

# Ambassador is half what she used to be



Picture: GRAHAM TIDY

Now and then: a trim Active Australia ambassador Karen Gatt, left, bears little resemblance to her former self, above. "You've got to believe in yourself and do it for yourself."

By DANIELLE CRONIN,  
Health Reporter

New Active Australia Day ambassador Karen Gatt is literally half the woman she used to be.

The mother-of-two has lost 67kg, plummeting from 136kg to 69kg and swapping her size-26 clothes for size 12.

Mrs Gatt said the crunch time came in 1999.

"I went to a Mother's Day dance and saw women who were older than me and had more children than me look so beautiful ... I was 27 at the time and wearing size-26 clothes," she said.

Mrs Gatt gave up pizza, chips and late-night munching on family-size blocks of chocolate, replaced high-fat foods with low-fat alternatives including trim milk, started to cook food in water rather than oil and drank up to eight glasses of water daily.

She got off the couch and started walking just five minutes a day in her small court-

yard because she was initially too embarrassed to exercise in the street until she had lost 18kg.

It took 13 months to lose the 67kg and she has maintained her new frame with "tremendous" support from her husband Jason.

"You've got to believe in yourself and do it for yourself," she said.

Mrs Gatt said she was "honoured" to be named an Active Australia Day ambassador, joining the likes of marathon runner Robert de Castella, Olympic swimmer Hayley Lewis, rugby league player and coach Mal Meninga, basketballer Andrew Gaze and Kate Ritchie from *Home and Away*.

"I wouldn't have believed it two years ago," she said.

Mrs Gatt hopes to set up a support group in Canberra for locals who want to lose weight, telephone 6294 2906.

Active Australia Day, which aims promote sport and exercise, will be held on October 28.