

After shedding an incredible 22kg and dropping from a size 18 to a tiny



size six, Kelly Osbourne is healthier and happier than ever. So just how did the reality star do it? Kelly's personal trainer, Sarah Hagaman, gives us the inside details on her fitness regime and why her dedication has paid off.

How long has Kelly been training with you?

I have known Kelly's family for a long time and I initially trained [her mum] Sharon. Kelly would pop in and out of the studio, but we started working together seven months ago. The great thing is that Kelly has done this the real way – she is consistent and dedicated.

What routines have you devised for Kelly?

We mainly do cardio, work on the Power Plate, plus stretching and abdominal work. We train three times a week for an hour. I plan each session beforehand, and the body parts are split over the week. On Mondays, we might do shoulders, triceps and gluts, Wednesdays are the back, biceps and hamstrings and whatever muscle groups are left are done on Fridays.

Kelly's shape has changed dramatically – how did you achieve that?

We noticed changes quickly, perhaps in three weeks! We could tell that Kelly's waist was coming in and her shoulders looked leaner – but Kelly's favourite thing has been her slimmer legs. Although abdominal exercises were her least favourite, we slowly improved strength through stability and core-related exercises. We also do a lot of work on the BOSU ball to target her [core].

Does she exercise outside of your sessions?

Yes. When I'm not with her, Kelly does her 30 minutes of cardio – that dedication has seen the real lasting success in all of this.

How do you motivate someone who's as busy as Kelly?

Kelly is always on time, makes time and is always there ready for the sessions. Of course, it's harder when she's busy, but we deal with it. Luckily, Kelly also has a great support network – her loving family are all part of this.

A lot of young Hollywood starlets seem to feel the pressure to be thin...

The quest to be thin in LA is an issue that can plague many young women. I think it takes some time and life experience to work through it and realise that true beauty comes from within. Exercise and proper nutrition make you feel good, and when you feel good on the inside, that power reflects outwardly. Kelly is a perfect example of this. **OK!**



SARAH'S TRIM-UP TIP!
 'Chop and change exercises, so for example: split up a 30-minute session with two minutes on the Power Plate, two minutes on the treadmill; then five minutes on the Power Plate and two minutes on the treadmill [and repeat for the duration of the session]. It's like circuit training, and it's exceptionally effective for weight loss'



'I've completely changed the way I eat,' Kelly says – pictured in 2007

Kelly Osbourne's
TRAINER SECRETS

The fitness guru behind the reality star's amazing transformation tells *OK!* how she did it

Kelly's secret weapon...
POWER PLATE

Sarah reveals why Power Plate training is so effective, and how she has used it to change Kelly's shape

What is it?

'This type of training is called whole-body vibration or acceleration training, which basically works on your body's ability to stabilise and balance. Power Plate training allows for any exercise that you could do on the floor to be done on the plate with increased difficulty and benefits.'

How does it work?

'Muscles contract and relax with the vibration at 30-50 times per second, which leads to muscle toning and strength, increased blood circulation and better flexibility.'

Kelly's workout:

'We have five Power Plates in our studio that I actually train Kelly on,' Sarah says. 'We isolate various muscle groups by doing things like squatting, lunging or simply putting your hands on the plate and doing push-ups. The work we do is high intensity and it challenges and shocks the body.'

Other celeb devotees:

Kelly Osbourne isn't the only celeb who keeps in shape using Power Plate. Elle Macpherson, Natalie Imbruglia, Courteney Cox and Dannii Minogue all swear by it!

Power Plate moves to try...



SQUAT

To get lean, sexy thighs, try this move – it targets the glutes, hamstrings, core and calves.



LUNGE

This one is perfect for toning the biggest problem areas for most women – the butt and thighs.



ROW

This works the upper back and biceps, bringing your shoulders down to give you great posture.



PELVIC BRIDGE

Work the glutes, pelvic floor and lower core muscles with this single move. Good for getting that bikini bum!

Kelly's diet plan

'Kelly eats a low-fat, low-carbohydrate diet, and she doesn't deprive herself,' Sarah says. 'She consumes real, whole foods – not junk food – makes her own meals and doesn't order takeaway. It's not extreme; it's sensible.'

- **Breakfast:** Yoghurt or cereal.
- **Lunch:** Salads with a protein source, such as chicken, beef, legumes
- **Dinner:** Sushi.



KELLY'S DIET TIP!
 'Eat just a little bit of something that has [virtually] no carbs or sugar in it before you go to sleep, because it keeps your metabolism going'



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