

Ultimate Transformation girls reveal their new selves



Before Ultimate Transformation

At a celebration event this week in the Ardhu on the Ennis Road, the team from the Ultimate Health Clinic welcomed their Ultimate Transformation girls for a fabulous 'reveal' photo shoot to toast their new selves. Both girls were presented with a two night's stay in the Blarney Golf Resort courtesy of Caroline Danaher from Ultimate Health.

The lucky winners of the Ultimate Transformation competition in association with the Limerick Post were Janet Binions and Amanda Hogan. For the photo-shoot, our girls had their make-up done by Jessica Maher, and hair by Joanne McGrath and Karis Long from Purple Rain hair salon in Croom. Janet's and Amanda's 'reveal' outfits were from Sinead's Boutique in Annacotty.

Joining the team from the Ultimate Health Clinic to toast the success of the girls was Jason Kenny of Forever Fit Promotions who was the girls' fitness instructor for the duration of their programme. In total Amanda lost 15 pounds and Janet lost 17 pounds over the six weeks duration by combining colonic hydrotherapy, fitness and a nutritious diet. Congratulations to both girls on your achievement – you look fantastic!



Lisa McCoy, Ultimate Health, Jason Kenny, Personal Trainer, Amanda Hogan, Caroline Danaher, Ultimate Health, Janet Binnions, Karis Long, Purple Rain.



Before Ultimate Transformation

The Ultimate Transformation Programme Update

The last week and the programme is working and Janet and Amanda tell how us how motivated they are as they approach the finish line. 15lbs gone and two jean sizes dropped, increased energy – not a bad return for sticking to the plan. Read on their last few days on the programme and the effect of the training by Jason in Forever Fit Promotions.

Update from Forever Fit Promotions

We dedicated this week to working Tums, bums and thighs. Our legs hold our biggest muscles and is key to toning thighs and bums. Both Amanda and Janet worked hard through these sessions warming and stretching before starting each session. We did exercises such as squats, lunges and included the weighted bags while doing so, which is something they would not have done before. Combing resistance training with cardio has been proven to burn 200 times more fat. Using the bodies own design for energy use, and diminishing its glycogen and burning more into the fat stores. By combing both the Cardio and resistance training you can spend less

time training and more time burning calories. We used the indoor track in the University Sports Arena to jog and sprint, and through out the sessions maintaining the heart rates between 65%-80% of max rate. We cycled the abdominals exercises, by combining them with exercises such as push-ups and dips and hit the stomach from varying angles. It takes 250,000 sit-ups to burn a pound of fat, which is why it is of no use just doing them on their own and should be treated as any other muscle group. Amanda and Janet have increased their intensity in their sessions and it has paid off.



Update from Janet:

Monday 14th March

Gym was cancelled this eve so i went home and did a good session on my own, back to eating healthy after the weekend, and still on the apple juice for the liver flush on Wednesday. This is the last week of the 6 and then next week we will be getting ready for the final photo shoot, the hair, make-up clothes so looking forward to that side of it and then the big reveal.

Tuesday 15th March

Was shopping this eve and i'm now one of those people who reads and compares the labels, but i'm still learning and enjoying it looking for healthy tasty food. went for a long walk as it was a lovely evening.

Wednesday 16th March

Liver flush day so as i couldn't eat after 2pm we only did a light session in the gym but Jason still works you. When i got home i had to start on my epsom salts, you have to make up 3 cupfuls of water to 4 tblsp of salts, divide in 4, and drink one at 6pm, one at 8pm, then at 10pm drink a half cup of olive oil with a pulped grapefruit in it, lie down and the stones will flush from the liver. Next morning you take the last 2 cups of salts. .

Thursday 17th March

Last nite was different I felt sick from the moment i took the first salts but had the second and then the oil mix. When I lay down i taught i could feel a fluttering sensation, slept on and off but it was an uncomfortable nite. Took the last 2 salts this morning and after the effects of those wore off I was fine but hungry. Later this evening my stomach felt very flat and calm, so its made me feel better how I don't know..

Friday 18th March

Had my last colonic to-day that's no 7 didn't believe that i had that many. Also had last weigh in and that's a total of 17lbs down since i started, the liver flush helped me lose it this week, so now that's enough its to maintain it and tone up.

Saturday 19th March

I'm away this weekend visiting people who i haven't seen since i started this and they all noticed a difference in me and that was lovely to see all my hard work has made such a difference to the way i look and feel.

Sunday 20th March

This is my last diary entry as next week is the photo shoot and the big reveal of the 'new' mandy and i. Its sad to see it all coming to an end but as i've said before its only the start for me. I want to thank everyone who has supported me, my fiancée for encouraging me to keep going when it got really hard, Jason for all the support and what he has taught me, and especially all at the ultimate health clinic for giving me the chance to do this. Its given me confidence, made me realise that i can do anything if i put my mind to it, and i can stun myself when i go up the aisle thank you all so much for that. .



Update from Amanda

This is my last write up on the six weeks transformation. I have done so well and achieved so much over the last few six weeks. I have lost a total of 15lbs and dropped 2 jean sizes, before i started with Ultimate Health on the six week programme i was a size 14 jeans which were quiet tight on me but, last weekend i bought new jeans i fitted nicely into a size 12 whoo hoo. None of this would have been possible only for Ultimate Health and the staff Caroline, Marese and Lisa. They have been so supportive and helpful to me and not to mention good friends to me over the last 6 weeks, long may it last. Thanks girls, I think ye know what it means to me. I would also like to thank Alan Ward and Dave Mahedy of The

University of Limerick for the use of the Gym over the last few weeks and to Jason Kenny of Forever Fit promotions who was my personal trainer over the last few weeks. Jason really put me through the ropes as they say, Jason pushed me to use my ability which is something i could never have done if he wasn't standing over me. Thanks Jason. Next week you will get to see the new ME in the big reveal. I will be having my hair done by the girls from Purple Rain hair salon in Croom, and the beauty side of thing will be performed by Jess who can be contacted through Ultimate Health. She will have her work cut out beautifying me but we will see and of course the clothes and glamour will be supplied by Katie Jane's boutique in the Castletroy shopping centre which is run by Michelle a lovely, pleasant, helpful girl. Again none of this would have been possible if it weren't for Caroline Danaher of Ultimate Health. Also i would like to say well done to Janet who has also lost amazing weight. Thanks to everyone involved and for anyone thinking of starting a programme like this, It definitely works but from my experience you must keep it up after the six weeks because if your like me it is very easy to go back to bad habits and it is so easy to put up weight and so hard to loose it. Until next week for the photos of the big reveal and the new me,

For more information on how the treatments detailed above can help you please visit www.ultimatehealth.ie and foreverfitpromotions.com