

# Fun, fit and FABULOUS



**YOU'VE GOTTA TRI**  
Katherine takes part in the Abu Dhabi International Triathlon, raising money for a cancer charity.

*Bold* actress **Katherine Kelly Lang** shares her health tips and more with *TV SOAP*

**S**taying fit and healthy is a top priority for *The Bold and the Beautiful* star Katherine Kelly Lang. The 55-year-old loves to compete in triathlons so keeping her body in top condition is a must.

During a recent trip to Australia she sat down with *TV SOAP* to talk health and fitness plus what it's like playing Brooke on *Bold* and her latest kaftan collection.

**You regularly compete in triathlons such as the 140.6 mile (226.3 kilometre) Ironman competition in Kona, Hawaii, and the Ironman Asia Pacific championship in Sydney last year. How did you get into triathlons?**

Well I did endurance racing on my horses for 20-plus years ... and I loved that and that's similar to the long distance triathlons, the Half Ironman or Full Ironman. So when I started doing that I noticed the similarities of

the sport and really fell in love with it and love to push myself and love to do anything that sounds impossible (laughs). I just really enjoy it and I've always been swimming and biking and running my whole life anyway so it was easy to transition into that.

**How do you train for these tough competitions?**

I have a trainer — they put together a schedule. The hard part is trying to find the time and squeeze it into a schedule that's very hectic, which ours always is with the travelling and the amount of work and different businesses that we have going all the time. So it's just really juggling it and even when you don't feel like it you really have to push yourself, get out there and follow the schedule. Get the workouts in and get them done so that when you are racing you're having a good time.

**Do you have to change up your diet when you're preparing for a triathlon?**

Yeah, you need a certain amount of carbs to get through these huge workouts. You definitely have to fuel your body with protein within half an hour after a workout. Just try to eat more clean, not so

much sugar and not empty carbs, which is like white flour, things like that, more brown rice, foods where you still get the carbs but [the ones] not so bad for you. You have to be careful, you have to watch it because the better your nutrition is, you'll be able to go longer and faster and harder.

**What advice do you have for *TV SOAP* readers who want to have a healthier lifestyle but aren't sure how to go about it?**

Well, I think the biggest step is to just start. So whether it's nutrition or whether it's exercise or both, you could just start by getting off the couch and going for a walk [even if] it's a half a mile [800 metres], you can always build on that. You'll be surprised that within a month you'll go from half a mile to three miles [4.8km] to jogging to being able to run. It's just a matter of building up and being consistent and you'll go further and further and develop your fitness fairly quickly. Your diet and your nutrition, if you stick with it you'll see how much better you will feel and it will also help your skin and your digestion and everything.

**You've just launched your latest kaftan range. What inspired the designs of the new pieces?**

I love the '60s era; I just love the clothing. It was all free-flowing, beautiful colours and fabrics. Now it's considered vintage but I loved it as a little kid growing up; I just loved that style and was just always drawn to it. I always wanted to do something like that so the kaftans have allowed that kind of expression.

**Australia's weather is on the cooler side at the moment. How have you adapted the kaftans for the winter season?**

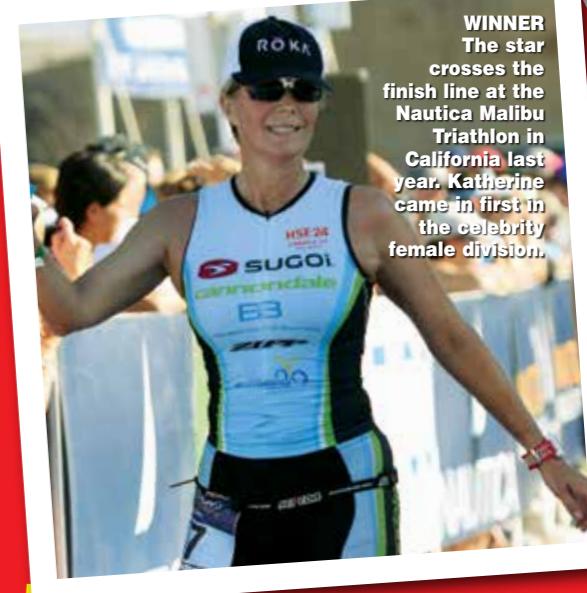
This launch there's some burnout velvet, so there's some heavier pieces. Some pieces have almost a flannel-type feel so they're very warm and cosy. Of course we've got the regular kaftans we make — they're like a bathing suit cover-up or more for spring and summer.

**If you could write a future storyline for your *Bold* character Brooke what would she get up to?**

She's always involving herself with men ... I wish she would think more about what's good for her and her future and also be there, more available, for her kids, not having to get mixed up with a man to make her happy all the time ... usually they make her miserable. I wish she would become more a career person, which she used to be. She was CEO on and off for Forrester Creations; she did create BeLieF, the wrinkle-free [fabric] formula; she did start Brooke's Bedroom, the best-selling lingerie for Forrester Creations, so she's done a lot of things and I think she needs to get back to something like that.

**What are your favourite things about playing an amazing character like Brooke? Have you learnt anything from her?**

I think I've learnt what not to do (laughs). She's made so many mistakes over the years and sometimes the same mistake over and over and over again but I've learnt not to do that. To try to quickly learn your lessons and move on. But she's an interesting character. *TVS*



**WINNER**  
The star crosses the finish line at the Nautica Malibu Triathlon in California last year. Katherine came in first in the celebrity female division.



**FREE-FLOWING**  
Katherine in one of the silk kaftans made by her label, inspired by the "beautiful" looks of the '60s.



**NATURE LOVER**  
Katherine enjoys swimming and sunning amid the turquoise waters of Hawaii.