

Use it and you'll lose it

SALLY Symonds may have lost half her body weight and gained rope-like toned biceps, but don't think there is any short cut to weight loss.

If there's one thing that riles the enviably trim businesswoman, it is wannabe slimmers who think there is a magic pill. There was no exercise buddy, list of goals or fad diet when Ms Symonds lost more than 50kg and saved her life.

"I get so fed up. Losing weight is not rocket science," Ms Symonds said.

She has just published her second book, *50 Recipes To Lose 50kg . . . and Keep It Off*.



Good practice: Sally Symonds says exercise and good diet are keys to weight loss. Picture: ANDREW TAUBER