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"MY FRIENDS, BOYFRIEND AND FAMILY ARE THE MOST IMPORTANT THINGS IN MY LIFE."

Former Miss Universe and the face of Myer, Jennifer Hawkins, takes a break from her busy schedule to talk to Kate Minogue about love, life and her exciting new swimwear label Cozi by Jennifer Hawkins.



At the moment I'm excited about my swimwear range Cozi by Jennifer Hawkins. It has always been a dream to have my own label. I was already working with Myer and they were very keen about my idea, so now it's exclusively available at Myer. I'm taking baby steps expanding the range and learning as I go. It's something I'm very passionate about.

The Cozi girl is a beach girl. I love everything to do with the beach. I now live by it in Sydney and have grown up near it in Newcastle, so there's a bit of me in the range. But really there's something for everyone. When it comes to the shapes and sizes, I listen to feedback from both my friends and family, and I wear-test everything.

Working on television has been a lot of fun. It's totally different from anything else I do. I worked on *The Great Outdoors* and *Make Me a Supermodel*. I really enjoyed the lifestyle shows and I'm open to doing more of that. I want to keep learning and growing. Work needs to be about challenging yourself and venturing outside your comfort zone. I always want to be doing something I enjoy.

I'm working a lot at the moment, but that's fine as long as I have time with my family and friends. I'm having a week's holiday with my family soon and I'm looking forward to that. And I've just been working in Melbourne



1 *Eclipse* by Stephenie Meyer (Hachette Australia, \$22.95). "I enjoy reading a great book at the beach or on a flight – the four *Twilight* saga books are fantastic!" **2** Prada. "I'm a hoarder of perfumes. This is my favourite perfume at the moment." **3** Dior watch. "I collect watches. This one is stunning."

PHOTOGRAPHY CARLOTTA MOVIE/WORK AGENCY • STYLING NICOLE ADOLPHE • HAIR TRAVIS BALOGZ/2C MANAGEMENT • MAKE-UP LIZ KESH/2C MANAGEMENT • JENNIFER WEARS BIKINI AND PRINT KAFTAN (PREVIOUS PAGE) AND BANDEAU TOP AND BEACH PANT BY COZI BY JENNIFER HAWKINS (THIS PAGE)

and catching up with my girlfriends. We go for coffee or dinner, or do a Pilates class. For my 26th birthday in December 2009 we're spending a week in Melbourne.

My friends, boyfriend [Jake Wall] and family are the most important things in my life. Jake and I are going really well. We do our own thing and keep it low key. My sister is my best friend – she has two little girls who are just gorgeous. And my girlfriends are like an extended family. I can trust them with anything.

All my girlfriends and family are really positive. I feel pretty good most of the time but, if I have a not-so-great day, it helps to be around friends. Putting on a pretty dress can also make me feel better, and when you're with people you forget you're not feeling great and get on with your day.

I have a good relationship with my body. I'm not in love with every part of it, though. I do love it when my skin is clear and glowing, and I don't have to wear a lot of foundation. Looking good is a big package that comes together – it comes from your eyes, skin and teeth.

I don't really diet as such. But I do eat really healthily and that has come from learning along the way. As I've got older I've learned what agrees with me and what doesn't, and now I know what I should be eating. Dairy foods deplete



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my energy, so I just have soy milk. Some of my favourite foods are broccoli, avocado, tahini and salmon. They are all healthy, but they're also really delicious. I have always eaten healthily – not only because I need to for my work, but also for my own wellbeing.

If you can cut back on the bad days by looking after yourself, it's worth it. I take supplements – flaxseed oil, fish oil and B vitamins – to help me keep that glow in my skin. I'll also take ginseng in stressful times as it helps me keep on top of things. Getting enough sleep also makes a big difference – and it's free and easy.

With exercise, it's about finding what works for you. I've cut my runs back to 3km or 4km twice a week. It makes me stressed if I'm always trying to fit in a run. I tend to change my workouts to suit how I feel. I went through a stage where I was walking and doing weights, but now I'm running and doing yoga and Pilates.



4 CoverGirl TRUblend Microminerals Blush. "This blush adds the perfect touch of subtle colour." **5** Photo with boyfriend Jake. "I love this pic, it takes me back to our holiday in Fiji." **6** Necklace. "This necklace is special to me, it was a gift from Jake." **7** CoverGirl TRUblend Microminerals Blush. "This blush adds the perfect touch of subtle colour." **8** Blackmores Flaxseed Oil. "It's brilliant for your complexion." **9** The Grove Perfumery Candle. "Scented candles relax me and fill my house with such a beautiful smell. Caramel is my all-time fave!" **10** "Avocados are one of my addictions. You can use them instead of butter." **11** Klorane Gentle Dry Shampoo. "Spray it on your roots. It gives extra body and removes oil." **12** Family photo. "My brothers will kill me for putting this in, but I adore this family shot – it was taken at my fancy dress 25th birthday party. It was such a fun night."