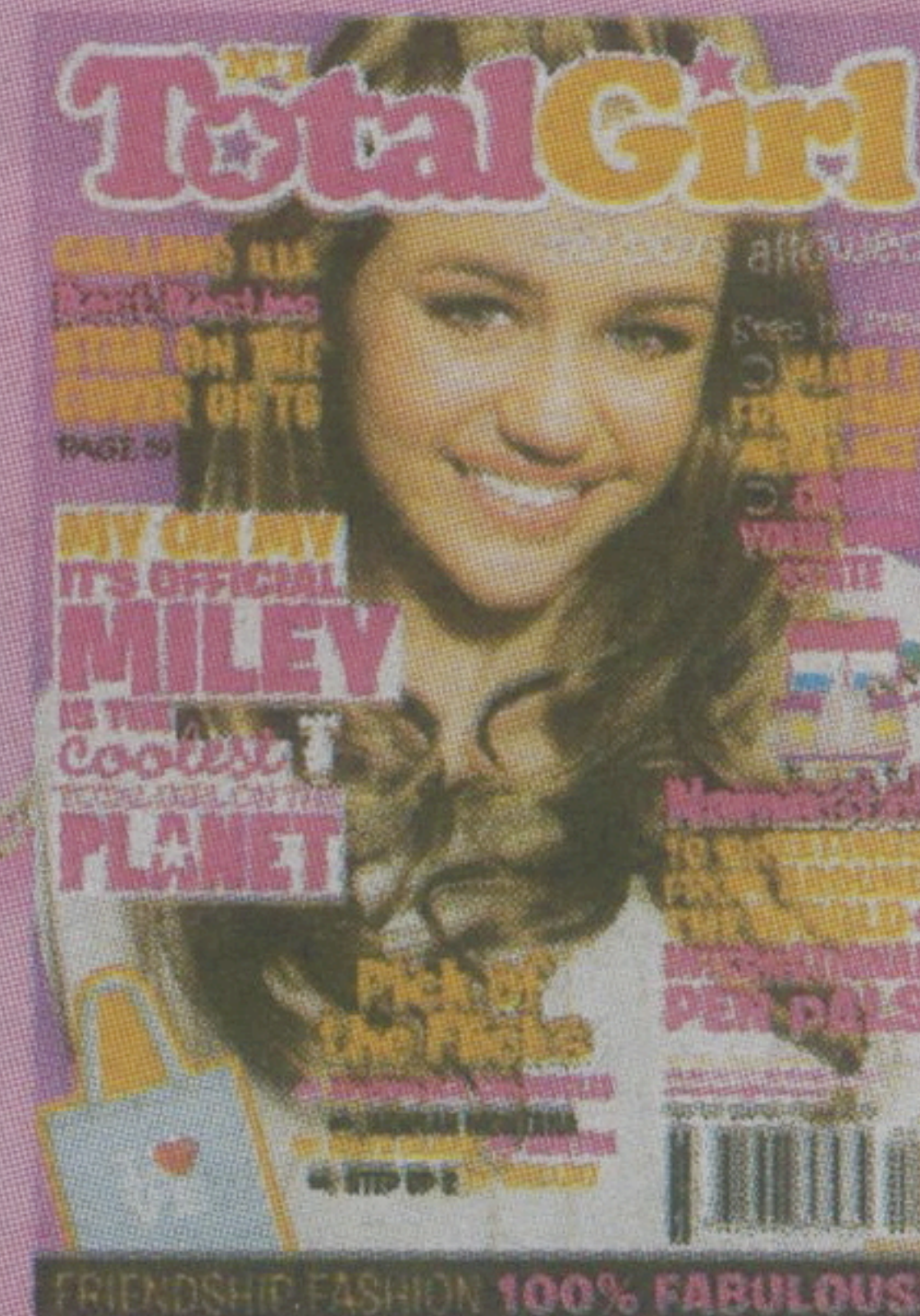


No.1 Total Girl

no boys allowed

APRIL
TOTAL GIRL
IS OUT
TOMORROW!
GET YOUR FREE
DESTINY WHEEL.



Ingrid Jonach, author of
The Frank Frankie

The BIG Questions

We put your fave celebs
to the TG test...

IF I COULD HAVE JUST ONE DREAM...

Then it would have to be the ability to change the world.

MY FAVE LINE FROM A MOVIE IS...

It's not who you are underneath, it's what you do that defines you. (Batman Begins)

I GET FIRED UP...

When books get banned. People should be allowed to make up their own minds.

THE LAST TIME I REALLY LAUGHED MY HEAD OFF WAS...

All the time! Mainly at myself when I am forgetful and put the milk in the pantry and the cereal in the fridge!

ON THE FLOOR OF MY CLOSET YOU'D FIND...

Eek! Evidence of how messy I am! Shoes and clothes that have slipped off hangers.

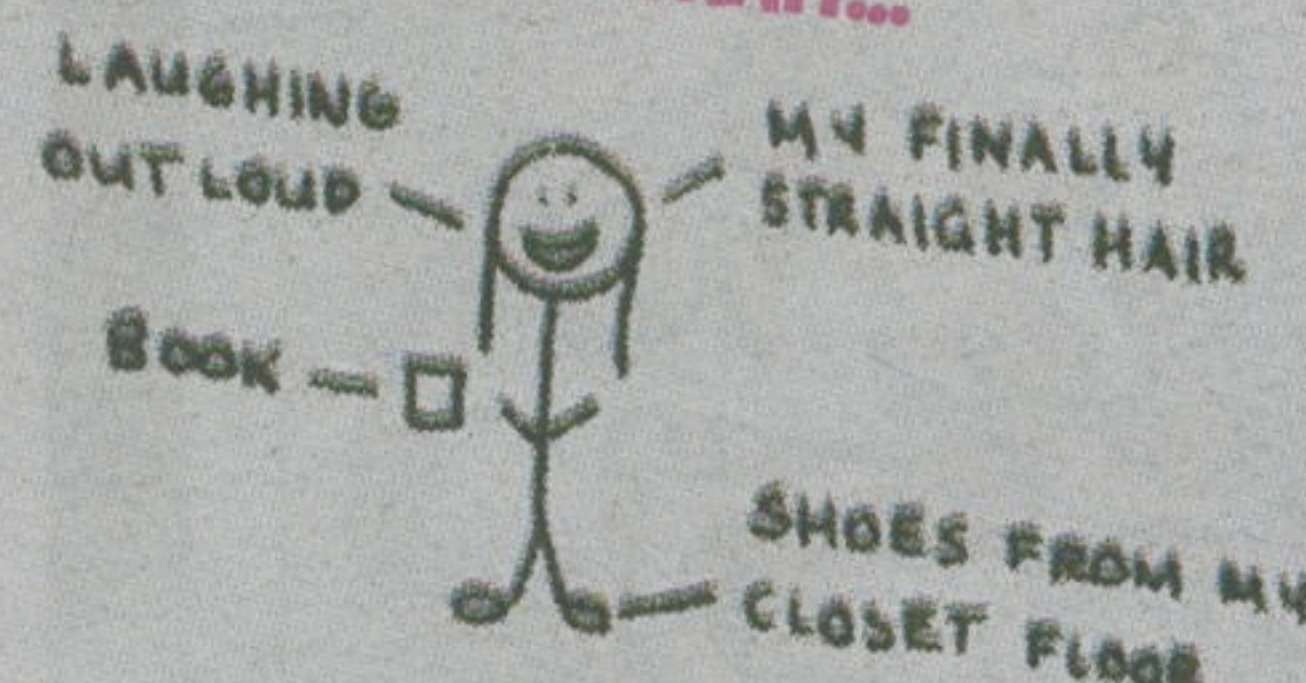
I CAN'T LIVE WITHOUT...

A bath. It's where I do all my reading and some of my writing. Oh, and my mum!

NOT MANY PEOPLE KNOW...

I repeated year six.

MY SELF-PORTRAIT...



MY AUTOGRAPH...

Ingrid

MARCH calendar



MY FIVE FAVE ANIMALS ARE...

- ★
- ★
- ★
- ★
- ★

| | | |
|------|----|---|
| mon | 24 | Easter Monday + April TG goes on sale! |
| tues | 25 | Beauty Tip: DON'T WASH YOUR HAIR EVERY DAY OR YOU'LL STRIP AWAY ESSENTIAL OILS. |
| wed | 26 | Keira Knightley opens her birthday pressies! |
| thur | 27 | ST TRINIAN'S HITS THE BIG SCREEN. |
| fri | 28 | Total Giggles: Q: WHAT DOES ONE STAR SAY TO ANOTHER STAR WHEN THEY MEET? A: "GLAD TO MEET YOU!" |
| sat | 29 | MARCH'S FLOWER IS THE DAFFODIL. |
| sun | 30 | "Always tell the truth. You'll never have enemies because people will always know where you're coming from." -Pink |

FIND YOUR FITNESS STYLE!

1. On a Saturday morning, you are most likely to be:

- a) In bed, of course! Saturday equals sleep-in!
- b) Getting your heart rate up in a netball game
- c) Planning an adventure with your friends!

2. You are most likely to be munching on:

- a) Carrots and celery. Yum!
- b) Chocolate, lollies, chips and pizza
- c) Peanut butter on toast in the morning

3. When being picked for a sport team, you:

- a) Do the picking - you're usually the captain
- b) Are chosen somewhere in the middle
- c) Are off faking a sickie in the sick bay!

4. For your birthday, your number one gift would be:

- a) A scooter - you can't wait to glide through the streets on it!
- b) A new Bratz doll
- c) A surfboard or bike - you haven't decided yet!

Results:

- 1. a=1, b=3, c=2
- 2. a=3, b=1, c=2
- 3. a=3, b=2, c=1
- 4. a=2, b=1, c=3

4-5 Ms Couch Potato

It's time to get out of bed, lazybones! You need to start exercising and eating healthily or you could develop some seriously unhealthy habits when you're older. Join a sport team so that you're more likely to actually participate, and opt for fruit over junk food - your body will love you for it!

6-9 Best of Both Worlds

You lead a balanced lifestyle - you're not too unhealthy, but not obsessed with fitness either. You like going out for a run around or playing any sport, so long as you're having fun. Just be careful you don't let your habits slide or you could be in danger of becoming a couch potato!

10-12 Gym Junkie

How did you have time to do this quiz in between all of the exercise you do? It's great that you have such a healthy outlook on life, but be careful not to let working out rule your life! Remember, it's ok to indulge in a choccie or two every now and then.

jump START

get active, get excited, get involved

Win a Jump Start to achieving your dreams

Get ready to get active!

Whether you're the sports captain or a weekend rollerskater, Jump Start is here to energise your life! Each month in Total Girl magazine we will profile the exciting sports and activities that we love.

Check out this month's issue of TG for all the info on how to easily get involved in the best sports around. Then get moving!

To celebrate the launch of Total Girl's Jump Start campaign we're giving you the chance to be sponsored in your upcoming season and are also giving you the chance to meet your sporting idol.

To find out how to enter, grab the April issue of Total Girl. Jump to it!