



LOVING THE **ride**

CHRISTINE GROVES HAS LOST AN AMAZING 61kg AND NOW COMPETES IN TRIATHLONS AND MARATHONS – AND SHE’S NOT STOPPING THERE.

Christine's tips

1

“Don't look at the staircase; look at the first step”
“Break your weight-loss journey down into little goals. Every 5kg I lost, I treated myself, whether it was a facial, a massage or new suitcases.”

2

“Pack the right tools”
“Your weight-loss journey is like a parachute: you pack your parachute and you pack the things in that will help you succeed. Make sure you have the right mindset and network around you.”

Christine Groves is a busy woman. Her photo shoot for WW magazine took place just before she competed in a triathlon. Four days after that she flew off to Hawaii to run a half-marathon to raise money for mental-health charity Beyondblue and in July she will be running her second full marathon. It's a far cry from what her life was like seven years ago. Back then, weighing 135kg and working full time with three kids, now 18, 17 and 11, Christine says she had no energy. “I had gestational diabetes when I was pregnant with each of my children, which was tough, though I think for a long time I used it as an excuse not to do anything about my weight.”

It was a visit from her mother, who had lost a lot of weight, that was the wake-up call she needed. “I didn't recognise her. It was a reality check for me!” Christine decided to bite the bullet and step on the scales – and they cracked. “I thought, “This is it! I've got to do something.” >



BEFORE

CHRISTINE GROVES

AGE
39

HEIGHT
169cm

START WEIGHT
136kg

CURRENT WEIGHT
75kg

WEIGHT LOST
61kg

TIME TAKEN
22 months

HOW

Group Coaching with Jenny Ryan in Gatton, Qld

CHRISTINE'S TOP TIP

“My life motto is if my goals don't make people laugh they aren't big enough.”



Words Gina Flaxman Photography Alana Landsberry Styling Karli Butson Hair and makeup Fern Madden, Sarah Wright



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Mind and body

In just 22 months she lost 61kg and has kept it off for five years, through a combination of exercise and adjusting her mindset. “I was an emotional eater so I tracked my moods and saw that when I’d blown out that day, my mood was low. It’s about knowing your headspace as well as your body.” Running was something Christine found helped with both her mental health and her weight loss. “If I’m having a bad day my son Cooper, 11, will say, ‘Mum, just go for a run.’ I go for a run and I’m ready to face the world again.”

Mental health is something Christine is passionate about. In her job as an allied health assistant she sees many people with depression and anxiety and through her Hawaii half-marathon she hopes to raise funds for those suffering from mental illness.

She did her first marathon last year to prove to her father that she could do it. “I’ve been overweight for most of my life. My dad and my brother were long-distance runners but I’d always just watched them,” she says. “Last year, I told my dad I was going to do a marathon and he laughed. That was the fuel I needed to keep me going. He was at the finish line waiting for me, bawling. The feeling when I finished was just amazing.”



Support systems

Her children are also very supportive of her running. “It’s a family thing now. Cooper also runs – he did the 10km Mother’s Day Classic, and when I run on Sundays he’ll ride his bike with me. He even takes his sign on holidays: ‘We love run holidays. Mum runs and we holiday.’”

Christine also has a great support system in her friends from Running Mums Australia, one of whom ran the Hawaii half-marathon with her. “We’re all there to cheer each other on and raise each other up.”

The WW community is also a big part of her life. “Between the WW community, WW Connect and Running Mums Australia, the support is amazing. I also get a lot of motivation from the magazine. Reading about what other people are doing gives you ideas about what to do next.”

Christine has also completed six triathlons and her next goal is an ultra-marathon. “I’ll see how my marathon goes this year but I truly believe that if your head says you can do it, your legs will follow.”

Life is very different now for Christine. “Before, after eight hours of work I was exhausted. Now I come home, have a coffee and go for a 10km run.

“Cooper doesn’t remember what I was like before. We look at photos and he asks, ‘Who’s that?’ Having a running race with the kids and knowing I can beat them over a long distance feels pretty good.” ■

