



## Ricki-Lee Coulter singer

Ricki-Lee Coulter takes a realistic approach to exercise. “There are times [when I exercise],” says the singer, “but I’m not going to say it happens three to five times a week no matter what.” Her busy life doesn’t allow it. As host of Network Ten’s *Australian Idol*, her day can start at 7.30AM four days a week and wind up at 9.30PM. As for exercise? “You just do it when you can,” says the 23-year-old.

For Coulter, that means ensuring exercise tools are never far away. When she’s away from the Gold Coast home she shares with husband Jamie Babbington, she makes sure she stays in a hotel with a gym. “Then, if I can fit in half an hour, I run downstairs and

jump on the treadmill or the bike. Or I just put my sneakers on and go for a walk.” Every little bit helps. “Even if it’s just half an hour, I feel so much better,” she says. And by holding on to that feeling, Coulter knows she’ll want to do more. “When I exercise, I get this boost where ideas come to me—I’m on the ball with work. It picks up my mood and gets me back on track.”

As does kickboxing. A firm fan of the workout, she hooks up with a trainer for a session when her schedule allows. “If you’re angry or you’ve had a bad day, there’s nothing better than punching it out.” Then there are the physical benefits. “There are muscles in my back I never knew I had!”

Trainer: John Fell from Rise Personal Training: [www.risehealth.com.au](http://www.risehealth.com.au)

### INDULGENCES

■ Milk chocolate: “It’s nothing fancy, but if I need a sugar fix on my non-workout days a few squares always seal the deal,” says Coulter. “Simple and delish!”



■ Icebergs Dining Room and Bar, Bondi, Sydney (02-9365 9000): “My absolute favourite restaurant to escape to and appreciate great wine, amazing food and spectacular views.”

■ Chloé patent-leather Beata tote: “My ultimate guilty pleasure is designer handbags. This particular recent addition to my wardrobe made a stressful week so much better.”

■ MacBook Pro (from \$1,499; 02-8083 9400): “I spend my nights glued to my MacBook Pro.

Sure, it’s work, but it’s also my obsession for music, Facebook, MySpace and online shopping.”

