



was an all you can eat affair, but Bruce focused in on the kind of foods he chose and portion sizes. He limited his alcohol intake, ate a sensible breakfast and did a lot of swimming in the pool.

He now will walk by a tray of donuts without taking one, something that wouldn't have happened before. His snack at night is an apple instead of junk food and if he was going to cheat, he makes sure there is a corresponding penalty with extra time on the treadmill.

If you feel you would like to change your lifestyle to benefit your health, but might need support, please call Risk Factor Coach Winnie Lei at 677-1793 at the Burntwood Community Health Resource Centre.