

HOW I LOOK THE WAY I DO...

liz ellis

The commentator and former national netball captain is pregnant with her first child at 38

Exercise

I walk five kilometres five times a week and I love golf. Before I fell pregnant I did Pilates once a week and occasionally rode a bike or did weights.

Since falling pregnant I have slowed down my exercise regimen. Now that I'm well into my second trimester I just walk, stretch and do my pelvic floor exercises.

After retiring from netball my exercise regimen changed. The first 12 months I had an intense weight-training program, but I trained down gradually.

Food

Every morning I have a bowl of fruit salad with natural muesli, low-fat yoghurt and a skim flat white.

I have a piece of fruit or toast mid-morning and lunch is usually a salad sandwich

