

with Simone Casey

Starbodies

Move it and lose it

The pressure to be slim is "focused on a lot in this business," says Natalie Bassingthwaite (at an awards event in London in October). "But I feel that my brain works much better when I treat it well."



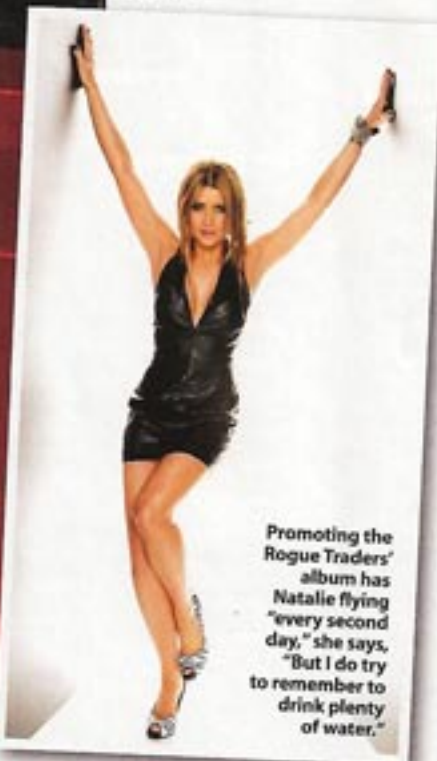
Rogue Traders' Natalie Bassingthwaite

For the singer, actress and TV host, Bikram yoga is hot stuff

I used to be tiny, tiny and could eat anything," says Rogue Traders' lead singer Natalie Bassingthwaite, host of Ten's new Australian version of *So You Think You Can Dance*, slated to air in 2008. "But as all women know, as we hit our thirties, we have to eat better and exercise more."

Relocating to Los Angeles in September to promote "the Rogues'" new album, *Better in the Dark* (review, p. 94), and to audition for acting work, Natalie, 32, was star struck when she saw Eva Longoria having a coffee ("She's so tiny!") but shrugs off suggestions that the typical LA busty stick figure is advantageous in the industry. "That look is everywhere but none of these girls actually get the jobs," she says. "I would like to succeed because I am good at my job, not because of the size of my boobs."

Fluctuating between 48–52kg, the 1.63m singer, whose boyfriend is Rogues' drummer Cameron McGlinchey, 37, is finding a routine hard to stick to as she flits between homes in LA, Sydney and Melbourne. "Life is crazy at the moment so my eating is sporadic and exercise is rare but Bikram yoga is my favourite thing. It helps my mind stay focused and keeps me feeling good inside and out."



Promoting the *Rogue Traders'* album has Natalie flying "every second day," she says. "But I do try to remember to drink plenty of water."



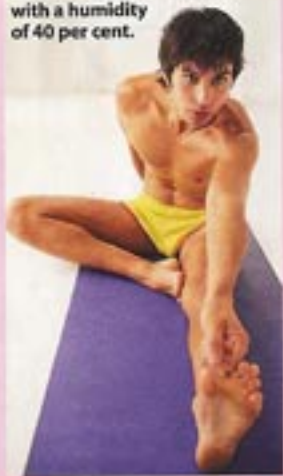
Diet tips

"Snacking often is good for my energy levels and my metabolism. I have hot water and lemon in the morning about half an hour before food, as it's a great way to start your digestive system. I really love vitamin C and Vital Greens powder when I am on the road and if I ever feel like I'm coming down with something, I take olive leaf extract in liquid form, which fights off anything."

Exercise

"There is not much time to fit much in at the moment but if I can, I do some cardio at the gym as well as some stretching. I did get into Bikram yoga at the beginning of the year, which I loved."

Bikram yoga is ideally practised in a room heated to 40.5°C with a humidity of 40 per cent.



THIS WEEK'S CHALLENGE



DO: Exercise in front of a mirror to hone the right technique.



DO: Choose yoghurts without the fruit flavours, as those with added fruit contain a lot of sugar.



Don't: Nibble on macadamia nuts. Almonds and cashews contain less fat.



Try: Eat Fit Food's Wedding Weight Loss Program. Visit www.eatfitfood.com.au for menus.

