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Vital Stats

Fitness MO: Yoga, boxing, running, weights, HIIT and drills.
Fave food: Home-cooked vegan fare.
Work perk: Facing my fears. That's one of the most amazing things about my current job.

Nathalie wears Reebok 'HER' crop top, \$50, pants, \$70, and Sole Fury 00 trainers, \$160

EXCLUSIVE

Life After Westeros

Game of Thrones alum Nathalie Emmanuel spills on honing a strong body and mind

By Sabrina Rogers-Anderson

Something you probably already know about Nathalie Emmanuel: she was as devastated as the rest of us when her character Missandei, Queen Daenerys' advisor, died on *Game of Thrones* ("I basically cried my eyes out!"). But, what you might not know is that the 30-year-old Essex-born actor (who's currently filming *Fast & Furious 9*) is also vegan and a qualified yoga teacher. Plus, she's such a fitness force that apparel giant Reebok made her an ambassador for its new range. We sat down with the TV star to uncover the healthy elements that drive her.

A Strong Foundation

Whether she's at home or on the road, Nathalie works out four or five days a week. "I've been training with Tyrone Brennan, a Reebok trainer in London. We do a lot of boxing, running, weights and high-intensity interval training. Recently, we've also been doing drills to help me achieve my strength goals. I want to be able to hold a handstand [in yoga] and a Pincha, or a forearm stand, so we do exercises to build my shoulders and core. I also want to be able to do a set of pull-ups without breaking a sweat, but I'm not quite there yet."

When this legend can't see her PT, she finds other ways to stay fit. "I'll go to a yoga class or do self-practise at home. When I have an early start for work and I only have a quick half-hour, I'll go in the garden or living room and do some of the intervals I've been doing with Tyrone. I'll pick

four or five exercises and do them three or four times."

Given her steadfast dedication to her fitness routine, it's no wonder that Reebok snapped her up as an ambassador for the new Reebok 'HER' range. "The collection gives women the opportunity to express the different layers of their personality and style," she explains. "It's fun, and it allows you to transition really easily from everyday life to the gym."

Scoring Balance

As for balance, she credits yoga for keeping her grounded in an industry where many go off the rails. "It's a very fast-paced world and it's easy to not take care of yourself physically, mentally or emotionally," she adds. "I think it's so important to spend as much time with yourself as possible, and yoga is great for that. It helps you focus

your attention and explore what's going on with you in that moment. When I became an instructor, I didn't necessarily have the intention of teaching. But I started because [yoga is] such a beautiful thing that I want to share with the world."

Her self-care plan also includes meditation, surrounding herself with positive people and following a plant-based diet. "I became vegan just over seven years ago. I was hanging out with a friend who was studying nutrition and she told me about certain foods being linked to diseases. I started doing my own research and I was appalled to see what the food industry gets away with. I was also heartbroken over the treatment of animals. So I became vegan and now I feel happy that I eat delicious, nutritious food without having to harm any being or the planet. That makes me feel good."

Challenge Accepted

You'd never guess the same girl who rode across *GoT*'s snowy plains on horseback used to be afraid of horses. But, Nathalie's had to face more than one phobia on set. "I had to learn to ride a horse for the show. And I also had to learn to swim for a film. I could do basic strokes before that, but I had a phobia of being submerged because someone jumped on top of me in a pool when I was a kid. Then I did a movie where I had to sit at the bottom of a swimming pool, so I took lessons with a diving instructor. By the end, I could stay underwater for 10 minutes. It was a huge thing for me."

Fear facer, planet lover *and* a kick-arse yogi? Yep, she's a total force. [wh](#)

Nathalie
on being...

Fulfilled

"I make time for hobbies like drawing. It makes a little part of my soul happy."

Honest

"Yoga forces me to be honest with myself about what's going on emotionally and physically."

Mindful

"I prioritise sleep. When I'm tired, I'm not as present and I resent the things I usually love."