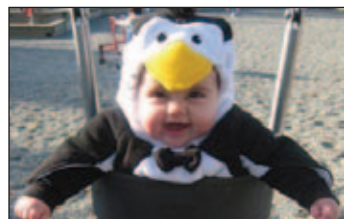


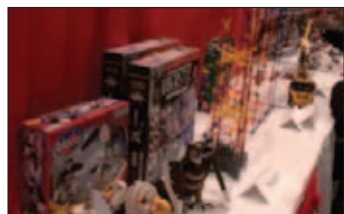
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Top photos

Here's our winner: Matea Anica Faye, the world's most adorable penguin! Check out the final additions to the Halloween photo contest at:

vancouver.24hrs.ca/halloween



editor's pick

Hottest toys for the holidays: Kids played with 120 different toys at the Canadian Toy Association's toy preview at the Metro Toronto Convention Centre in Toronto.

<http://vancouver.24hrs.ca/christmastoy>



Top captions

"Let's just kiss and make up."
- Renan Cabrer
"And I-I-I-I-I will always love yooooouu."
- Jamey Guerrero



caption contest

Think you're witty? Then this should be easy. Send us a caption for the above photo to feedback@24hrs.ca with "photo caption" in the subject line. Don't forget to leave your name!

helping hands



- Rob Kruyt, 24 hours

BRENDA COLLETT works out with weights as part of her exercise program.

'It really works to get physical'

Brenda Collett could have been the poster child for sugar addiction.

"I don't like to be controlled by anything, whether it's a drug, or cigarettes, or men, or food," she said. "But, sugar takes a hold of me. I just need to grab it."

To help Brenda beat her constant cravings for sweets, personal trainer Ted Loo extended a helping hand.

When Brenda and Ted met for the first time at the gym, she looked like, well, a newbie.

Wearing workout gear that hugged her handles, Brenda kept bumping into people because she was a bit off balance.

As the beginner's jitters faded, she kept a clear eye on her goal: Tone – big time.

However, Ted recognized a lingering knee injury could keep Brenda from reaching her goal.

"At the very beginning her knee was a psychological issue," he said. "There were a lot of things in her life she didn't do because of her knee."

Less than optimistic, Brenda

said, "I never thought I could run."

So, she kept walking.

Ted tailored a balanced program of resistance training, cardio and supportive eating habits to ease Brenda into her new lifestyle of hour-long visits to the gym, five days a week.

Results came quickly, especially for her knee..

With inches melting away, Brenda's limits were tested by Ted.

"I was so surprised that I could actually run on a treadmill," Brenda said.

Brenda's favourite exercise quickly became kicking-boxing, swatting at Ted's padded target mitts.

"He kept things exciting," she said.

By Brenda's third week, she could feel her muscles and by week four she had dropped 13 pounds.

Then, the scale stopped moving.

Ted took Brenda back to the

drawing board to adjust her program to avoid losing more muscle mass.

Helping Brenda understand inches would continue to vanish despite her weight staying the same was a tough lesson to teach.

By program's end, Brenda lost a total of 11-and-a-half inches from around her body.

Outside the gym, Brenda's confidence skyrocketed.

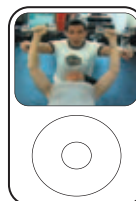
She would go to workout sessions telling Ted stories of how her behaviour had changed.

"I think she's in a very good place," Ted said. "She's feeling totally confident about herself. I think she's feeling that she's in the best shape she's ever been in."

Now, there's little anyone can do to stop Brenda from showing off her biceps.

"It really works to get physical and treat your body like a temple," Brenda said. "It really, really works."

- Dharm Makwana, 24 hours



Helping hands
vancouver.24hrs.ca/helpinghands2

5 TIPS



Ted Loo coach
Ted Loo established his personal training firm, Ted Loo Fitness, 11 years ago.

Fitness

1 SET GOALS:
Write down exactly what you want to accomplish. Remember to keep your goals S.M.A.R.T. – Specific, Measurable, Attainable, Realistic and Timely.

2 WRITTEN PLAN:
Now that you have your goals, write out a plan to outline what, when and how you're going to make changes.

3 RESISTANCE TRAINING:
Lift weights if your goal is to lose weight. You'll look shapely and toned. Remember, muscle helps burn fat.

4 SUPPORTIVE EATING:
Proper nutrition is necessary to fuel you through your day, speed up your metabolism and support your achievements towards the results you want.

5 COMMITMENT:
Commit to creating a healthier lifestyle. Schedule workouts in your planner, find a training partner or hire a personal trainer. Do what it takes to put in the time and effort.

www.tedloofitness.com



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