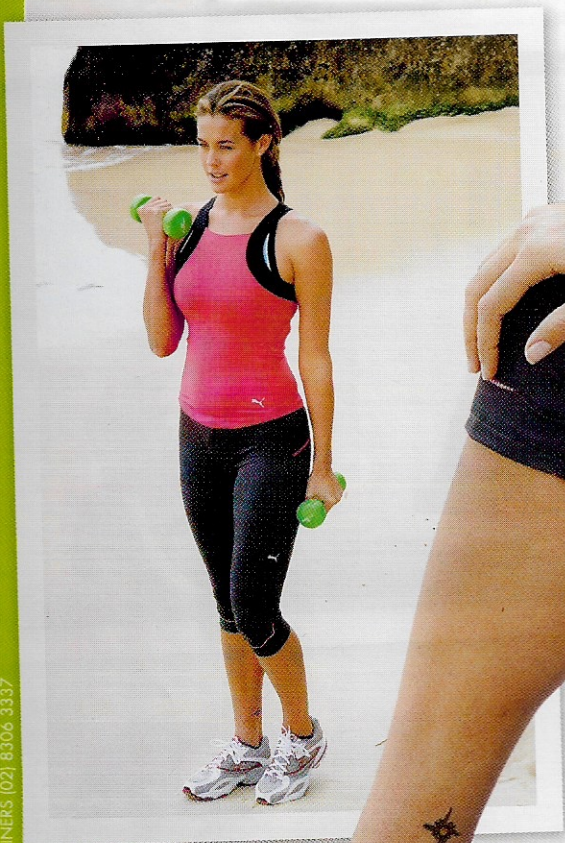


OK! exclusive

MEGAN'S BODY SECRETS

She's fit, fab – and real! OK! joins Megan Gale for a workout to find out how she stays looking so good

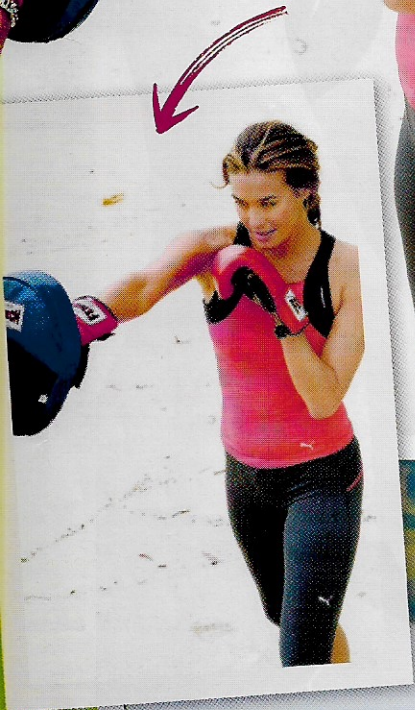
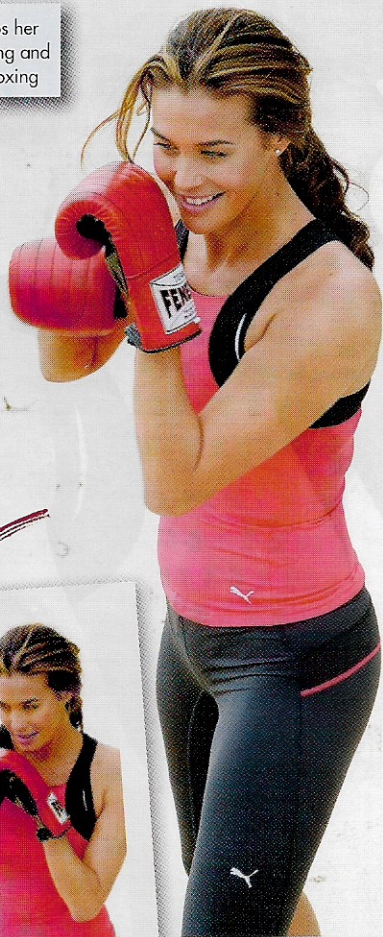


Elle Macpherson may be the hot bod role model for women in their 40s, but Megan Gale has the 30s market firmly cornered. Whether she's modelling swimwear or hitting the catwalk for David Jones, her sexy curves make her stand out from the super-skinny model crowd – although her striking British-Polynesian heritage helps, too! Back in Sydney recently to launch her reformulated sunscreen, Invisible Zinc, we caught up with the Perth-born beauty to find out how she takes care of her body – inside and out.

Even with her busy lifestyle, **Megan** still makes time to work out three times a week

MEGAN WEARS PUMA TANK AND TIGHTS 1800 811 511, RUNNING BARE SOCKS 1800 814 469, REEBOK TRAINERS (02) 8306 8337

Megan keeps her upper body strong and shapely with boxing



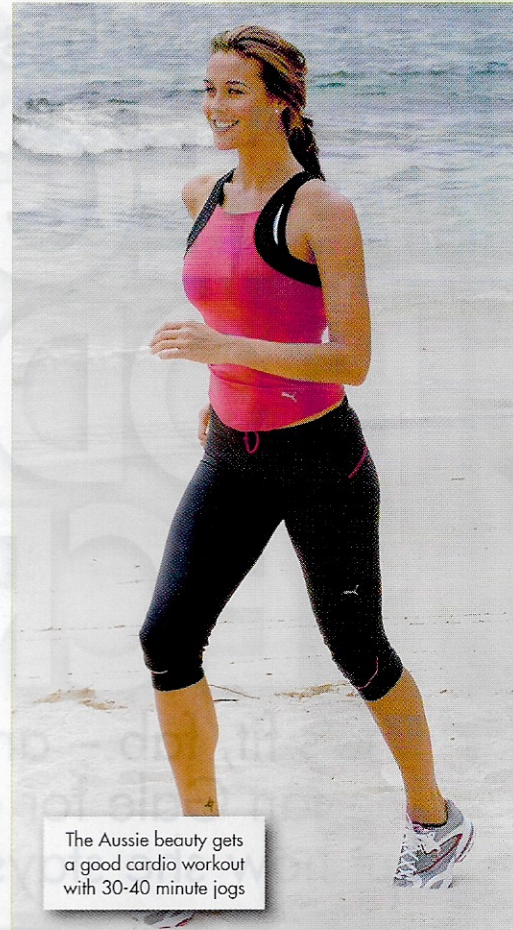
Megan's workout

Given her jet-set lifestyle, Megan has to make a concerted effort to fit in time for exercise. She's never in one place long enough to have a personal trainer or a gym membership so she has to work out on her own. 'I bought a treadmill this year, so I have it at home and use it frequently. It's ideal for my busy lifestyle,' says the 31-year-old.

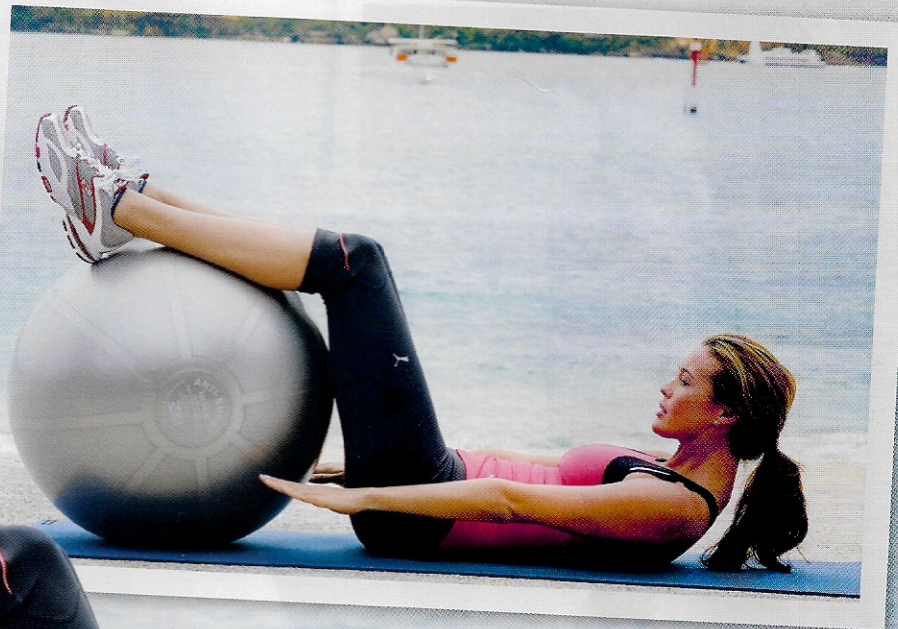
Megan says it's easy to motivate herself to exercise, because she does it to feel good, rather than because she's obsessed about her weight. 'Exercise is more beneficial for my state of mind than anything else,' she explains. 'I accept myself the way I am and don't use exercise to try and change it.'

So how often does she work out? Megan aims for three times a week – either jogging for 30–40 minutes, boxing for half an hour, or a one-hour Pilates class. 'I only started Pilates this year and it surprised me how much I actually like it and how many different parts of your body it moves and conditions.'

But the best way to work the whole body, she says, is to swim or surf. 'I just started learning to surf about 18 months ago. The beautiful thing is, you actually don't realise how long you've been out there paddling away – and before you know it you've been exercising for a few hours. Nature is such a good distraction!'



The Aussie beauty gets a good cardio workout with 30-40 minute jogs



Exercises that Megan can do at home make up a big part of her routine

Megan's diet

Despite earning a living from her looks, Megan insists she isn't a dieter. 'I've never adhered to strict diets, hence I'm not a stick-thin creature,' she says, adding that her love of healthy food isn't because of her work, it's what she was brought up on. 'I feel shocking if I don't eat healthy food. It's not because I don't want to put on weight, it's more because I don't want to put crap into my system.'

Her approach to food is simple: soups, salads, grilled or oven-roasted fish and pasta. 'If I make pasta, I usually keep it really basic: penne with chilli, garlic, olive oil, fresh basil and a touch of parmesan or fresh mozzarella,' says Megan.

She does follow a couple of rules though: eating organic where possible and watching her carbohydrate intake after lunch. 'A big bowl of pasta is too heavy for your body to digest when you're just about to go to bed,' she explains.

After cutting out red meat 10 years ago, Megan has recently started tucking into the occasional steak. 'I didn't want to eat red

'I feel shocking if I don't eat healthy food'

meat because I had heard so many reports about it staying in your system for days and days. But now I think it also depends on the rest of your diet... I take digestive bitters, [which] help break things down.'

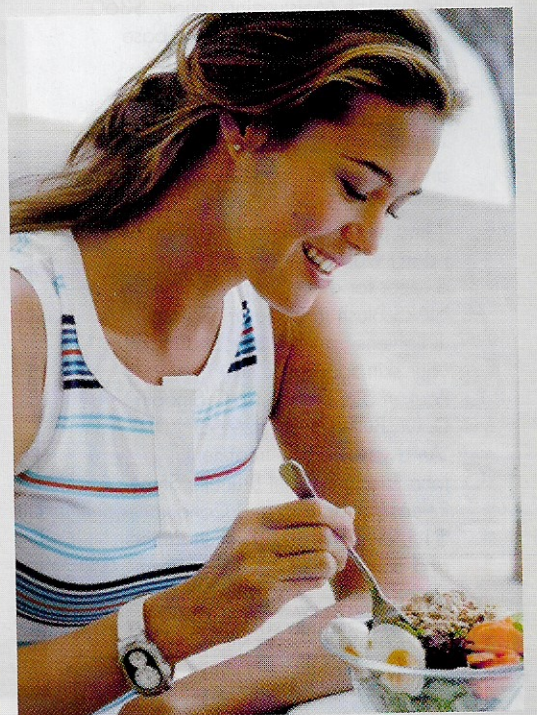
She also drinks up to three litres of water a day to cleanse her system and to help keep her skin clear. 'I'm a massive water drinker. It's not a model thing, every human should drink two or three litres of water a day... I feel so dehydrated if I don't.'

So, does she ever treat herself to anything sweet? 'I eat chocolate and ice-cream, but only when I crave it,' she says. ▶

TILIS PACE. MEGAN WEARS EVERIAST SINGLET 1800 6519, THE GRAB SINGLET 1800 6519, TOMMY HILFINGER STRIPE TANK (03) 9663 7973, ADIDAS SHORTS 1800 801 891, REEBOK TRAINERS (02) 8306 3337, PHILIP STEIN WATCH (02) 931 67033

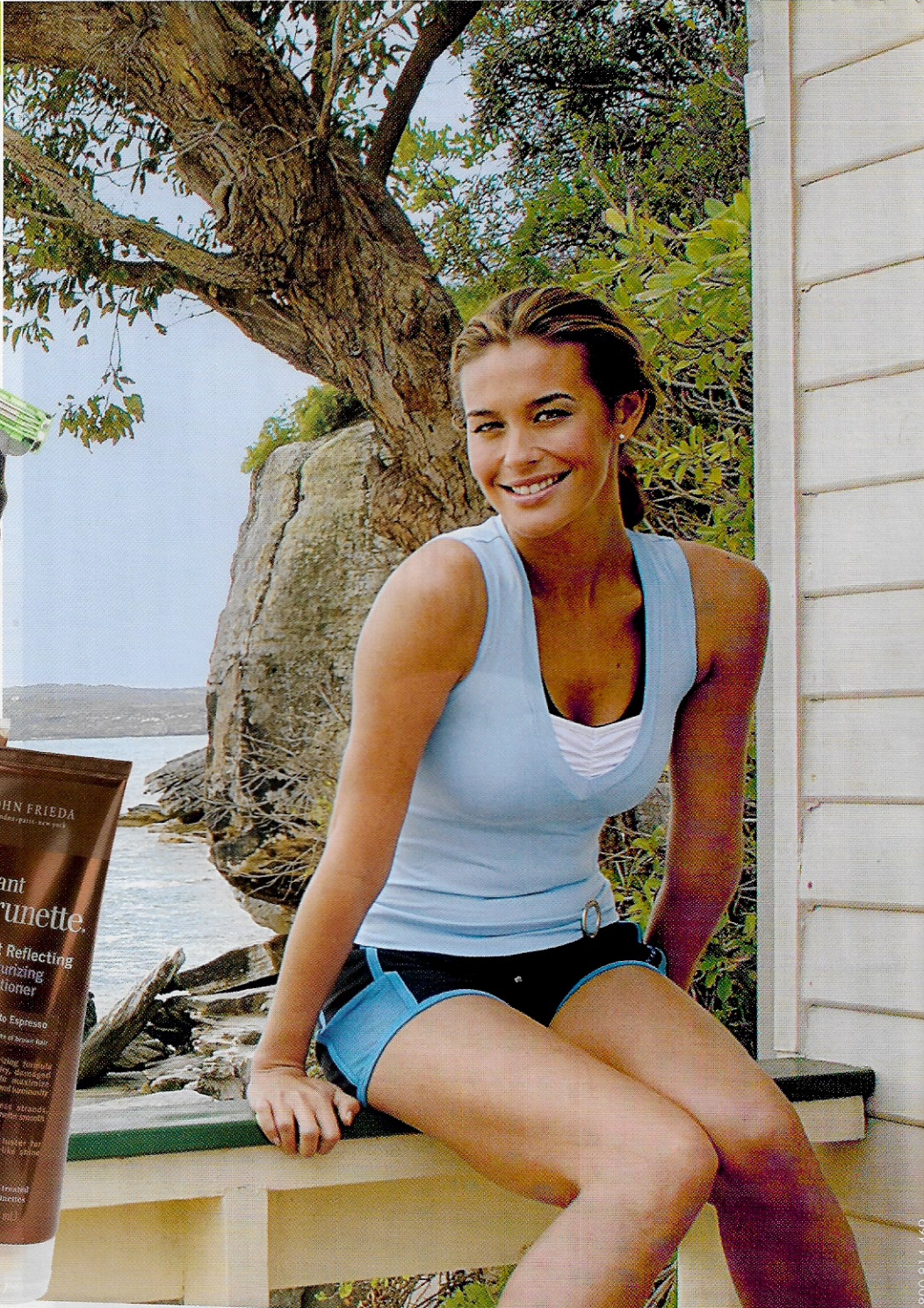
THE AUSSIE MODEL REVEALS THE DAILY DIET THAT HELPS KEEP HER FIGURE RUNWAY-PERFECT

BREAKFAST	LUNCH	DINNER	SNACK
 <p>One piece of wholegrain toast with a boiled egg, or passionfruit yoghurt with fresh blueberries or raspberries.</p>	 <p>A light, omega-3-rich lunch of sushi or fish with salad, avocado and goat's cheese – a good source of calcium.</p>	 <p>For dinner, Megan likes to keep carbs to a minimum – oven-roasted fish, or grilled steak, with lots of fresh vegetables or salad.</p>	 <p>Megan's not a big snacker, but when she's not detoxing she enjoys two or three strong, skinny lattes a day!</p>

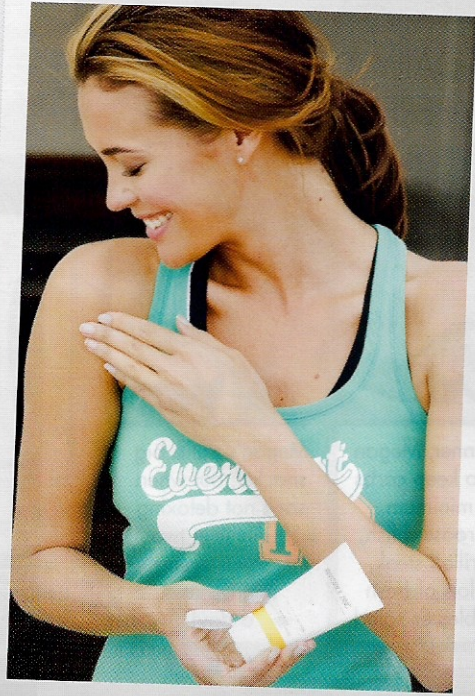


Megan's summer beauty kit

SO, WHAT BEAUTY GOODIES DOES A TOP MODEL KEEP ON HAND FOR SUMMER?



- 1 La Mer The Moisturizing Lotion, \$360. 'It's really light and is a good base under sunscreen.'
- 2 Megan Gale Invisible Zinc Tinted Daywear, \$28.95. 'I'm rapt with it - I'm getting feedback from makeup artists that other models love it, too.'
- 3 Gillette M3Power Nitro, \$15.99. 'I find men's razors are the sharpest. I don't wax - I've always used a razor for everything.'
- 4 NARS Blush in Orgasm, \$60. 'It lightens up your face and makes your skin sparkle.'
- 5 Redken 5th Avenue NYC Smooth Down Butter Treat, \$29.95. 'An awesome hair treatment.'
- 6 John Frieda Brilliant Brunette Shine Release Shampoo and Conditioner, \$15.99 each. 'The best shampoo and conditioner I have ever used.'



WHERE TO BUY: GILLETTE 1-800-819-761; JOHN FRIEDA 1-800-468-318; LA MER 1-877-935-1120; MEGAN GALE INVISIBLE ZINC 1-888-935-9200; NARS 1-800-557-844; REDKEN 1-800-650-1700

TEXT BY EVA-MARIA BOBBERT
PHOTOGRAPHS BY ROSS COFFEY, GETTY
STILL-LIFE PHOTOGRAPHS BY NATHANAEL HUGHES

MEGAN WEARS PLATINUM TANK BY JEFFREY MAYER; SHOES BY NIKE; HAIR BY JEFFREY MAYER; MAKEUP BY JEFFREY MAYER