

Brides' FOOD & FITNESS PLANS

Want to look fit and fabulous on your special day? These brides reveal how they shaped up

LIBERTY, 25, NATIONAL SALES MANAGER, GOT INTO SHAPE WITH BRIDAL BOOTY CAMP FOR HER WEDDING TO NICK, ON NOVEMBER 24, 2007.

***THE PLAN

"To tone up with exercise and a healthy diet."

***BEFORE

"I was happy with my body, so I never set a goal weight. I just wanted to fit into my beautiful wedding gown."

***THE GOAL

"To define my tummy, build muscle and tone my arms and look great on the day!"

***HOW?

"I cut down on sugar, ate more protein and steamed vegetables, and drank two litres of water a day. I signed up with No Attitude Training in Sydney for their Bridal Booty Camp (0411 551 511). My trainer designed a diet and exercise program to suit my body."

***MOTIVATION

"I wanted to look my best for my husband, Nick, and also feel good about myself."

***THE RESULT

"I weighed 55kg and by the time my big day came around, I was 50kg. I have since maintained my healthy weight, and now my skin glows!"



Liberty wanted to tone up

