



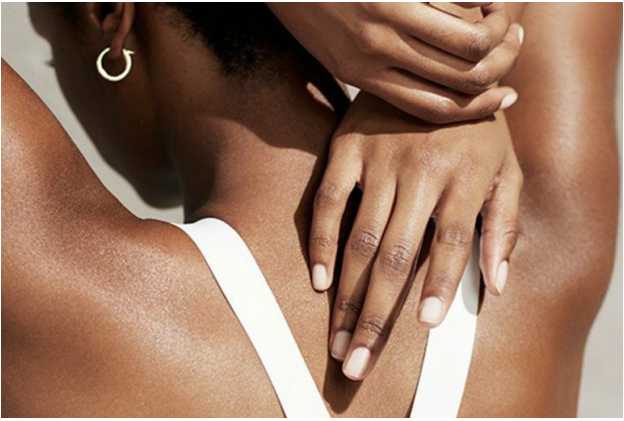
Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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FITNESS

HOW TO EAT WELL AND STAY IN SHAPE THIS WINTER

JUNE 26, 2018



Falling off the health wagon can often happen to the best of us through the cooler winter months. Whilst it may be due to your warm enticing bed in the morning 'inhibiting' your ability to exercise, it could also be due to those warming bowls of pappardelle you are tucking into on those cosy evenings in. We know, we know- life is all about balance, right? But lets face it, none of us like getting to the beginning of Summer and needing to go into full throttle into OTT mode to banish the winter layers. Enter **Ricardo Riskalla**- the trainer on hand for all International IMG models including Jordan Barrett and the former Australia's Next Top Model contestants. **Read on to read his tips on how to stay motivated and balanced this winter, to ensure you are summer ready all year long:**

HOW CAN OUR P/O READERS GET BACK INTO THEIR ROUTINE IF THEY HAVE BEEN OVER-INDULGING AND UNDER EXERCISING?

The best solution is to follow a clean diet plan first. The mistake I often see is that people over exercise and neglect to eat well and follow a clean way of eating and living. In the long run over exercising can diminish health and lead to an increase in cortisol, which can actually cause weight retention.

COULD YOU SHARE SOME TIPS ON HOW TO STAY MOTIVATED THROUGHOUT WINTER?

The best thing is to have a routine. Every night lay out your training clothes for the exercise routine the next day. Also, make sure you have proper winter training clothes. I am a big fan of fine merino shirts since they warm you up without the bulk. Another tip would be to have a trainer or a group class that you attend regularly- schedule your exercise into your diary like you would with any other commitment. Above all, I often speak to my clients about the holistic approach- their quality of life. I also explain this in further detail in my book: "The Ricardo Riskalla Training Diet".

YOU ARE OFTEN OUT OF BED AT AN UNGODLY HOUR TO TRAIN CLIENTS- ANY TIPS TO GETTING OUT OF BED EARLIER IN WINTER?

The best solution here is to remember that a healthy lifestyle starts earlier. I love to wake up and meditate by myself outdoors to start the day. I highly recommend everyone to do that as it sets up the energy you bring into the day. Further, meditation and taking some time to be still reduces your cortisol- the evil stress hormone that makes your body lose its balance.



HOW DO YOU ENSURE YOU GET A DEEP SLEEP AT NIGHT?

Its simple- going to bed early. I have an alarm that tells me when it is bed time so I ensure I have a good 8 or 9 hours of sleep. Another tip I would recommend is to ensure your bedroom is completely black out, no flashing lights, no TV, no windows without blackout curtains. I also recommend to buy the best mattress in town- it makes the world of difference. Above all, I tell my clients to never eat before going to bed as this can have a negative impact on your quality of sleep.

COULD YOU SHARE 5 OF YOUR FAVOURITE GO-TO HEALTHY SNACKS?

I have to have water, water, water, water and filtered water. I don't recommend snacks to my clients as I believe if you eat the right amount at meal time, there is no need to snack.

ARE THERE ANY BEAUTY OR WELLNESS TREATMENTS YOU SWEAR BY DURING THE WINTER MONTHS?

I swear by cold showers, ice baths and loads of rose hip oil.



Trilogy Certified Organic Rosehip Oil 45ml \$42.95

WHAT ARE YOUR TOP TIPS TO STAY ON TRACK WITH HEALTHY EATING AND EXERCISE?

First of all respect nature, it all starts with respecting our planet. Secondly, respecting your body by eating only unprocessed foods, meditating everyday to balance your endocrinal system and mind, minimising alcohol consumption, and ensuring you are aware of the people you let into your life. I have a strong belief that energies are contagious- be selective with who and what you let into your life. To me, that is health and balance in a nutshell.

AUTHOR

OLIVIA BOYD-SMITH

P/O

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Our mission is to decode the often intimidating beauty world, whilst demystifying the health industry and somewhat extreme trends.

Our goal is to educate and inspire, so you can nourish your interior, whilst polishing your exterior.

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