

# Mind over body key to weight loss

A pair of Launceston businesswomen has revolutionised the way women lose weight, by focussing on mental and emotional weight loss rather than dieting.

**B**odyZen directors Sara Redman and Susan Henshaw launched their business in 2008 under the name LightenUp, and relaunched it in December last year as Body Zen.

Ms Redman said BodyZen worked through online and face to face programs and workshops, focusing on the psychology behind weight loss.

“We all know how to lose weight – change our eating and exercise more – so the real question is why are we not already doing what we know we need to do to lose weight?” she said.

“This question is about psychology, the mental and emotional factors that are interfering with your daily choices around eating, exercise and relaxation.

“The process of uncovering your core issue around your body and yourself doesn’t usually happen overnight, but from my experience it is an essential part of sustainable weight loss.”

Ms Redman said core issues could include believing that you do not deserve to be healthy, fit and have your best body, feeling the need to protect yourself from perceived dangers in your life, or being completely out of touch with who

you are and what you really want out of life.

“Until you uncover and realise your core issue, it will be near impossible to achieve and maintain your best body,” she said.

“We have clients who have been through the online program and/or the workshops and have had wonderful breakthroughs that have allowed them to achieve sustainable weight loss, feel better about their body and improve their overall wellbeing.”

Ms Henshaw said the idea of mental and emotional weight loss came after a conversation she had with Ms Redman, discussing the

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challenges of weight loss that so many women struggle with.

“We both knew that there was another component that needed to be addressed other than dieting and that was the mental and emotional side of it,” she said.

“Sarah had experienced this with many of her clients as a wellness coach.



BodyZen directors Susan Henshaw and Sara Redman.

“Clearly there was something happening in my head that was stopping me from making the right choices that would allow me to lose weight.

“It was also about feeling good about yourself as you are right now – not thinking ‘I’ll be better when I’m 65kgs,’ but feeling better now.”

“We have since branched into face-to-face workshops and Sara’s writing a book, Find Peace, Lose Weight, which will be launched in March of this year.”

Ms Redman said the theory behind the program was that dieting promoted self-loathing.

“Basically they are insinuating that you aren’t ok as you are – you need to be thinner, have a better body and you will fit better into society,” she said.

“At BodyZen we totally disagree with this approach.

“It’s all about accepting who you are right now and then deciding whether you want to lose weight. We focus on achieving a healthy body image and feeling good about yourself first and then the weight will normalise more naturally and effortlessly.”

For more information visit [www.bodyzen.co](http://www.bodyzen.co)

From there, the paid researched, interviewed and surveyed and discovered that there were many people that felt the same way.

“We initially developed an online coaching program, which allowed people to work through their issues at a pace that suited them; they also have access to online forums and community discussion,” Ms Henshaw said.