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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

How often do you get on the scale? Once a week

Activity/workout routine: I work out five to six days per week. I work with Paul Deoliveira and Carrie Burstein of Strictly Fitness. My fitness routine consists of weight training of all body parts, as well as intense cardio. I am a runner and ran the Toronto marathon in October, 2003. I like to cross-train my cardio in order to shock my metabolism, which in turn gives me that ripped-up look, which I love!

Frequency of workout: Cardio

FITNESS FILE



Natalie Bean-Sole reveals her workout regimen

work is 45 minutes max, five to six times a week. Weights, five to six days a week for 60 minutes.

For lifting weights, what is your maximum weight? 25 lbs. for curls, 60 lbs. for squats and for tricep pushdowns, 80 to 90 lbs.

For running/jogging, what is your maximum distance? 16 miles on a good day.

What is your fitness goal? My ultimate goal is to be on the cover of *Oxygen* magazine.

What obstacle to your training/wellness are you most proud of overcoming? Growing up as an obese child with very mean kids mocking me. Now I've learned how to eat properly and, most importantly,

built my whole business around helping others lose weight and live a healthy lifestyle.

What do you drink and eat when working out? Protein shakes are a must. You must rebuild your muscles right after and during your workout.

What is your "must-have" piece of workout gear? My Lululemon pants and my Saucony running shoes. Good music is also a must. My pink iPod? Love it!

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

Have you ever tried a fad piece of workout equipment? I like the real deal, a hard-core gym.

What is your guilty-pleasure

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 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 with anyone, who would it be? I'll take J.Lo's curves. She's hot! Not too skinny, and a great butt to boot.

Rachel Sa, National Post

Fitness File appears every Monday.