

SNAPSHOT

SALLY SYMONDS 37 // AUTHOR AND HEALTHY LIFE MENTOR

This photo was taken in July on the day of my first parachute jump. I was cool as a cucumber, but then my wedding photographer said I was the world's calmest bride, so that's just me. The jump was to celebrate the launch of my website and new career as a healthy life mentor.

Ten years ago, I wouldn't have been able to do the jump because of the 100kg weight restriction. Back then, I weighed 106kg and was an utter workaholic as a speech and drama communication teacher. For the 2001 census question "How many hours did you work last week?", my answer was 116, and the worst thing is, I was proud of it.

Soon after that, a friend died of cancer and I started to consider my own mortality – I was 29 with high blood pressure and when I got turned down for a promotion at work I was devastated. I realised then that work was my whole life and that had to change.

I started keeping a diary that became my book. Really, I just did all the things we all know to do, but don't know how to keep doing. I now feel like it's my vocation to motivate those who can't see the point of exercise and healthy living. There are absolutely no negatives to losing weight and it's not that hard – I've lost 50kg and weight loss is not up there on the list of the 10 most difficult things I've done in my life.

JANE SCOTT

50 STEPS TO LOSE 50KG ... AND KEEP IT OFF

by Sally Symonds (Palmer Higgs, \$29.95) is available at bookshops and www.sallysymonds.com.au

