

RICARDO RISKALLA

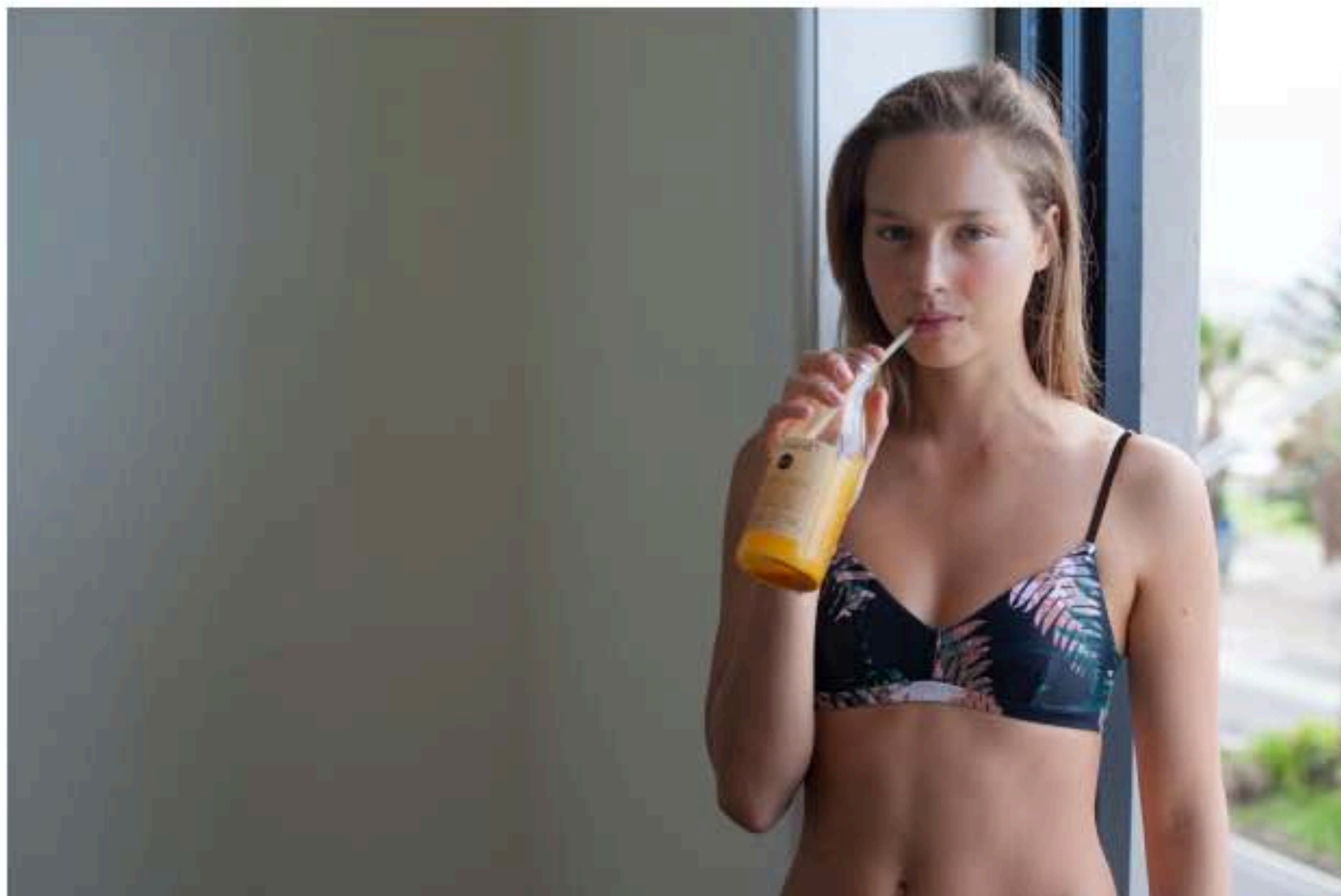
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Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

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Two Minutes with Isabel Simundic

By Chelsea Roberts · On May 25, 2015

Yogi, Model, Commerce student and health food lover, Isabel Simundic, took the time the talk to us at THE UPSIDE about the things that make her life healthy, happy and so dynamic. This sunshine loving woman stars on the current season of Australia's Next Top Model, juggles university, running her lifestyle business [The Editorialist](#) with partner Jonny, and working at [Orchard St Elixir Bar](#).



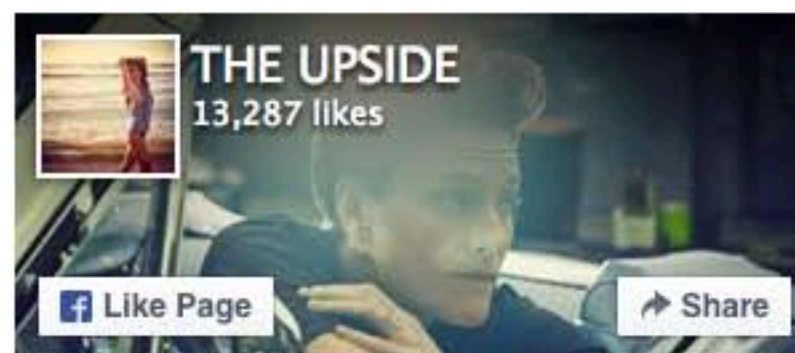
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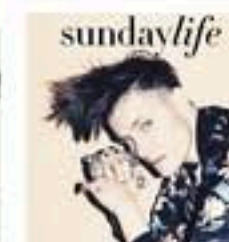


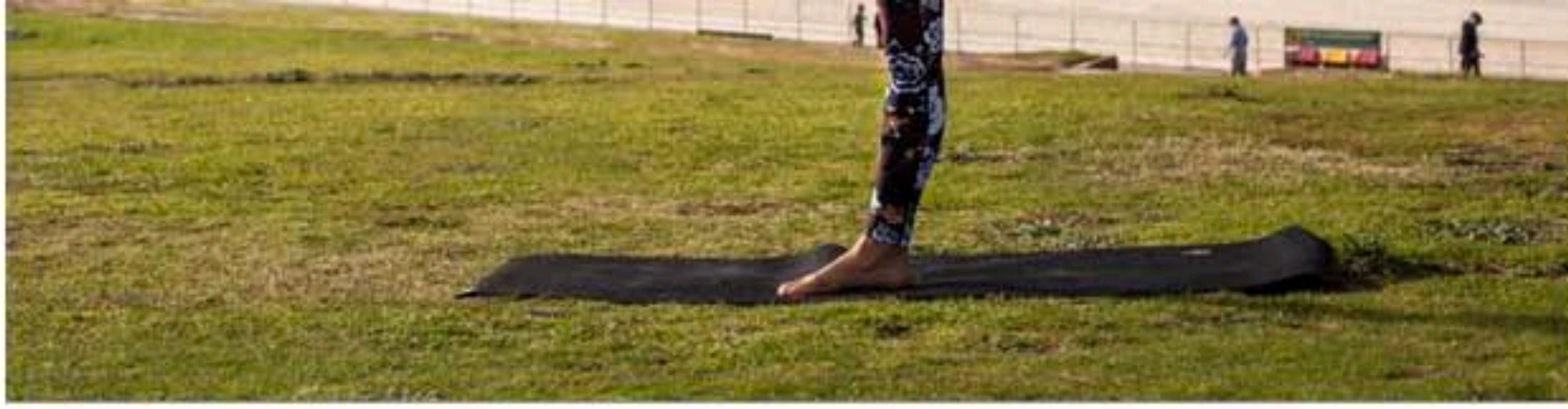
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What exercise/ health regimens are you pursuing at the moment?

My favourite workout is a soft-sand run followed by an ocean swim. I love doing hot yoga at Power Living. I'm always doing juice cleanses from Orchard St, as they give my digestive system a much needed break. My ultimate secret is my incredible trainer Ricardo, from Raw Fit Training. He has a holistic approach to fitness, which is really refreshing.

Working at Orchard St you have a clear love of health foods. What are your go-to daily must haves?

Every day is different, but I normally start my morning with a hot lemon drink. I love probiotic-rich foods, like kombucha, kefir and sauerkraut. I'm also a sucker for coconut water.

What is your favourite product from Orchard St?

That would have to be the turmeric kefir, such a powerful anti-inflammatory drink. My other favourite is the geisha slice; it's the most delicious coconut and matcha infused raw cake.

Why do you think health foods are so important?

Everybody is different, and different foods work for different people. My old eating patterns did not work for my body. So for me personally, the discovery of health foods has made such drastic changes to my mind and body.

The Editorialist has opened some amazing doors for you in terms of dining and travel. What has been the highlight so far?

The Editorialist has been such a fun project. We have been to some of the most amazing restaurants and retreats Australia has to offer. So far the highlights would have to be The Lakehouse in Daylesford and our most recent trip to Byron Bay. We are just about to do a tour of the South Island in New Zealand, which might just top the list.

Modelling is a relatively new undertaking for you – what do you love about it?

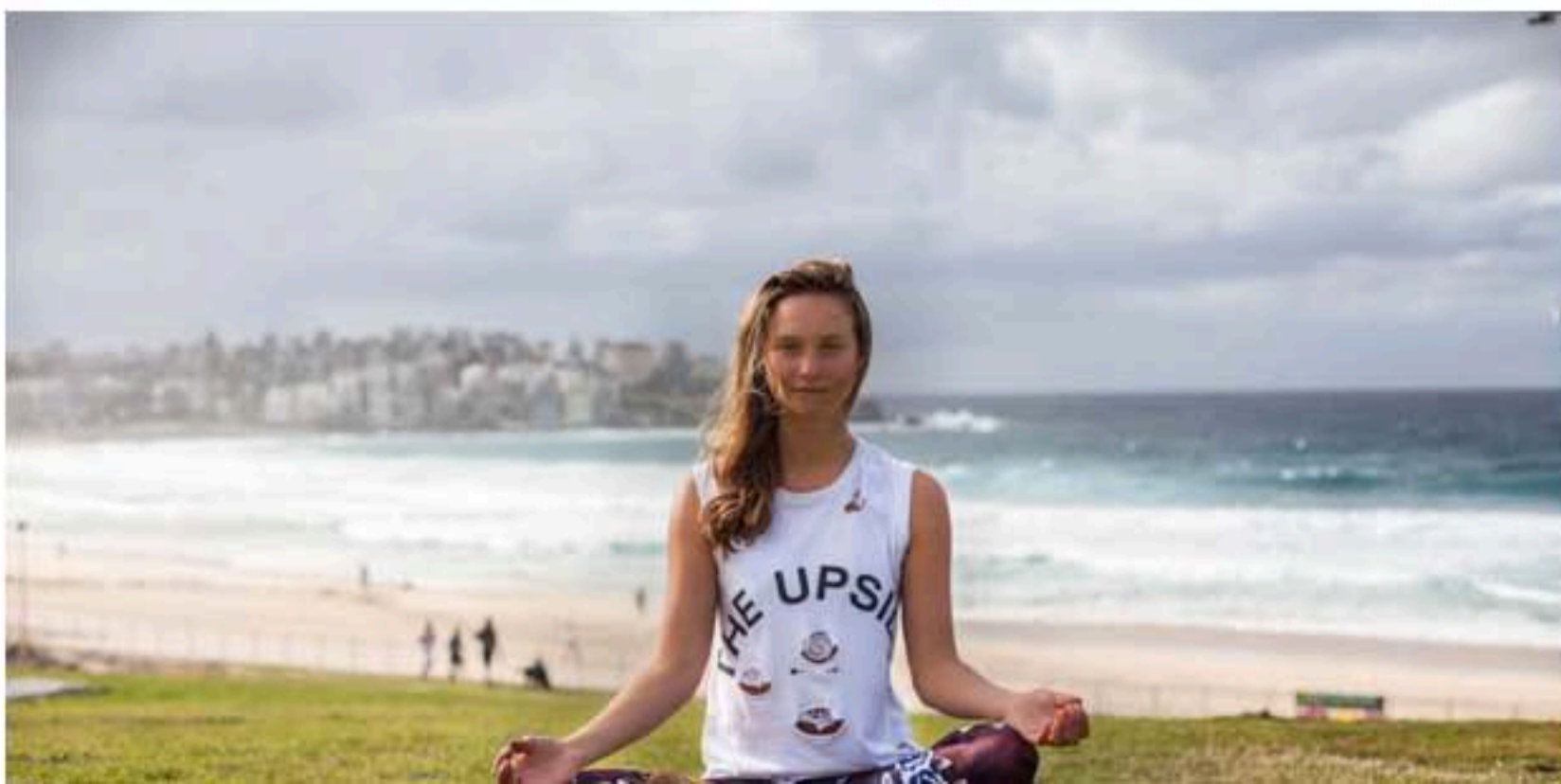
Meeting all the amazing people during the process. There are so many creative people that make everything happen.

This season of Australia's Next Top Model aired on April 30th. So far, what are your feeling about the whole experience?

It's definitely been a crazy experience, one that I won't ever forget. It is however, so incredibly cringe-worthy watching yourself on TV.

What are you doing for the rest of today?

Uni work! That commerce degree won't finish itself...



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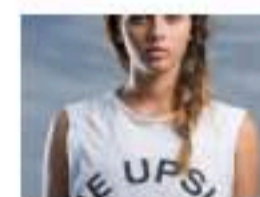
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Isabel wears THE UPSIDE [Japanese Floral Yoga Pant](#) and [Distressed Muscle Tank](#).

Photography by [Lincoln Jubb](#)

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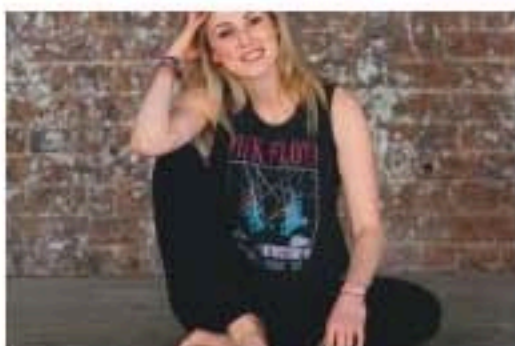
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CHELSEA ROBERTS

Chelsea Roberts is a Public Communications student from UTS, and intern at The Upside. She is an avid fashion and fitness lover, health food creator and travel enthusiast.

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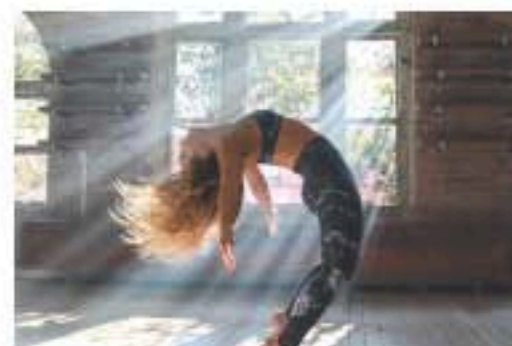
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