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NEWS photo Mike Wakefield

UNPOLISHED Diamond contest winner Riffat Sheikh and Emma-Lousie Elsey from Simplicity Life Coaching talk about some of Sheikh's goals for the future.

# Makeover also an inside job

■ This story marks the third in a series of pieces that will chronicle the progress of two of the North Shore News' Unpolished Diamond contest winners.

These two women will receive an inside/out makeover that will last until the Oct. 22 Health feature.

**Niki Hope**

nhope@nsnews.com

**RIFFAT** Sheikh hasn't cheated once on her diet or let her workouts slide since she started the Unpolished Diamond makeover in March.

And it's paid off. So far she's lost an amazing 39 pounds. The girl who literally grew up in the candy store her parents owned has managed to change her eating and exercise habits with the help of her Unpolished Diamond makeover team — Vega whole food meal replacement consultant Brendan Brazier, naturopathic

physician Sheheen Mithani from Bloom Wellness Centre and personal trainers from BodyCo Fitness.

But the changes she's undergoing aren't just on the outside. Sheikh, who hopes to one day be a broadcast journalist, has been attending Logos Toastmasters meetings on Monday nights at the West Vancouver Chamber of Commerce and working with life coach Emma-Louise Elsey from Simplicity Life Coaching.

At the meetings, members are chosen at random and asked a surprise question, which they answer by talking for two minutes. Afterward their response is critiqued. Members also prepare speeches. The fees at Logos Toastmasters are about \$150 a year.

Sheikh has had to give one speech since she started attending meeting in March.

"It was my ice breaker, so I told them about myself," she explains. Sheikh was nervous, but managed to get through the five-

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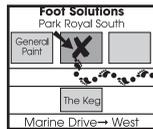
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