

fitness first

FOR GUYS & GIRLS
MARCH/APRIL 2009

**THE
SMART
ISSUE**

EXPOSED:

YOUR
TRAINERS'
BEST KEPT
WORKOUT
SECRETS

SEXERCISE:

HOW TO GET
FIT IN THE
BEDROOM

**THE BEST
RECIPES FOR
WEIGHT LOSS**

HOW TO:

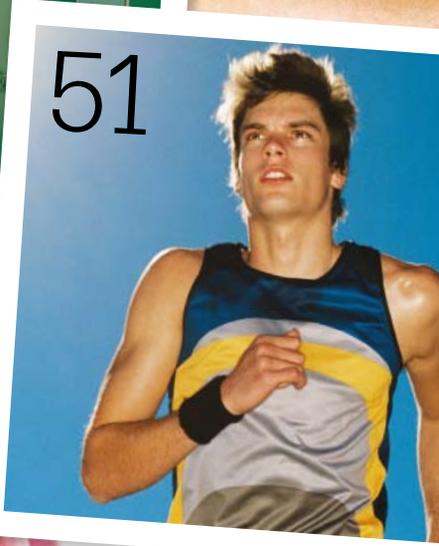
DINE SMART
WHEN YOU ARE
DINING OUT

**KRIS & JENNIFER
SMART & SEXY**



AU \$5.95 (INCL GST)

9 771834 011005



contents

COVER STORY

14 Jennifer Hawkins & Kris Smith

HEALTH & FITNESS

- 20 Smart training: Training secrets from personal trainers
- 23 Ask Paul: How to avoid overtraining
- 26 Fit Fact File
- 28 Smart move: Manage your energy not your time
- 32 Health First
- 34 Sex smart: Are you fit for sexercise?
- 37 Train smart: The key to great results
- 41 Train smart: Circuit training

NUTRITION & WEIGHT

- 46 Eat smart: When foods make you sick
- 51 Eat smart: Dispelling the myths: protein, carbs & fat
- 54 Eat smart: Dining out the smart way
- 57 Smart weight loss: Are you starving yourself fat?
- 60 The truth about diets and supplements
- 62 Smart weight loss: The ultimate recipe for weight loss
- 66 Recipes First: Become a big loser too!



Fitness First kicks it with two of the smartest cookies around, Jennifer Hawkins and Kris Smith.



LIFE & STYLE

- 69 Smart goals: Achieving extraordinary results in 2009
- 73 Work smart: How to dress for success
- 76 Beauty First: The must-have beauty repair toolkit
- 80 Beauty First: Sweet treats
- 82 Fashion First: Smart casual
- 90 Drive First: Smart buys
- 92 Technology First: Tech smart
- 94 Look & Listen First: Look, listen & learn
- 99 Members First: Ruby Rose

REGULARS

- 6 Pete Speak
- 10 First Word

JEN & KRIS

2 SMART COOKIES

IN THE LEAD UP TO THEIR RUNWAY DEBUT TOGETHER, FITNESS FIRST CAUGHT UP WITH JENNIFER HAWKINS AND KRIS SMITH ON THEIR FIRST JOINT PHOTOSHOOT.

JENNIFER HAWKINS IS UNDISPUTEDLY one of Australia's finest examples of where beauty and brains co-exist.

'The key to living smart is to have great people around you,' she says. 'Keeping your family and friends close, having a great manager and hiring a great accountant is the way to live smart and achieve success.'

Walking her talk, 25-year old Jennifer owns five properties in her hometown of Newcastle (NSW) and she lives by the mantra 'always follow your first instinct because it's usually right.'

Having shot to fame when she was named Miss Universe in 2004, these days Jennifer's modelling tends to be attached to product endorsements with large-scale companies. 'I love the television work,' says Jennifer. 'I think because it's a performance in a way. I did ballet for 15 years, when I was younger, so I've always been used to performing.'

Jen wears Basque belted dress and Emporio Armani watch. Kris wears Blaq brown shirt and black pants. Available at Myer stores nationally.

Jen wears Basque black and white dress. Kris wears Blaq black jacket. All available at Myer.

>

“The secret to keeping a long-term relationship alive is to have lots of fun, do lots of activities together, have lots of conversations and keep it hot in the bedroom”

‘If I was to envision my life 25 years from now, I think I would definitely have kids. I think I will always be based here in Australia but I might be travelling overseas. Who knows though? Twenty five years is so far away.’

We’re willing to bet that whatever she’s doing in the future, Jennifer Hawkins will do it with style and class. And she’ll still look hot doing it; whatever ‘it’ may be.

So how does this natural beauty retain her much-envied physique?

‘My favourite exercise is sit ups on the BOSU. When I do it, I put my head all the way back on the BOSU so my head touches and I do about two sets of 20 reps every second day. It works for me and is the only thing that gives me a burn. I love it.’

She adds, ‘I love Pilates. I just started using the reformers and want to get one for my house now. I typically do around four Pilates classes a week. I also try and walk for around an hour, five times a week.’

In terms of nutrition, Jennifer is a breakfast devotee. ‘I always eat breakfast. Typically, I might have a coffee to start my morning and then an early walk or workout. I love scrambled eggs, smoked salmon and avocado for breakfast, or I might have a bit of gluten-free toast or a berry or banana smoothie with pure whey protein added.’

‘I don’t have a strict rule but I try to eat carbohydrates at lunchtime and protein at night, like vegetables or salad. My favourite vegetable is broccoli; I eat it all the time. I do try and eat a fair bit of organic food but I can’t do it all the time.’

Jennifer says, ‘I am a wheat-free person now and have been gluten-free for about a year because I had a blood test which identified intolerances to a number of different foods. I think everyone should have an intolerance/allergy test; it’s so useful.’

‘I don’t really like meat, like steak. I am actually really really high in iron. I have haemochromatosis, which is where you have too much iron – so yes, I am, literally, an “iron woman”.’

Jennifer’s catwalk co-star, Kris Smith, follows a more simplistic eating program, saying ‘I eat by the mantra: “breakfast like a king, lunch like a prince and dinner like a pauper”.’

You could call him the David Beckham of rug by league, although by self-admittance, 30-year old Englishman Kris Smith is often recognised moreso as the boyfriend of Australia’s own Dannii Minogue, rather than for his own impressive accomplishments in the sporting arena. ‘I wish the paparazzi chased us for me!’ he laughs. ‘But

>

“Some people get jealous as soon as you get your face in the paper, and so they make up ridiculous accusations, which is exactly what happened to me ”

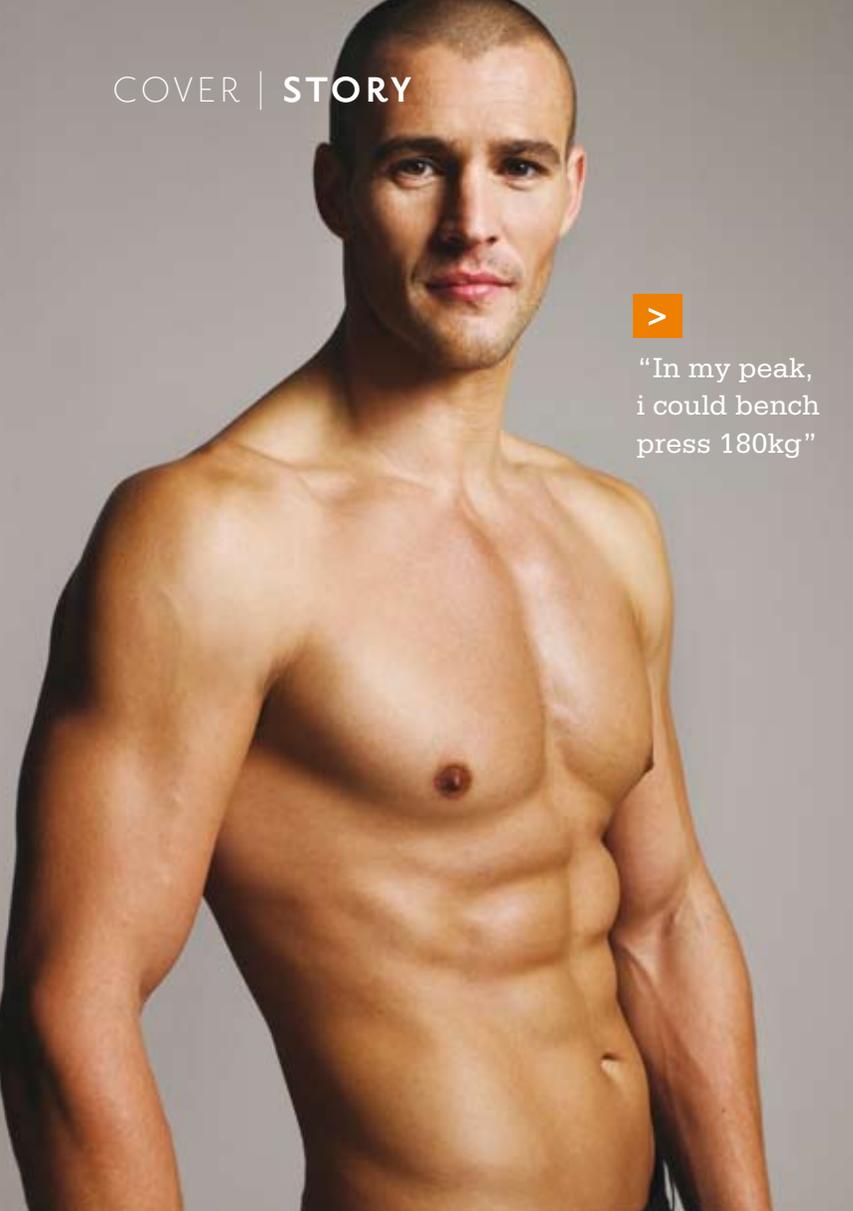
WE NEVER KNEW...

- + Both drive Audi convertibles and both love Pilates.
- + Jennifer suffers from haemochromatosis, which means her body stores too much iron.
- + Kris has not clean-shaved his face for six years. Instead, he trims his facial hair with clippers.
- + Jennifer grew up with dogs, cats and birds, and these days has a one-year old chocolate Burmese cat called ‘Cocoa’.
- + Kris loves playing golf and poker (cards), and is determined to learn to surf (and says “watch out Kelly Slater!”).
- + Jennifer loves chocolate.
- + Kris says Dannii Minogue’s dad, Ron, is the smartest person he knows (and he assures us that this is not him just trying to be a suck-up to his girlfriend’s dad!).

>

“I am often recognised predominantly as dannii minogue’s other (though not ‘better’!) half, but that’s not such a bad thing!”

COVER PHOTOGRAPHY BY CHRISTOPHER FERGLUSON (WWW.CHRISTOPHERFERGLUSON.NET); MAKE-UP: LIZ WELSH @ 2C.COM.AU; HAIR: TRAVIS BALCKE; STYLIST: NADENE DUNCAN
ARTICLE WRITTEN BY ANALEE MATTHEWS; INTERVIEWS CONDUCTED BY MICHAEL RYAN



>

"In my peak, I could bench press 180kg"



if I'm being honest, they're after Dannii and I'm really just sitting next to her at the time!' Named the new face of the Myer menswear label Blaq, Kris has been 'down under' to launch Blaq's new season fashion in Melbourne on 16 March, with a parade that will feature both him and Myer's most famous face, Jennifer Hawkins. Fitness First caught up with these runway moguls in a candid and casual catch up, which confirmed that being beautiful definitely does not equate to a lack of intelligence, despite that age-old adage suggesting otherwise! Kris Smith started playing full time professional rugby league in England when he was just 15 years old, but retired last year after persistent injuries left him with little alternative. 'Getting out of rugby league when I did was definitely the smartest career decision I've ever made; had I played on any longer, it would have been detrimental to my knees and my health.' A shame when you consider that at the peak of his career Kris' 193cm frame held 117kg, he could run an 11.6 second 100m sprint and bench press two

reps of 180kg each!

'We used to train a lot when I was playing full time', Kris explains. 'We would train weights in the morning, break for lunch, then do cardio training in the afternoon.'

'The weights training would consist of lots of plyometric and explosive power drills, such as power cleans, snatch, squats and bench pushes (where you throw the bar up and catch it).'

But these days, Kris' training fascination lies in Pilates. 'Dannii and I recently did our first Pilates class and I absolutely loved it. It is so intriguing to know what you have to do to keep your core stable and find your centre of balance. It really interested me and it's definitely something both Dannii and I will be doing again.'

Regardless of their respective health and nutrition regimes, it is pretty clear that whatever these smart cookies are doing to look after themselves, we say – wholeheartedly – 'keep it up!' because it is definitely working for them (and us!).

SPECIAL
OFFER:
20% OFF

*When you purchase full-priced items from Myer's Basque or Blaq range before 30 April 2009, present the Fitness First magazine at the point of purchase and you'll receive 20% off. This offer is not available in conjunction with any other offer and is only available once per transaction at Myer stores nationally.