

FINGER ON THE PULSAR

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one of
47 Pulsar
watches



HOW TO ENTER

Log on to www.who.com and, in 25 words or less, tell us why you need to keep your finger on the pulse For **YOUR CHANCE TO WIN** one of 47 stylish men's or women's Pulsar watches valued from \$325 to \$425.

PULSAR

Tell it your way

Visit www.who.com for full conditions. Competition commences on 03/09/10 & closes 18/10/10 at 5pm AEDT. The winners will be judged at Pacific Magazines Pty Ltd, 8 Central Ave Eveleigh NSW on 25/10/10 at 11am AEDT. Total prize value is (up to) \$17,915 as at 18/08/10. Winners will be notified by mail & their names published at www.who.com on 27/10/10. The promoter is SEIKO Australia Pty Ltd (ABN 63 000 797 946).

Star Bodies

with Karina Machado



"I'm into eating something every few hours," says Chikarovski (in Sydney in June), whose daily diet usually includes eggs, fish, fruit and salad.

KERRY CHIKAROV

MY FITNESS

After retiring from politics in 2003 the former NSW Minister for the Status of Women found herself battling weight gain and flagging energy levels. Unable to source a supplement to boost her metabolism and wellbeing, Chikarovski, 54, collaborated with a nutritionist to design her own, Supprexxa. Earlier this year, the 1.65m Chikarovski reached her heaviest weight of 70kg. Now 61kg, "my kids [aged 25 and 27] are telling me that this is the best they can ever remember seeing me!"

You've launched your own health company, Chika Health. How did that come about?

It's the result of initially needing a natural health product to get my own health issues under control. After realising that many other women were [also] experiencing lack of energy and weight gain, I'm now making it available to others.

How did you get in such great shape?

I try to do something every day, mixing cardio and weight work. I eat sensibly and take Supprexxa twice a day. I don't work out for long but I like to do 30 minutes of interval training in the mornings.

What exercises in particular?

I like to work out on cardio machines—treadmills and cross trainers. I sometimes run up and down stairs and twice a week, I work out with weights.

What diets have you followed over the years?

I've starved on grapefruit diets, eaten baked beans for weeks and only drunk juice for days at a time. My bookshelves were crammed with diet books until I realised that the only thing that worked was eating sensibly and enjoying the food I was eating.

Are you body conscious?

I'm health conscious. As you age, you need to make sure you put time into taking care of yourself.

Were you sporty, growing up?

Not really. I played some tennis, but really only discovered I enjoyed exercise when I got to 40. ■

ASHTON KUTCHER

To prepare to star in the action flick *Killers*, Ashton Kutcher didn't shy away from action man-style hard work to pump up his naturally lean physique. "I had to work out," says Kutcher, 32. "I kind of figured if you're a super-stealth spy, you're in decent shape!" The actor trained for "probably three to four hours a day," he says, doing the Israeli hand-to-hand combat sport Krav Maga, and Muay Thai, a tough, kickboxing-style martial art from Thailand. "I actually got trained by the French Muay Thai national champion," says Kutcher. "I also have a friend who's a former SAS guy and we worked together on some techniques."

Kutcher flashed a *Killer* bod on the set of the spy flick last year.



STAR BODY SECRETS