

“Giving birth was a great thing. I learned new respect for my body. It’s the same with sports. You see the power of your body.”

“no matter where I was, I could just put on my sneakers and go”.

HOW SHE GOT HOOKED

Raver, 40, moved to Los Angeles two and a half years ago for her role as Kiefer Sutherland’s love interest on *24*, and soon after she discovered another easy-access, outdoor sport: surfing. “We live near the beach,” Raver says. “My teacher Tony Molina’s philosophy is you should get out in the world and workout, which is kind of my thing. I love the water.” Raver, who also lifts weights regularly with her LA trainer, meets with Molina a few early mornings a week. “I love exercising outside because it doesn’t feel like you’re working out,” she says. “I go to work and I’ve already been to the beach and in the water. It’s so energising. The light is beautiful and I get to slow down and check things out.”

HOW IT EMPOWERS HER

As athletic as she is, Raver says surfing fatigues every muscle in her body. “After my first time out, I couldn’t even move my arms,” she says. “You work your core muscles, your rear, your arms, everything.” Even more amazing? The mental benefits. “I was scared when I first got out



there, but Tony gave me things to focus on: steps one, two and three,” she says. Now Raver applies that approach to the rest of her life, especially in those “moments when you can’t talk to your boss or get through a scene. Working through a physical challenge is the greatest high. Yesterday I didn’t think I could get up on that board and I was terrified of that wave, and I did it.”

Raver’s fitness file

When I am tempted to skip a workout, I tell myself... “Get your butt out of the door and do 10 minutes’ and that usually turns into an hour.”

When I work out I wear... “Colour. I love a great purple top. Maybe that’s the LA creeping into my New York style!” **My favourite reward for a tough workout is...** “A massage, a hot bath or

a great dinner: fish with a glass of wine.” **The body part I’ve transformed the most is...**

“My whole core, and my arms, from paddling. I’m sure that if you surf every day, you don’t need to go to the gym.” **My current fitness goal is...**

“To get really good at whatever I’m doing so it becomes effortless and pleasurable for me.”

Yoga with actress

Jessica Napier

HOW SHE GOT HOOKED

Jessica Napier has been practising yoga on and off for years, but when she picked it up again nine months ago on the recommendation of a friend, she threw herself right back in. “I was immediately hooked...straight back doing four classes a week and I love it,” says the former star of Nine Network’s *McLeod’s Daughters*, who plans to leave her Sydney home for LA shortly “to try my luck with some pilots”. Napier, 28, also works as a personal trainer and does Sydney’s famous Clovelly to Bondi cliff-top run most days,

"I started being an exercise fanatic five years ago. I love to eat, so I've got to make up for it somewhere."

but she uses yoga as a soothing support for her exercise regime. "Yoga gives you a time to still your mind. I do a lot of intense exercise and I'm one of those people whose head doesn't stop. I find yoga is the one time I can actually turn everything off and just be in the moment."

A TYPICAL SESSION

Napier practises a mixture of Japanese Ki yoga, which works on the meridian fields, and various forms of Indian yoga. Her Zen Ki yoga teacher Janie Larmour (top right), from Sydney's The Centre of Yoga

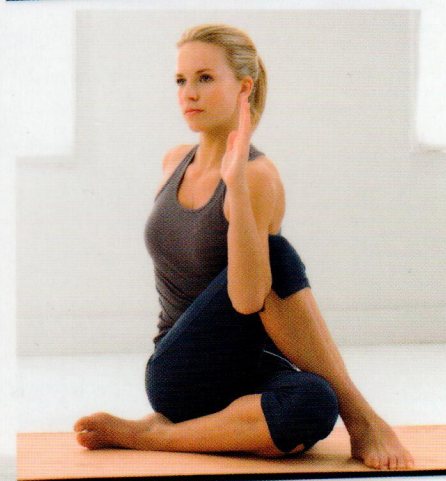
(www.thecentreofyoga.com), says, "We start slowly and each class has a topic. There are exercises to shrink the stomach, strengthen the back, help fertility and more. It's about building core strength."

HOW IT EMPOWERS HER

"Yoga makes me strong within my core," says Napier patting her impressively taut tummy. "My body gets leaner and my stability is much better. It helps keep me positive and secure in who I am, which to a degree helps with my acting and gives me self-confidence." ■



Clockwise from top: Jessica Napier performs a downward-facing dog, helped by teacher Janie Larmour; a half lord of the fishes; a seated sidebend. "Yoga is the closest I come to meditating," says Napier.



Napier's fitness file

The most important part of learning yoga is to have... "Patience, patience, patience! It takes a while to get it, especially if you're not that flexible. The secret is to allow your body to work where it can, at its own pace. It might take you years to touch your toes but it doesn't matter." **What you must not do is...** "Eat before you workout. If you've got food in your body it's too busy digesting and can't open up." **My ultimate yoga goal is...** "I hope that I will continue doing yoga forever. Also I'd love to be able to sit in the lotus position. It hurts my ankles, but each week I go, 'Wow my body's more flexible,' so maybe one day I'll pull it off."