

SHE'S ONE OF THE SEXIEST WOMEN ON TV, BUT SONIA KRUGER ADMITS IT TAKES HARD WORK TO STAY LOOKING THIS GOOD. SHE TELLS US HOW SHE DOES IT

Sonia's DANCE



‘I’m a fan of anything soaked in oil, so I have to burn it off’

While the focus of *Dancing with the Stars* is on the celebs who battle it out on the dance floor, co-host Sonia Kruger also feels the pressure to perform. ‘People say they often watch the show because they want to see what amazing dress I’m wearing,’ admits Sonia, whose figure shows off some top designer gowns. ‘I feel the pressure as I want to look good for viewers,’ she says. ‘A lot of the gowns are small size 10s, so you have to work to get into them.’ But despite the pressure of her TV role, Sonia isn’t a slave to strict diets. ‘I love pate and cheese and rich food and I’d never deny myself,’ she says. ‘Look at the French diet – they eat all that, but they just have a little.’ Although Sonia indulges in her favourite foods, such as beer and pizza on Friday nights, she admits she’s tried her fair share of diets to keep her curves under control. ‘I dropped about eight to 10 kilos in four months on the Atkins diet and I didn’t cheat at all. It’s good if you need a result quickly, but you have to find another way of managing that kind of diet long term.’ That’s what Sonia has done since losing weight – she still eats carbs, but her diet is protein rich. ‘I can’t go into carb overload unless I’m doing the exercise to burn it off.

Besides, I can live without bread and potatoes because I’m a complete carnivore. I love meat,’ she says. Although she’s partial to the occasional take-away, Sonia prefers to whip up healthy home-cooked fare. ‘I love making oysters Kilpatrick, or huge tiger prawns on the barbecue. We also recently discovered making our own pizza with tortilla bread bases, which are fantastic.’ Sonia concedes her toned torso has been hard to maintain at times, although as a former champion ballroom and Latin American dancer, she’s built up plenty of muscle tone. ‘After 20 years as a dancer your body has that muscular memory, so it’s not so hard to stay in shape now.’ Juggling a hectic interstate and overseas travelling schedule means she has to make an effort to find time for exercise. And now she no longer has a personal trainer, staying motivated can be tough. ‘I’m either completely on the go or a complete sloth. I tend to talk myself out of doing something.’ So how does she stay trim? ‘I try to do something every day, even if it’s just taking the dog for a 30-minute walk,’ she says. ‘When the show is on, I take my iPod to Melbourne and go for a walk in the Royal Botanic Gardens in the morning to get the blood pumping, which really helps.’



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BODY SECRETS

More recently, she has taken up tennis and Bikram yoga, which involves doing yoga in a heated room.

'You sweat for Australia! It's good to break a sweat just once a day. You feel like you've flushed out some toxins, and afterwards you have that weird blissed-out yoga thing going on. Bikram yoga reminds me of classical ballet stretch class because it's all about holding body weight balance and it tones you up so well.'

Despite being frequently complimented on her toned arms, a result of dance training, Sonia says they're her least favourite body part.

'At school I felt like a bit of a freak because it doesn't feel feminine to have muscly arms. Even now I try to avoid that upper body workout.'

Instead she concentrates on working on her abs and keeping her body fat down.

'I'm a fan of anything soaked in oil, so I have to burn it off.'

Although many of her friends go to the gym or have treadmills at home, Sonia prefers to take her dog to the beach.

'I get bored with the

gym. I tend to do the treadmill and then I think: "Well, I should be walking the dog instead."

Years of professional dancing have helped sculpt Sonia's trim body, but it has also left her limbs visibly damaged.

'I have the world's ugliest feet. They look about 60 years old. I love a pedicure because I figure if they're going to be ugly, at least they can be painted and ugly.'

Her legs were her favourite asset until she had a knee reconstruction to fix a torn ligament, which has left a permanent scar. While her injury means she's been forced to hang up her professional dance shoes, she still can't resist strutting her stuff on social occasions.

'If my friends and I have a few glasses of wine at a barbecue I end up teaching them the cha-cha or samba, which are fun dances.'

And that's not her only talent - as well as shaking her booty, the sexy TV star can also belt out a tune.

'I'm sure my neighbours think I'm a mad woman singing at the top of my lungs around the house... I have a bit of a groove going on.'

TOP 5 SONGS ON SONIA'S IPOD PLAYLIST

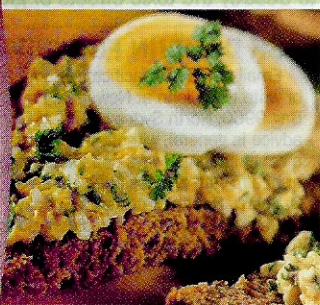
- **Lovelight** by Robbie Williams
- **She's Madonna** by Robbie Williams
- **Mas Que Nada** by Black Eyed Peas and Sergio Mendes
- **Sway** by Pussycat Dolls
- **Suddenly I See** by K.T. Tunstall



A TYPICAL DAY

BREAKFAST

● Two slices of bread with Vegemite, avocado or baked beans and an egg. 'I'm addicted to soy and linseed bread - it's so dense.'



LUNCH

● Salad of chicken, avocado, tomato, red onion and Paul Newman's Balsamic Vinaigrette. 'I probably end up having four times the amount I should!'



DINNER

● A barbecue in summer - steak, chicken and corn on the cob are favourites. In winter, Sonia likes to cook vegetable-rich casseroles, spaghetti bolognese or Thai.



SNACKS

● 'I'm a huge macadamia nut fan. I could eat a whole tub,' she says. And while Sonia doesn't have a huge sweet tooth, she admits she could never give up chocolate.

