



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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No size-zero tolerance

The waif look is out and, as healthy stars like these embrace a fuller figure,



BEST OZ BOD: JESSICA HART

TO many of us, Jessica Hart has the perfect Aussie body — fit, healthy, beach-ready and, most importantly, not too skinny. But the New York-based Australian supermodel says there's always room for improvement and works hard to maintain her look.

"Being a woman, I always think I want to change everything and I think, 'things could always be different,' " she tells Insider. "But I feel good. I love being healthy so it comes naturally to me."

Hart, 24, is one of our most in-demand models, walking the international catwalk for some of the world's top brands.

It's part of her job to stay fit. "I find it really easy to run — it's almost like a form of meditation," explains Hart, in Australia ahead of the BMW Magic Millions racing carnival on the Gold Coast later this month.

She is the official ambassador for the Queensland event (January 12-19). "It clears my brain and is a real energy booster for me. If you include that with being a little conscious of what you eat, it works."

"Carbs are my weak point — pizzas and pasta and things like that. I could live on that so I just need to control my cravings."

In recent years, Hart has risen to the top of the modelling ranks, one of our top Australian exports on the international circuit.

And her career has gone from strength to strength back home, too. She's the face of swimwear brand Seafolly (pictured left) and also regularly works for Myer.

Interestingly, Hart says it's been harder to crack the Australian market than overseas. "I have to tell you, Australia has been a hard one," she says.

"It's not so much that I've been away, it's just that it took Australia a little bit longer to catch on. I always prioritise coming back to Australia because this is my home country and where I want to be at the end of it all."

"It's taken me 10 years but we are finally starting to get there."

HOW TO GET JESS'S PERFECT CURVES: "I jog several times a week, swim and do gym sessions. I also make sure that I eat healthy food — and try not to overdo those carbs!"

— JONATHAN MORAN

SEAFOLLY

BEST CHEST: KATY PERRY



EVERY bride likes to look good on her wedding day, but Katy Perry amped up her workouts before marrying Brit Russell Brand in October.

The starlet's enviable décolletage is a result of all over cardio and weight training, but Perry admits she doesn't love the gym. "I love jumping rope," she says. "It's like dancing. I can double jump, I can cross, I can do all of it. I look like Rocky."

HOW TO GET A GREAT CHEST:

The chest can be tough to tone, but Sydney-based celebrity trainer Ricardo Riskalla says it's not impossible. "For a defined, feminine chest, do a 30-second plank (balance on your toes and forearms while keeping your body horizontal), then 10 push-ups. Repeat three times with no breaks, every day."

BEST BACK: RIHANNA

UNLIKE many celebs, Rihanna is one star who admits her bombastic curves are something she works hard to keep.

With some acrobatic stage tricks on her world tour, Rihanna says that it's her job that keeps her back and core strong and toned.

"I've been performing a lot, and that really keeps me in shape," Rihanna told Fitness magazine.

HOW TO GET A GREAT BACK:

Riskalla says daily chin-ups will deliver results. "To develop and tone the back, do four lots of 10 chin-ups, with 30 second breaks in between."



BEST TUMMY: GERI HALLIWELL



SINCE having her daughter, Bluebell, four years ago, Geri Halliwell has embraced a healthier figure, putting her days of excessive dieting and rake-like frame behind her.

Halliwell says keeping a trim figure comes down to balance.

"Yoga has taught me that you should heal the mind before you begin healing the body," she says.

HOW TO GET A GREAT TUMMY:

Riskalla suggests building up stamina. "Do a one-minute plank daily. Add 30 seconds a week until you can do five minutes without dropping."



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as curves make a comeback

personal trainer Ricardo Riskalla gives tips on shaping your bikini body, reports **Briana Domjen**

BEST LEGS: CAMERON DIAZ



CAMERON Diaz has always embraced a more athletic frame, preferring sports such as surfing, snowboarding, hiking and golf to tone and develop her muscles.

Although this type of exercise has meant a few injuries (Diaz has broken her nose four times), the actor says that as well as keeping her looking good, outdoor sports make her feel better on the inside, too.

“Exercise for me is like eating, sleeping, and breathing,” she told Harper’s Bazaar. “When I’m not consistent, it shows up on my body.”

HOW TO GET GREAT LEGS: Riskalla suggests mixing it up so you don’t get bored. “Do alternate cardio sessions like Cameron. Try rotating cycling, running and walking so you’re working your muscles in different ways each day.”

BEST ARMS: BEYONCÉ



IT’S hard to pick a “best” bit of this bootylicious babe, but her arms won out this year, thanks to all the attention she’s been paying them.

Like fellow songstress Rihanna, Beyoncé goes all out on stage, and in addition to burning 300 calories every half an hour while she’s performing, she weight-trains to keep her muscles defined.

“I’ll put on a song I like and do [bicep curls with] 2.5kg weights to the whole song,” she says.

HOW TO GET GREAT ARMS: “Extend your arms like a scarecrow and rotate them in small circles for three minutes. Repeat three times a week,” Riskalla says.

BEST POST-BABY BODY: JULIA ROBERTS



AFTER watching certain celebrities try to torture their bodies back into shape after having a baby, we applaud the Eat, Pray, Love star, who looked to swimming, skiing and running to feel happy with her new curves.

After having three babies in the past six years, the 43-year-old actor has also been spotted doing hour-long fitness sessions with celebrity trainer Kathy Kaehler, achieving impressive results. “We do 20-40 minutes of step aerobics and up to 40 minutes of body work—lunges, crunches, planks, push-ups,” Kaehler told Elle magazine.

HOW TO GET A GREAT POST-BABY BODY: Riskalla advises making the most out of your child being in a pram by including them in your workouts. “Push the stroller up hills as fast as you can, then do 30 push-ups, squats or lunges on top of each hill. Do that for an hour every day.”

MOST IMPROVED: BRITNEY SPEARS



IN 2010, Spears revealed an enviable new figure. Her body has suffered in the past, with the pop star often snapped with fast food wrappers and sugary drinks, but a new love of exercise has her back to her healthy self, flat stomach and all.

The pop-star mother says she regained her slender physique by doing things that didn’t feel like exercise, such as dancing. “Having two boys definitely helps, and I love to dance. It’s the best way to stay in shape,” she said in a recent interview.

HOW TO GET YOUR BODY BACK: Riskalla believes that unless you adopt a fitness regimen that you enjoy, there’s no point. “It’s really important to follow what you like in terms of exercise. Write a list of things that you enjoy doing — whether that be a gym session or a night out dancing with friends or a walk with your dog. Then take action and just do it.”

BEST CURVES IN THE WORLD: KIM KARDASHIAN



THERE’S little doubt that the sexy reality television star brought curves back into style this year with her pneumatic figure.

Known best for her bottom and (allegedly) all-natural bosom, the exotic bikini babe has done hour-glass girls proud.

But it’s not been without serious effort. Kardashian, a self-described gym junkie, is often pictured clad in fitness gear on her way to break a sweat.

“I’m really proud of my curves, and I hope all you curvy girls out there are embracing yours too. Be confident in yourself and you’ll shine,” Kardashian told Shape magazine.

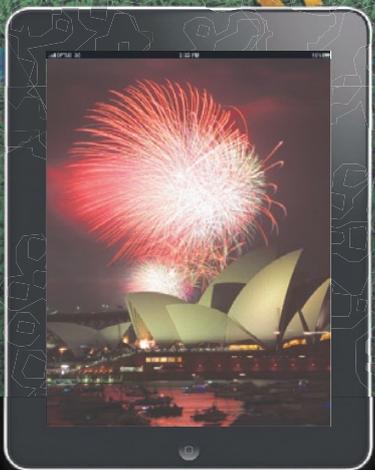
HOW TO GET GREAT CURVES: Riskalla says: “To get the best feminine and curvaceous body like Kim, don’t just stick to cardio. Mix it up a little by doing weights, or do squats for five minutes or until it burns, then push-ups for one minute very fast, then repeat.”

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