

"Pick one thing that needs to change, and stay with it until it becomes a habit," says Andrew Jobling

# SINFUL Slimming

Eat, drink and be healthy. Impossible? Andrew Jobling says a little indulgence can help you stay trim for life

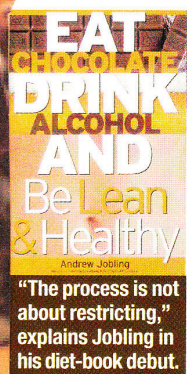
**B**eing able to enjoy the occasional treat and still lose weight sounds too good to be true, but former St Kilda AFL player turned personal trainer Andrew Jobling believes in his "realistic" approach. Jobling spent

eight years working his clients hard before realising they weren't achieving lasting results. "People want to lose weight quickly—they want to look good for Derby Day or because they're going on holiday," says Jobling. "But once that's over, they go back to old habits."

Jobling's discovery prompted him to write *Eat Chocolate, Drink Alcohol and Be Lean and Healthy* (Hinkler Books, \$14.95), a

no-nonsense guide to nutrition and exercise. "I always say to people, 'Is this something you can maintain?'" the 40-year-old says. "Because if you can't, it won't last."

Melbourne-born Jobling, who has a bachelor of physical education and works at Harper's Personal Training, urges people not to follow diets or "be ridiculously strict and give up all the things they like." Instead, he says, replacing processed food with organic, low-GI meals stabilises blood-sugar levels and removes cravings. (Wife Sally, 31, who is also a part-time personal trainer, has packed *Eat Chocolate* with nutritional recipes to get people started.) The theory's worked for Melbourne Phoenix and Australian netballer Susan Meaney, who has trained with Jobling through two national premierships and is a colleague of his. "The food I was putting into my body wasn't right," she concedes. "Jobling allows you to indulge, but educates you so you can make lifestyle choices about what you're eating." ■



## ANDREW JOBLING'S 10-STEP PROGRAM

- 1 Eat breakfast every day. 2 Eat regularly, every two to three hours. 3 Eat a variety of natural, unprocessed foods such as fruit, vegetables and proteins. 4 Your evening meal should be a small one. 5 Choose foods you enjoy. 6 Seriously consider organic food and natural vitamin and mineral supplements. 7 Be consistent. 8 Don't diet. Think long term. 9 Drink alcohol and eat chocolate or other treats in moderation. 10 Change the way you think about food—enjoy it and work to remove its negative emotions and associations.

## Body Buzz

■ **PHONE NASTIES** Remember analog mobile phones? Be glad they're a thing of the past, because researchers at the Karolinska Institute in Sweden found that non-cancerous tumours may result after 10 or more years of exposure to analog mobiles. As for whether digital phones are dangerous, the jury's still out. "We cannot determine if the results would be similar [with] digital phones," the institute announced. Source: *Epidemiology journal* ([www.epidem.com](http://www.epidem.com)).



■ **WRINKLE-FREE FOODS** Healthy eating may contribute to a youthful complexion, says the *Journal of the American College of Nutrition*. Researchers studied more than 400 adults from Greece, Sweden and Australia and discovered that high-sugar diets can cause premature ageing of the skin in men and women as young as 30. The good news? A high intake of vegetables, olive oil and legumes appears to protect against skin damage.



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