

Guy, Wayne Gardner and David Oldfield plan tactics.



# BEAT THE

# SURVIVORS

GUY LEECH REVEALS THE SECRETS THAT WORKED FOR HIM ON *CELEBRITY SURVIVOR*, AND CAN HELP YOU IN EVERYDAY LIFE

It was only a couple of weeks after I had knocked back the chance to fall onto ice live on television (dancing, sequins, ice and me don't really mix) that the Seven Network rang me to discuss *Celebrity Survivor*.

'Bring it on,' was my response. *Survivor* has been my favourite reality show for years and I had always wondered how I would fare. I love how it fuses physical and mental fitness with strategy in an ultimate competition with nature's elements and a select group of highly competitive people.

Being very fit and mentally tough, I believed the harsher the conditions the better my chances were. My concern was that as we were so-called celebrities with little time to prepare, the producers may have thrown in some creature comforts so that the environment wasn't so brutal.

I need not have worried. By the second night I had a bad head cold, we were all absolutely

starving, devoid of any energy and freezing in our soaked clothes as our hopelessly inadequate shelter leaked like a sieve under a massive all-night deluge. I was thinking the girls in the other tribe had to be hurting more than we were!

Two nights previously I was snug under the doona with my beautiful wife and now my only chance of any warmth at all was sharing body heat with Wayne Gardner or David Oldfield. I took my chances with the hypothermia!

What the experience on *Celebrity Survivor* did show me was just how important my personal mantra of health, fitness and living are, and how much our bodies struggle when even just a few of these elements are taken away.

Taking inspiration from my time on the island, I've devised some tips for surviving in the real world – looking good, feeling great and living longer.

## 1 BE PREPARED FOR WHAT LIFE THROWS AT YOU

On the island, we were all allowed one item. I thought about mine for days, and chose a pair of wetskin booties that I could wear in and out of the water. This may have given me an edge over Kym Johnson, who I heard watched *Blue Lagoon* as her preparation, and Amber Petty who took mascara! You should set goals and measure your progress against them. Put aside time for the family and physical activity.

## 2 KEEP MOVING

As a society, Australians are moving far less than we were a generation ago. The number one risk of disease and



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With *Celebrity Survivor* star and ironman legend Guy Leech



Justin Melvey, Amber Petty and Nicolle Dickson are up for the challenge.

## 5 NOTHING BEATS A GOOD BEACH WORKOUT

When you've only got sand and water to play with, it's amazing how much you can achieve. Let's equate kilojoules burned to junk food consumed, using the exercises that were available to me on Vanuatu:

WALKING BRISKLY	15 mins	481kJ	1½ Tim Tams
SWIM	30 mins	962kJ	3 Tim Tams
WALKING IN SOFT SAND	30 mins	1047kJ	Chocolate cupcake

Mind you, I would have waded through a kilometre of sharp coral to sniff the wrapping of a Tim Tam packet during my time on Vanuatu – we were all so hungry! Remember, body shape, age and muscle tissue all influence how efficiently we burn kilojoules, so a muscular body shape will burn more kilojoules for the same effort than someone who doesn't have a large muscle mass.



Nicolle takes great strides forward.

premature death for Australian women is insufficient physical activity.

You should do at least 30 minutes of moderate intensity activity five times per week – brisk walking, doubles tennis, cycling or swimming. Obviously it's better if you can incorporate at least a couple of sessions of more vigorous activity such as jogging or aerobics. I recommend simply making a conscious effort to move around as much as you can in your daily life. These days we use the car rather than walking to the shops and to the kids' school, and email rather than walking around the office. The average person walks 10km less each year now than a generation ago, thanks to the remote control.

I had made a pact with myself that I would maintain my exercise levels on Vanuatu with soft sand running and swimming. The running idea was quickly thwarted when we rocked up to find we were setting up camp on coral. Long walks searching for food with my new mate Elton Flatley replaced this fitness plan.

## 3 EAT FRUIT AND VEGIES

Your mum was right when she told you to eat your vegies. Fruit and vegetables are both full of fibre, which plays an important role in digestion and keeping certain cancers at bay. Dieticians recommend at least five serves per day, but nine is ideal.

So how much is one serve? A medium apple, or two small plums, half a cup of 100 per cent fruit juice or around half a cup of vegies (tinned, frozen or otherwise).

Unfortunately all we had on the island was a tiny amount of inedible unripened fruit! The impact of a measly, unbalanced diet had an enormous impact on our energy levels. One night we ate raw fish out of desperation as the rain was not allowing the fire to ignite. I threw up the idea not long before I threw up the fish.

## 4 KEEP HUNTING FOR WATER, JUST LIKE US!

This rule also includes keeping clear of alcohol – no problem on the island, which was fine by me. You have probably heard of the eight glasses of water a day theory. Great if you can do it, but if not, as I suggest with exercise, just make a concerted effort and get into a routine to drink as much water as you can. You'll need more if you're a coffee drinker because caffeine dehydrates you.

In Vanuatu, it took us 24 hours to find water, which was a real concern. Then Elton, Wayne Gardner and myself needed to consume the equivalent of 15 glasses, as we were doing more of the heavy work in the tropical heat. David Oldfield needed less because he was the cook, as did Gabby Richens, who would perspire less with a smaller body mass.