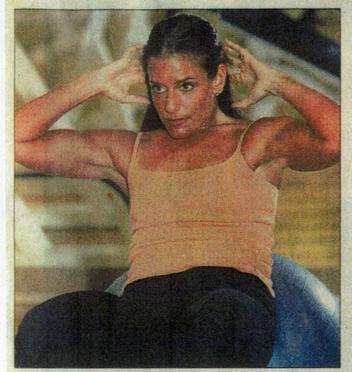
VOL.7 NO.229

MONDAY, JULY 25, 2005

www.nationalpost.com



CANWEST NEWS SERVICE

Natalie Bean-Sole works out five or six days a week.

## Consultant would love to have J.Lo's curves

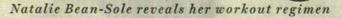
Name: Natalie Bean-Sole Where do you live? Toronto Occupation: Nutritional consultant, president of Nutrition Forever, a weight loss and healthy lifestyle centre in

Concord, Ont. Height: 5-foot-8 Weight: 130 lbs

scale? Once a week

work out five to six days per tricep pushdowns, 80 to 90 lbs. week. I work with Paul For running/jogging, what is and during your workout. Strictly Fitness. My fitness routine consists of weight training of all body parts, as well as intense cardio. I am a runner er of Oxygen magazine. and ran the Toronto marathon in What obstacle to your train- iPod? Love it! which I love!

## FITNESS FILE



six times a week. Weights, five to helping others lose weight and six days a week for 60 minutes.

Deoliveira and Carrie Burstein of vour maximum distance? 16 miles on a good day.

> What is your fitness goal? My ultimate goal is to be on the cov-

October, 2003. I like to cross- ing/wellness are you most train my cardio in order to shock proud of overcoming? Growmy metabolism, which in turn ing up as an obese child with gives me that ripped-up look, very mean kids mocking me. of workout equipment? I like Now I've learned how to eat the real deal, a hard-core gym. Frequency of workout: Cardio properly and, most importantly. What is your quilty-pleasure

work is 45 minutes max, five to built my whole business around live a healthy lifestyle.

your maximum weight? 25 lbs. when working out? Protein Activity/workout routine: I for curls, 60 lbs, for squats and for shakes are a must. You must rebuild your muscles right after

What is your "must-have" piece of workout gear? My Lululemon pants and my Saucony running shoes. Good

diet? Of course. Who hasn't? Have you ever tried a fad piece

food that can make you break a diet? A big bag of red Twizzlers. I'm guaranteed to eat the whole bag.

What activity/habit/mindset is most likely to keep you from working out? The only thing that keeps me from working out is if I'm deathly ill, and How often do you get on the For lifting weights, what is What do you drink and eat even then I have to restrain myself.

> Do you listen to music while working out? Absolutely!

Favourite album/track: I love the Rocky soundtrack. Eye of the Tiger. It's such a power song. It makes me go!

If you could trade physiques music is also a must. My pink with anyone, who would it be? I'll take J.Lo's curves. She's Have you ever tried a fad hot! Not too skinny, and a great butt to boot.

Rachel Sa. National Post

Fitness File appears every Monday.