



Take a load off WITH ANGELA BUNTIĆ

Curb your enthusiasm

I've started bingeing – how do I curb this before I stack it on?
EN, Newcastle, NSW

► Think about what events or feelings lead to bingeing. Are you hungry? Are you tired, upset or bored? If it's hunger, plan ahead so you have healthy snacks available. If you're bingeing after meals, it may be more emotional. Bingeing can be a way of coping with stress or depression, so in this case, understanding the causes and resolving them is important. And avoid snack attacks by making sure you don't have "culprit" foods at home. Have fresh food available instead, like fruit, yoghurt and nuts.

Carbo-rater

Is it true that eating carbs at night will make you fat?
BB, Currumbin, Qld

► Carbs really get a bad rap. Too much of any type of food will make you fat if the energy you're taking in is greater than the energy you expend. Fill up on low-GI carbs and lean protein, and increase your veg intake at night: this will cut the kilojoules but still keep you feeling full, preventing the temptation to snack after dinner.

Load up the veg



Hippy shake

I only ever lose kilos off my face and arms but I'm very pear-shaped. How can I lose weight off my hips?
KJ, Maitland, NSW

► Genetics plays a role in where our bodies store fat and, when we lose weight, it often seems to be mostly from areas where we don't want to lose it, like the face or bust. But if you persevere with healthy eating and exercise, it will come off where you want it to – it might just take longer than you hoped. My tip: set some other health-related – but not weight-related – goals to help keep you motivated and on track for longer.

*Angela Buntic, who specialises in treating obesity, diabetes and PCOS, has a masters in Nutrition and Dietetics. To ask her a question, go to yahoo7.com.au/womenshealth, and include your initials, suburb and state.**



NOW: Hot to trot

YOU LOSE YOU GAIN

VITAL STATS
Name Kristie Poole
Home Wollongong, NSW
Age 30
Height 162.5cm

WEIGHT BEFORE 66 kg
WEIGHT AFTER 56 kg



BEFORE

Kristie's tips

- **CUT THE CRAP.** Know the ingredients in the food you're eating – not just for your weight, but for your overall health.
- **DON'T SKIP WORKOUTS.** I tell myself, "You're gonna regret it if you don't, but you won't regret it if you do."
- **GET HELP.** See a weight-loss or life coach. Check out youarewhatyoueat.com.au.

The next stage

► Kristie Poole worked to undo the damage of her toxic 20s

The gain Poole used to party. Which isn't unusual for a 20-something, but she partied and boozed so much that she cites it as the reason for her weight gain. "I visited family in New Zealand when I was 18 and I loved it so I moved there and just partied," she says. Back in Australia in her late 20s, she was in a not-so-healthy relationship. "I'd been a strict vegetarian for about 14 years, but I let it go in that relationship and started eating meat again: burgers, steak, anything. I felt slow; unhealthy all around."

The change About two years ago, Poole ended the relationship, which she describes as "emotionally and physically damaging". "I'd lost sense of who I was as an individual; I didn't care about anything," she says. After "wallowing in self-pity" for a few months she met life and weight-loss coach, Marion "Maz" Maclean. "She handed me a business card and I showed it to a friend and asked, 'Does she want me to give it to a friend? Is it for me? Am I fat?' It was then I realised I was large and depressed and no one wanted to be around me because all I did was whine about the break-up and what I should have for lunch," Poole says. So, she took Maz's number out from behind the Muffin Break loyalty card in her wallet and made the call.

The life First, Poole quit eating meat. In fact, she went completely vegan, which helped her eliminate processed and sugary foods from her diet, and kicked off her weight loss. She credits Maz as instrumental in helping her shed the rest. "She was so motivating, calling me every day to get me out walking," says Poole. Running came next, which she now does daily at 5.30am. "I built up to it very, very slowly. The other day, my [new] boyfriend and I ran 10km and he said I was fit. Shocked, I was like, 'Really?' He pointed out that I took only three minutes to recover."

The reward Poole doesn't just cut a better figure, she's got a better life. She works six nights a week either performing in an acoustic duo or hosting trivia nights, and she's launched a photography business. "I studied photography years ago and just got back into it. I do grainy black and white photos. My goal is to shoot the live animal markets in Asia for an exhibition in Wollongong, to help raise awareness about animal welfare." All this from losing 10 kilos.

WORDS: HANNA MARTON. PHOTOGRAPHY: HAYDN WOOD; STOCKPHOTO. HAIR & MAKE-UP: DIANE DUSTING/DLM. *EXPERTS AREN'T ABLE TO ANSWER QUESTIONS PERSONALLY. NOT ALL QUESTIONS WILL BE SELECTED FOR PRINT.

Got a minute? Instead of binning leftover tomato paste, freeze it in blocks in an ice-cube tray and chuck the frozen blocks in your cooking.