

“If you put your clothes on right away, it’s not going to look good”



CARY CASTAGNA
Keeping Fit

A hot shower isn’t the only thing that steams up Valerie Orsoni’s bathroom mirrors.

After showering and applying self-tanning lotion in the morning, the 40-year-old celebrity weight-loss coach does standing wall pushups — in the nude.

What else is she going to do while she waits for her skin to absorb the lotion?

“If you put your clothes on right away, it’s not going to look good. So you do have to stay naked for a few minutes ... You might as well use these minutes by doing something useful,” the Corsican native explains with a laugh in a phone interview from San Francisco.

Staying buff for Orsoni, of course, doesn’t start or end with pushups in the buff.

Prior to her shower, the married mother of a teenage son takes a 30-minute morning walk to ensure she starts her day on the right foot.

Although the walk is at a leisurely pace, it’s done on an empty stomach — except for some freshly squeezed lemon juice and green tea — to ensure she burns fat.

But wait, there’s more.

Brushing her teeth presents

“Half of my phone conversations can be done outside.”

Orsoni with the opportunity to flex her butt muscles.

“When I brush my teeth, which is three minutes each time, which is about six minutes, at least, a day, and 42 minutes a week, I actually contract my glutes in what I call the Brazilian move, where I tilt my hips forward and backward,” the trainer to the stars says, noting she contracts while tilting forward. “And 42 minutes of that a week, after a few weeks, you have a steel butt.”

Then there’s the grocery store, where Orsoni carries her bags at 90-degree angles at elbow

That completely contracts her biceps, she says.

Watching TV provides the multi-tasking Orsoni with ample time to

perform leg lifts. And phone conversations are almost always done while walking.

“Half of my

phone conversations can be done outside. Now I just walk when I talk,” explains the CEO of the wildly popular e-fitness sensation LeBootCamp. “I can log anywhere between half an hour to an hour and a half per day of walk just because I’m on the phone.”

Plus, every time she walks through a door or doorway, Orsoni sucks in her stomach.

“I’m engaging my body all day long,” says the cancer survivor who

weighs a fit 110 pounds at five-foot-three, with 20% bodyfat. “That’s the big thing.” Indeed, it is.

Recent studies have

“Any place is a gym — in the shower, when you brush your teeth”

shown that people who are moderately active all day long are in better shape than those who go to the gym for an intense workout but spend the rest of the day sedentary.

“To me, any place is a gym — in the shower, when you’re brushing your teeth, when you’re watching TV, when you’re in bed, even when you’re emptying the dishwasher,” she says. “If you do it by squatting, you’re going to work your glutes and thighs.”

Orsoni’s www.LeBootCamp.com, which boasts more than 700,000 members worldwide, is based on that concept.

The program shoots down popular excuses people use for not working out.

“That’s why I created a program where people from around the world would find ways to activate their body without having to go to the gym,” says Orsoni, who even has an exercise video game fashioned after her.

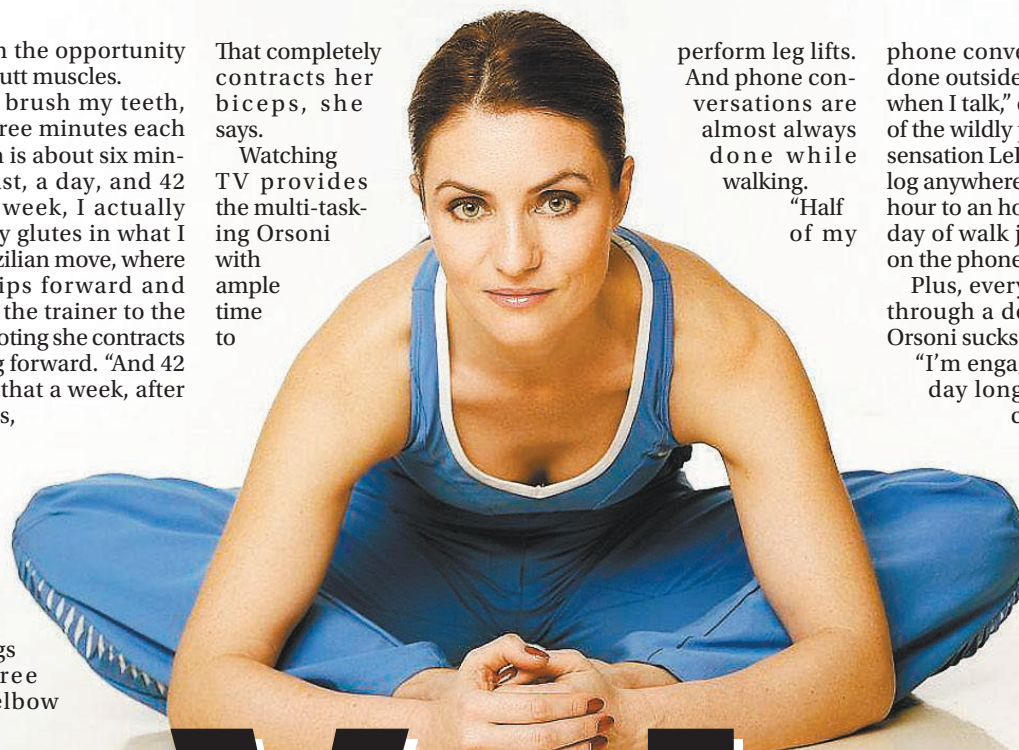
“You can get in shape without necessarily having to disconnect your get-in-shape part from your everyday life — like it was 50 years ago, when gyms didn’t really exist.”

Check out Orsoni’s www.MyPrivateCoach.com and LeBootCamp.com for more.

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VAL'S

VISION

Everyday life can keep you fit,
says LeBootCamp inventor



level.

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