



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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RICARDO RISKALLA



WHO ARE YOU?

I am a Master Personal Trainer, Healthy Nutrition lover, Raw Food Chef, author of 2 books : The Rawfit Diet and The Rawfit Diet Cookbook. I also developed a unique exercise application where you never ever repeat a session and all exercises are based on my exercise principles. Above all I am a nature lover.

ADD TO FAVOURITES

Sunday 7th Jun 2015.

WHERE ARE YOU DOING RIGHT NOW?

Laying down in my lounge room. I just finished making a huge batch of sauerkraut. It was huge ! 20kg in total.

WHERE ARE YOU FROM?

Great question. I say that I am a world citizen. I was born in Brazil, lived in a few countries and I am an Aussie above all. Australia is my home.

WHAT QUOTE IS MOST MEANINGFUL TO YOU?

Never ever give up !

WHAT IS YOUR DAILY EXERCISE REGIME?

I do all sessions with all my clients. I am a big believer in motivating my clients by doing everything they do. I also like to do body boarding in summer and a few runs here and there.

WHAT'S YOUR COFFEE ORDER?

I know I was born in Brazil, the land of coffee, but I hate coffee and never ever recommend my clients drink it. I prefer green juices; kombucha, kefir and anything super antioxidant.

WHERE IS YOUR FAVORITE PLACE TO EAT IN SYDNEY?

I love all places where I can get a fresh green juice. I am so fussy and I am so happy that Australia is leading the way in natural health. I rarely eat out.

WHAT WOULD YOU DO WITH YOUR LAST \$100?

I would drive to Whale Beach buy a few salads, put my tent up and surf the whole day !

IF YOU COULD GO ANYWHERE FOR THE WEEKEND, WHERE WOULD YOU GO?

I would go to Queenstown in New Zealand, That place is unreal. I have seen so many countries but nothing beats New Zealand.

ABOUT YOUR WORK:

WHAT DO YOU DO?

I turn people into the best version of themselves. I specialize in training models, actors and elite level athletes.

WAS THIS ALWAYS YOUR LINE OF WORK?

Yes, since day one the vision was to do what I am doing now, and I have been giving 200% of myself since then.

WHAT MADE YOU WANT TO OWN YOUR OWN BUSINESS?

There wasn't and there is no company like mine. I offer a very unique experience and service, so the only way was to be my own boss.

YOU ARE THE TRAINER AT IMG MODELS; TELL US ABOUT THIS?

That is a secret. Just joking! Models now are role models; the age of unhealthy models is over. Models now are like athletes, businessmen and women and above all they are the picture of health. And that's what I help my clients at IMG models to achieve.

LEADING A NATURAL LIFE IS VERY IMPORTANT TO YOU, HOW DID YOU DISCOVER THIS?

I was a very lucky person to grow up in a family surrounded by healthy nutrition lovers. My older cousins taught me to cook when I was very little. It was an eye opener. I think my family had the first juicer ever created, I used to drink green juices every day....I also have been competing in sports since I was very little , first in body boarding then running. So healthy living is my life.

NAME A SIGNIFICANT MOMENT IN YOUR CAREER?

I never think like that. I meet such an amazing bunch of people everyday and I learn so much so everyday that is a highlight.

RUN US THROUGH A STANDARD DAY IN THE LIFE OF RICARDO?

I usually wake up at 4:30am or 5am, then I meditate, run sessions until 12 or 1pm then I have lunch, business meetings, then I have a shower and get back to training until 8pm.

WHAT IS HAPPENING IN THE NEXT FEW WEEKS?

As usual there is a fashion week coming up, so I have a lot of my clients getting ready for it. It means hard training, perfect diet and the rest is secret.

WHAT DOES THE FUTURE HOLD?

Lots of great sessions and clients achieving amazing targets; bring it on! I am open to all new challenges.

