

Fitness consultant and FHB health & nutrition expert **Rob Blakeman** discusses the success of two of his

clients and how their lives have changed since embarking on his strict regimes.

# WHERE THERE'S A WILL

# THERE'S A WEIGH OUT

*"Self-indulgent, slothful and greedy. Probably lazy, prone to ill health and therefore absenteeism, and clearly lacking self-discipline. These are not good employee qualities."* (Weight and Employment Article, Sunday Times, Feb 27th 2005)  
Is this true of overweight people?

Government worries about the obesity problem in the UK are clear from the endless press it receives. They know the NHS will eventually have to pick up the bill to treat all the health problems resulting from the condition. They range from cardiovascular disease through to joint replacement surgery—all either caused or aggravated by carrying excess body weight.

We all should know an ongoing weight problem can affect many other areas of our life apart from health such as our confidence but what about our work?

Many experimental studies have proved one thing; a prejudice by would-be employers. In one study featured in the above article a group of researchers sent a CV with photo attached to a group of public health administrators, requesting advice on how to get a career in public health. Letters with pictures of overweight writers got far fewer responses and those that did got less encouragement to start a public health career than slim or regular looking people. One explanation for this discrimination is that statistically, people who are unintelligent or poorly educated often have poor diets, so social class and diet and weight are definitely linked, unfairly in some cases or otherwise. In the eyes of many employers, less educated equals less likely to be committed to work.

A fat person being looked upon as unequivocally lazy is at best politically incorrect but more over, immoral and fascistic.

Yet, the fact remains it's harder to get a job or a promotion within an existing one if the companies involved in this experiment are typical. This is because a traditional, unstructured personal, face to face job interview relies on instinct and visual intuition which feeds discrimination. The outcome or conclusion taken from this scenario is twofold. Firstly, employers need to use a wider range of criteria to conduct a fair interview—but also that truly ambitious people need to get in shape. The wisest amongst us won't bother with lawsuits against potentially discriminating employers but instead hold our own stock accountable first.

## Success Story 1:

In May 2003 Sherrie Bishop underwent an operation on her right knee, ironically enough caused by incorrect training in a gym. After the operation the weight began to pile on and she was extremely unhappy with how she looked and felt. She was anxious as to how this lower self confidence and esteem might affect her career when she resumed work. Advised by her physiotherapist to do gentle exercise only and no weight training for several months she decided to contact a specialist organisation for a consultation anyway. Approximately six weeks after her operation Sherrie began her training at BodyZone.

*"It was working with weights but the movements were very precise. I wasn't allowed to bounce, twist or use momentum to lift the weights. Thus, I understood the majority of the effort was all on my muscles and not on my joints. Brilliant!"* recalls Sherrie.

*"My big concern was not just weight loss. I had seen lots of pictures in slimming magazines of women who had lost a few stones in weight and looked great in their clothes but you never saw them in a bikini or a swimsuit! This was because they had awful saggy skin and no tone. My new trainer informed me that this often happens to 'successful' dieters because of muscle wastage caused by taking calories too low combined with a lack of correct exercise while losing the weight. One of the main reasons I wanted a great body was to be able to display it on the beach and feel great! I needn't have worried. The nutritional plan I was given at BodyZone was very precise so I lost only excess bodyfat and water—and the special exercises I performed meant I kept my muscle tone!"*

The remarkable thing is that Sherrie has achieved all this by training just twice weekly for fifteen minutes.

I revolutionised this training and nutritional method over 15 years ago and despite mockery and criticism from the uninformed it continues to prosper with many clients travelling from far and wide to partake in the unique program.

Sherrie continues, *"I lost four stones and yet I was eating six times a day (heaven for someone who loves her food!) I have no pain in my knee anymore and these results though dramatic have happened in a short space of time!"*

*"The support and inspiration from my trainer was incredible. The people at BodyZone are all in great*

*shape and they really lead by example—a rare quality these days. I have worked out many times in many places over the years but I have never experienced a result or an environment like this before!"*

Sherrie now weighs 8stones and 9 lbs and looks like a different person as these pictures show. She also finds her new body and lifestyle easy to maintain because she's never hungry and she doesn't have to 'live in the gym' to keep her shape.

As for her career? Sherrie reflects: *"It's better than it's ever been; I have more energy, greater concentration and much more focus and stamina."*

*"Everyone at work has noticed. I realise now that my excess weight might not just have held me up in the eyes of others but would definitely have slowed down my personal performance and development. This experience has changed my life. I didn't just lose weight; I have gained so much more than that. More energy for my family, my husband and my general capacity to challenge myself and enjoy everything I do so much more. I even had my before and after pictures published in a new health book as an inspiration to others! Life is just great right now!"*



Sherrie Before and After



## Success Story 2:

Five years ago Jean Day was four stone overweight, crippled with arthritis and taking steroids for the pain.

It even hurt the 73-year-old to lift her legs under a sheet as she lay in bed, and her doctor warned that she could face the rest of her life in a wheelchair.

But after being persuaded to try a unique type of gym, Jean (pictured right, with daughter Carol) has turned into a Supergran and an inspiration that it's never too late to get back into fitness.

When she was at her lowest ebb, daughter Carol, who works as a personal trainer at one of my BodyZone centres in Birmingham, coaxed her to take up a membership.



*"I took a lot of persuading because I was 12 stone and a size 18 dress size."*

*"I didn't realise I would be trained in private by myself,"* said Aston-born Jean, who at 5ft 2ins now weighs in at just over eight stone.

*"I gradually started some supervised fitness exercises and now I'm a different person. My aches and pains are gone, my legs are stronger and I'm off my medication and into a much healthier lifestyle,"* she said.

I've achieved such a difference, yet I'm only working out for two 15 minute sessions a week."

Carol, aged 36, who was Miss United Kingdom in 1986, added: *"When mum put on so much weight, her self esteem suffered and her health was poor."*

*"Now I can't get her out of the clothes shops!"*