

KRISTEN MATHERS

MEET OUR COVERGIRL COMPETITION WINNER

By Lindy Olsen

Age: 29 Years
Height: 163.5cm

COVER GIRL DIET

6:00 PROTEIN SHAKE WITH MIXED BERRIES AND FLAXSEED

8:00 EGG WHITE OMELETTE WITH CAPSICUM, TOMATOES AND OLIVES

12:00 LARGE SALAD OF MIXED GREENS, WITH CHICKEN OR FISH, WITH OLIVE OIL AND FRESH HERBS

MID AFTERNOON: HANDFULL OF ALMONDS, GREEN BEANS AND PIECE OF FRUIT/ AND OR PROTEIN SHAKE

DINNER: SALMON ON THE BBQ/ OR CHICKEN AND VEGIES/ OR HEARTY VEGIES SOUP

WORKOUT WEEK

MONDAY: LEGS IN THE DAY, PLYOMETRICS AND CROSSFIT IN THE EVENING

TUESDAY: ARMS, SHOULDERS AND ABS

WEDNESDAY: 1 HOUR PRAM WALK WITH MY KIDS AND OUTDOOR ACTIVITIES IN THE PARK

THURSDAY: CHEST, BACK AND ABS

FRIDAY: CROSSFIT (I LOOK UP THEIR WEBSITE FOR DAILY PROGRAMS)

SATURDAY: MORNING RUN

SUNDAY: REST



PHOTO: LIVE IMAGE STUDIOS

My Astrological sign is Aquarius.

I grew up in Brisbane, QLD.

I work as a fulltime mum and volunteer as a Sunday School teacher for the LDS church every Sunday.

My qualifications are Certificate III in Fitness. I've worked as a children's performer, singing and dancing. Retail Manager, and even debt Recovery!! I'm a "Jack of all Trades".

Contest history: I'm a virgin to the fitness field! LOL...I was a finalist in the 2nd series of Popstars 1999, and was a Yellowglen finalist for the Australian Bubbly Girl Search 2002.

For breakfast I ate oatmeal pancakes with strawberries and natural yoghurt.

In my fridge I have loads of chopped vegies to snack on. Mixed berries, eggs, turkey, nuts and last nights left overs.

At the gym you will find me doing plyometric training and lifting heavy weights. I prefer to go running outside and love hiking with my husband.

I love training bright and early in the morning. It energises me for the rest of the day. My favourite kind of training is "Crossfit", as it keeps my heart rate up, and has improved my strength incredibly. Plus they have daily programs on their website and it's free.

I hate training after my kids have kept me up throughout the night. Sleep deprivation kills me! But I love training all body parts.

I'd love to workout with Lindy Olsen and Nicky Jankovic. Both of these women have impacted my life. Nicky has been a wonderful source of information for me.

I never leave home without my water bottle, sun cream and babies.

Favourite music: I love Pink and the Black Eyed Peas. I also love to belt out a tune while driving and listening to The Dixie Chicks.

"BELIEVE IN YOURSELF, AND TURN YOUR WEAKNESSES INTO STRENGTHS. SURROUND YOURSELF WITH POSITIVE PEOPLE WHO UPLIFT YOU."

My best features I'm told are my hair and smile. My hair is naturally curly so it always looks like this.

I would love to meet Monica Brant Peckham. I think her body is amazing!

Favourite cheat food is cookies and cookie dough. Email me if you want some healthy recipe alternatives.

What advice would you give to women wanting to get into the best shape of their life? Write your goals down, and give yourself positive self talk. The mind plays the most important role in achieving any goal. Don't give up!! Eat low GI foods and drink lots of water. Go to bed early and make exercise your priority to start your day. I work out before the rest of my family wake up, so I can fit it all in.

5 things I can't live without: The support and love of my husband Mark and our children... My values...My hair gel, as without it I look like a big fuzz ball! lol..., and my running shoes.

On her bedside table is Oxygen magazine of course!! And massage oil.

Best beauty secret: I always wear sun cream to protect my skin. Invest in a good fake tan... Don't go cheap and nasty. Get enough sleep, and everything looks it's best the next day. I don't leave home without wearing mascara and lip gloss, as it makes me feel fresh.

Who inspires you? All of the fabulous women I read about in Oxygen who have

changed their lives for the better. I love reading uplifting articles. Tosca Reno is a favourite.

Who is your fitness and body role model? Rosa-Maria Romero. I think her body is fabulous! She has balanced her career with her family and that is admirable.

Outside the gym I'm just a regular mum who is passionate about keeping fit. I'm a very spiritual person, and family are my number one priority. We love to spend time together, camping, singing, and enjoying company with our friends.

The question I'm most asked is: How do you have a six-pack after having 2 kids? My answer is Crossfit!

My biggest pet peeve is laziness. We all have 24 hours in a day, and attitude and effort is everything.

Future plans: I want to be a personal trainer and help other people achieve their fitness goals. My husband and I would love to have our own Crossfit gym one day.

I'm preparing to finish my studies. I want to wait until my youngest is a little older, before going back to TAFE.

Words of wisdom: Believe in yourself, and turn your weaknesses into strengths. Surround yourself with positive people who uplift you. ☺