

## The rite stuff

### Ancient poses promise a lot



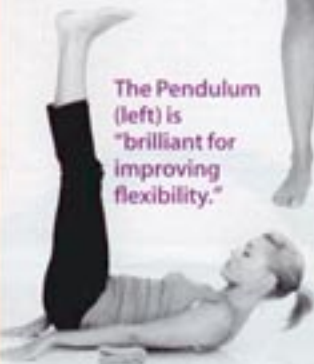
TST isn't just a pose—"It's an energiser," says Carolinda.

Health, vitality and wellbeing in 10 minutes a day. That's what is promised by Carolinda Witt in *TST: The Five Tibetan Exercise Rites*, a manual of a series of yoga-like poses originally practised by Tibetan monks and developed by Carolinda. "I was going through a bad time, at a crossroads, and doing the exercises I just felt positive again," says the Kenyan-born mother of three who now lives on Sydney's northern beaches. "I got motivated. There's a bounce that you get from doing it and I can't describe it any other way." Carolinda adapted the series of ancient poses—the Spin, the Leg Raise, the Tabletop, the Kneeling Backbend, the Pendulum—so that they focus on attention to breathing and core stability. Daily practice "between 9% and 13 minutes," says Carolinda, offers everything from energy and focus to flexibility and calm. "That's the buzz—this is better than coffee, and it lasts longer."

The Spin exercise "stimulates all of your chakras," explains Carolinda.



The Pendulum (left) is "brilliant for improving flexibility."



The Kneeling Backbend (above) "opens you up to life."



The Table Top pose (above) "looks harder than it is," says Carolinda.



## Exercise junkie

Living up, Livinia Nixon learnt gymnastics, ballet, rowing, tennis, softball and diving.

These days, the co-host of Nine's *Temptation* enjoys cycling, yoga and golf—and after seeing the musical *Dirty Dancing*, is keen to salsa. Plus, "I take the dogs for a walk every day," says the 30-year-old Melbourne, who is addicted to exercise because "you get a great endorphin release and you actually have more energy." But she isn't immune to temptation: "I just finished a bowl of chocolate ice-cream!"

"Exercise gets built into your life," says Livinia.



Eat Fit's plans start at \$30 a day.

## Super hero food

Time-poor, hate to cook and want a body like Superman? US actor Brandon Routh shaped

up while filming *Superman Returns* in Australia with the Eat Fit Food healthy eating plan. The meal-delivery company—currently only available in Sydney—offers foods that build muscle, improve concentration, maintain blood-sugar levels and control hunger pangs. For sample menus and information, visit [www.eatfitfood.com.au](http://www.eatfitfood.com.au).