

A moment with Andrew Jobling

Andrew Jobling made a name for himself as an AFL footballer for St Kilda in the '80s. Since retiring from football, the fitness expert has worked as a personal trainer, a school teacher and is now a bestselling author

What attracted you to football?

I wanted to play for the same reasons any Australian boy wants to play football – I wanted to be a superstar. So I started playing and I had ability so I kept playing.

Was it difficult making the transition from elite sport to personal training?

It wasn't that difficult, but having said that, I took an elite sporting mentality into a personal training career which doesn't work for most people. I expected people to train like I used to train, so I trained them a bit too hard. If they could walk out after I finished a session I felt I had let them down and if they vomited I thought it was their way of saying thank you.

Tell us about your book, *Eat Chocolate, Drink Alcohol and be Lean & Healthy*.

The book talks about doing things you enjoy and includes some indulgence along the way. It talks about eating regularly, eating breakfast and eating natural foods that you enjoy. It's about educating people that you don't have to give up everything you love to be fit and healthy. The secret is to not try and change everything at once.

How do you keep fit and healthy?

I do exercise like running up and down stairs, and some strength work. I love food and I'm married to a gorgeous Italian woman who cooks me beautiful food so I'm happy. She does a good chicken cacciatore.

Tell us about your involvement with the Bayside Literary Festival.

I'm a big reader, and I think books have the power to change people's lives and that's why I wrote one and why I'm involved in the festival. It's a fantastic festival. I think a lot of people have pretty amazing things they could share if only they could just sit down and write.

Andrew Jobling will share his secrets on living a healthy life as part of the Bayside Literary Festival on May 31 at Beaumaris Library, 96 Reserve Road, from 3pm to 4pm.

For bookings and more information, visit www.bayside.vic.gov.au or call 9589 8444.

MWB is a proud sponsor of the festival.

– Henrietta Cook



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