



REF: SurferGirls Adelaide Blog Articles

Blog 2: MAY 2012. How I keep fit

Hi Adelaide **SurferGirls!**

I work with a personal trainer who puts me through a variety of workouts including weights, boxing, core strengthening on a Swiss ball and rowing machine.

When I travel I stay fit doing Yoga, bike riding, stand up paddle boarding and swimming.

I also watch what I eat as I'm allergic to yeast, wheat, dairy and red meat and get as much sleep as possible- preferably 8-10 hours a night.

Staying fit requires life balance, as it is time commitment to myself. Surfing also keeps me fit.

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