

## **Weight Loss with Integrity**

Apart from money, weight loss is the number one most talked about topic in western society today – in fact, amongst women, it is the number one topic of conversation.

Aging does not bring immunity from this ‘weight loss’ preoccupation. I have clients in their early teens through to their late eighties, and for 90% of these wonderful and unique women, weight loss, body weight and body image remain the foremost topics of concern, conversation and motivation.

As a professional triathlete my low levels of body fat were an essential requirement of competitive performance. For a starving child in a third world country ‘thinness’ indicates lack of food and nourishment, and a slow death. For western women, low body fat equates to self-worth, youth, health and beauty.

In the late 1800s and early 1900s a buxom, fuller-figure was a sign of affluence and beauty. Today ‘Twiggy’ and ‘Barbie’ remain the fantasy ideals for many women. This impossible image is pushed by mainstream media, sold to children by way of toys and TV and presented to women of all ages on the covers of ‘women’s’ magazines sold everywhere...

By the minute we are bombarded by images indoctrinating us, our daughters, our mothers, our sisters on how we ‘should’ look! Research conducted in the UK shows that girls as young as 6 years old actively ‘desire thinness’. Why?

Thinness is not a guarantee of health, nor is fatness necessarily an indication of ill-health.

The madness is that we all want to be, do or have something other than what we are... women want to be thinner...the insanity lies in never being present and comfortable in our own skin.

As a professional triathlete I lived with the ever pressing demand to be thinner, to have lower body fat, to pick up precious seconds on the run. I am neither naturally thin nor classically built to be a runner...this ‘thinner’ mentality plagued me during my professional triathlon career. As a result I never fully appreciated my supreme physique and state of health and fitness. I trained up to 8 hours per day for almost 10 years; I was one of the best triathletes in the world. Even this did not give me immunity from the preoccupation to be thinner.

I was acutely aware of the thinner female athletes at the races. I always felt less-than these girls...irrespective of whether I beat them or not. I felt less-than, that I should be thinner. I was a state, national and world champion!

It’s a matter of perception.

Feeling permanently uncomfortable and dissatisfied in our bodies is an exhausting, depressing and unfulfilling place to exist. It’s not living.

Today I am pleased to understand, live and teach that we are all so much more than our body fat, dress size or waist measurements. We are precious, divine beings, with gifts of love, life, creativity and enthusiasm to share.

Feeling vital, energetic, fit, healthy and happy are gifts we can choose to give to ourselves and our loved ones - on a daily basis.

Just as depression and feelings of inadequacy feed upon themselves, so do feelings of health, vitality and happiness have a way of snowballing! We always choose one or the other. The trick is to consciously and consistently choose thoughts and actions rich with health and vitality.

Over the course of the last 20 years, through trial and error and a lot of formal and informal education I have developed a set of skills and strategies that today give me energy, vitality, health, fitness, mental wellbeing, and a sense-of-purpose and joy that is infectious! My clients, friends, family, and the people that I meet regularly ask me.... *"What do you do to achieve this state of vibrant wellbeing?"*

### **The formula is simple...it involves:**

Living well, eating well, thinking well, and striving to be honest in all my affairs.

I take responsibility for the state of my life and my health – if it's in my life I created it and therefore I have the power to change it. I accept myself and my body exactly as it is today. 80% of my diet is fresh, raw, organic produce. I consume at least 1 litre of organic green vegetable juice/day, and drink at least 2 litres of filtered water/day. I exercise 6 days per week – yoga, running, swimming, fit ball stability training and walking the dogs – I do the activities that I love. I aim to meditate daily. I pray and I try to conduct myself with an attitude of gratitude. I actively choose to see the positive in all my affairs – irrespective of how a situation looks on first appearances. 'Progress not perfection' is my motto. I work hard, and laugh at myself and life - often. I tell my loved ones that I love them - regularly. And finally I get a good night's sleep - as often as possible!

We are creative beings with an immense power for health, wellbeing, love, joy, creativity and service (to ourselves and to others). Weight loss and vitality are a matter of choice. They do not come in a jar and will not happen over night; they come as we choose health and wellbeing in all our affairs – the body/mind intuitively knows what gives life and vitality. We need to give ourselves the space to let this deep wisdom come forth.

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