



## Case Study: Kaye Goldsmith

Kaye is retired and heavily involved with her family – especially her grandchildren and their sporting activities. She trains three mornings a week and has competed in four City to Casino fun runs in Hobart.

*I have had weight problems for as long as I could remember. I started dieting in my teenage years like so many women and was still trying the latest craze until my local GP recommended I go and see Andrew when I was in my late 50s. You name it I've tried it – cabbage soup diet, purple food diet, the Israeli army diet, Atkins, low-fat diets, low-carb diets, the grapefruit diet, the Beverley Hills diet... I could go on.*

*My energy levels were always up and down and I felt lethargic in the early part of the afternoon. I was starting to think that this was just part of ageing.*

*Andrew instilled me with confidence in my own ability to achieve my goals. At first I really thought he was like one of those American evangelists telling me I could have a much better quality of life, but I had to believe in myself first!*

*I used to wake up and look in the mirror every morning and say Fat Ugly Cow Kaye – I'm sure you can work out the acronym for yourself! This was a limiting belief I had*

*held for years and drove most of my nutrition choices. When I felt down, I ate for comfort. Then I'd put on weight, look in the mirror again and repeat the acronym and then eat again for comfort. Andrew helped me bust this cycle.*

*At the age of sixty I completed my Fitness Leader's Course and I now love talking to women about nutrition and weight management and have even presented in companies.*

*I changed so much to do with my food and nutrition habits that I don't even know where to start! First of all making sure I fill up on fibre and protein, especially kick-starting the day with a healthy breakfast. Now I try and graze throughout the day and still allow myself some of the little pleasures in life. Being realistic stops me from being too strict and then wanting to rebel and go back to my old ways.*

*Recently I have learned to apply the half-quarter-quarter rule. And managing the Glycaemic Index of my food has made a massive shift to my energy levels after lunch. I lost more than 7 kg overall but more importantly, had a significant measurement loss of 24 cm from my waist. I have a lot more muscle tone and love exercising three mornings a week – it's so much easier now I've got more energy. Plus I have competed in four City to Casino 5 km fun runs. Doing this is a massive achievement for me because I never thought I would do anything like it.*