

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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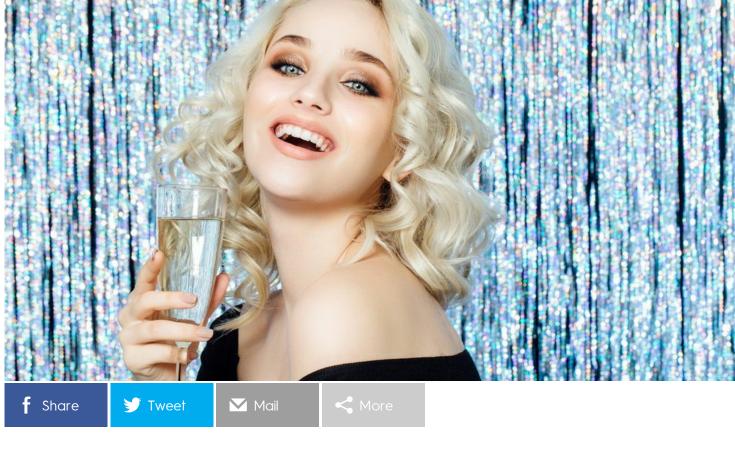
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By Stuart Marsh · 17 hours ago

How models prepare for Christmas parties

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your work clothes - and yes, you can party down with the best of them without losing your cool.

But looking good while tip-toeing around office politics and drinking copious

This is your chance to show the people you work with that *no*, you aren't always in

It's Christmas party season, and if you've got a work do coming up, there's a

high chance that you'll be wanting to look your absolute best.

amounts of alcohol is a task that's easier said than done.

So who better to ask than the professional partiers themselves: runway models.

According to Ricardo Riskalla, founder of RawFit and the head trainer at IMG

Models Australia, Christmas party season is the big leagues for many models

looking to secure a contract, so many of them perform a type of pre-season

"Models and celebrities are out there all the time attending parties, openings and events, and they have to make sure their body, skin and hair look the best they can," Riskalla tells Coach.

"Is there any trick to it? Yes, there is - and it all revolves around the quality of

food that we ingest and the quality of the environment in which we live."

We all know that the healthier you eat, the better you'll look. That's the funny thing about suddenly introducing a whole variety of nutrients into your diet - you tend

And the benefits of a high nutrient diet directly pull into having a pretty good looking body - think shinier hair, brighter skin and eyes, and even a more upright

(like choosing grass-fed beef over regular grain-fed cuts).

you've got to also reduce the amount you eat, too.

excess can cause the reverse effect," says Riskalla.

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taking it easy so as not to spike your appetite.

hard you'll get super hungry," says Riskalla.

what we are trying to avoid."

nature," says Riskalla.

to feel really nourished.

lentils, nuts and seeds."

until you are 80 percent full".)

Two weeks out: Clean up your diet

ritual to get their beauty looks ready.

posture.

According to Riskalla, most models - particularly around important shows or castings - will also go the extra step of improving the quality of the foods they eat

antioxidants, low in sugar and high in minerals and vitamins," explains Riskalla.

"Examples of those foods are: salmon, eggs, virgin olive oil, coconut oil, raw cacao powder, goji berries, berries, onions, garlic, ginger, turmeric, kale, lemons, beans,

"My recommendation is to pay huge attention in foods that are high in

like salt, artificial sweeteners, sugars and preservatives.

If you've got a slinky party dress or a high-end pair of jeans to fit into, simply changing what you eat won't really do the job to help you drop a kilo or two -

models that they cut back on anything that can cause bloating or water retention,

There's also the little issue of what *not* to eat. Riskalla recommends to most of his

"The rule I use is to stick to around two to three meals a day, and make sure you never eat until you are fully full."

(Purely out of curiosity, Riskalla's strategy for stopping your meal before you're

stuffed is actually an ancient Japanese practice known as Hara Hachi Bu, or "eat

"It is also important to regulate your portions because even the best foods in

The science on getting fit as humanly fast as possible is pretty clear: to see quick results you have to train with a lot of intensity, for a very short amount of time.

But if you've got an important occasion coming up - like an office Christmas party

that requires you to be in somewhat risqué fancy dress - Riskalla recommends

"In terms of exercise the recommendation is to go easy, because if you go too

"You know that feeling of eating like an animal after running a marathon - that's

One week out: Swap intense exercise for gentler options

Riskalla recommends swapping those weights sessions and CrossFit classes for something that lets you get a bit sweaty, while also relaxing you fully like long walks, swimming or surfing.

"Try to exercise outdoors to get that extra relaxing benefit from being outside in

"If training with a trainer, focus on long duration exercises using your own body weight. The best exercises would be push ups, full crunches, chin ups and full squats."

The day of the party: Meditate for 20 minutes

Christmas is already a stressful time of the year, let alone having to deal with the

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anxiety of a work party and all the politics that comes with it.

To put your best face forward, Riskalla recommends meditating for 20 minutes as often as you can, as stress is major element to premature aging.

"Meditation helps you to avoid stress and stress is the biggest beauty killer. Stress

"If your diet is perfect and you have a great exercise program but no results, stress could be the culprit.

"So look into your life right now and add 20 minutes in the morning to sit down and do some deep breaths - nothing special - and that is meditation in of itself."

Fitness

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Christmas

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can impact the way your body utilises fat as fuel," recommends Riskalla.