



Have you experienced similar body struggles to PJ Powers? Send an e-mail to online@fairlady.com and share your story with us.



WHAT FOODS WORK FOR PJ

- Low carbs and high protein.
- No sugar or refined carbs.
- On the go for breakfast: bran muffin or low-GI toast with peanut butter.
- Nuts throughout the day.
- On-the-go lunch: a tuna salad with lots of lettuce.
- On-the-go dinner: chicken, meat or fish with green vegetables.
- Once-a-week cheat carb meal: vegetarian pizza or pasta – but no mixing protein and carbs.

out the emotional problem first'. PJ stopped the pattern of losing weight and putting it all back on again because Paula gave her the emotional backup she needed. Eden Life also developed a unique plan for PJ which enabled her to adapt easily—just by being aware of what she ate and watching portion sizes.

PJ believes that quick-fix diets don't fix anything – there has to be a total lifestyle change. However, you don't have to withdraw from society because you're on a diet: 'I was recently in Italy – the food capital of the world – and not once did I think, "I shouldn't have eaten this!" I don't want to be 75 and look back and think, "What was that I said 'no, thank you' to – my life?" The worst thing you can do is to eat a pizza and feel guilty afterwards – I stopped that cycle of negative thinking.' PJ realised that food was not the enemy: 'You need to eat to lose weight and eat to live. A vital lesson I've learned is that food should be enjoyed – in moderation. We pile on the kilos by not watching portion sizes. You don't have to finish what's in front of you. My portion sizes will never go back to being what they were; that's what excessive people do – they don't have a piece of chocolate, they eat the whole bar.'

PJ's newfound confidence is inspiring. 'My most recent photo shoot was so special because I finally felt free – free of the weight, which is so liberating!

I'm happy with my body and blessed to have a healthy one. I've realised how absolutely fantastic my life is. These days I count my blessings.' Eager to share her zest for life, she has started a new business, The Power of Appreciation, which aims to change the mindset of South Africans by encouraging them to focus on the positive. She herself practises this in every aspect of her life: 'I'm living in the present and I'm doing what feels right for today,' she says, 'and it works.' ♣

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