

“Pilates makes me feel like Wonder Woman”

Media star Chris Bath talks openly to Kate Minogue about life, love, keeping fit and her new show *Sunday Night*

✱ ***Sunday Night* is exciting for me because I like the fact that we are trying to push the envelope.** We are live, which gives us format flexibility that you don't get with longer format current affairs. So if something happens, like the Victorian bush fires, we're able to keep up-to-date with what is happening and cover live breaking news.

On a personal level, I love it because I get to marry all the different disciplines that I've worked on in the past – reporting, interviewing, and presenting. I get to do all of that in one program. And working with Mike Munro is funny because he's this bloke who I've been watching on television for

years and suddenly I'm working with him. We also have Ross Coulthart who is the best investigative journalist in Australia.

✱ **It's actually quite frightening how much I would like to do *Dancing with the Stars* again.** I would absolutely

walk over broken glass to do it because I had so much fun. But I'll be 42 in May and the knees are starting to fall apart.

I had an injury when I was on *Dancing with the Stars*. Since then I've become quite a big runner. I run through the Ku-ring-gai Chase National Park and I just love it. I find it's not just a physical thing, but stops me going batty. But I'm not sure that's a sustainable kind of exercise with my knees over the long term. The mind is willing, but the body isn't so much. I think I need ►



new orthotics. But because I'm time-poor, I put off medical appointments. I did buy a new pair of Brooks running shoes and instantly noticed the difference.

*** Pilates has also changed my life. My teacher, Sonia Darbey, is the guru.** It has changed the shape of my body. It tightens all the flabby bits that you have post-pregnancy around your stomach. I put on more than 30kg – more than half my body weight – when I was pregnant. Pilates sucks in your waist and gives you that flat stomach everyone craves. I have been doing it twice a week for three years and within about 18 months it started to show results. It's better than any gut-sucking underwear you can buy. It's like an internal girdle and it works on your legs as well. It is hard work. A lot of people think it's just stretching. But it has given me great stomach muscles and it's

so good for your back as well. It makes you feel like Wonder Woman.

*** My son, Darcy, is eight and 10 foot tall and bulletproof at the moment. It's not really a big deal for him that I'm on television.** Denis (Carnahan), his father and my ex-partner, is a musician so I don't know if that means Darcy will be a performer, too. He's a great cook and we love to make pasta or go out for Japanese together.

*** Denis and I split in May last year.** Both of us are happier now and very proud of the way we've handled our break up. We had friends around us going through very bitter, vitriolic relationship breakdowns and

we didn't want to do that out of respect for the years we'd had together. I can see how great love can turn to great hate, but that's energy neither of us wanted to expend on destroying such a great friendship. We both didn't want to go where some of our friends were going and decided to split while we could still be friends – it was a very grown-up decision to make. Denis is still very much in my life. He works out of his music studio in my home. It's great for our son and great for us. It hasn't been difficult to stay friends.

*** There have been some reports in the media about me seeing someone.** Denis and I have worked really hard to make our split as easy on our son as possible, and it's working really well for him and us. We are both happily seeing other people but, like most single parents, our son's welfare is paramount to us. +

Chris' red carpet style



Social butterfly
Chris Bath exudes style and grace when out and about.



All that glitters is gold: Bath dazzles on the red carpet at the Logie Awards.

Chris' favourite things



MOVIE

Cinema Paradiso.

MAKE-UP

Diorshow Black Out mascara.



SKINCARE PRODUCT

Invisible Zinc
Tinted Daywear
Anti-ageing
Facial Moisturising
Sunscreen SPF 30+.



GADGET

Saeco Coffee Machine.
"I wouldn't survive without it."



MUSIC

"I have a wild assortment of tunes on my iPod – Bon Jovi, Coldplay, AC/DC, dance music, Kenny Loggins, Van Halen – they're all tunes that get you up and moving."



HOLIDAY

"Italy or the Bushranger Hotel in Collector, NSW."



BOOK

Any cookbook by Maggie Beer or Karen Martini.



FRAGRANCE

Acqua Di Parma.