

Lorraine in fight for a loss cause

LARGER-THAN-LIFE Noosa local Lorraine Marshall plans to shed a whopping 50 kilograms in as many weeks in her "biggest challenge yet".

The Noosa Junction Traders Association chief who this year led the charge against Noosa Civic's controversial expansion plans, has set her sights firmly on her own waistline.

She's lost 12 kilograms since she started exercising just six weeks ago in a feat she hopes will spur on others.

"Fifty was a big number for me to even face - it's my biggest challenge ever," Lorraine said on Tuesday at her first weigh-in since starting out at 150 kilograms.

The Noosa Junction Plaza centre manager has won support from Noosa Springs Fitness centre and training staff Paul Ewing, Jarryd Bates, Tammy Kimmel and Claire Dixon in her quest to trim down.

At her weigh-in Lorraine bettered her six-week goal to lose 10 kilograms, registering a 12 kilogram loss on scales, which put

By Nathan Evans

her weight at 138 kilograms.

She has launched her "Fight the Big O" obesity challenge in tandem with colleague Charlie Gardener, who is winning his own battle with alcoholism and depression to take on three-times world champion kick boxer Ian "Powerhouse" Jacobs in his "Fight the Big C" anti-cancer showdown with the boxer in October.

Noosa Springs fitness manager Paul Ewing said Lorraine was a star client, who rarely moaned about her training regime.

Lorraine's program includes pool work, cardio work and weights - at least 30 minutes a day. She trains with all of the Noosa Springs Fitness Centre trainers to ensure variety. She plans to shed 25kg by Christmas.

New Leaf Nutrition's food, body and lifestyle guru Bridget Jane is advising Lorraine on nutrition. She said the key was to "think like the healthy person you plan to become" when it came to food.



BIG CHALLENGE: Lorraine Marshall with Bridget Jane and Paul Ewing at Noosa Springs Fitness Club.

BRIEFLY

History moves on

A PIECE of Tewantin history will move on next week when the historic Queenslander Tait House will be relocated to Wallace Park, Noosaville. The house, on the corner of Poinciana Ave and Sidoni St, was recently gifted to the community by the owner, Esme Tait. It was built in 1920 for her parents Charles and Emma Tait (nee Duke). It will be moved at 4am on Tuesday.

Star turn for Uni

THE University of the Sunshine Coast was the only public university in Queensland to gain five stars for teaching quality in the 2010 Good Universities Guide. The annual Guide also awarded USC top marks (five stars) for its staff qualifications, and graduates' satisfaction with the generic skills they gained while at university. USC scored four stars for access by equity groups, Indigenous enrolments, gender balance, and for graduates' satisfaction with their overall university experience.

Have your say

SUNSHINE Coast Regional Council is inviting the community to have a say on future skate and BMX parks. A project team will be at Tickle Park, Coolum, from 1-2pm on August 30, and at Noosa from 3-4pm.



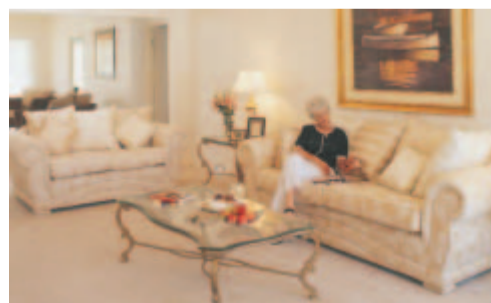
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