

# RESULTS & WINNERS!

*Bottoms Up!*  
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*And the Winner is!*

## Christy Godby

BUF Bikini Body Overhaul Champion

I only wish we could show you Christy's Before and After photos (maybe she'll let us some day!) because they are truly amazing!

Christy has been training with Bottoms Up! for almost a full year now and is an absolute testament to how much consistency and dedication counts. She started with us in the height of summer last January, barely missed a session throughout winter and absorbed every bit of info we fed her. However, we have to admit we still didn't expect her to take out this challenge. Surely, we thought, she'd achieved all that she had set out to with BUF and now it was just about maintenance and working on her fitness goals.

But NO! Christy wasn't done yet... once a believer in eating "low fat" to keep her figure, Christy completely overhauled her diet, making whole, nutrient-packed foods a priority and putting good fats, proteins and veggies first.

Christy's family have struggled with quite a few serious health issues this year too, so she overhauled their diets and lifestyles as well, roping in the kids for the home workouts and switching pasta for produce at dinner time! And did we mention she only missed one BUF session throughout the whole challenge, despite all that rain and the million other things demanding her attention.

The result? We reckon Christy looks about 10 years younger – even her skin's glowing! And her measurements speak for themselves. She's lost 8.5cm from her waist, 10cm from her bellybutton, 11cm from her hips, 9.5cm from each thigh (what!?!), 3.5cm from each arm and ditched 7.3kg in just 6 weeks...

PLUS the difference in her photos is unbelievable – toned, tight, long, lean and that smile! Ear-to-ear!

Congrats Christy, you have well and truly earned your **HUSSY Goddess** status. The brand's designer, Marie has selected a number of gorgeous styles for you to choose from, now all you have to do is take your \$450 into the Oxford Street store and make your decision. Enjoy the holidays, you little hottie!

Thank you so much to our sponsor **Hussy** for all the generous prizes!

# HUSSY

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## *Runners Up!*

### **Bec Blasina**

Tough Year Turnaround

We've all had 'em, those years that you're just not so sure you'll come back from in one piece. Well, when Bec was faced with one of those, she did the only thing she could to reset her luck... she found a fabulous group of girls to giggle with, working out on the gorgeous sands of Bondi and calming greens of Centennial Park and proceeded to lose about 62cm from her body measurements, including 13cm from her tummy alone! Bec you've been so much fun and are such an inspiration to us. Congrats, you deserve a little pampering!

Your Prize: \$100 HUSSY voucher + Vitamin Boost Facial from The Facial Room

### **Yvette McHugh**

Dedication Plus

Yvette joined BUF specifically for the Bikini Overhaul and threw everything she had at it – training 4 times plus per week, check! Cupboard clean out and nutrition overhaul, check! Constant Facebook posts to help others stay motivated, double check! The result: she dropped 55cm all over, including 11.5cm from her waist to totally reshape her figure. We're impressed!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

### **Nix Williams**

Healthy Attitude

At only 17 years old, Nix is our youngest BUF bootcamper ever and although she might be young, boy has this little pocket rocket been through a lot in the past few years. In joining Bottoms Up! Nix took a hugely positive step forward for her health and with the love and support of the Rushcutters crew, has blossomed into a confident, committed, hardworking lady that we all have a real soft spot for. Nix has shaved a lot of centimetres from her already gorgeous frame throughout the bikini overhaul but more importantly, has developed an impressive level of fitness and created a healthy relationship with food and fitness that will stick with her for life. Nix, you've been so much fun to train and we think you rock!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

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## Tania Read

Miss Congeniality

Every competition has its Miss Congeniality and Tania was the clear winner for ours! Not only was she the best buddy ever, rounding her girls up and keeping them constantly accountable, she also led massively by example, attending every session and even suggesting to her buddies that they come round for 'cucumbers and hummus' to celebrate the end of the challenge this week. LOVE IT! Oh and did we mention, Tania was also the only girl who lost between 3-5cm from every single area of her body but somehow managed to gain 1.5cm around the bust? We want to know how you did that Tan... tell us your secret!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

## Jo Zwartz

Half-Time Turnaround

Jo is fit as a fiddle but hasn't always seen the results she wanted from her training. She always smiled and winked when we tried to preach to her about the values of super-clean eating and cutting down on alcohol but she didn't really believe it would make that much difference, so was a reluctant comer to the bikini overhaul, agreeing to, "try to do level B but I'm not promising anything". We encouraged her to just stick with the program for a few weeks and see what happened and then something amazing happened... at the three-week mark, Jo was feeling a little bit down and sick of making an effort to prepare her food, so she decided to measure herself and see whether her efforts so far were paying off. They were, in a big way too! So Jo decided to take things up a notch and by the end, was pretty much doing the strict F program. What followed were Jo's best results ever and now she's more than 50cm leaner and on a mission to cut out gluten and eat only clean foods for good. LOVE your work Jo!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

## Jo Ahlstrom

The Quiet Achiever

Another Jo! This one never had a lot of weight to lose in the first place but was concerned about that dreaded "pooch belly" that every girl fears and wanted to create a toned, proportioned figure. To hit her goals, Jo really needed to make some tough changes to her diet and being Irish, letting go of those potatoes was never going to be easy!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

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## Shelly Wilcomes

Addicted to Humble Pie

Shelly is our Little Miss Sunshine – always at class, always happy, always ready to give anything a go. She's also super humble – so much so that she really didn't want to take her measurements at the start OR end of the challenge because she wasn't sure she wanted to know the results. Luckily, we railroaded her into it and took those measurements ourselves and WOW Shelly, you've got a few amazing results to be proud of! Upwards of 50cm lost all up, including 10cm+ around the tummy, as well as a cracking new level of fitness to get excited about. We know you're stoked about your results but are such a humble gal that we felt the need to shout your congrats from the rooftops for you. Enjoy your success!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

## Ashley Huggenberger

Lifelong Changes

Ash was one of BUFs first clients down at Rushcutters Bay and back in those days, she thought we were "very, very crazy and hardcore" for eating the way we did but now, WOAH! I think Ash is one of our most dedicated healthy diet advocates - shunning bread, avoiding gluten, poo-poo'ing sweets and happily sipping on one glass of vino all night, with water in between (of course). We've noticed some serious changes in our Ash, not just a leaner body (which she has achieved and then some!) but also a happier, calmer outlook on life, more energy and focus. Ash, we're really impressed with you and adore that you're in our lives. Thanks for being so cool and open to change!

Your Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

## Bec Lennard

Trainer's Choice

Bec has been training with us for almost a year now and is another girl who is living proof of the fact that it sometimes takes a long-term effort and a paradigm shift to see the changes you want from your body. Bec's always had a great bod but until the challenge, she fell under the all-too-common category of, "I just hate my legs and lower half generally!" which we hear from a lot of girls and hey, unfortunately those legs are always the last to shift. Becsta worked at it constantly, slowly cutting bad dietary choices from her life and then when the bikini overhaul hit, decided THIS would be her moment to really go for it. And voila, six weeks later her After photos are so bloody sexy... those legs! That flat tummy! Needless to say, Bec's glowing this week and all smiles. We're so stoked for her! (Oh and Happy Birthday Becsta!)

Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

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## Melissa Johnson

Sex Bomb

Mel is one of those girls who's always happy and relaxed and a complete joy to have in class. She returned from an amazing extended honeymoon this year with a little extra 'love weight' she was keen to ditch. Bad habits had crept in and Mel knew she had to ditch the daily fizzy drinks, bread, pasta and sweets that were now featuring strongly in her diet and guess what? When she did an amazing, sexy bod suddenly appeared. When we looked at Mel's Before and After shots, we literally nearly fell off our chairs... lock up your husbands girls because this lady is a serious knockout in a bikini these days! We're so proud of you Mel!

Prize: \$100 HUSSY voucher + \$30 Brasilfit voucher

## Best Bikini Buddies!

We chose two pairs!

## Eve Browne & Bec Aldersea

Ever since these two moved in together they've been an unbeatable pair – seriously, their tummies got flatter and their legs got leaner every single week! They shopped together, ate together, trained together, danced together and generally had a cracking good time while completely reshaping their bodies. Eve – your body is SO different to when you first started, we're mega impressed!

Your Prizes: BUF Personal Training Session for 2 tailored to their goals + our coveted *last bag* of Superfood Smoothie Mix

## Sophie Jurkiewicz & Charlotte Stewart

Oh Charlotte, how long we toiled to get you to commit to training sessions... but then along came Sophie and the Bikini Overhaul and WHAM, there you were at every evening session, giving it your all, reporting back on your nutrition plan and shrinking by the day! Soph, you have been the best of buddies and man, when we looked at your Before and After photos, we nearly hit the decks. You look AMAZING and it's all thanks to that incredible discipline. We hope you two have created some super healthy habits together and will continue to support each other on your journey, despite the challenge coming to an end. Love you both to bits.

Your Prizes: BUF Personal Training Session for 2 tailored to their goals + 2 x \$30 Brasilfit vouchers

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## *Honourable Mentions!*

These girls walked the walk, talked the talk and ended up saying goodbye to some serious centimetres... well done team, you were serious contenders for our prizes and we wanted to acknowledge your awesome efforts with a little shout-out!

- **Alana James**
- **Alicia Price**
- **Bronwyn Sloan**
- **Eri a Green**
- **Helen Bassett**
- **Kiri Stejko**
- **Marie De'Ath**
- **Nicole De Caria**
- **Simone Skolnik**

That wraps it up ladies! Thank you so much for making it such a great program, you all did so well and helped each other which was fabulous to see and so much fun to be part of.

We hope you all have a very safe and happy Christmas and we can't wait to see you in 2012! Keep your eyes peeled for some workout videos posted over the break.

Oh and we're really going to be doing a lot of video content next year so if you haven't done so already, make sure you subscribe to our new **YouTube Channel!**

Merry Christmas!

Lots of love,

From the BUF Team xx

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*Thanks again to our great sponsors!*

It wouldn't be the same without the support of:

The logo for Hussy, featuring the word "HUSSY" in a bold, black, sans-serif font with a white, textured, brush-stroke effect inside the letters.

#### **Hussy**

Hussy is an iconic Australian brand name at the forefront of the fashion industry. Since 1995, Sydney born Marie Ritchie has been designing sought after pieces for a global audience.

[www.hussy.com.au](http://www.hussy.com.au)

The logo for Brasilfit, with "brasilfit" in a lowercase, rounded, sans-serif font. "brasil" is in orange and "fit" is in grey.

#### **Brasilfit**

Brasilfit designs and manufactures gym wear for women who love being active and like to feel good! Using only the best Brazilian fabrics and cuts, our gym wear range is perfect for yoga, pilates, dance fitness, running and of course working out!

[www.brasilfit.com](http://www.brasilfit.com)

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