



WORDS ANNE LOH

# No Limits.

Look good and feel great this summer by pumping up your fitness levels

## TAKE IT OUTSIDE

Don't leave your training behind when you travel. Pick a nearby park to explore, download workouts by celebrity trainer Donna Aston from [fitnesstogo.com](http://fitnesstogo.com) into your MP3 player and you're all set. Aston's *10 Weeks to a Better Body* – the official exercise workout program for Channel Nine's TV show *The Great Weight Debate* – is available online or as a three-disc pack costing AU\$39.95 from Kmart, Target and Borders.



## SO CAN YOU

Meet other like-minded people and enjoy Sydney beaches when you sign up for non-profit Can Too's 2008-09 swim program, which starts training in November. Participants raise sponsorship dollars for Cure Cancer Australia as they train for the 2.7km Macquarie Big Swim from Palm Beach to Whale Beach (25 Jan 2009), the 2km Cole Classic Swim (1 Feb 2009) and the 2km North Bondi Classic (8 Feb 2009). Can Too goes to Melbourne in May. Register at [www.cantoo.org.au](http://www.cantoo.org.au). Did we mention the cute instructors?

## EYE ON THE PRIZE

Brisbane girl Felicity Abram is a professional triathlete who holds the No. 1 World Cup ranking. We catch up with her before she competes in the Noosa Triathlon this October.

### How many triathlons have you competed in this year?

Twelve. After the disappointment of not making the Olympics, I decided I needed to do as much racing and travel as possible to gain more experience and get my world ranking as high as I could. Right now I'm sitting at No. 1, so I guess you could say I achieved that objective!

### Which competition was your most memorable outing?

My third place in the New Plymouth World Cup in New Zealand because I love the place. My second place in the South Africa World Cup was also memorable because I went on safari and travelled through villages. I donated my prize

money to a "Schools in Africa" program to help educate young African kids.

### What is your goal for your third Noosa triathlon? Who is your strongest competition?

Noosa is such a fun, relaxed event that I never really think of the outcome. Of course I would love to win. Emma Snowsill is always the hot favourite.

### Where is your favourite place to train in Brisbane?

Mount Coot-tha is my favourite.

### Where in Brisbane do you go to relax?

I love a good coffee at La Dolce Vita on Park Road.

*The Noosa Triathlon Multi Sport Festival (29 Oct to 2 Nov) includes swimming, cycling, running and triathlon events as well as a model search and breakfast with the stars. Tel: +61 (7) 5449 0711.*



Photo: Hickey/Phiman Photoevents.net.au

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