



Ricardo Riskalla is one of Australia's leading Fitness and Health experts. Contacting Ricardo is the first step to living a healthy lifestyle.

[VIEW SITE >](#)



CULTURE & LIFESTYLE / HEALTH AND FITNESS

Why strong is the new skinny (and how to be both)

#fitspo goals

SUBSCRIBE NOW!



special



CULTURE & LIFESTYLE / HEALTH AND FITNESS

Fact or fiction: debunking the 4 biggest health claims



When you start reaching for your Adidas Superstars in situations that would normally call for a Valentino Rockstud, you know change is afoot

Blame it on the enduring athleisure trend, the seemingly universal preference for kombucha over prosecco or that ubiquitous #fitspo hashtag, but the message is loud and clear: fashion has fallen for fitness. [Gigi Hadid](#) is the global pin-up for a healthy body and when Jesinta Campbell strode down the runway for the [David Jones spring/summer '15 launch](#) with *those abs*, it was the final nail in the coffin (at least as far as Australian women are concerned) for aspiring to be skinny.

But of course, the trend goes beyond aesthetics. The research shows that strength - in terms of both muscle and bone density - is crucial for men and women's wellbeing and long-term health. Who better to show us how to get there than master personal trainer (and the official PT for IMG Models, no less), Ricardo Riskalla of [RawFit](#). Here, he shares his tips for being strong *and* skinny.

Related story: [Just in: Gigi Hadid lends her face \(and body\) to Seafolly](#)

Why is it so important to not just be skinny, but strong as well?

I believe it's important to be skinny and strong at the same time. When I say strong I don't mean muscly. I mean tight tissues and healthy skin. The right training is when you look at someone and they glow, not muscles popping up everywhere, but long limbs, great skin and hair, which is all the result of a great diet and great training.



Erin Shea (IMG Models)

Is it a healthier goal than simply trying to shed kilos?

I am not a believer in counting kilojoules. I promote eating nutrient-rich foods, loving yourself and paying attention to proper relaxed breathing and stress reduction. These are great targets to add value to anyone's life.

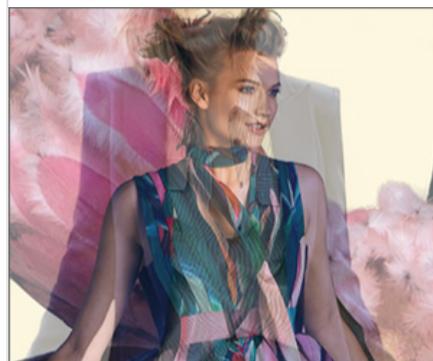
Molto bene! The 5 best Italian restaurants in Sydney



Australian supermodel Elyse Taylor spills her exercise and diet secrets



White hot: 3 of the world's most luxe ski resorts



popular

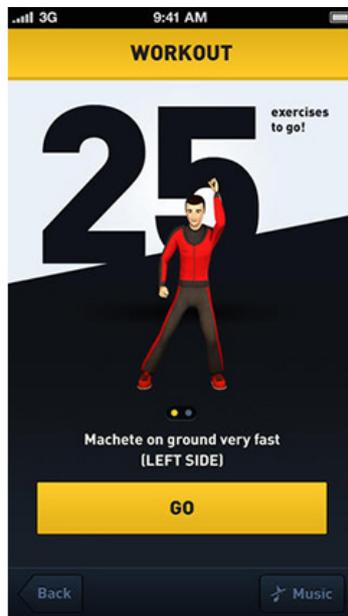
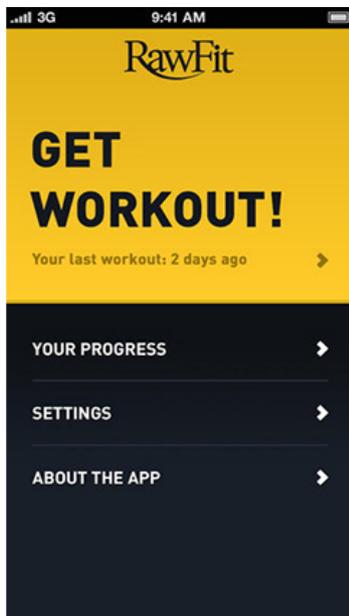
What is the ideal physique your clients want right now?

The ideal body is a combination of looking healthy, not over-trained, with great skin and hair.

How do you suggest they get there?

My clients follow a nutrient-dense diet with lots of vegetables, fruit and great fats. That's the secret! The training involves a combination of dancing exercises, body weight exercises and a lot of secrets that I can't reveal. I've created a special exercise app that anyone can use called [A Million Workouts by Rawfit](#) and most of my clients use it to do their homework.

Related story: [Exercise goals: how to have your cake and eat it too](#)



Related story: [3 ways to train just like your #fitspo](#)

How many times a week do you suggest your clients work out?

As a general rule I suggest my clients exercise between three to six days a week. I always add days off depending on their stress levels. I take their stress levels very seriously. It's important to be calm to make good decisions, to avoid over-eating and above all, to rest well.

Who do you think is the ultimate pin-up girl for the 'strong is the new skinny' trend?

I believe that my client, model Erin Shea, is the perfect girl at the moment. She's the one to watch.

Related stories:

[How to overcome your biggest health obstacle: motivation](#)

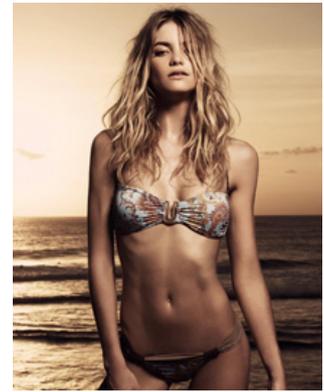
[Do you really have to eat organic?](#)

[Fact or fiction: debunking the 4 biggest health claims](#)

0 Comments

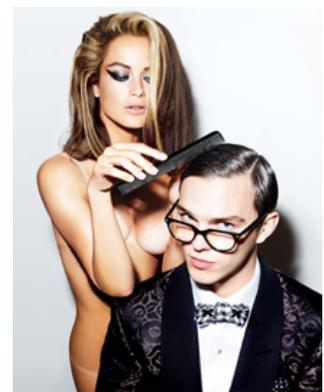
Subscribe RSS

Login



HEALTH AND FITNESS

Australian supermodel Elyse Taylor spills her exercise and diet secrets



MEN'S

So slick: why this men's hair product is making a comeback



Write a comment

We Recommend



BURO 24/7 CULTURE & LIFESTYLE

The good skin diet: 8 simple tweaks to what you eat



BURO 24/7 FASHION

Model mayhem: 20 celebrities turned animal rights activists



BURO 24/7 BEAUTY

A cut above: the 20 coolest haircuts trending now



BURO 24/7 FASHION

Breaking: Kendall and Kylie Jenner x Topshop is a thing



BURO 24/7 FASHION

Lounge luxe: inside Haider Ackermann's decadent, colourful



BURO 24/7 CULTURE & LIFESTYLE

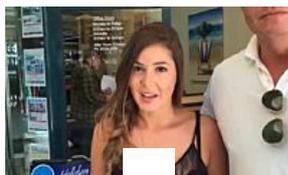
Japanese retail giant MUJI opens first Sydney store this week

From



LIFESTYLE

What an interview with Anna Wintour is



ENTERTAINMENT

Pregnancy hoax pair's awkward apology



ENTERTAINMENT

'He did absolutely break my heart'

Promoted Stories

RELATED STORIES



YOUTUBE FOR MAYBELLINE
**The holy grail
foundation your skin**



NEWS.COM.AU
**Bums-up for nude
yoga**



NEEKLY
**Did You Know These
19 Interesting Facts**

Recommended by

Facebook 1 0 0 1

Tags HEALTH AND FITNESS / CULTURE AND LIFESTYLE / TRAINING / GIGI HADID / PERSONAL TRAINER / EXERCISE / WELLBEING / FITSPO / JESINTA CAMPBELL / WORKOUT / STRONG IS THE NEW SKINNY / STRENGTH / FITNESS / MUSCLE TONE / RICARDO RISKALLA / RAWFIT / PERSONAL TRAINING / PT / IMG MODELS / ERIN SHEA

Site Anna McClelland

Published 02/09/2015 1:52:26 PM

Related links Just in: Gigi Hadid lends her face (and body) to Seafolly
Exercise goals: how to have your cake and eat it too
Do you REALLY have to eat organic?

Photo Erin Shea

ANSWER THE CALL

Support suicide prevention.

Shout.

Lifeline

news

OTHER ARTICLES

CULTURE & LIFESTYLE /
TRAVEL AND BURO CITY GUIDES



**The 32 most amazing natural
wonders of the world**

CULTURE & LIFESTYLE / FOOD AND DRINK



**French luxe: the surprising
secret to Grey Goose Vodka**

CULTURE & LIFESTYLE / NEWS



**On sale tomorrow: tickets to
Sydney's newest island festival**



© 2011–2015 Buro 24/7. All rights reserved

A note about relevant advertising

We collect information about the content (including ads) you use across this site and use it to make both advertising and content more relevant to you on our network and other sites. This is also known as Online Behavioural Advertising. You can find out more about our policy and your choices, including how to opt-out [here](#)

[PRIVACY POLICY](#) | [RELEVANT ADS OPT-OUT](#) | [COOKIE POLICY](#)



Copyright © 2014 Pty Ltd. All rights reserved.