



women
WE LOVE

THE foodie EDITION

Meet three inspiring Aussie women, passionate about food and health, who are spreading their message loud and clear.

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Former editor of *Cosmopolitan*, Sarah Wilson is the brains and face of I Quit Sugar – the book, the blog, and now, the program.

QUITTING SUGAR, FOR YOU, BEGAN AS A BIT OF AN EXPERIMENT. HOW DID THAT COME ABOUT?

I have an autoimmune disease and had been told for years I should quit sugar. The idea was far too scary to contemplate, as it is for most. Tell someone to quit, say, peanuts and they just don't shudder in the same way! I then decided to experiment with the idea and quit for two weeks. I wrote about it for the newspaper column I was writing at the time. It felt so good, so right – I lost weight immediately and had more energy – that I just kept going. And going. It's been three years now.

DID YOU EVER IMAGINE THAT THIS EXPERIMENT WOULD SO SHAPE YOUR CAREER AND YOUR LIFESTYLE?

Never! It started as an experiment, and continues to be an experiment that takes me by surprise every day. It's the biggest delight of my life that so many people have responded to it. As I say often, sometimes life finds you. I guess the last few years I've felt very much that I need to respond to this with as much enthusiasm and care as possible.

HOW DID THE BLOG START, AND HOW HAS IT CHANGED OVER TIME?

My blog, again, started as an experiment because I was curious about the technology. I'm one of those people who needs to get my hands in something before I understand it. Today I often question why I blog. After three-and-a-half years I know the answer now: it's because the intimate connection sustains me like very little else has.

WHAT DOES A TYPICAL WORK DAY ENTAIL FOR YOU?

There is no typical day. Right now I'm juggling the proofing process of several books, as well as directing our online program with my team at the I Quit Sugar office. Most days are broken up with TV or radio commitments, and commitments to charities and sustainable food projects I'm involved with. This is why I'm such a big fan of having a morning routine – it's the only bit of normalcy in my week.

WHAT HAS BEEN YOUR PROUDEST CAREER MOMENT? WHY?

Well, some might think it's the time I entered the *Guinness World Records* for staging the world's biggest bikini shoot when I was the editor of *Cosmopolitan*! But I think it's being able to create employment for the eleven wonderful, passionate people who make up the I Quit Sugar team.

HOW HARD IS IT TO STEP AWAY FROM YOUR WORK, WHEN YOU ARE SO VERY MUCH THE FACE OF THE BRAND?

Incredibly hard. But it's part of the I Quit Sugar team's "mantra" to try to never get too big that we don't keep an intimate connection with the readers and program followers. This is really important to me.

YOU'RE ABOUT TO RELEASE I QUIT SUGAR IN AMERICA AND THE UK. WHAT'S NEXT IN THE PIPELINE?

Our next online 8-Week Program (which kicks off early February). This is our second one, and the team is super excited because having several thousand people quitting sugar at the same time is an amazing thing.

WHAT'S YOUR EXERCISE PHILOSOPHY AND HOW DO YOU LIKE TO KEEP FIT?

The key is every day. Doing something, every day. It need only be a 20-minute walk, but it's the every day bit that matters.

At the moment for me, walking is one of my forms of transport. It means I get my exercise done, but it also ensures I have pockets in my day – when I walk to the post office, my office, to a meeting – where there's some time to think clearly and recalibrate. Most of us don't need big slabs of time to recalibrate, just five to 15 minutes here and there throughout the day.

WHAT INSPIRES YOU?

Being in rocky landscape. Reading biographies by mindful people.

WHAT DO YOU DO FOR DOWN TIME?

Bushwalking. You can follow my adventures on Instagram (check out the hashtag #bushexcursion). And eating. I spend a lot of time cooking and thinking about food!

WHAT IS ALWAYS IN YOUR FRIDGE OR CUPBOARD?

Homemade sauerkraut, zucchini and organic butter.

WHAT ADVICE TO YOU GIVE TO PEOPLE EMBARKING ON A LIFESTYLE CHANGE IN 2014?

Quitting sugar is a robust start. And being kind and gentle and enjoying the experiment is always my advice.

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