

ANTONIA KIDMAN

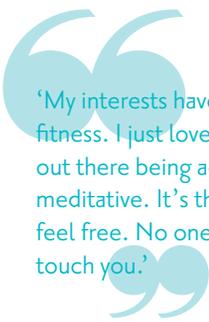
Antonia Kidman exudes a natural calm and sense of joy when discussing matters of health, fitness and family.

WHEN ASKED ABOUT SECRETS TO POST BABY

weight loss, it is refreshing to hear her say, 'I don't think there is any secret to post baby weight loss. You have to be kind to your body and it takes a while to have a baby, so you have to expect it to take a while for your body to get back to normal.' Hallelujah, I think to myself. She matter-of-factly embodies the fitness ethos as a way of life, not too dissimilar to the 'find a job you love and you'll never work again' concept, which I really resonate with.

A MOTHER OF FOUR, ANTONIA HAS always integrated exercise as a natural part of her life. She attributes her steadfast attitude to health and fitness as being derived from role model parents who provided her with an active childhood; something that is exemplified by her impressive physique today. It's





'My interests have always been health and fitness. I just love fitness. If I have an hour, I am out there being active. For me exercise is quite meditative. It's the one time of the day that I feel free. No one can catch you. No one can touch you.'

been almost three years since the birth of her last child, but Antonia admits that it wasn't until recently that she really feels as if she has returned to her pre-baby body. 'I have spent 10 years either pregnant, wanting to be pregnant, or breastfeeding'. But now, with her children a little older Antonia finds she has more freedom to pursue her own interests, and those of her fiancé, Craig Marran.

When asked which activity she enjoys the most, Antonia admits she likes it all but is particularly drawn to a challenge!

No surprises then, when the opportunity to assume the role as ambassador of the 2009 Blackmores Sydney Running Festival arose, Antonia put up her hand immediately, knowing it was the perfect role for her. The event also afforded her with the opportunity to achieve a personal goal – completing her first half marathon. 'I was really pleased with my time; especially considering that going into it I just wanted to finish!'

NEVER SHYING AWAY FROM OF AN

opportunity to push herself further, Antonia followed the half marathon up by completing the run leg of the Noosa triathlon a few months later. And this year she hopes to complete a whole triathlon. 'I like the multi-discipline thing. I like the art of going from one to another and another'.

Antonia swims laps regularly, but plans on doing a bit more ocean swimming in preparation for the challenge. However, she has identified her area of potential weakness, saying 'I just can't cycle. I swim pretty regularly, but I just never cycle. So that would be something I would have to turn my attention to.'

Intrigued by her obvious motivation and passion for a challenge, when asked whether she has ever worked with a personal trainer, interestingly, Antonia says 'No, not really, I am one of those unusual people who doesn't struggle with motivation. In fact, I have to force myself to pull back, sometimes.' So when the suggestion of Antonia becoming a personal trainer is raised, she laughs and declares she doesn't like telling people what to do.



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SO ARE ANTONIA'S CHILDREN LEARNING

positive health habits from her lead?

'Definitely,' she replies. Antonia's two eldest children ran the 3.8km fun run as part of the Blackmores Running Festival and they also participated in the mini-triathlon in Noosa. 'My dad was like that (encouraging fitness). He was a runner, so it rubbed off on us kids. I used to whine, "I don't want to do that", but my kids just do it.'

Maybe we should all take a leaf out of Kidman's book: a positive attitude, commitment to eating well, and helping instil a love for physical activity in your kids, from an early age.

WRITTEN BY TONI KRASICKI

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