

Ray Kelly is an accredited Exercise Physiologist with the AAESS (Australian Association for Exercise and Sport Science) and has over 15 years experience in the sports and fitness industry. He has a BA in Human Movement (Exercise Science), a Certificate IV in Fitness, and is a Level II Strength and Conditioning Coach. He has helped athletes around the world achieve their goals and he also assisted Adro Sarnelli and Chris Garling's win on Channel Ten's *The Biggest Loser*.

Donna Jones is a personal trainer, weight-management consultant, writer and media personality with journalism, exercise science and nutrition qualifications. She is currently fitness editor and columnist for *Good Health & Medicine* and the regular fitness contributor to *Australian Good Taste*.



In seven weeks Ray helped two overweight contestants snatch victory in *The Biggest Loser*. Ray Kelly becomes your personal trainer in *Winners Do What Losers Don't*.

**Become your own weight loss winner:**

- sections on thinking right, eating right and training right
- eating plan with fast and fresh recipes
- exercise program, including circuits
- troubleshooting tips
- how to change your mindset to achieve your goals
- how to have your cake and eat it too!

Includes a personal note from Adro Sarnelli, winner of *The Biggest Loser*.

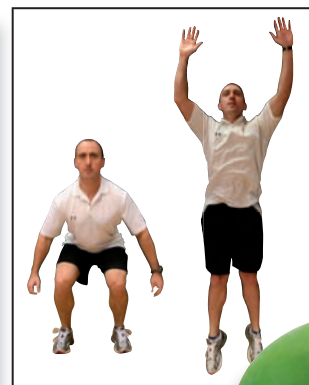
Sample Pay-it-Forward Planner  
Special occasion: Christmas Lunch  
Date: 25/12/08

Treat of choice	Size	Calories
1/2 bottle wine	375ml	280
Turkey roast with skin	100g	170
2 roast potatoes	200g	250
Slice Christmas cake with icing	95g	320
<b>Total:</b>		<b>1020</b>

	Extra exercise	Calories
Pay-it-forward Week 1	Extra 3 minutes* of running each day	36.75
Pay-it-forward Week 2	Extra 3 minutes of running each day	36.75
Pay-it-forward Week 3	Extra 3 minutes of running each day	36.75
Pay-it-forward Week 4	Extra 3 minutes of running each day	36.75
Pay-it-back	-	-
<b>Total:</b>		<b>1029</b>

\*Based on 70-kilogram person



US\$ 19.95

ISBN 9781741106350



www.newholland.com.au  
www.youngreed.com.au

Winners do What Losers Don't

Ray Kelly with Donna Jones



# Winners do What Losers Don't



How to be a weight loss winner



Ray Kelly with Donna Jones



- The secrets used by the winners of *The Biggest Loser*
- Daily eating plans
- Fast and fresh recipes
- Weight loss and exercise circuits
- What to do when you get off track
- Learn to run with my 15-stage Walk-to-Run Plan!

*Winners Do What Losers Don't* reveals Ray Kelly's secrets to help you lose weight and be healthy. It includes:

- ways to train your brain and set sensible goals
- the 500-calorie-cutting plan
- calorie-controlled eating plans
- the 15-stage Walk-to-Run Plan
- flexible Weight Loss Circuits (train at home, in the park or the gym)
- extensive exercise library (including exercises for problem areas such as the stomach)
- easy-to-use exercises (including pictures of exercises, difficulty grading system, and injury warnings).