



Sally Symonds is slim once again.

PHOTO: CONTRIBUTED

Sally thinks

By **MELISSA WOODS**
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FORMER Nebo resident Sally Symonds is a shadow of her former self.

Having tipped the scales at 106.5kg in 2002, Ms Symonds has lost a staggering 53kg and is sharing her story with others through her newly released book *50 Steps to Lose 50kg...And Keep it Off*.

Like many people, Ms Symonds's weight gain was a result of her hectic lifestyle and her health took a back seat to her career.

"I was a workaholic and far too busy for health and fitness," Ms Symonds said.

It wasn't until, at 29 years of age and wearing size 24 clothes, Ms Symonds was diagnosed with high blood pressure and was forced to reassess her life – and her weight.

"I never really lacked confidence but, as a drama teacher, I felt very self-conscious having to be on stage all the time," she said.

Ms Symonds said she got to the point where she couldn't ignore her weight and wasn't happy with the way she looked.

"Initially I made simple changes, I cut out the food

Her weight loss secrets shared in a new book

that was bad for me and began walking each day," she said. Ms Symonds lost 17kg by making small changes on her own before joining a gym and working with a personal trainer to lose the remaining 28kg.

In 33 weeks, Ms Symonds dropped 45kg and had never felt better.

"I guess I was in denial

I guess I was in denial for a long time but after losing weight I was a lot more energetic and not so tired.

— Author Sally Symonds

for a long time, but after losing weight I was a lot more energetic and not so tired," she said.

Throughout her weight-loss journey, Ms Symonds kept a diary of her successes, failures and secrets which she eventually transferred into her book, *50*

Steps to Lose 50kg...and Keep it Off.

The book is divided into three sections; Food, Exercise and Mind.

And with no faddy meal plans, exhausting exercise routines or magic shakes, Ms Symonds says the book throws out all the traditional weight loss rules.

"My book outlines exactly the steps I took and changes I made in order to transform myself from the food-loving, exercising-loathing workaholic I was then to the person I am now," Ms Symonds said.

Ms Symonds said she found simple methods in losing weight the right way.

"Ensure you think with your brain and not your stomach," she said.

"Never make any food choices when you're hungry. They are much less likely to be the right ones."

She also said exercise was an important part of weight loss and her book was self-empowering to those who generally didn't like exercise.

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with brain, not stomach

"In terms of exercise, don't force yourself to do something you hate, but do force yourself to find something you like."

Including quirky tips and hints, Ms Symonds said the book could help both men and women of all ages.

Ms Symonds said those who kept putting off weight loss efforts would find her book inspiring and it would provide people with a little inspiration to begin their own weight loss programs right away.

"Patience isn't always a virtue; you don't have to wait until tomorrow, or Monday, or after Christmas to start your healthy lifestyle," she said.

"What's wrong with right now?"

Thanks to her weight loss success, Ms Symonds has since launched her own online healthy life club which features an ever-growing list of tips, recipes, recommendations and resources for people to access, regardless of where they live. The online club, book and speaking engagements mark another total life change for the author.

Ms Symonds now lives in Brisbane with her husband Steven and is working as a weight loss consultant, health and fitness writer,

TIPS FOR WEIGHT LOSS

- Try to order first when eating out – that way you won't be tempted to order the same as someone else.
- Salads aren't always calorie-savers. Unless the company provides specific nutrition information with its product. Remember that the fancier the salad, the fattier it is likely to be.
- Get competitive. Race the person next to you on the escalator when you are taking the stairs, walk to overtake the person in front of you on the footpath, run like you have a chance of winning Olympic gold.
- Your body is like your bank account. The more deposits you can make with exercise, the more withdrawals you can make with food.
- Write down all your reasons for wanting to lose weight. Carry the list around with you in your wallet and look at it when you are out and feel the urge to indulge.
- Disassociate yourself from the negatives. Whether they are people, places or events. Identify the things that pull you down, rather than raise you up, and avoid them at all costs.

educator, researcher, motivator and company director.

But she still calls Nebo home with many family and friends who continue to live in the region.

Ms Symonds will be signing copies of her book on Saturday, October 2, outside Angus and Roberston Bookshop at Caneland from 11am and Collins Booksellers at Sydney Street Markets from 1.30pm.

She said she was looking forward to meeting with Mackay residents, giving



advice and answering any health or fitness related questions that people may have.

Visit Ms Symond's web-site at www.sallysymonds.com for more information.



Sally Symonds with her husband Steven.

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Exercise was a key part of Sally's weight loss success.

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