

afresh look

a makeover series

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Healthy inside & out

This is week five of a six week fashion makeover for Ilona, a North Shore resident and at-home Mom.



Patti Morrison, Ilona and Cathy at Cove Health.

Ilona has an active lifestyle. With two young children, she has been feeling tired and lacking in energy. Her activities include playing soccer and mountain biking, going on dates with her husband and hosting dinners for friends. She's gained some weight over the past few years and wants to get her body back into shape.

Image Consultant Patti Morrison brought Ilona to see Cathy Marlatt, the owner of Cove Health in the Dollarton Shopping Center. As a first step, Cathy and Ilona discussed Ilona's current eating habits, lifestyle and goals.

Cathy discussed the need to eat a wide variety of foods and ensure she's eating enough fruits and vegetables. She

stressed eating protein at every meal to help build and repair muscle tissue.

Cathy says, "Many women have developed a habit of skipping breakfast, believing they are saving on calories but studies show that they will actually eat more than they saved, later in the day."

On the basis of their discussions and Ilona's desired objectives, Cathy recommended Ilona start every morning with a protein smoothie. This includes an isolate whey protein powder, yogurt, frozen fruit, a tablespoon of 3-6-9 flax oil blend and a tablespoon of ground fibre. Ilona was amazed how easy and quick it was to have her drink ready, once she had the ingredients on hand.

At Cathy's suggestion, Ilona has also started carrying pre-packaged almonds in her purse. "I have found that eating a little protein with everything keeps me from feeling exhausted and compromising my new plan," says Ilona.

"Taking the time to set nutritional and vitamin supplement goals has helped spark my motivation and excitement about getting myself back in shape." Ilona has been taking several key supplements Cathy recommended for a month now and already she feels stronger and healthier.

With a nutritional plan in place, Ilona is looking forward to the next phase of her fashion makeover.

Cove Health Tips

1 Drink Water

Eight glasses of water or herbal tea will help flush out toxins, boost metabolism and promote regularity.
TIP: Fill two water pitchers with water each morning and consume during the day.

2 Eat Breakfast

Try starting the day with a protein and fruit smoothie.
TIP: Pull out your blender and add water, protein powder, fish or flax oil, fresh or frozen fruit and ground chia, flax or hemp seed.

3 Take a daily Multivitamin

A quality multivitamin can supply our body with many of the essential nutrients that are lacking in our daily diet.

4 Eat Protein at every meal

Protein builds and repairs muscle tissue, improves metabolism, regulates blood sugar and provides energy.
TIP: Raw almonds and an apple make a fast protein-rich snack or lunch on the run.

Ilona's makeover is being coordinated by Image Consultant, Patti Morrison.

For your own Personal Style Assessment at the discounted price of only \$55 (promocode: nsnewspromo) or to receive Patti's free e-newsletter go to www.imagestrategist.com or call her at 604.929.2193.

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