

hush

The Sunday Telegraph, Sunday 13th July 2008



with

Ros Reines

Sydney's hottest gossip columnist



Helper: Packer's fitness friend

Packer's plan to trim the fat

Billionaire-dad-to-be James Packer is reportedly ensuring he is fit and trim enough to enjoy the arrival of his first child.

The baby is due this week at the exclusive Mater Hospital, at Crows Nest.

In the lead-up to this big event, there are reports that Packer has flown out a nutrition specialist from the US to oversee his diet.

He is also said to have purchased a \$25,000 exercise machine, The Power Plate, which is supposed to dramatically shift body fat through a system of whole-body vibrations.

Determined to win his weight battle for good, Packer has been increasingly spending more time in his private gym.

He has also been increasingly working from the Vaucluse home he gave his future spouse during an early glitch in their relationship. Wife Erica chose the more secluded house away from paparazzi-infested Bondi.



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Note: Pricing quoted for Power Plate in article is incorrect. Please refer to www.powerplate.com.au for correct pricing.