



37 LARA BINGLE

The model, 22, got into shape for her Speedo Beach Summer 2010 photo shoot with "Eat Fit Food, a fresh-food delivery service that delivers to your door daily," she tells WHO. "It means you don't cheat and eat foods that are not good for you. I have really noticed the difference."

32 "I have days I don't want to train," she has said. "But I like to indulge a bit when I eat, so I don't feel as guilty if I've trained."

33 A bit of competition in a couple can work wonders, especially if the partner is cricketer Michael Clarke. "If I'm going to run with him, I want to beat him," she has said. "And he will also want to beat me."