



Stratus quo

Three-time *Oxygen* cover girl Trish Stratus fills you in on the many hats she wears, from wrestling champ to yogi to birthing coach.

BY EMILIE DINGFELD | PHOTOGRAPHY PAUL BUCETA

FUN, FEARLESS AND POWER-PACKED

Trish Stratus gives everything she does 100 percent. Gracing her third *Oxygen* cover, she's as busy as ever, juggling her yoga studio, Stratusphere Yoga, and building her business. Here, this seven-time World Wrestling Entertainment Women's champ gives you her recipe for success.



GOLDEN GIRL
TRISH ON HER FIRST OXYGEN COVERS IN 2005 AND 2002.



CAUGHT IN ACTION

CHECK OUT TRISHSTRATUS.COM TO SEE MORE PHOTOS AND TO GET THE LATEST SCOOP.

Most effective workout:

In addition to practicing yoga daily, Trish swears by circuit training and squats. "The little secret things I do: 100 squats. You'd be surprised how much development can come from doing 100 free-style squats using your own body weight."

Bungee jumper: While filming *Stratusphere*, the adventure travel show that she produced, in Bali, Indonesia, Trish bungee jumped off a cliff—while on a motorcycle. "I went right off the ledge on a bungee in an Evel Knievel outfit!"

Love story: In 2006, Trish married her high school sweetheart, Ron, who she's been with for 18

years. "He's the peanut in my peanut butter."

Proudest moment: "Professionally, this would have to be my retirement match at the Air Canada Centre in Toronto, Ontario, Canada. I took my final bow in front of 20,000 of my hometown fans and I retired as a champion," she says. "And it's forever in the history books—in the Guinness Book of World Records, that is."

She's notorious for: Staying up late. "It's when I do my best and most creative thinking."

Change of plans: Trish's medical school plans were put on hold when her teachers went on strike, at which time she discov-

ered her passion for fitness. "I did my first photo shoot and it ended up being my first cover and the beginning of a long-lasting relationship with Robert Kennedy, someone who has become a mentor."

Her friends would describe her as: "Never turning off. I've been called the energizer bunny many times."

Deep breath: Trish is so good at controlling her breathing that she's been a birthing coach for two of her girlfriends. "During one friend's delivery, the doctor said to me, 'You're an amazing doula.' And I said, 'I'm not a doula, I'm a yogi.' I really saw the power of breath."

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ENERGIZER

WHEN TRISH NEEDS A BOOST, THIS IS HER GO-TO POSE.



NuTrishious Avo-Shake

Makes 2 servings • Ready in 5 minutes

- 1 medium avocado
- 1 cup almond milk
- 1 tbsp honey
- ¼–½ tsp vanilla, to taste

Put all ingredients into a blender. Blend until the consistency is as smooth as desired. Have it for dessert or as a snack.

Nutrients per serving:
Calories: 180, Total Fats: 13 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 g, Sodium 90 mg, Total Carbohydrates: 17 g, Dietary Fiber: 3 g, Sugars: 9 g, Protein: 3 g, Iron: 1 mg



HER FAVORITE THINGS:

Calendar book and notepad: "I'm a perpetual list-maker. Many of my most notable *WWE* matches were first a thought in my notepad—even my moves."

Food: Cashews

Fashion items: "Do slippers count?"

Meal: Breakfast—oatmeal with hemp seeds, maple syrup and raisins

Protein: Hemp. "I use hemp powder in my shakes and hemp seeds in just about anything."

Yoga pose: Handstand. "I've been caught on my head many times!"

HAIR & MAKEUP VALERIA NOVA STYLING NADIA RIZZINOTTI BATHING SUIT MELMIRA HAIR COLOUR CRISACE

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