



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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Get your body ready for SUMMER



WINTER HIBERNATION IS OVER, IT'S TIME TO GET INTO SHAPE – AND FAST! – WITH THESE 10 TIPS



1 TONE YOUR TUM

Doing 250 sit-ups before bed is Kim Kardashian's trick, but a six-pack won't look hot if you're bloated, says A-list trainer James Duigan (bodyism.com). Healthy eating habits and reducing stress can help. 'Shallow breathing (which we do when stressed) causes an increase in the stress hormone, cortisol [which may contribute to weight gain]. Do exercises in combination with better breathing and chewing your food and you'll get beach-ready much faster.'

2 BREATHING SQUAT

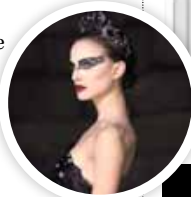
Do 10 of these before bed to set you up for optimal fat-burning sleep, James says. Take a comfortable stance with feet shoulder-width apart and arms out in front, parallel to floor. Inhale through your nose, then lower down as far as you can comfortably go as you exhale through your mouth. Pause for a few seconds, then inhale as you return to the standing position. Try to focus on lowering for a 3-second pause.

3 HYDRATE

'I drink about three litres of water a day. Even if it's from the tap,' age-defying Elle Macpherson says. 'Sipping H2O is vital for losing the love handles.' In summer, we get a bit dehydrated and forget to drink,' says *The Biggest Loser's* Tiffany Hall, author of *Weightloss Warrior* (\$34.95, Hardie Grant). 'Our bodies are more sensitive to hunger than thirst, so we'll eat when we're actually thirsty,' she adds. 'And the problem with this is, when you're dehydrated, it shuts down fat burning.'

4 HIT THE BARRE

Post *Black Swan*, everyone from Amanda Seyfried to Gwyneth Paltrow has added some ballet moves to their get-fit regime. And these days, you don't need to frock up in a tutu – with ballet-fusion classes like Xtend Barre (xtendbarreaustralia.com.au) mixing barre exercises with cardio, light weights and Pilates-style moves to give you a leaner physique, better posture and increased flexibility.



5 EAT EARLIER

'The time you eat is exceptionally important,' says dietitian Susie Burrell (susieburrell.com.au). 'The body's hormones are programmed on a 24-hour, circadian rhythm. The hormones for storage are released in more concentrated amounts at night, compared to the ones for fuel and food burning. This means we ideally need 10-12 hours without food overnight. If you regularly eat breakfast late, or lunch mid-afternoon, simply shift breakfast to 7am, lunch to midday, have a late-afternoon snack and only a light dinner if eating after 8pm. This simple shift will optimise your metabolic rate and give you that kilo or two weight loss you're after.'



6 UP THE INTENSITY

Doing your usual gym class or morning jog but still not seeing results? To budge any extra weight, you may need to up the effort. But by how much? 'I keep it simple,' Tiffany Hall says. 'If you're sweating, then you're working hard enough. If you can talk leisurely and exercise, then you're not exercising hard enough. You should be panting a little bit.' So if you find you're not sporting a case of beetroot face, it's time to really work it!

7 GET THE TIMING RIGHT

Timed-interval training could be the key to adding a work-out to a busy lifestyle. Dr Gail Trapp, in her book *The 8 Second Secret*, has come up with LifeSprints. After a five-minute warm-up, you go hard for eight seconds, then ease off for 12 seconds, repeating three times per minute, for a total of 20 minutes. Then do a five-minute warm down. Gail found those doing the intervals for 20 minutes lost more weight than those doing a steady pace for 40 minutes, and says LifeSprints can work with many types of exercise.



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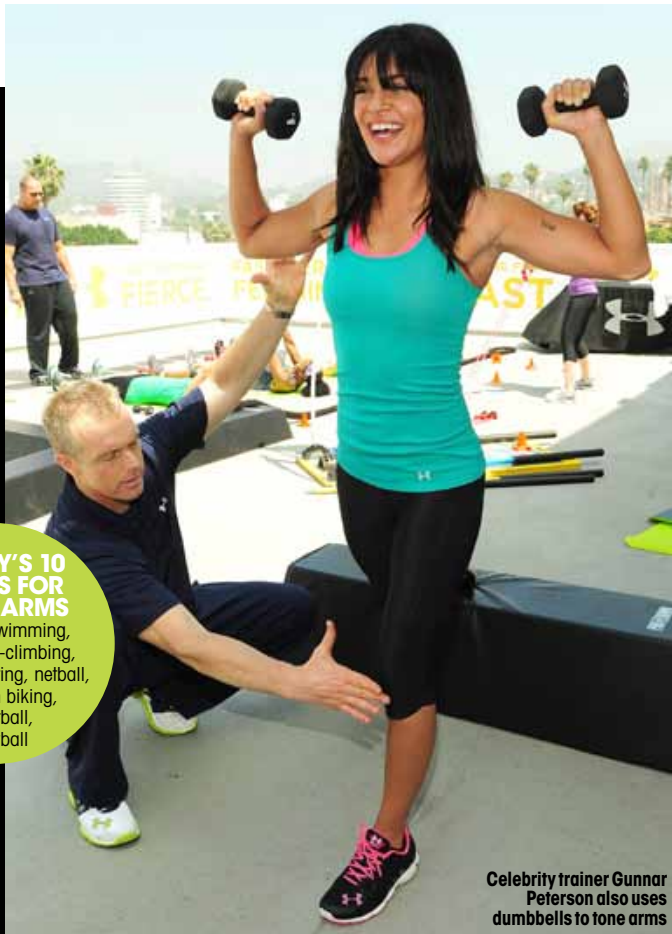
7 BE WELL ARMED

You can't hide your arms when short sleeves and strappy frocks become

de rigueur. Freddy Warren, training manager at Fernwood Fitness, says two simple strategies will get them in shape – without them looking like Madonna's. 'Reduce fat and tone muscle. Old-school dumbbells work the notorious chicken wings and are, by far, the best way to shape your arms. Forget the myth they make you bulky – just choose lighter weights and more reps. Combine with cardio to strip fat. Boxing, pump class and CrossFit will burn fat and tone muscle and get you looking fab fast – or try swimming for a less intense option.'

FREDDY'S 10 SPORTS FOR TONED ARMS

Football, swimming, tennis, rock-climbing, rowing, yachting, netball, mountain biking, basketball, volleyball



Celebrity trainer Gunnar Peterson also uses dumbbells to tone arms

8 DO THE LEGWORK

Want sexy legs fast? Trainer Gunnar Peterson, who works with celebs like Jennifer Lopez, says, 'Squats hit the major muscle groups in the legs and lunges are a close second. The possible variations for both make them a great basis for any leg work-out.'

ESSENTIALS FOR HOT LEGS

FAKE IT – A bronzer or spray tan helps hide veins, blemishes and even disguises cellulite. And it's instant!
SMOOTHE – Don't forget to exfoliate your pins in the shower, especially before a fake tan. No need if you're shaving though – it naturally helps slough off dead skin.

NOURISH – Moisturise them as soon as you're out of the shower. You'll avoid 'alligator legs', prolong your tan, firm the skin and give it a healthy glow.

9 FIGHT CELLULITE

Lessen those thigh dimples by attacking fluid retention. One way is to reduce the salt in your diet by ditching things like processed foods, smallgoods and tinned foods. Nutritionist Zoe Bingley-Pullin (nutritionaledge.com.au) says poor elimination of toxins, from not having enough fluid, can also contribute to cellulite. 'Water and herbal teas will help decrease acidity and increase alkaline levels.' Getting enough fibre is vital. 'The best source is fruits, vegetables, grains and legumes.' She also advises replacing saturated and hydrogenised fats with items high in essential fatty acids, 'like extra virgin olive oil, avocado and nuts, which help the body burn fat.'



TEXT BY WENDY WINKLER PHOTOGRAPHS BY GETTY, SNAPPER, SPLASH

10 BRING UP THE REAR

You might hide a saggy behind in winter, but not in a bathing costume! Ricardo Riskalla from rawfit.com.au says there's one classic move you can do in front of the telly that works a treat. 'There is nothing better than leg raises. Lie down on your side and steadily raise your leg up and down for five minutes before repeating on the other leg.' Trust us, you'll feel the burn!