

and improved digestion and elimination. In addition, Young Living has a complete line of fitness products that includes meal replacements, vitamins and supplements. I also use their many oils and blends for muscle soreness and injuries.

It is important to note that the essential oils used must be therapeutic grade, pure and unadulterated. And, Young Living is the only North American manufacturer that is AFNOR certified therapeutic grade. I wouldn't trust any other essential oil company.

For more information or a free cassette of testimonials about Young Living Essential Oils, e-mail Romy at: romy\_essential-fitness@yahoo.com.

Books on hypothyroidism: "Hypothyroidism: The Unsuspected Illness," Broda O. Barnes, M.D., and Lawrence Galton; "Living Well With Hypothyroidism," Mary J. Shomon.

Books on progesterone: "What Your Doctor May Not Tell You About Premenopause," John R. Lee, M.D. and Virginia Hopkins, M.A.; "What Your Doctor May Not Tell You About Menopause," John R. Lee, M.D., Jesse Handley, M.D., and Virginia Hopkins.

## Anna Pedicelli

Montreal, Quebec

About five years ago, I did not know what was wrong with me. I could not shake post-partum depression. Doctors said I was chronically depressed. At 142 lbs., I was overweight for my height of 5'1". I felt so disfigured and embarrassed to go anywhere. I avoided social and family events because of my size. I was always thin until I had my two daughters. I had a huge pot belly. I would get questions like, "When is your third due?" Cutting comments were the thing of my life.

I found myself [doing] groceries wearing my husband's sweatpants. I would never leave the house without make-up until now. I had absolutely no self-esteem left.

The only thing that kept me going was the thought of my two beautiful daughters. I had a responsibility to them. The

fear of them being motherless gave me some kind of strength.

In desperation, something had to be done. Then one day a gym flyer came to my door. I was then forced to join the gym. My husband was deeply concerned. "What had become of me?" I was extremely out of touch with myself!

Money was extremely tight, but we sacrificed extra for a baby-sitter so my husband could come with me to the gym and offer support. Before the kids, I was always active, and since I enjoyed swimming, I thought aquafitness would be fun to start with. After a month I started to en-

joy myself. It was great to get a break from the kids!

Some days were extremely tough, but the thought of wasting my family's money kept me motivated. Eventually, I made a promise to myself that I was going to get into my pre-pregnancy shape and weight no matter how long it took. I took my imperfections seriously. This gave me the strength, persistence and determination to go on. No more excuses!

As the months went on, I became more informed about health and well-being. I started to lift weights and add cardio to my routines. I started to run three miles in

thirty minutes, plus did high intensity on the StairMaster. This helped me tremendously.

Years passed. I changed dramatically. Still, I had about twenty pounds left to go and still had 31 percent body fat. I started a proper diet, eating low fat meals, lowering carbohydrate intake, and drinking lots of water. I added supplementation and kept up with my training routine. This with muscle-building workouts and cardio, all combined with persistence and hard work.

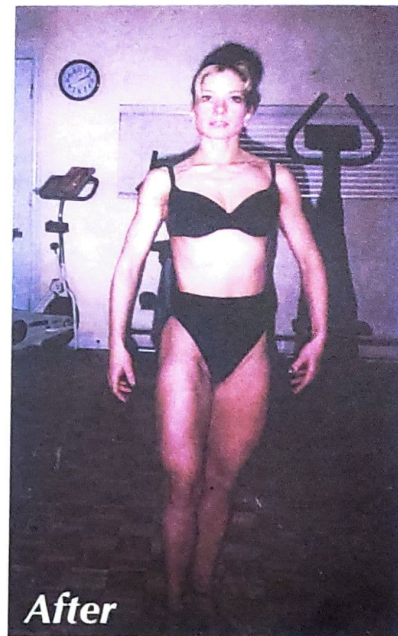
As the days went by, major changes began to happen. I was more committed than ever. I had to continue, and if I didn't, then I'd really lost my battle.

Sticking to strict regimens paid off! I never felt so excited as I do now! I'm mentally and physically stronger. Friends and acquaintances don't even recognize me. From a size 14, I'm now down to size 1. I am now 8 percent body fat. I beat my pre-pregnancy weight and shape. Everyone is shocked at my progress. They tell me it was overnight. I have a whole new appearance, inside and out. I'm in total control of my life. My confidence is back, I'm more assertive than ever before, and I have a new attitude towards life. It is very important to love yourself. When you love yourself, you can love others as well!

Thanks to my goals and inspirations, I found personal success. To mention one, I returned to work after eight years. It is a complete lifestyle change, and you have to want it for yourself. Setting goals to motivate yourself and staying focused helped my determination.

Now people come up to me and tell me how inspiring I am. I picked up the pieces of my life and found the courage to go on. I'm in the best shape imaginable, my energy level is high, and I feel great. I'm very much alive!

I plan to take my goals further. I plan to help others, especially mothers who think there is no hope for themselves. It is important to keep in mind "Where there's a will, there is a way." No excuses. I'm out of the rut. It took full-time dedication and it worked. I won my life back. I'm my own success and want to share it with others. Now look who just got a life!



Age:	32
Height:	5'1"
Pounds Lost:	48
Inches Lost:	Waist - 10"
	Hips - 8"
	Bust - 8"
	Thighs - 7"

#### My Diet:

- Breakfast - 1 Slice whole wheat toast, turkey breast/chicken breast or fish (preferably salmon), tomato/steamed vegetables, and 1 cup of juice.
- Snack - No-fat yogurt/fruit
- Lunch - 1 baked potato/half cup brown rice, turkey breast/chicken breast or fish, steamed vegetables
- Snack - No-fat yogurt/fruit
- Supper - Turkey breast/chicken breast or fish
- Snack - protein shake
- Lots of Water
- No carbohydrates after 6 PM
- Keep in mind steamed or grilled

#### Workout Schedule:

- 3 Hours a week weight training
- 30 minutes, 4 times a week, combination of tread mill, stair climbing or aerobics
- 400 abdominal exercises 4 times a week

#### Maintenance Tips:

- Follow a suitable eating plan and treat yourself once a week.
- Set a reasonable goal and stick to it.
- Keep yourself informed about nutrition and fitness.

# Could this be You?

Awe-inspiring before and after photos of FAME athletes!

By Kerrie Lee Brown

These FAME athletes lost weight, found their confidence and gained lean muscle to hit the FAME stage! Their stories show that anyone can achieve the fit physique of a competitor. Check out these inspirational transformations and learn why they got pumped about FAME!

## Anna Duncan's Total Life Transformation

FAME Figure and Fitness Model Athlete Anna Duncan has realized her dreams in more ways than one. Not only is she the proud mom of two beautiful daughters but she also helps people overcome weight problems, self-confidence issues and poor body image. She knows how difficult these issues are. She's faced them herself.

Twelve years ago Anna was beyond unhappy. "I found myself depressed, feeling ugly and afraid to leave the house - nearly to the point of becoming a recluse," she admits. Anna was overweight and diagnosed with severe chronic depression after the birth of her second baby.

Anna felt as though life couldn't possibly be worse. With two small children at home and an extra 80 pounds of pregnancy weight clinging to her small frame, this Montreal native could hardly handle the normal stresses of everyday life. At 5'1" and 190 pounds, Anna felt huge and ungainly. Her increased body weight prompted concerned comments from her family and friends.

"I stopped caring about myself," she says. "I couldn't be bothered to dress up or apply makeup." Then one day, when a flyer about a local gym came to her door, Anna finally decided to do something about her oversized physique and shriveled self-esteem. To everyone's surprise, she lost all 80 pounds in only eight months!

"I joined the gym and started to learn about myself and what I can accomplish physically and mentally," Anna explains. "I began to educate myself about weights and resistance training and started to exercise with a personal trainer." She also began reading everything she could find about fitness and nutrition with one goal in mind - getting her life back.



Anna regained control of her body and also gained the confidence, self-assurance and determination to create new goals for the future, including competing. She entered her first FAME contest in 2003 and has never looked back. To date, Anna's



total weight loss is approximately 92 pounds, and her contest weight is an incredible 98 pounds. Competing has taught her discipline and that any challenge can be faced and conquered. Right now she is looking forward to gracing the FAME stage once again in the Fitness Model category at FAME East Regionals on April 21.

Following her impressive weight loss, Anna put all her efforts into helping others achieve their goals. Today she not only trains at the very same gym that prompted her to follow her dreams 12 years ago but



she also works there as a personal trainer. She strives to help her clients realize that a healthy inside is just as important as a strong, great-looking outside.

"This was not an easy journey for me, but I have realized my dream, and now nothing brings me greater satisfaction than supporting my clients in achieving better health and more vitality," she emphasizes. "I am particularly interested in helping young mothers who feel there is no hope. I am living proof that reshaping your life is possible!"

Anna hopes to write a book one day about her inspirational journey. Good luck, Anna!

## Matthew Stocker Goes From Flab to Fab!

After taking first place in the FAME Muscle Middleweight Division at the FAME Miami North American Championships in November 2006, Matt Stocker is determined to come back even stronger and earn his Pro card at the upcoming FAME Nationals in June. This 34-year-old from Nazareth, Pennsylvania, has been bodybuilding for the past 10 years and attributes much of his success to his trainer, WNSO Pro Mike Kocsis. But despite how chiseled he looks on the FAME stage today, Matt reveals he wasn't always so buff.

Though he played football in college, Matt admits his eating habits during those years were awful. "I believed eating Chinese food at about midnight every night was a healthy habit, especially when it was pork fried rice and chicken doused in sauce. I would also finish a family-size can of ravioli without even heating it up. Eating like this gave me size for football, but I was very out of shape and basically fat."

Alcohol consumption was also a regular weekend staple, as it is with many college students. Matt recalls his belly resembled a keg. Then one fateful day, Matt tore his ACL (anterior cruciate ligament), which required a total knee reconstruction and effectively ended his football career. After surgery he took a trip to California, where he visited Gold's Gym in Venice, "The Mecca," as it is known in the bodybuilding world. The visit

was an experience that would immediately and irrevocably alter his outlook on life.

Finally, Matt knew once and for all there was more to life than fast food. "Seeing all those people in shape and life-sized pictures of bodybuilding legends on the wall at Gold's inspired me. I set my sights on my first FAME show when I returned," Matt says. "It meant I had to make some tough decisions, including about the friends I hung out with. I had to get rid of old habits and acquire healthy ones."

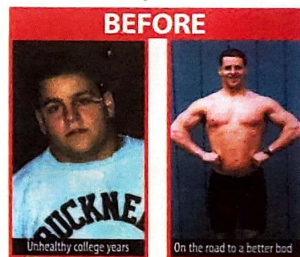
At the time, Matt was the heaviest he'd ever been - at about 275 pounds. "I really felt I wanted to be comfortable in my own skin again," he says. So with his eye on the ultimate prize - a fitter, healthier body - Matt overhauled his eating habits and training regimen almost overnight. To his surprise, his efforts landed him a photo shoot for a College Special in *Muscle & Fitness!* If these accomplishments weren't impressive enough, Matt also underwent his total knee reconstruction while completing his masters degree in human behavior and organizational psychology. Wow!

Today Matt is a personal trainer and enjoys working with troubled youth. In his off-season he tips the scales at around 210 pounds, but his competition weight is a lean 185. "My nutrition program was designed by WNSO Pro Mike Kocsis. It's basically healthy protein and vegetables with the occasional sweet potato."

Matt's current workout includes weight training four days a week, alternating body parts and continually changing up his routine to keep his body challenged. He

throws two days of cardio into the mix during the off-season.

You're certainly a trooper, Matt. We can't wait to see you go for gold on the FAME stage again in June! ★



Matthew Stocker [www.myFAMEstage.com/mstocker](http://www.myFAMEstage.com/mstocker)

## SHOW US A BETTER YOU!

If you've made a dramatic change that's resulted in a healthier, happier, fitter you, we want to hear about it! Put together some before and after pictures along with a written description of your road to a better you. Tell us what prompted your decision to get in great shape, how you went about it and what role FAME has played in your journey. Your inspiring story and photos could be featured in an

upcoming issue of FAME Magazine. Just think how great you'll feel when your feature inspires others to start a health-and-fitness journey of their own!

Submit your amazing stories and hi-res photos to [edit@FAMEmedia.com](mailto:edit@FAMEmedia.com). All submissions must be accompanied by your full name, telephone number (with area code), the name of the photographer and written consent from the owner of the images to re-print them. Professional photos without such permission will not be used.

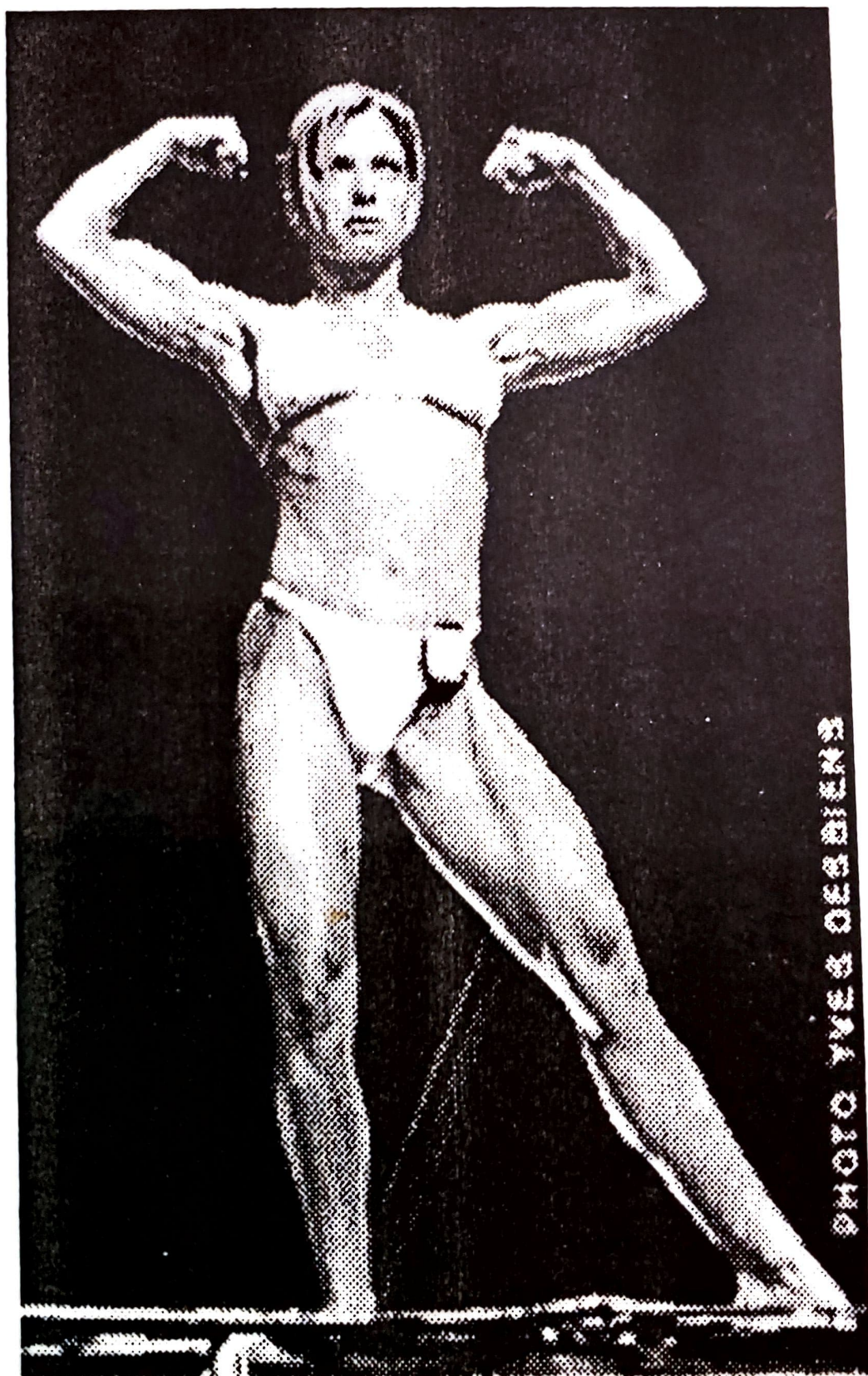


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## Empathy provides motivation for personal trainer

By Luigi Perrotta

**A**ncient wisdom tells us that we must often go through periods of extreme difficulty before we find the resolve to transform our lives. That was certainly the case with Anna Duncan.

Eight years ago, the young mother had gained a substantial amount of weight after having gone through two pregnancies. Out of shape and unable to regain her previous form, she lost confidence in her appearance and felt unattractive and undesirable. After a period in which she lapsed into a depression, she made a monumental decision that catapulted her from the depths of despair to the height of self-esteem.

She joined a gym and began to train. Encouraged by the initial results, she started to regain confidence in her appearance, and by extension, her entire personality. By following a training program and nutritional guidance, she resculpted her body and even went on to compete in a major competition. Today, after having traversed the emotional spectrum, she is dedicated to helping both women and men who find themselves in similar straits.

"My goal is to help people transform their lives in their fitness and nutritional goals," says Duncan. "People who come to me are not satisfied with the way they look and I guide them as to proper weight training methods and dietary regimens."

Operating out of the West End Gym, the Corfit-certified personal trainer runs *Sculpture du Corps*, a health-oriented service that offers weight resistance programs and nutritional counseling tailored to the individual's needs. Offering her services to woman and men of all ages, she assesses her clients by measuring body fat and then provides a detailed program aimed at helping them lose weight and boosting their level of fitness.

By utilizing circuit training and weight resistance methods, Duncan says that her clients experience profound changes. "Clients who follow my recommendations are seeing wonderful results," she says. "As a person who has experienced what it feels like to be overweight and out of shape, I am especially motivated to helping others become trim and fit," she says.

Certified personal trainer Anna Duncan can be reached at 483-9991.

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