



Biggest losers

Nine Brookfield Village residents have lost a total of 34 kilograms after their eight-week weight-loss challenge. The women teamed up with weight loss company Healthy Inspirations to take on a healthy lifestyle, eat regular home-cooked meals and avoid pre-packaged dinners. Regular exercise and group activities helped the women shed their weight. They also recorded their food intake in their journals. Patricia Prowd was the biggest loser, shedding eight kilograms and 43 centimetres. Trimmers Lyn Rowe, Anne Kent, Tracey Burns, Margaret Thomas and Catherine Lee are pictured with Healthy Inspirations representatives Nikki Files, second from left, and Cheryl Lowe, third from right.

Picture: Shawn Smits