



the right advice

Inspirational and down-to-earth, Sally Symonds tells of her journey to happy, healthy living and how she loves motivating others to get fit, too.

Thinking about joining the Goodlife 12 Week Challenge, or inspired to make a life change?

When the going gets tough, here are some words of wisdom from Sally to help you get, and stay, motivated:

- 1 The first step is the hardest: when you've done something once, it becomes easier to do it again.
- 2 Consider the 's' factors: sleep, sex, skin, stamina and social life. Health and fitness improve so many things.
- 3 Investing time and money into health and fitness is about investing in yourself and there are countless everyday rewards that it brings.
- 4 Forget your stumbling blocks. Sure, maybe you have something that makes it harder to lose weight than someone else, but don't let it deter you. Is it really your body that's preventing you from doing something or is it your mind?
- 5 When you're fitter and healthier, you actually work better. Studies show that you are 30 per cent more productive if you're fit and healthy and you're more likely to earn more.
- 6 There are no negatives to losing weight. It helps you to become the best person you can be in many ways.
- 7 "I don't have time" is not a valid argument for failing to exercise. Exercise gives you time to de-stress and completely free your mind from work. No excuses.
- 8 Everything seems hard when you don't know how to do it but it's easier when you know how. If you're overweight, you probably don't even realise all the things you're missing out on. Why not find out? What's the worst that can happen? If nothing else, you'll get a couple of funny stories to tell at your next barbecue. What's the best that can happen? You can change your life!

Sally is offering Goodlife Health Club members a 10 per cent discount on all purchases from her site for the month of January. Simply enter the code "memdiscount".

Before she lost more than 50 per cent of her body weight in 2002, Sally Symonds says she hated exercise and admits she "couldn't see the point in taking the time to exercise or eat well". A self-confessed workaholic, she spent three days devastated and in shock when she was turned down for a job promotion in 2002. This was to be a defining moment for Sally, who recalls: "I remember sitting down and thinking, I shouldn't be this devastated; it's only a job – it's not my whole life. Oh wait, it is my whole life... all I do is work. So I decided to get a life, and losing weight was step one."

In 2002 and 2003, over a period of 33 weeks, Sally made changes to her lifestyle, her diet and her daily routine, and shed 45 kilograms. Even more impressive is that she has managed to keep the weight off, losing an additional six kilograms since then.

Now, she's turned her energy towards motivating others to do the same. In July 2010, Sally left the corporate communications world and opened her new business as a 'healthy life' mentor, offering her online members support, motivation and advice as well as speaking and writing about health and fitness.

"I get a real buzz out of helping other people discover their own hidden potential," she says.

"Basically, I live my life according to the pleasure principle: if it feels good, then do it. It's important to remember that it has to feel good in both the short and long term. That's a really crucial point! It's also important to remember that short-term pain often equals much greater long-term pleasure."

Sally believes people can always achieve more than they realise. She never would have thought she would be where she is today.

"I don't really set myself goals anymore; goals limit you to aiming only for what you think or hope you can achieve. Everyone is capable of so much more than they ever realise," she says.



Sally's book, *50 Steps to Lose 50kg... And Keep It Off*, the inspirational story of how she halved her weight and doubled her life, is available at all good bookstores and online at www.sallysymonds.com.au.

Sally's website also features her collection of *50 Recipes to Lose 50kg... And Keep It Off*, as well as a variety of other healthy living resources.