

# Flab to fabulous



By Roland Rocchiccioli

Power walking around her clothesline helped a courageous woman shed a whopping 67 kilograms

I never cease to be amazed by some of the wonderful stories of determination, especially when people tackle seemingly overwhelming odds in reversing the shape and pattern of their lives.

Television and magazine showbusiness reporter Sue Smethurst has written the inspirational story of Karen Gott's incredible journey from flab to fabulous.

*The Clothesline Diet* is one of the most remarkable tales I have read. You would have to be very churlish not to be moved by Karen's spirit of determination.

Karen once weighed in at a whopping 136 kilograms and says she could barely walk to the letterbox. She is now 69kg, a healthy size 12 – down from size 34 – and her life has been altered dramatically as she continues to lose weight.

We are a society obsessed with the way we look, and I cannot imagine how it must feel to be obese.

Karen reached a stage in her life where she was seriously troubled. She woke up one morning and realised that she had to

The Australian icon of a hoist clothesline became the focus of her new life. It was a long journey that began with one step.

Barely able to walk because of her huge weight, Karen began exercising by lumbering around her clothesline. After years of overeating and soul-searing unhappiness, Karen had discovered exercise and its benefits!

Within days, she emptied her fridge and her new life began.

Sue Smethurst read a small story about Karen in the daily press and, being a newshound, she began her own investigations.

Sue and Karen met and, after some discussion and a series of interviews, Sue has written a sensitive book about a young

woman who has taken control of her life.

Karen is now sharing her experience, success and advice with other women and, I presume, men who read her story.

She says: "I'm not an educated person, I'm not a doctor or a dietician, I'm just a mum with a dream ... and I made mine come true."

Karen wants other people to know there is a way out of their troubles. Her motives are

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The new Karen Gott (right) with journalist/author Sue Smethurst.

loss group. The group promoted a product with which Karen had failed in the past.

The Clothesline Diet has some sound advice and simple recipes, but most of all, it encourages something that I have always known. In most cases, diet and exercise are the only answers to losing weight.

● The Clothesline Diet, rrp \$14.95, is published by Pan Macmillan.