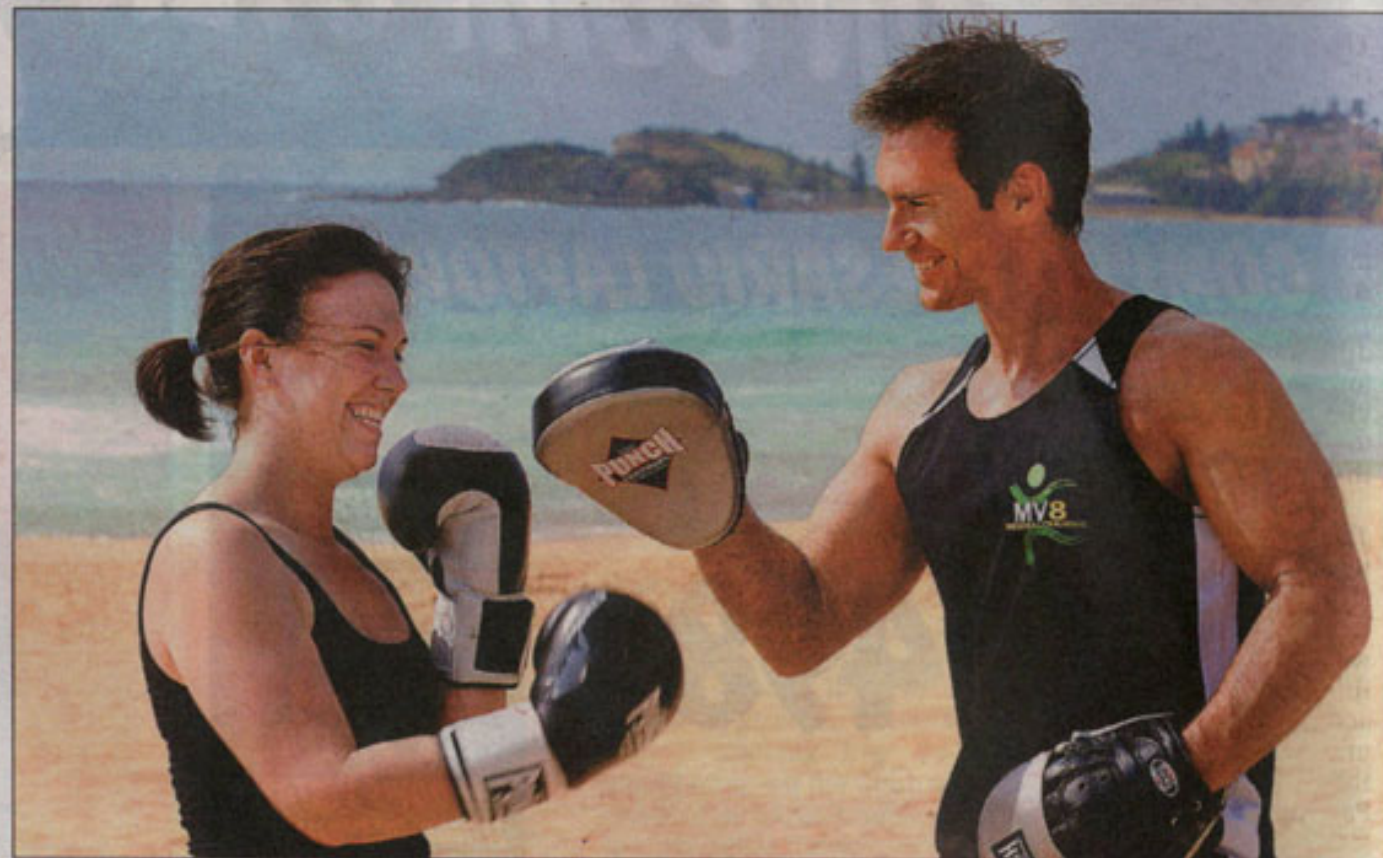
"I like a challenge and I have had great success, some real turn arounds," Mr McCafferty said.

Mrs Waywood is in that category after losing 14 kilos in the 12 weeks.

"The first two weeks were really hard, but now I love it," she said.

"I even love jogging."

Mr McCafferty, who has a studio in Terrigal, devised a healthy eating program and conducted tailor-made training sessions three times a week com-



Karl McCafferty training with Sara-Jane Waywood on Wamberal beach.

Picture: PETER CLARK

binning boxing, running and weight training.

"The aim was to create a program that Sara-Jane could stick to long-term," he said.

"I am not interested in creating exercise junkies because that

kind of extreme activity can't be sustained for a long period of time."

Mr McCafferty, a former teacher at Erina High School, began personal training full time almost two years ago.

Mrs Waywood said she felt confident she would continue her new way of life.

"I feel great and have more energy and self-confidence."

The pair will appear in *Who* magazine on December 31.