



"Jan's got a great attitude," says John Fall of his star pupil. "She's willing to apply herself."



the essentials:

1. Lovable Active Comfort cotton-elastane cami with shelf bra, \$19.95; 02-9316 2844. 2. Reebok leather Kombar gloves, \$89.99; at Rebel Sport, 02-8866 6500. 3. Lovable Active Comfort cotton-blend moulded underwire sports bra, \$39.95; 02-9316 2844. 4. Adidas synthetic and rubber PDX/Running trainers, \$300; 03-9263 5299. 5. Plastic-dipped 2kg dumbbells, \$7.99 each; at Rebel Sport, 02-8866 6500.

“Push-ups with the stick are really hard. The stick is to help get my back straight—not to whack me!” — Jennifer Hawkins



TRAINING 5 BEST SECRETS

Model and TV host Jennifer Hawkins, 23, trains regularly with John Fell from Sydney's RISE Personal Training. "Jen's goals are to achieve [muscle] strength and length without bulk," he says.

1. **EAT AT THE RIGHT TIMES** Fell encourages clients to eat a substantial breakfast every day. "It provides energy and takes advantage of the time when your digestive enzymes are at their strongest," he says. "Lunch and dinner should be an appropriate amount for your level of activity. And don't eat after 7 PM—this helps manage weight and ensures you wake with an appetite."
2. **DRINK WATER BEFORE YOU EAT** "Hunger pangs can be a symptom of dehydration," says Fell, "so try drinking two glasses of water 15 minutes before you tuck in. This will improve your digestion and increase your energy levels."
3. **MOVE TO FEEL GOOD** "Be sensitive to your energy levels and exercise in a way that makes you feel good in the moment," advises Fell. "Some days you'll feel like blasting it. Some days you'll back off. When your brain links feelings of pleasure to movement, you won't have to force yourself to workout."
4. **LENGTHEN AS YOU STRENGTHEN** "By stretching tight muscles before you begin, you allow your body to start from a more balanced position. Then when exercising, ensure you move your joints through their full range [rather than cutting movements short]," says Fell.
5. **FOCUS ON OTHER ACTIVITIES** "If you're tired of the mental battle of diet and exercise, find another creative activity to occupy your mind," says Fell. ■