

LA JOLLA

VILLAGE NEWS

SECTION



THURSDAY,
DECEMBER 8, 2005
Vol. 11, No. 5

Travel B3 | Home & Garden B5 | Holiday Calendar B7 | Classifieds B11

CONTACT US
EDITORIAL
(858) 270-3103 x133
ljvn@sdnews.com

CLASSIFIEDS
(858) 270-3103 x123

ONLINE
WWW.SDNEWS.COM

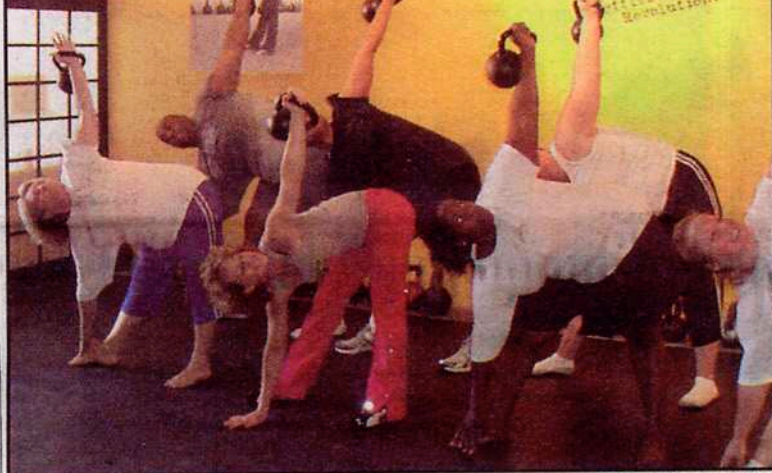


PHOTO BY KELLY URBAN

Fitness instructor and training center founder Sarah Lurie leads "biggest loser" contestants in a workout with kettlebells at Iron Core, 5726 La Jolla Blvd.

Contestants lose weight and gain television fame

By ADRIANE TILLMAN
VILLAGE NEWS

Six San Diegans are competing to become the "biggest loser" — of excess weight, that is — in an eight-week fitness program at Iron Core training center, 5726 La Jolla Boulevard, Ste. 106. The San Diego NBC affiliate, KNSD-TV, airs the contest every Friday at 10:30 a.m. on channel seven.

Contestants are expected to shed between 25 and 50 pounds, and were selected based on their commitment, seriousness and past history of attempting to lose weight. Participants could not be more than 40 pounds overweight, since contenders only have eight weeks to lose the excess, said Sarah Lurie, founder of Iron Core.

"We looked for people who wouldn't be able to do it without us," Lurie said.

Four females and two males were selected to train four times a week using the kettlebell, a cannon-like ball that weighs between 9 and 88 pounds. Kettlebell combines cardiovascular and strength training, along with yoga and Pilates movements.

Kettlebell originated in Russia in the 1800s and has only become popular in America in the past year. Lurie envisions that it will eventually become as widespread as Pilates.

"To sum it up: it's a core, functional strength training," Lurie said. "The movements are very dynamic. Each movement moves your entire body."

LA Weight Loss has also crafted a personalized diet for each contestant that includes all food groups in set proportions, plus a sov-based

protein to build lean muscle mass. Daily calories consist of 30 percent protein, 40 percent carbohydrates and 30 percent fats.

The menu is a lifestyle change, not a quick way to shed pounds, according to contestant Michael Lucas, who is vegan, meaning that he doesn't eat any animal products, including dairy.

"It helps me to think about what I can eat the next day," contestant Kristen Graves said. "I have to think about my portions. It's amazing to see the difference between seven ounces and eight ounces of chicken. I usually just grab something on the go."

In the past three weeks, 29-year-old Lucas has lost the most so far, at 26.6 pounds and 3.5 inches, or 11.7 percent of his body weight.

Lucas aims to work off a total of 50 pounds in a continued effort to conquer a 10-year battle over his weight. Lucas previously lost 100 pounds after a year of working out seven days a week and eating a vegan diet that also excluded caffeine and refined sugar.

In an effort to break old habits, Lucas went through a two-week detoxification period during which he ate nothing but vegetables. He said he experienced headaches the entire time, but after two weeks they subsided. Lucas said that he hasn't had a headache in nine months, whereas he used to get them once or twice a month.

Lucas' weight dropped from 344 to 230 pounds. He lowered his cholesterol from between 260 and 240 to only 137. His blood pressure also fell significantly, from between 160 to 140 over 100 to

"We looked for people who wouldn't be able to do it without us."

SARAH LURIE
Founder, Iron Core

between 125 to 118 over 65.

After reaching a plateau, Lucas decided to enter the contest to burn off the rest. He attributes his excess weight to fast food and irregular meals.

He describes the weight loss as "awesome."

"There's no other way to explain it," Lucas said. "You look in the mirror and you see yourself as the way you used to look at 18 or 19 years old, and it almost makes your heart skip a beat."

Thirty-two-year-old Graves is using the contest to kick-start her marathon training. She gained 40 pounds after moving to San Diego, getting married and starting a new job. She decided that she needed to lose the weight before she starts a family. Graves has run the Chicago Marathon twice and she plans to race in the London Marathon as a last hurrah, and as a reward for entering the contest.

In the past three weeks, Graves has lost 13.4 pounds and 5.5 inches around the stomach, or 6 percent of her body weight.

The "biggest loser" will win a year-long membership to Iron Core fitness studio and to the LA Weight Loss maintenance program.

For more information about "San Diego's Biggest Loser," call (858) 551-2673 or visit www.iron-core.lajolla.com. ■