

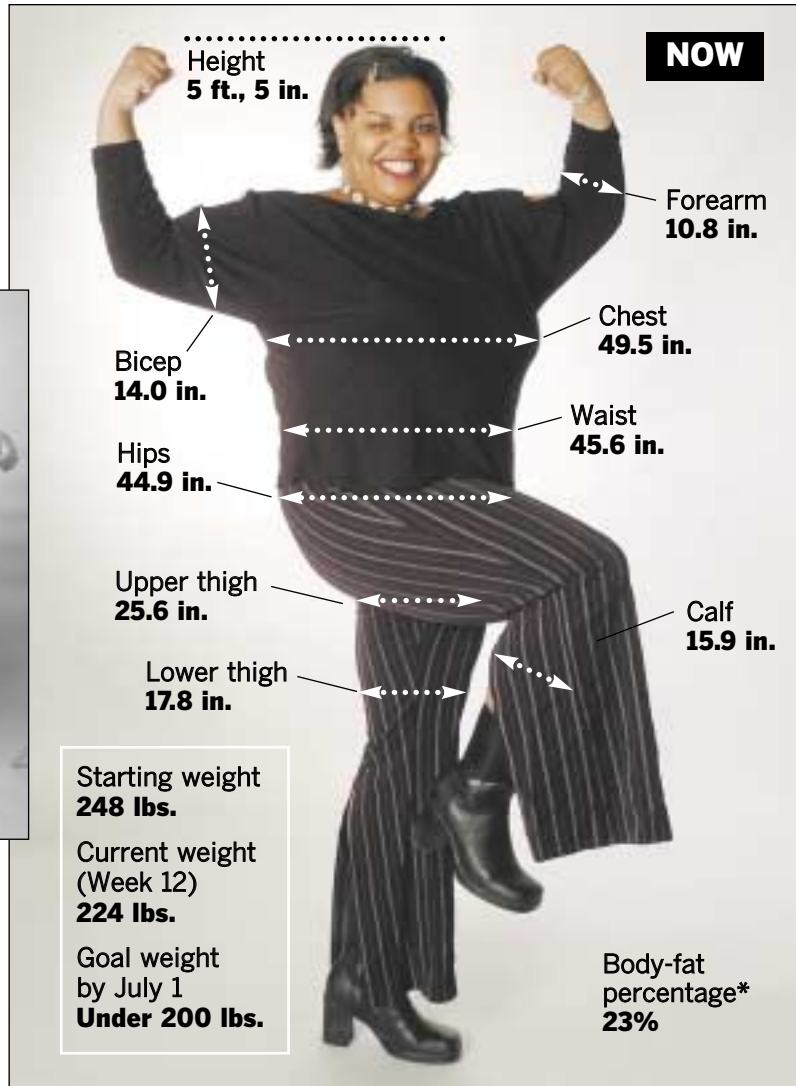
Alisha's challenge

Twelve weeks ago, staff writer Alisha Pina decided to get in shape. Here is a look at how her progress measures up.



THEN

Bicep	14.5 in.
Forearm	11.5 in.
Chest	52.0 in.
Waist	49.5 in.
Hips	46.0 in.
Upper thigh	28.0 in.
Lower thigh	22.0 in.
Calf	16.0 in.
Body-fat percentage	31.2%



NOW

Height
5 ft., 5 in.

Forearm
10.8 in.

Bicep
14.0 in.

Chest
49.5 in.

Hips
44.9 in.

Waist
45.6 in.

Upper thigh
25.6 in.

Calf
15.9 in.

Lower thigh
17.8 in.

Starting weight
248 lbs.

Current weight
(Week 12)
224 lbs.

Goal weight
by July 1
Under 200 lbs.

Body-fat percentage*
23%

Body-fat percentage measures the amount of fat tissue in your body. It is calculated by taking measurements of various parts of the body with a fat caliper. According to the Discovery Health Channel's National Body Challenge, a "fit" body-fat percentage ranges from 13 to 19 percent.

Journal photo by Bill Murphy

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