

# healthy living

Entertainer Suzanne Prentice says lipstick, protein and a toolbox can change your life. **Craig Lawson** reports.

Since releasing her first album at the age of 14, Suzanne Prentice has become a household name and has worked hard on healthy living. The first step, she says is to start by making the most of what you have and taking time out for yourself.

New Zealand women are some of the worst at finding time for themselves, she says.

With an endless list of indulgences in the world today, all it takes, she says is a little time out for yourself – even it's just to moisturise your hands or apply a little lipstick.

And if there is something you want to change about yourself?

"Start with small steps and attainable goals."

Ms Prentice was once at 87kg and it was exercise that helped her but taking those first steps to change can be hard, she says.

She recalls deciding to take the first step towards exercise and trying to walk around the block.

She only got so far, before she had to rest on someone's fence.

Losing weight is one of the hardest things anyone can do, she says.

As Ms Prentice will tell you, who ever invented the word diet needs shot.

"Don't cut out sugar altogether, just slowly decrease it and replace your afternoon snack with a protein shake.

"Walk the kids to school, take the stairs, just get moving," she says.

She says it also requires consistency – it's alright if you have a piece of cake for desert, just don't make it every night.

She also got rid of the scales as she found it soul destroying to do all that hard work and not see them shift.

"I struggle at times just like everybody else," she says.

But let's face it, there are times when we all like to over-indulge.

So try the Suzanne Prentice toolbox trick. If temptation became too much, she would take all the treats in the house and lock them in a toolbox.

Then would give the key to her husband.

"And believe me, there were times when I tried to jimmy that lock," she laughed.

With her last piece of advice to women is to make the most of each day and the people around you.

"Life is absolutely fantastic."

Her favourite recipe:

Citrus Blue Cod

**Ingredients:**

- Four fresh blue cod fillets
- Juice of four oranges
- 1 tsp finely grated fresh ginger
- Four spring onions, chopped fresh
- ground salt and pepper to taste

**Method:**

- Place the blue cod in an ovenproof pie dish.
- Mix the orange juice, ginger, spring onions, salt and pepper, then pour over the fish.
- Cover and cook in a moderate oven for 10 to 15 minutes or until the fish is just cooked.
- Serve with a salad and baked potato with a desert-spoon of lite sour cream.



**Time out:** Suzanne Prentice says take a little time out for yourself – even if it's just to moisturise your hands or apply a little lipstick.

## naughty or nice

Which one will you be this weekend?



**NAUGHTY Sultry Gabbana:** Tanqueray gin, lychee, passionfruit and guava juice. Mix with a devil grin.

## or...



**NICE Jastek Quartz:** Passionfruit, redbull and cranberry. Drink with pure innocence.

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