

THE GREAT WEIGHT
DEBATE TRAINER
DONNA ASTON
WILL KEEP THINGS
FAIR BY TRAINING
ALL THE GROUPS
EQUALLY - AND
YOU TOO!

THE GREAT WEIGHT DEBATE

Donna's tips

DON'T EXPECT TO GET MIRACULOUS RESULTS OVERNIGHT

"People tend to take three years to put on fat and want to lose it in 10 days. It generally doesn't work that way. It's about setting a realistic goal for yourself and making sure you're willing to do what it takes to achieve that goal."

MAKE A CHANGE

"There's no use saying, 'I want to be 20 per cent body fat and lose 20 kilos' if you're not willing to change anything to get there. It's about recognizing the commitment and changing your lifestyle."

INCIDENTAL EXERCISE COUNTS

"I think people tend to think of exercise as this enormous time-consuming chore that they have to stick to every single day of their life. Walking the kids to school, taking the stairs, parking the car a bit further away, all those things really add up. It makes a huge difference to your body and really helps you to burn body fat."

BE CONSISTENT

"Everybody tends to be 400 per cent or nothing with their effort. If you can only manage 70 per cent effort, then that's great. I'd rather you be consistent. At least you're going down the right path. It's about recognizing where you can sit comfortably and just being consistent with it."

INVOLVE THE WHOLE FAMILY

"You don't have to be a social hermit and go off on your own to do these things. Try to think of clever ways you can involve your kids, family or partner and make it enjoyable. For example, ride a bike with the kids, take them to the park and get out into the fresh air."

Essential exercise

What training do participants do?

Strength to go "The strength work is working with their body weight. It's a great way to learn how your body works."

Stand to go "This is great for anyone who travels for work or finds themselves in a hotel room, or even for a parent at home with children. It's a really convenient way to exercise because it requires absolutely no equipment."

Core to go "This focuses on the core and abdominal areas, which support the lower back and help enormously with preventing injury."

Fast to go "It's pretty much just getting out there and walking for 30-35 minutes."

Yoga to go "This focuses on recovery from exercise and also stretching, and flexibility to get their joints moving."

goes, because the thing we're really got on trial here is the diet," explains Donna.

"So if we keep the exercise equal across the board then we should have a fair outcome."

Donna says that everyone, regardless of fitness levels, should be able to cope with the program. "We're not flogging people and trying to kill them to get them into shape in 10 weeks. It's all about changing their lifestyle and trying to make significant changes which are not going to interfere with their daily lifestyle."

Everyone on GWD will be given a pack of discs from fitnessgogo.com, Donna's online training program.

Fitness with ease

The discs, which can be played on a DVD player or downloaded onto an iPod, will come with a 10-week calendar. People watching the show can access these through the website and train alongside the stars on the show.

"My aim is to teach people that they can exercise and they can get into some kind of healthy routine and maintain a healthy, good body without a ridiculous amount of effort or money."

Part one of *The Great Weight Debate* screens this Wednesday, September 13, at 8.30pm on the Nine Network.

Celebrity trainer Donna Aston knows a thing or two about whipping people into shape and she's confident that with her help *The Great Weight Debate* participants can transform their bodies in just 10 weeks.

Regardless of their diet or age group, each participant on the show will embark on the same training regimen, consisting of cardio, strength work and stretching.

"Everyone will have an equal opportunity as far as exercise



Donna says consistency is the key, even if it's only 70 per cent effort.