

Sweet heart deal

Eat breakfast everyday.

Eat regularly, every 2-3 hours.

Eat a variety of natural, unprocessed foods – fruits, vegetables and proteins.

The evening meal should be a small one.

Choose foods you enjoy.

Seriously consider organic food and organic and natural vitamin and mineral supplements.

Be consistent.

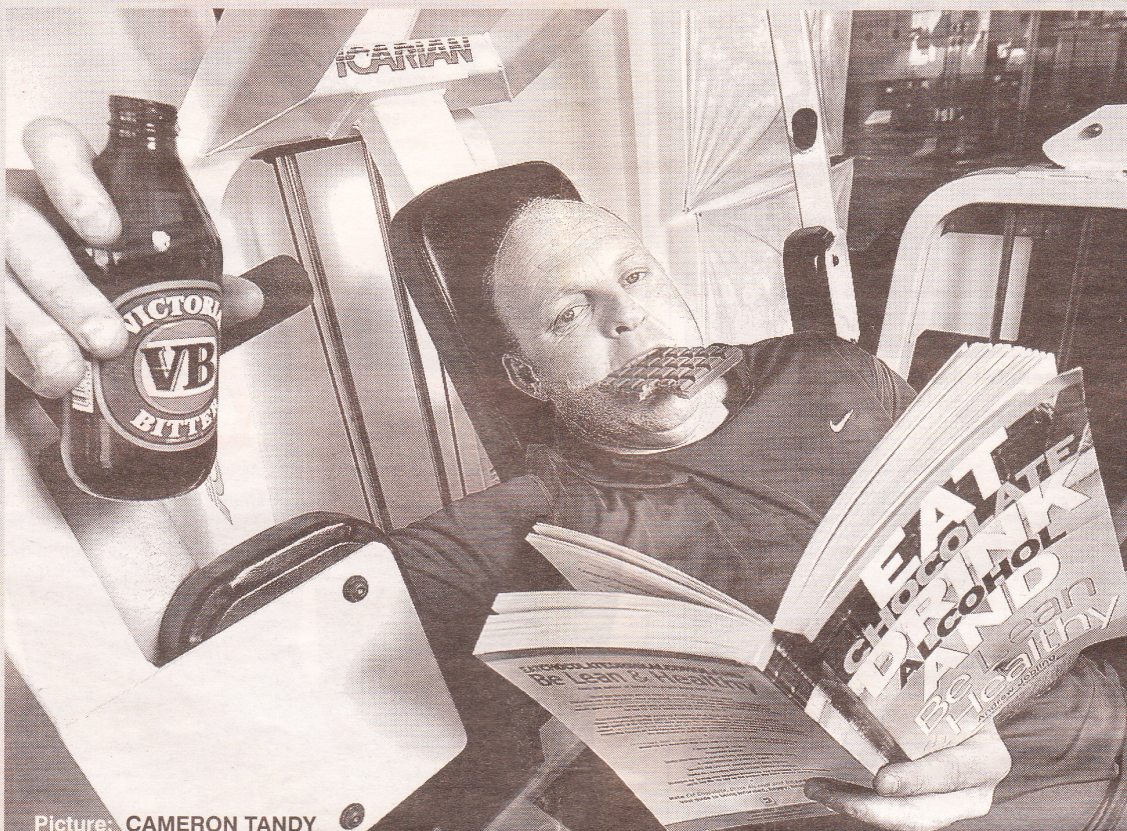
Do not diet – think long term.

Eat chocolate, drink alcohol or other indulgences in moderation.

Change the way you think about food – enjoy it and work to remove negative emotions and associations with food.

Right: Billy Brownless works on his diet in the gym.

Picture: CAMERON TANDY



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Source: Andrew Jobling, *Eat Chocolate, Drink Alcohol and Be Lean and Healthy*

HOCOLATE and booze are usually off-limits for dieters.

But not any more, according to a new lifestyle book whose snappy title, *Eat Chocolate, Drink Alcohol and Be Lean and Healthy* (Penguin Books, \$14.95), is even more popular with men than women.

Bridget O'Brien and Fay Burstin

Author Andrew Jobling, a personal trainer and former St Kilda footballer, has already caught the attention of bulky Footy Show clown Billy Brownless.

Sweets and a tipples were among life's pleasures the former Geelong

forward struggled to forfeit when his hard training days ended.

"Eating chocolate and drinking alcohol are very dear to my heart, so if I could lose a bit of weight and still enjoy them then obviously I'd be interested," Brownless said.

"I used to be able to eat as much as I wanted

to at lunchtime and wouldn't have even looked at the pavlova for dessert."

And recent causes for celebration have presented new diet challenges to the big man.

"Geelong have done so well in the finals and my wife just had a baby boy," he said.

"(Dieting) is always hard in September but my goal at the minute is to do all the right things as the book says and keep at the same weight even if I don't lose any."

When Jobling's contract with St Kilda was terminated after only 24 senior games at just 23, he wondered why he hadn't succeeded.

Still fit and healthy, he became a personal

trainer and watched clients similarly struggle to attain success despite training hard.

Jobling looked at what worked and what failed and realised the answer to maintaining a healthy lifestyle lay in moderation.

"The problem with most diets is that they aren't practical or sustainable," he said.

"Sure, they might help people lose weight quickly but generally they put it back on soon after."

The yo-yo effect is bad for people's weight, metabolism, health and, most importantly, their self-esteem, Jobling said.

"When people can't maintain diets, they feel like failures," he said.

"But the bottom line is that it's not that failing, it's that diet because diet nature don't give you enough energy can't be maintained."

Jobling said his wasn't just another diet but was more about style change.

"I've had fantastic results with myself and as my clients," he said.

"It's not extreme and doesn't involve giving up the good things in life."

"There's nothing wrong with having chocolate or a seafood fish and chips on a week or having a good drink – as long as it's done in moderation and as part of a healthy diet of fresh, healthy and organic food."

Surprise Yourself!