

Just 29 minutes for a healthier you

Local women say working out at Contours is re-energising and a perfect way to loose weight

The Contours workout is based on interval training, meaning it is short bursts of "hard work" combined with aerobic work in the target zone to keep the heart rate at optimum fat-burning levels for the required 29-minute period.

"The reason why it is popular and works is because women are able to complete their individual workouts regularly and consistently, unlike other activities which they can neither stick too nor enjoy," says Contours owner Pauline Gleeson. "Ladies don't wander aimlessly around the studio or wait for a particular piece of equipment. They know how to exercise to get the very best each time they visit, 29 minutes at a time."

Julia Gourley from Cairns North says she isn't happy if she misses a session at Contours,

especially after a hard day at work.

"A workout re-energises me and gets me ready for the night with the kids," Julia says. "If I don't go, I really miss it. I have lost, since joining in mid April, 1.1kg and 20.5cm with 7cm coming off round my waist. I love it at Contours."

Tracey Cornwell from Edmonton added the workout is a great stress relief, particularly after a day at work and she really misses it if she doesn't go.

"I've lost 5kg and 19.5cm since joining late January and I couldn't be happier with my results," Tracey says. "I'm not a gym person, but going to Contours has changed my mind. I get so much help and assistance from the trainers and they have made exercise easy."

Another member, Lee Salmon from

Whitfield, says her workouts are time out for her. "With a very busy lifestyle, it's hard to find the time sometimes, but it really improves how I feel so I make time," Lee says. "It helps me with everything for the rest of the day. It keeps me relaxed and if I don't go, I'm find I'm less tolerant."

Charmaine Edwards from Cairns North says the trainers at Contours are inspiring and motivate her to do more and get more out of her workouts, making her 29 minutes worthwhile.

"I've tried other gyms but went back to Contours because I just didn't get the same personal attention," Charmaine says. "I love the infra-red sauna, because it's my time and it makes my skin so soft my kids comment on it. Also the super sessions are fantastic.

Combining aerobics with weights, I know I'm getting everything I need."

Contours suits women of all ages and promotes the importance of health and fitness. The program is based on a 29-minute circuit, using weight-bearing equipment to help strengthen and tone the body plus aerobic activity for a cardiovascular workout.

"If you are reading this article and have been thinking about doing something for your health and fitness, we would love the opportunity to show you around the studio, give you a complimentary one-on-one training session and a 20-minute infra-red sauna," Pauline says.

Phone 1300Contours and mention this article to make your appointment.



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