

# Amelia Giannopoulos: Working Hard

**Occupation: Yoga and Pilates teacher, marketing professional and beauty therapist**

**Age: 29 | Height: 168cm**

**Before weight: 67kg | Before waist: 74cm**

**After weight: 57kg | After waist: 64cm**

Most of us know how hard it can be to muster the energy to work out when you have to work long hours. For Amelia Giannopoulos, it was extra hard – she has not one, but three jobs, working as a beauty therapist, yoga and Pilates teacher and marketing professional. Amelia had always maintained a great figure and led a healthy lifestyle. But when it came to dieting and training for her first Figure competition, she needed to work even harder to fit training around work. “Dieting for a Figure contest can be very tiring when you are trying to work and train at the same time,” Amelia says. “The hardest part was carrying around lunchboxes with my meals at all times!” But her food-carting efforts paid off. “I came third in the Novice section of the South Australian INBA titles in 2006,” she says proudly.

Amelia recommends enlisting the help of a personal trainer for those who are planning to

compete for the first time. “My trainer pushes me hard once a week and the rest of my sessions, I follow his program and train with other friends and we push each other,” she says. When she was 16, Amelia’s first personal trainer was Miss World and Miss Universe winner Terri Roberts. “She is an inspiration and has been my coach and choreographer,” Amelia explains. “When I spend an hour in routine practice with her, I walk out feeling uplifted and like I can conquer anything.” Amelia is also supported by her boyfriend Sam Ricci, who is also her training partner.

So what is her advice for people wanting to boost their fitness? “You must EARN your perfect body – I attended a seminar from Nick Jones, 2006 Mr World, and these letters stand for Exercise, Attitude, Rest and Nutrition,” Amelia says. “Keep all of these in check, get experts to help you and most importantly, think positive.”

The pretty blonde says her competition training has helped her at work, too. “I don’t get as tired and if I do, I can deal with it better as I know my body is resilient,” she says.

