

# KICK ON!



Once she was overweight, exhausted and depressed, but Natalie ditched her kilos with Kick-Start and hasn't looked back since

She's a gorgeous young actress with a figure to die for and a wonderful boyfriend who tells her constantly how beautiful she is. Yet life for 22-year-old Natalie Stathis from the Sydney beachside suburb of Maroubra hasn't always been so idyllic.

Three years ago she had just started at the Australian Academy of Dramatic Art (AADA), studying acting. She was 101kg, unhappy, unfit and lonely.

'I never went out to parties or clubs. Nobody wants to be the fat girl alone in the corner. I wouldn't have had the energy to dance anyway,' she recalls.

Natalie has struggled with her weight most of her life. She's tried everything, from groups to home delivered diet meals, but nothing worked for long.

'As soon as I stopped the diet I would put the weight back on, and then even more. Because you haven't learnt anything, you not only go back to what you were eating before, but everything else you were craving on the diet.'

Enrolling at AADA, Natalie realised that if she was going to be a successful actress and get a good agent, she needed to do something about her weight once and for all.

'It's a body-conscious industry,' she says. 'And you also need to be fit. The course is very physical - I'm on the go until 6pm at night. But I had no energy.'

Natalie was referred to dietitian Geraldine Georgeou, who put her on Phase Two of the Kick-Start diet. With its emphasis on low GI carbohydrates, Natalie soon realised this was a diet she could follow for life, without the binges, blowouts and temporary fast weight loss she'd experienced with other diets.

'It's been gradual,' says Natalie of her 44kg weight loss. 'But I had a lot of weight to lose and it had been there for a while. And I had learnt the hard way that if you lose it quickly it doesn't stay off or work in the long term.'

Having learnt the difference between good and bad carbs, Natalie now avoids the quick-fix starchy meals she used to eat, such as white rice and potatoes, and opts instead for healthy salads and wholemeal sandwiches.

'There are many more important things in my life now apart from food,' explains Natalie, who this year bought her first pair of jeans.

'I don't need to go home and eat a bag of chips in front of the TV to be happy. Instead I'll ring friends or go for a walk.'

By Bronwyn Phillips



Before



After



## KEEP ON TRACK

❑ The new Winter Kick-Start diet is all about eating the right foods - low GI carbohydrates, lots of fresh fruit and vegetables and some lean protein.

❑ You don't have to give up potatoes, pasta and bread altogether, even though they are high GI. By mixing them with low GI foods you can lower the GI count of the whole meal.

❑ Meals should combine low GI carbs with lean protein, low-fat dairy and small amounts of good fats and oils.

❑ Remember portion control. Servings of meat and other proteins should be no more than the size of a deck of cards. Pasta, rice and cereal should be about

the size of a clenched fist, and bread and potatoes the size of a tennis ball.

❑ High GI carbs - those with a GI rating of 70 or more - such as white rice, white bread and potatoes, release their glucose quickly. This causes insulin levels to run riot and your metabolism to store energy as fat rather than using it as fuel. By concentrating on low GI carbs such as grainy bread, fruit and vegies as well as lean protein - and exercising - your metabolism will change from fat-storing to fat-burning.

❑ Stay away from juices, sugary cordials and all soft drinks.  
❑ Drink alcohol in moderation, no more than 1 to 2 drinks 2-3 times a week.



# KICK-START WINTER FLAB BUSTER DIET

## DAY ONE

**Breakfast**  
Porridge with low-fat milk, small serve of honey and 150g of tinned peaches in natural juice, drained.

**Lunch**  
2 slices sourdough bread, corned beef, pickles and salad.

**Dinner**  
Grilled skinless chicken breast, 1 tsp olive oil, lemon juice and steamed vegetables. Tub low-fat yogurt.



## DAY FIVE

**Breakfast**  
¾ cup wholegrain cereal with low-fat milk and 150g of tinned pears in natural juice, drained.

**Lunch**  
Mug of pumpkin soup, 1 slice of wholegrain toast and 1 slice of low-fat cheese.

**Dinner**  
Fish, pan-fried in 2 tps olive oil with garlic and ginger and served with steamed vegetables (carrots, broccoli, snow peas and baby corn) and a cup of mashed sweet potato with cracked black pepper.

## DAY TWO

**Breakfast**  
Cup of high-fibre breakfast cereal with low-fat milk and 1 piece of fresh fruit.

**Lunch**  
Mountain bread wrap with salmon, shallots, lettuce and 1 tsp low-fat mayonnaise.

**Dinner**  
2 to 3 slices roast beef and roast vegetables (1 cup of sweet potato, corn, onion and steamed cauliflower).

## DAY THREE

**Breakfast**  
2 slices wholegrain toast, small tin of baked beans and 1 piece of fresh fruit.

**Lunch**  
Wholegrain roll with grilled chicken, bean sprouts, grated carrot, cucumber and lettuce and small amount of avocado.

**Dinner**  
Homemade pizza on pita bread with low-fat mozzarella, eggplant, lean ham, tomato and mushrooms.

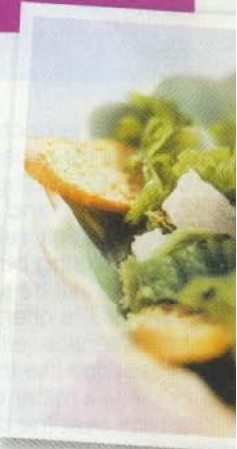


## DAY SIX

**Breakfast**  
2 slices of wholegrain toast with sardines in tomato sauce.

**Lunch**  
Lean chicken Caesar salad with low-fat mayonnaise and 1 slice of wholegrain bread.

**Dinner**  
Beef and vegetable kebabs with capsicum and zucchini, barbecued or grilled, a salad with oil-free vinaigrette and a small fruit salad for dessert.



## DAY SEVEN

**Breakfast**  
2 slices wholegrain toast, small tin of baked beans and 1 piece of fresh fruit.

**Lunch**  
Roast rolled lean veal shoulder with baked sweet potato, swede and zucchini, steamed cauliflower with low-fat cheese sauce.

\*If it's not a weekend day, choose one of the lunches from one of the other days.

**Dinner**  
Garlic king prawns with bok choy and oyster sauce: use steamed Chinese vegetables (baby corn, sliced capsicum, broccolini, ginger and bean shoots) and ½ cup cooked steamed rice.



Try to exercise every day for 60 minutes, or at the very least three times a week. Break it up in 20-minute blocks if that's easier.

Stay away from over-processed foods, fast food and junk food. Make healthy takeaway food and restaurant choices, avoid fried foods and fill up on salads and vegetables.

You can jump back to Kick-Start Phase One if you need a flab-burning boost. But if you are concerned that your weight loss level is too slow, or if it stops completely, you may need to be reviewed for insulin resistance and treated accordingly, so arrange a visit to your doctor.

## DAY FOUR

**Breakfast**  
Tub low-fat yogurt, 1 piece fresh fruit.

**Lunch**  
Wholegrain bread sandwich with 2 boiled eggs and a small amount of low-fat mayonnaise. Tub of low-fat yogurt if desired.

**Dinner**  
Takeaway choice! Grilled Portuguese chicken (no skin), garden salad and 1 small baked potato in its jacket with 1 tbs of low-fat yogurt.

Dr John D'Arcy's Kick-Start Diet, A New Idea Mini Mag, is a great no-fuss way to get the weight loss results you want, with a diet and exercise plan, tips and recipes. Available from newsagents, \$5.95.

