

Star Bodies

with Hannah James

Jane Fonda



FIT BUZZ

STARSECRET

A fun-filled yet kilojoule-burning and core-strengthening workout is the Holy Grail of exercise. But unlike the Holy Grail, this treasure is located in North Sydney. Jane Fonda and Martina Navratilova are fans of *Cardiolates*, which consists of exercising on a rebounder while maintaining a Pilates-based strong core. Visit wellcentred.com.au for class times.



Julia Balaz, owner of Wellcentred.

"A warrior's body is all about feeling confident, balanced and powerful," says Tiffany Hall.



5 STEPS TO A

BLACK-BELT BODY

The new *Biggest Loser* coach, **Tiffany Hall**, has a black belt in taekwon do and is an author and journalist.

1 DRINK WATER Your greatest weight-loss weapon suppresses appetite, improves strength and speed, helps you lose fat, improves your skin, keeps you alert and helps you sleep. It's your armour and ammunition in the battle for health—and it's free!

2 DITCH SUGAR My *Biggest Loser* weight-loss warriors adhere to our warrior code: no invisible fat. This means sugar.

Your body tells you when it's had too much fat, but it doesn't for sugar, which shuts down fat burn.

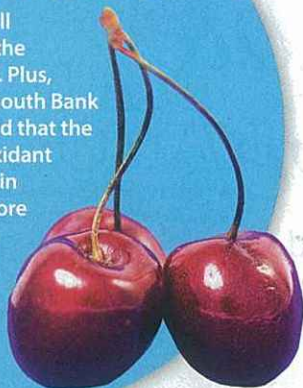
3 NO ALCOHOL It's deadly if you're trying to lose weight—it stalls the fat-burning process.

4 GET YA NINJA ON! I do taekwon do to keep lean, toned and fit. It's a huge metabolic kicker, works flexibility and gives you the best six-pack ever.

5 STOMP OUT OVEREATING Taekwon do controls my appetite. Martial arts help you become aware of the mind-body connection. Ask the question: am I hungry or am I hurting?

POP YOUR CHERRIES

Tasty, delicious and still in season, cherries are the perfect afternoon snack. Plus, researchers at London's South Bank university have discovered that the anti-inflammatory, antioxidant anthocyanins they contain help muscles recover more quickly after exercise. So reach for cherries after a workout, not sugary drinks.



\$60
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\$79.95
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\$60
Nike
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MUST HAVES

\$160
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