



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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# 10 simple tricks to get bikini ready now



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Click through for Ricardo's top 10 tips

## Summer is approaching and it's time to take action, says IMG Models' PT [Ricardo Riskalla](#)

For some, this could be a huge task, while for others it might just take a few tweaks here and there. The biggest misconception I find amongst my clients is that it costs thousands of dollars to get that beach-ready body. Yes, the sky is the limit when it comes to looking good, but I would like to explore the no frills approach. Believe it or not, it's the simple things that really work. Click through the gallery above for my 10 simple tips to start following now in time for summer.

Website: [rawfit.com.au](http://rawfit.com.au)

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Reduce bloating: Most people think they are fat but in reality they're just bloated. Cut all processed foods, salt and sugar from your diet and you'll notice the difference.



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Walk everywhere: I am always impressed that when I go to New York or a capital where people walk more, the level of obesity is lower and people actually look skinnier.



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Create a veggie garden: It will save you a lot of money in the long run, and there's nothing better than making meals from your own harvest!



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Friends: Associate yourself with people that push you forward. Being surrounded by healthy people is one of the most powerful things you can do!



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Ocean therapy: At least once a week, go for an ocean swim. It's free and has so many positive aspects to it, not only for your body but your mind also.



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Water: Drink a lot of filtered water every day. I would say at least two litres of it. It's the simplest and fastest way to improve your stomach area, skin, hair and bowel movements.



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Star jumps: The old school and simple exercise that is so powerful and simple and requires only your determination and a square meter to be performed. Start with just one minute every day! I use it as a great tool to tone my model clients.



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Meditate: Most people don't realise that most of their weight gain has to do with stress. The perfect solution is to meditate every day and cultivate an attitude of understanding and less reactive actions. Meditation is proven over and over to be the most effective way to reduce the stress hormone cortisol linked to weight gain.



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Push ups: So simple and so hard at the same time. Start with five a day and add five every week. This is one of the exercises that proves over and over to be one of the most effective ways to tone your whole upper body in one go. Saves you time and requires only your determination.



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Be gentle: This is both the hardest and the simplest one to grasp. To look like a model you must remove things, not add things. Removing toxins out of your body, by way of things like super-hot showers, is the way to go! Beauty is created by simplicity.