

Starbodies

Move it and lose it

with Simone Casey



Bollywood beauty

Tania Zaetta

Leading a lifestyle of Pilates, beach runs and detoxing

Tania Zaetta has a secret to share: “Ladies, if you want a flat tummy and a nice firm butt for summer, then trust me: Pilates is my answer.” Since biking it to mat-Pilates classes in Mermaid Waters, Qld, for the past six months, Tania, 35, has noticed an “amazing” change in her body. “I feel longer and leaner in a dancer-type manner,” says the host of daredevil action show *Mission Implausible* in the UK. There’s also the added bonus of “balancing my mind and thoughts.”

The Bollywood actress—her fourth film will be released

next month in India—has a “very natural, spiritual and alternative outlook on life.” This includes deep-tissue massages, reflexology and taking Musashi vitamins.

At 57kg, the 1.73m Victoria-born “country kid” weighs the same as she did as a teenager. “I’m more about cleansing my body and keeping it in good running order as I get older,” she says.

“When those happy endorphins start pumping through my body there’s no stopping me,” says Tania Zaetta.



Diet tips

“Breakfast is two poached eggs on wholemeal toast. Lunch is chicken or fish with salad or veggies or Thai noodle veggie soup. Dinner is similar to lunch. I drink green tea, water and swig on my Lemon Detox drink [above] all day long to give me energy.”

Tania has her own series of kickboxing fitness videos.

Exercise

“Most mornings I ride my pushbike 2km along the beach track to my mat-Pilates class for an hour, then ride back again. For cardio, I do a bit of kickboxing, I walk on the beach every day, do weekly soft-sand runs and play a bit of tennis. When I watch TV, I do lunges, sit-ups, side crunches and push-ups.”

THIS WEEK'S CHALLENGE

✓ **Do:** Set yourself a goal and weigh yourself on the same day each week at the same time.

✓ **Do:** Reduce sugar in baking. Try adding cinnamon, nutmeg, allspice or vanilla essence for sweetness (tip from *The Biggest Loser* book).

✗ **Don't:** Forget about exercising if you miss a workout. Re-plan your week so you can make it up.

Try: Hotteeze for Feet: self-heating pads to warm your toes for up to five hours (\$14.95 for 5 pairs, www.hotteeze.com).

