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Woman's Day



Jen Hawkins

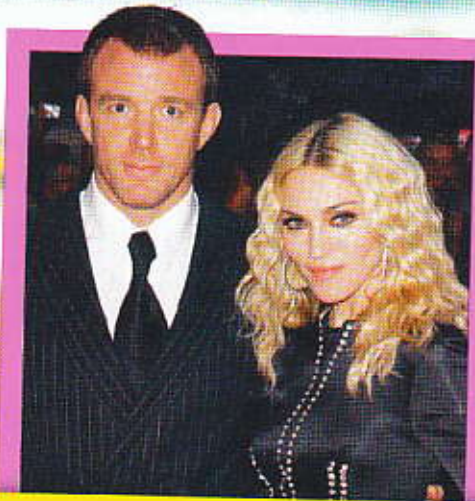
**EXCLUSIVE
INTERVIEW**

'MY BEST EVER DIET TIPS'

**Her secrets to shape
up this summer**

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EXCLUSIVE INTERVIEW
JEN HAWKINS

'MY BIKINI EVERY DIET TIP

The *Supermodel* host reveals how you can look great for summer

SHE'S ONE OF THE world's most beautiful women – the creative force behind Cozi swimwear and the face of *Make Me A Supermodel* – but even the former Miss Universe has days when she doesn't want to look in a mirror. Jennifer Hawkins shares her bikini body secrets with *Woman's Day*, and reveals how the right attitude, clever workout tricks and a healthy approach can make your summer beach body dreams an eye-catching reality.

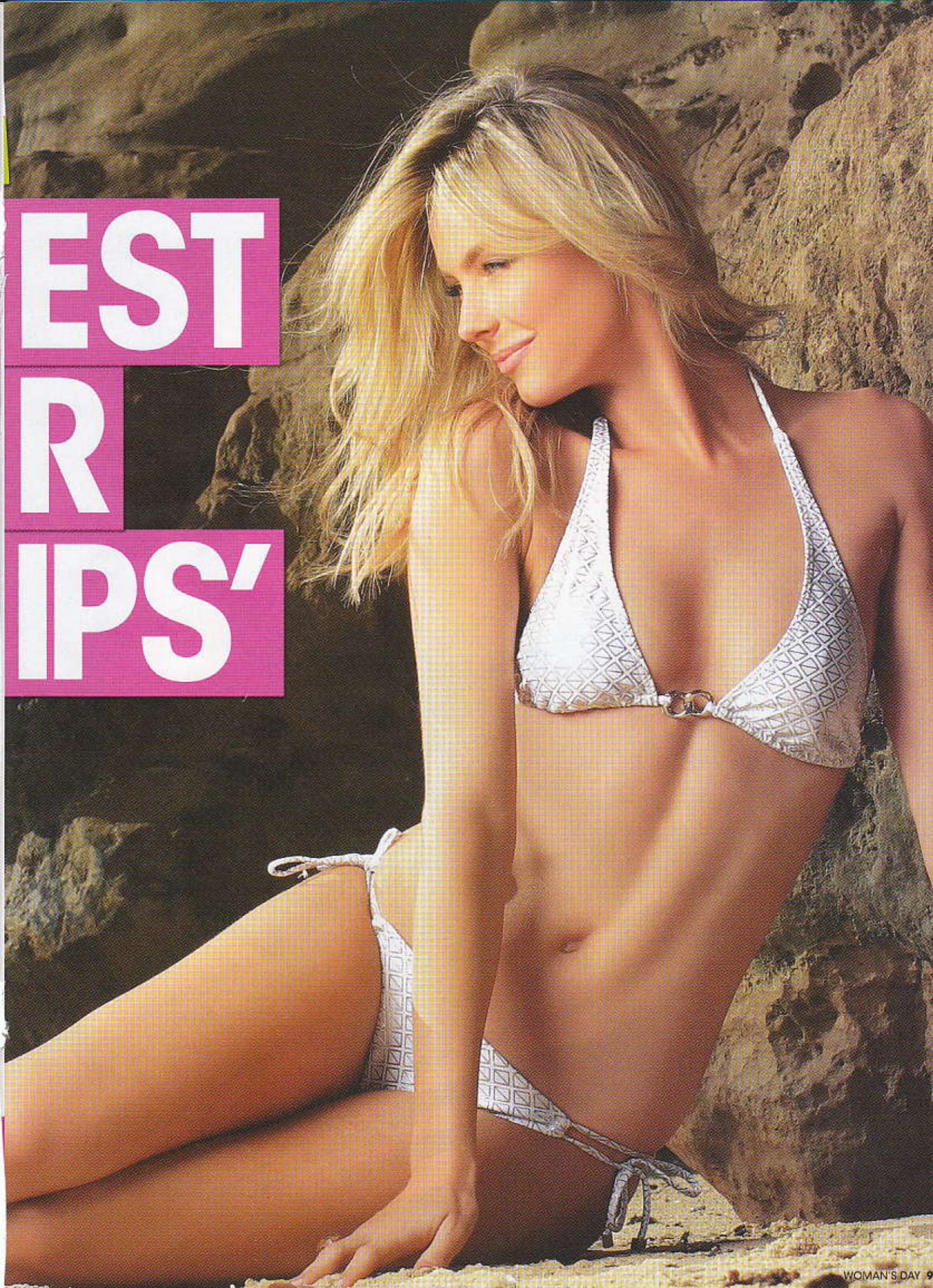
So, what are your bikini body secrets?

My job means I have to look bikini-ready all year round,

but I do have some tips to help everyone look their best:

1. I have weaned myself off sugar and never add it to coffee or anything. A lot of people never stop and think about how much sugar they have.
2. At restaurants, I always order my sauce or dressing on the side so I control how much I have, and I ask them to leave out potatoes, too. I try to never finish everything on my plate so that I don't have too big a portion of anything.
3. Don't have dessert all the time – it's like having another meal after your dinner. I find it better to eat half of my dinner and a half serve of my dessert or share with a friend. ▶▶

EST R IPS'



4. Don't let yourself go hungry.
5. Have lots and lots of really fresh food close at hand, but nothing like chips in the pantry or cheese in the fridge. If it's not there, then you can't eat it!

What is the best advice you could give to someone who wants to get bikini-ready?

Start small and then build on it. I think a lot of people get caught up with the idea that going on a diet or changing their lifestyle is just too big to face, but it's not really that hard. If you want to change your body you have to change something about what you are doing. You can't just say I want to look great, you have to do something, shock the body, and that could be as simple as changing your diet or ramping up your exercise.

How much of looking great is attitude and outlook?

It's all about your mindset. If you've been eating well and you feel great then you will look great – it's as simple as that.

But the other important thing to remember is that we are all human and we all slip up, but we shouldn't ever let one bad day turn into a bad week. You should never feel bad or guilty about what you have eaten because it's a waste of time.

How would you describe your diet?

My diet has changed quite a bit over the past eight months because I was diagnosed as being gluten intolerant. That cuts out a lot of little things. My whole diet is basically lots of vegetables, lean chicken and fish.

Now that my diet is mostly gluten free, I feel so much better. As soon as I have too much gluten I find I just want to fall asleep straight away. My energy levels are right up now – I don't need four coffees for a 10- or 15-hour day.

Do you splurge?

Yes, absolutely! I do splurge, but I have to admit I am pretty disciplined about it. Any time that I do let my self-discipline go a little, I make the effort to make up for it somehow.

The other day I had a Gaytime ice-cream, but if I have something naughty

I will just let myself do it then make up for it by doing extra exercise. It's about balance.

How do you cope with temptation?

If I have something naughty then I always try not to finish the whole thing. It can be hard but I know that I feel bad if I have too much, and I just keep that in mind. I just think "Lovable shoot" or "Cozi", and that pretty much stops me over-indulging. And it sounds

crazy, but what also stops me is that I tend to hang around the house in a singlet and undies – that sure stops you over-indulging. Try it!

What are your favourite foods?

Healthy or naughty? Well, my favourite healthy foods are sashimi, fish, chicken, vegetables, mangoes, bananas, pears, fruit smoothies, prunes, sultanas and edamame, and my favourite naughty foods are dark chocolate, choc tops, toffee apples, Fanta and banana bread.

How often do you let yourself indulge?

I like to indulge every now and then, once a week. My >>>

WE ARE ALL HUMAN AND WE ALL SLIP UP



Jen's 3-day meal planner

As a rule, Jen tries to limit white food – dairy, potatoes, starchy pasta or rice, etc – but in her three-day bikini diet, which she takes on when she knows she has a swimwear shoot scheduled, white food is banned. She also drinks at least one litre of water a day.

DAY ONE

Breakfast: Scrambled eggs, smoked salmon. No bread
Snack: Banana
Lunch: 150g chicken breast and salad with lots of green leaves and dressing on the side
Snack: Pear
Dinner: Sashimi and sushi platter for one

DAY TWO

Breakfast: Banana and frozen berry smoothie
Snack: Handful of almonds
Lunch: Salad of baby spinach salad with ½ avocado, 4 lightly roasted cherry tomatoes and 1 tablespoon low-fat ricotta
Snack: Pear
Dinner: Teriyaki salmon cutlet with stir-fried broccoli and asparagus, dark chocolate

DAY THREE

Breakfast: Scrambled eggs with avocado. No bread
Snack: Half a mango or some kiwi fruit
Lunch: Lean chicken with salad or vegetables
Dinner: 200g grilled salmon fillet with pan-fried green vegetables and gluten-free soy sauce

ultimate treat is to go to the movies and have popcorn and a choc top.

Do you have a special diet if something big is coming up?

I cut out all bread and most white foods, limit my portions, drink macchiatos instead of cappuccinos, cut out treats like popcorn and drink lots of water. I also ramp up my exercise.

Do you have fat days?

Of course, everyone does! If I'm having a yuck day then I tend to wear something pretty and that makes me feel good about myself again. I can do the grunge thing if I feel super slim, but otherwise I tend to choose an outfit that will give me a lift.

How do you combine your healthy diet with being at so many dinners and functions?

It can be a little tricky to be surrounded by so much lovely food and not over-eat, but again, it's about balance. Being gluten intolerant does cut out a lot of fatty things, like chips and dressings and sauces, so in a way it helps me to be healthier. I used to feel a little funny about ordering sauces and things on the side, and asking waiters to not include chips or potato with my dishes, but if I'm going out to have fun I'd prefer to do it without a stomach ache.

What about alcohol? Do you have a social drink?

Sure do. Overdoing it with alcohol does make you put on weight but I do like to have a social drink. So, my drink of choice is vodka, fresh lime and soda, or Sake - it's yummy and it has less calories than ready-to-drink mixes and cocktails and it doesn't give you a headache next day.

Take us through your workouts for a week?

I walk a lot. I take around four 45-minute walks where I push myself on hills and along the coast. If I don't have enough time to take

a long walk then I jump on the treadmill for 20 minutes of interval training - that's 20 seconds of hard running and 20 seconds of rest. I do Pilates or stretching four or five days a week. I don't run any more because it wasn't working for me, except when I am doing some interval training on my treadmill.

BY SARAH BLAKE

You can read more of Jennifer's diet and exercise tips on our website at

www.womansday.ninemsn.com.au

'I CHOOSE AN OUTFIT THAT WILL GIVE ME A LIFT'

Jen's top tips

- Find the exercise that's right for you. Don't drag yourself to the gym if you hate it - try a long walk instead.
- Eat healthy food most of the time and then you can splurge when you've earned it.
- Don't let a bad diet day turn into a bad week - get back to your healthy best the day after the naughty day.
- If you want to change your body, change what you're doing - don't just talk about it.
- Start slow if you are daunted - two 45-minute walks a week will show you some results.
- 20 minutes of hard-core interval training is more effective than a 40-minute walk. If you are time starved, work harder for shorter periods.
- Get some expert help. A nutritionist can help you tailor a diet if you're struggling. A couple of sessions with a personal trainer will set you up with more effective habits.

Jen's bikini-body exercise plan

- Jen says it's important to push yourself hard for three days and then take a day off, in order to let your body recover and to maintain momentum.
- Each morning do some cardio, be it interval training for 20 minutes or a good 45-minute power-walk.
 - Each afternoon, do some kind of Pilates or stretching - it could be a class, with a trainer, or even in your living room with some workout tapes you can easily buy on the internet. This is for toning and core strength.
 - It's a good idea to go to at least one Pilates class because once you know how to do sit-ups properly, you only need to do 20 of them to get results.