

# Extreme fitness

Take your training to the next level with these tips from Extreme Body director Melody Carstairs

**W**here did it begin... I woke up one morning and realised I was nearly 40. I couldn't stop the clock, but I could most definitely change the course I was on to one I could be proud of!

As I pulled up my size 14 jeans, I had a vision of a stunning long leg sliding out of the car, toned, tanned and looking terrific! Traffic stopping! I was so completely over my lazy self image. My wardrobe which was once full of size 8 and 10 was slowly being taken over by size 12, 14 and expanding.. Something had to stop! Something had to change. I wanted to change for the better.

A girlfriend of mine had been going to the gym, so why couldn't I? What was stopping me apart from just me. Braving the day, I found a gym and went with the attitude that I was going to change my life, recreate what I once had and transform my vision to reality...

Within six months of training and diet, I had completely transformed myself from a size 14 to a size eight. The gym I was training at encouraged me to compete at a local bodybuilding show. Within a week, I was on stage in the most divine jewelled bikini, with an incredible new body, and an incredible amount of new found confidence! I had achieved what I had set out to do

and much more. A dream, yes, but not impossible! Not for me, and not for you!

Believe me, if anybody had told me that this is what I could achieve in under six months, I would have laughed at them. It just goes to show, anything is possible, if you put your mind to it!

## About me

I was born in Sydney (in the late 60s). My mother worked in a hospital and my father was in the army. My parents moved to Melbourne while I was still crawling, and we stayed here throughout all my growing years until I was old enough to go my own way!

I left school and home at 15. My first job was in a bakery. My second job was in a clothing store, my third was motherhood!

My first son was born in 1985. He was born with a chromosome disorder and autism. I raised him alone, as a single parent using family respite services. In between child therapists and specialists, I worked part-time as a promotional model, go-go dancer and disc jockey in clubs and venues in Melbourne, Bendigo, Wangaratta and Shepparton

By the 90s I braved my own business, The Promotional Agency. I worked and booked models, choreographed dancers and promotional persons for

venues and clubs such as The Metro, The Chevron, Hot Gossip, Pinki's, Images, Darby's (showing my age), just to name a few.

By the late 90s, I had hung up my dancing shoes and put my head down to study. I moved to Sydney and attempted Interior Design with little luck. Eventually I successfully completed a course in Real Estate, professional journalism and counselling. I am a fully qualified florist although my involvement with flowers now is basically in the home, at work, and of course family weddings.

2003 blessed me with a little baby boy. On separating from his father, I again returned to study. I studied therapeutic massage and furthered my counselling skills, focusing on personal achievement and growth, crisis and abusive relationships.

After joining the gym, I discovered a new passion. I wanted to help others not only mentally, but enjoyed the physical success so I completed my CIII and CIV in Health and Fitness in between competing and raising my beautiful boys as a single mum. Jaxen, five, is in prep, Tim 18, is at university, and my oldest, Joshua now 23, no longer lives at home..

As well as working as an Extreme Body personal trainer, I judge bikini and natural bodybuilding shows in Melbourne

with the prestigious INBA. I also have a small internet business and work as a voluntary crisis counsellor when time permits. I am committed to and enjoy fund raising. I am looking to find time in the near future to complete a C.A.R.E. for Kids course, offering in home voluntary services to families with children with terminal illnesses.

I am very passionate about all that I do, and all that I believe in! I am also very grateful to be able to do as much as I do without neglecting the most important ones in my life – my kids! My kids love what I do and you will find them at most of the shows I am involved in!

**Personal stats:**  
**Height** – 175cm  
**Weight Off-Season** – 60-65kgs (16% body fat)  
**Weight On-Season** – 54-57kgs (10% body fat)  
**Favorite colour:** Pink  
**Favorite food** – Thai food and dark chocolate  
**Favourite holiday Destination** – Thailand for the beaches, HK for the shopping, oh and I loved New York! I am yet to get to Europe, but it is certainly high on the list of 'must see' soon!

## Extreme Body

Tucked away in the side streets of Richmond, Extreme Body Boutique Gym is more than just a gym or training studio. I have gone to efforts to create an atmosphere unlike any other. Eccentric and stylish with top of the range custom made Life Fitness equipment, painted white floors scattered with imported black and white cowhides, feature walls with gold framed mirrors, fresh flowers, antiques and custom made furnishings.

Everything you could possibly need is here. From complimentary deodorant and sunscreen, to Egyptian cotton towels, to organic fruit, chilled water and supplements. We provide custom eating plans, online training, even catering! I have teamed up with a wonderful organic catering company who deliver ready to go meals by order, prepared using organic ingredients made from recipes that are suitable for those too busy to prepare meals that are suitable for a weight loss or weight management program!

Beauty and tanning services have not been forgotten. You can book in for a spray tan, waxing or a pedicure at the same time with Samantha. Therapeutic and relaxation massage, including crystal or hot stone healings and Reiki are also available by appointment.

I believe I have created a one stop environment to help bring out the best in everybody that chooses to transform their bodies here in a private and personal space that I call Extreme Body Boutique Gym!

From personal health and nutrition, diet tips and recipes that

work for the whole family, contest information and preparation assistance, posing, stage presentation, music and routine choreography, personal training, or just a partner in crime... I am here to answer any questions and concerns anybody new to this field may have to the best of my ability. My goal is to motivate you, assist you and see your journey through to the end. My motto is 'No Body' is worth more than 'Your Body'.

## Diet

Not a fan of the word 'diet', I prefer to call it a clean eating plan as that is basically what a diet is. I am not a fan of weights and measures. I eat pretty much the same all year round (except for pre-competition). I do, however, watch my portion sizes. Portions being a regular bowl, or small to medium take-away food container.

## My plan

**Breakfast** – Protein shake with ¼ cup oats and half a banana made with water in the blender

**Morning snack** – Handful of nuts  
**Lunch** – Serve of raw salmon and tuna with greens or rice paper rolls made with chicken, lettuce and fresh ginger

**Afternoon snack** – Protein shake and a few more nuts

**Dinner** – Steamed fish, chicken or lean beef with fresh vegetables or a salad

I work on an 80/20 eating plan. 80 per cent of the time, I eat perfectly and 20 per cent of the time I eat whatever I feel like. That way I don't feel like I am missing out on something yummy. \*

## Training schedule

I train using a split body program 4 days a week using weights, and 3 days a week on a powerplate. My program usually is finished in under an hour.

- Day 1 – legs, calves and abs
- Day 2 – shoulders
- Day 3 – full body program power plate
- Day 4 – chest and Back
- Day 5 – arms (bis and tris)
- Day 6 – full body program power plate
- Day 7 – day off, except for a walk somewhere

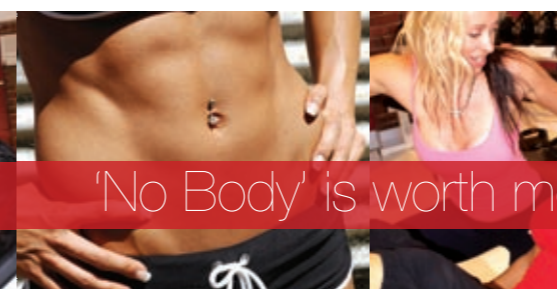
My program increases when coming into competition season. On-season, I train 5 to 6 days a week, plus cardio, regular walks and lots of dedicated commitment, not just from me, but for all around me too. This on-season training is usually 12 to 16 weeks to first competition. This period includes an increased supplement intake and specially formulated eating plan. I just love it!



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