

# RICARDO RISKALLA

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T R A I N I N G

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.

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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.

