

Real life

Hoop, hoop, hooray!

# HOW AMY CHANGED HER LIFE

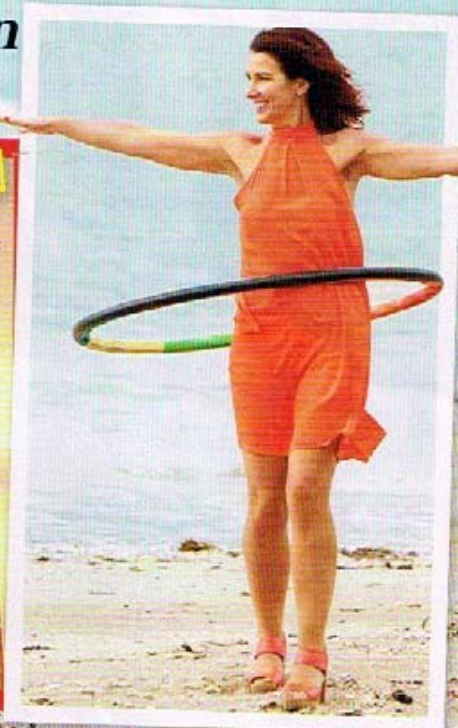
She's putting a fun spin on exercise!

65KG

Her passion for Powerhooping has taken Amy from a size 18 to a size 8.

90KG

In 2008, Amy admits she felt "sluggish, bloated and low in energy".



**W**ith an infectiously positive attitude, dazzling smile, glowing skin and a figure to die for, Amy McCauley looks the picture of health.

The Bucklands Beach mum-of-three lives life to the full, but she's the first to admit it hasn't always been this way. Poor diet, lack of exercise and undiagnosed postnatal depression rid Amy, 40, of some of the best years of her life, but all that changed the day she picked up a hula hoop!

Born in Scotland, Amy met Kiwi husband Nigel, 38, while travelling. They married and raised three children, Chloe, 14, Daisy, eight, and Max, six, in her home country. She trained as a

life coach but her career never really took off – and Amy says it's no wonder!

"There I was telling people to 'live their purpose' and I wasn't anywhere near close to doing that myself."

The old Amy's daily menu revolved around bread, pasta and sweets. "Looking back now, I think, 'Well, no wonder I felt sluggish, bloated and totally low in energy all the time,'" she says.

After the birth of her first two children, Amy suffered postnatal depression, although she didn't see the doctor about it until months after her second child.

"I loved being a mum, but I'd lost all my confidence. I was lonely and scared, and even going out for a walk to get out

of the house was an internal battle," she explains.

Five years ago, when she had her depression under control, Amy landed a part-time job selling memberships at a gym.

One day, a trainer came to the centre to take high-energy classes using colourful, weighted hula hoops. Powerhooping was a craze that was to take Scotland by storm. After one class, Amy was hooked and she enrolled in a course to become a qualified trainer. "It was crazy. I'd tried so many different forms of exercise in the past, but something just clicked with Powerhooping – it was so much fun!" she tells.

Around the same time, she changed her diet, focusing on smoothies, veges and protein.

Two years later and five dress sizes down, Amy packed up the family and brought the franchise to New Zealand in 2012. She holds classes seven days a week in East Auckland, has taught trainers around Auckland and Rotorua, and is on the lookout for more.

The proud Powerhoop NZ owner, who also has nutrition plans for her client base, laughs, "It's changed my whole life. I'm now running a business, which I never thought I'd do.

"I feel younger in my 40s than I did in my 20s. I look back and get upset with myself for wasting time. But I wouldn't have learnt the lessons I did if I hadn't gone through those hard times."