



backpage hero

Jessica Watson

Having made worldwide headlines when she sailed solo around the world as a 16-year-old, **Jessica Watson** is making another splash, as the youngest ever skipper in January's treacherous Sydney to Hobart yacht race. We lifted the lid on her off, and onshore, food and fitness

In my cabin you'll find lots of books – everything from chick lit and novels to technical 'how to' manuals. Some of the books that came around the world with me are a

little water-stained and battered, though!

The best way to prep for a voyage or race is to be completely confident that you've

ticked every box well before the start. Check every little bit of equipment and have a good night's sleep. Heading out to sea stressed over last-minute preparation is the last thing you need.

When I'm away I miss my family most of all – particularly my brother and sisters, who I've always been really close to.

Keeping fit and healthy should be fun. If you think eating well or exercising is hard work, then you need to change something until you find a way that works for you. There are plenty of foods that taste good and are healthy and these are the foods you need to have around you to make sure you're not tempted to eat unhealthy treats.

A typical day's food on the boat is either a mix of long-life and freeze-dried food if we're doing long-distance sailing, or sandwiches and high-energy snacks if we're doing a short day race or training for the day. Because I'm the new ambassador for Australian cherries, I'll also be making sure we're all eating heaps of fresh, tasty cherries during our Sydney Hobart campaign! They're great for energy and contain no fat or cholesterol, so they fit well with our training regime.

At home I cook whenever I can! Cooking or even washing

up these days is a novelty as I'm home so rarely!

When I'm not sailing, I keep fit by jogging on the beach. It's my all-time favourite workout. It doesn't feel like work, particularly if you've got a few good songs on the iPod.

I'm inspired by anyone who stands up with a 'can do' attitude and gives something a go. It doesn't have to be anything big or exciting. I don't have one particular motto – there are lots of things that I like to live by, whether it's giving everything a go or looking at everything with a positive attitude.

The day Ella's Pink Lady and I sailed back into Sydney Harbour was so incredible, but mostly it's the little things about sailing that I love so much, whether it's speeding along under a perfect clear sky, watching an amazing sunset over the water or seeing the water become so calm that the stars are reflected in the ocean!

Being the skipper of the youngest ever crew in the Sydney to Hobart race is really exciting! My team is so hard-working and dedicated, which makes all the hard work so much more fun.

To follow Jessica's news visit jessicawatson.com.au.*

