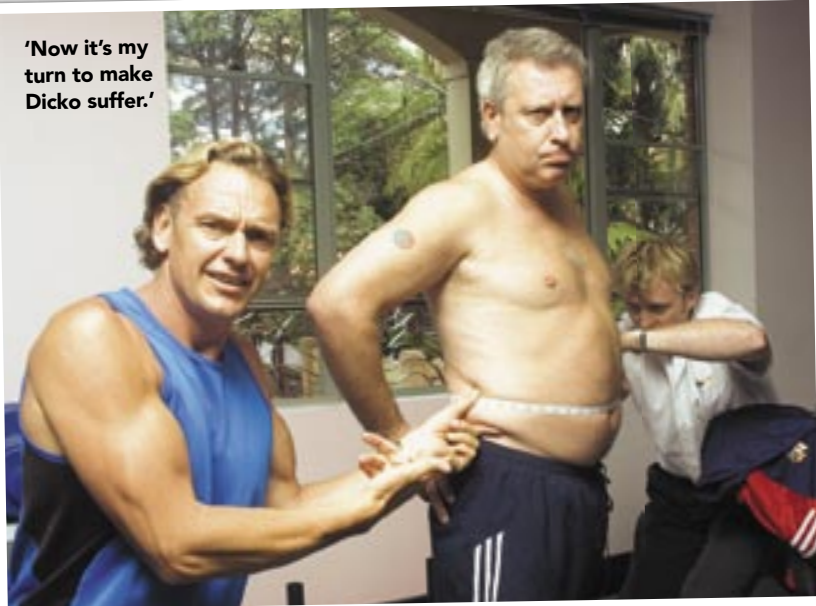


'Now it's my turn to make Dicko suffer.'



get fit with **guy**

With *Celebrity Survivor* star and ironman legend Guy Leech

DICKO'S MID-LIFE CRISIS

AS I LICK MY WOUNDS OVER BEING KICKED OFF *CELEBRITY SURVIVOR*, IT'S TIME TO GET MY OWN BACK AT DICKO

He's a lovable larrikin with a massive profile in our lounge rooms after two years starring in *Australian Idol*, *Dancing with the Stars* and now *Celebrity Survivor*.

But the truth is, while audiences have fallen for Dicko's candid humour, the former music executive doesn't like himself.

'I feel I'm at a crossroads in my life - maybe it's a mid-life crisis,' Dicko says. 'Since fame tapped me on the shoulder a couple of years ago, I'm constantly confronted with pictures of myself in the media and there's no balance in my life.'

'I know I haven't been a good husband and father, and I want to get some stability happening between work and family,' he says.

After a recent post-Vanuatu catch-up, I realised how vulnerable Dicko is. He gets stressed out with stardom and doesn't think he



'I won't let him slacken off.'

deserves all his success. I don't think he believes it'll last. He has a mindset of: 'They'll work me out soon and the bubble will burst.'

I see in Dicko someone who's uncomfortable with his situation, but who's ready to change. Dicko's a great guy - genuine, funny and refreshingly honest with others, but brutally honest with himself.

On the island, there wasn't a lot of contact, but when the cameras stopped rolling we found we had a lot in common. We're almost the same age, and I know he wants some of the balance I have in my life. I'm happy to help him - my challenge is to whip him into shape.

There's an irony to this - who'd have thought the whip-cracking dictator from *Survivor* would be subjected to worse treatment from a pupil?

Dicko hasn't touched a drop of alcohol since agreeing to his fitness makeover. Only weeks ago, he revealed exclusively to *New Idea* his problems with the bottle as a way of numbing his fear of fame.

'It was embarrassing looking at all the "dead soldiers" by the bin each morning - I used to take the bottles out in a wheelbarrow,' he says. 'Now my wife Mel says I'm more thoughtful, and I've even started helping my girls with their homework.'



MY RESCUE PLAN

- ✓ I'm giving Dicko a variety of exercises so he'll continue with them.
- ✓ I want him scared and jittery - that way, when he completes the final challenge he'll feel a real sense of achievement.
- ✓ After three months, we'll do a 10km fun run, then a 20km bike ride and a 10km paddle. When he completes this challenge, it'll strengthen his resolve to believe in himself. I want to increase his self-esteem.
- ✓ Dicko weighs 96kg but needs to be in the 80s. With four sessions a week, he could lose 10kg of fat, but he'll probably add about 3kg of muscle.
- ✓ His blood pressure is in the moderately dangerous zone, and he didn't rate well in core strength and flexibility. I have to be aware of this.
- ✓ Our training will involve the treadmill, bike and kayak, and then we'll mix in some boxing, sand sprinting and stomach exercises.
- ✓ I'm going to flog him, stretch him and find his weaknesses, but as it all unfolds he'll learn to trust me more and start seeing the rewards.

'It gets worse after this, Dicko - the treadmill's a breeze.'

