

Star Bodies

with Simone Casey



JODY RIGBY MY FITNESS

Sydney TV gardener Jody Rigby, 33, from the LifeStyle Channel's *Garden Angels*, exercises three times a week or more and describes her 1.64m, 56kg shape as an "athletic pear."

How do you like to work out?

I like to hit the gym when I've got time, and gardening is a pretty good form of exercise. Oh, and I play drums, which is great cardio.

Does gardening give good arms?

Yeah, my upper-body strength has always been better than [my] lower, but in the past few years I've started implementing my quads and butt in lifting and shovelling to protect my back.

Tell us about your day-to-day diet.

Sometimes I'm good, sometimes I'm bad. It's all about balance. I don't eat a lot of junk food or crave sugar too often, but if I'm hungry,

I need to eat straight away or else I get cranky.

Have you ever dieted?

No, but I was vegetarian for 12 years, until four years ago. Has your weight changed over the years?

I think ever since the big 3-0, a couple of kilos have snuck into places that seem harder to budge them from.



Rigby (centre) with her other Angels, Linda Ross (left) and Melissa King.

Rigby never felt "I needed to look a certain way" to be on TV: "I was under the belief that I was on the box for my plant knowledge, not to be a size 6."

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