



GREG WRIGHT

DEAR ROSA

INSPIRATION TO US ALL

Dear Rosa,

I hope you don't mind but I couldn't narrow it down to one question! Thanks in advance and I can't wait for your reply. I'm a huge fan of what you do and the example you provide to many mums around the world. Well done Rosa, you are an inspiration to us all and arguably Australia's most successful figure athlete/fitness model. Thank you for taking the time to answer all my questions.

Ginelle,
ACT

What do you do to keep motivated?

To be honest, I love training and competing so the thought of stepping out on stage again excites me! Every time I train I give it my all, as if it is the last workout. So I max out, ensuring I'm lifting or pushing as heavy as I can without jeopardising my form. My boys Dylan and Jaime also encourage me to train hard and to excel at every show. There is no way I would have achieved all that I have without them! I began competing after the birth of my boys and since then bodybuilding has become a huge part of our lives. They love it as much as I do and I am certain it won't be long, before they are lifting weights along side their mum!

What weight/cardio training do you do in a week?

I like to do cardio anywhere between four to six days per week. Generally, I will do cardio first thing in the morning whilst the kids are sleeping. I have a treadmill at home and this is so convenient. It enables me to spend less time in the gym making it easier to juggle family life with training. Weight training can be anywhere between three to six days a week depending on how my body is responding. I may train each bodypart once a week however, if I need to focus more on a particular area then I may train it twice a week. I play it by ear, take photographs regularly and monitoring my progress as I go along. I'm also fortunate enough to have someone that provides me with constant feedback and guidance to ensure I am on track for my next show.

How do you work your abs and how often?

I tend to train my abs two to three times per week. Because they are a small bodypart they may be trained more regularly. Call me old fashioned but I am a huge fan of crunches on the floor. It works! I'll also add a 5 kg plate behind the neck to add that extra burn! Occasionally I'll also perform leg or knee raises as well as a cable curl.

How do you fit your overall training/dieting into your lifestyle?

In 2003 when I first started competing, I had to make some huge changes to my diet and daily routine. These days I don't have to think about it and I would hardly call it dieting – it's a way of life. I love structure and planning and find my days are easier when food is pre prepared and packed. It's one less thing I have to worry about. If I am dining out then I will simply enjoy the experience! There is no need to be hard on yourself. It's fine to eat all foods but the key is moderation.

With training I'm really only in the gym for a maximum of one hour per day, three to six days a week. I tend to train intensely and maximise my time wisely. Personally, anything over an hour is just too hard to maintain in the long run and this is where people mess up. One needs to be consistent



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tant to change your routine regularly as this will ensure you get the results you want fast, making each workout worthwhile.

How many calories do you consume a day off-contest and pre-contest?

My calories change all the time. Again, it all depends on how I'm looking and what I'm working towards achieving. Generally, I consume about 2,000 calories per day but this does vary day in day out.

Do you have allocated binge days/meals?

Sometimes. I'll incorporate what I call a 'cheat meal' into my routine. This helps me re-focus and regain energy should I be feeling flat or tired. I'll most probably have a nice bowl of pasta or perhaps a gourmet pizza from one of my favourite local restaurants.

What do you do when you feel like breaking your diet?

I don't! That's why I incorporate the 'cheat meal'. Consistency is the key to obtaining and maintaining a great physique!

At what age did you start training?

I started training at my local gym when I was sixteen doing aerobics and dance classes. It wasn't until after the birth of my two boys that I picked up my first set of weights. The changes weight training made to my physique were amazing. In October 2003, I entered my first contest and took the Australian title. I've not looked back since and it's changed my life for good.

Were you really muscular as a child/teenager?

Oh no, I was tiny! But I've always been fit and healthy. My parents are also very active so I guess that's where I get my strength from. It took me a good two years to sculpt my body and now I am working towards maintaining it.

For parents out there concerned about their children's health and obesity what words of advice would you offer them on fitness, motivation and diet for children?

Being a mother myself, I know how important it is for parents to motivate their chil-

dren. It's vital we teach them everything about healthy eating and exercise so that they can make the right decisions later in life. The key is being more involved with our kids, taking them outdoors more often and teaching them by example. It's okay to watch TV or play games on the computer but this must be balanced with physical activity. Moderation is the key and they will benefit greatly from this if they have a good understanding of what's required to live a long and healthy life.

What age do you think is ideal for children/teenagers to start lifting weights?

There is no way a child should lift weights until their body has fully developed. I don't believe it comes down to age, rather size and build. Some kids mature faster than others, so I'd recommend seeing your local doctor for an individual and personal opinion about your child.

Thanks for the questions Ginelle, good luck,

Rosa **M&F**

in order to get results and then maintain them.

Do you have days when the last thing you want to do is step foot in a gym?

Of course, so I won't go! It's simple. Listen to your body. As long as you know you are not being lazy. It's important to be in tune with your body and if you are genuinely tired then stay home and rest up. There is always tomorrow. When you are well rested you can be sure your workout will be a good one.

Do you change your routine to fight boredom or do you use straight discipline and stick to the same regime?

I tend to change my routine every four to six weeks. I look at my body and see how it's responding to the exercises. It's impor-

RALPH DE HAAN

