

# Sally's inspirational journey to drop 50kg

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OBESITY is a common health issue facing Australians and eight years ago Brisbane's Sally Symonds was among the many whose weight had become a serious problem.

In 2002 she was morbidly obese, more than 50kg overweight and a workaholic with little social life.

Earlier this month, Ms Symonds visited Angus and Robertson at Westfield North Lakes to sign copies of her book *50 Steps to Lose 50 kg ... And Keep It Off!*, which details her weight loss journey.

"My long-term partner and I separated because I was always at work. I didn't get the promotion I had worked so hard for and I was morbidly obese," Ms Symonds said.

"The final push came when a family friend died from a preventable cancer and someone commented that they could have changed their fate if they had wanted to.

"I sat there and thought it's not



**WEIGHT LOSS:** Sally Symonds lost 45kg in 33 weeks and kept it off.

too late, I can change my life, and so I did."

Without any fad diets, Ms Symonds lost 45kg in 33 weeks, and kept it off for five years, eventually downsizing from 106.5kg to 53kg.

"I didn't do anything too gimmicky. I didn't set goals, I didn't make myself accountable to

anyone by announcing my intentions or getting myself an exercise buddy," she said.

"I broke all the rules, including the one about how quickly you can lose weight and keep it off, but I did it."

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[www.sallysymonds.com.au](http://www.sallysymonds.com.au).