

“You don’t have to be 20 to be fit!”

YOU WON’T BE SHORT ON INSPIRATION AFTER READING ABOUT TOSCA.

BY STACY RINELLA, EDITOR-IN-CHIEF
PHOTOGRAPHER STEWART VOLLAND

+ For Tosca Reno, there’s no better way of describing the past year than a roller coaster ride. Last April, not only did she say good-bye to her husband, Robert Kennedy, when he succumbed to cancer, she has since had to step into his shoes and take over leadership of his publishing empire. It was anything but easy. Here, Tosca opens up about how she coped, who surprised her, and what she sees for her five-year plan.

Someone To Lean On

“This is when you learn the true mark of a man. A true friend shows up. When life is good, things don’t get

tested. You find out quickly who will be there beside you when things get tough,” says Tosca. Her supporting cast has largely been composed of women,

and she says that now, more than ever, women are stepping into their power – and her four daughters are prime examples. “I’ve been mostly surprised by how amazingly they’ve coped. I’m so proud of how they’ve grown into mature young women.”

Busy Body

When it comes to her work ethic, Tosca is always taking on new projects and challenges, and putting one hundred percent into each. It’s no surprise, then, that Tosca holds such varied titles as *New York Times* bestselling author, Bikini Grand Master Tall Class winner, fitness model, and now president and CEO.

So what challenges might the next few years bring? “I’d like to get on *The New York Times* Best Sellers list again, take up ballroom dancing (my daughters are always making fun of my lack of coordination), as well as learn to speak Spanish.” (She’s already fluent in Dutch, German and French!)

Guidance Counselors

It’s no secret that Tosca has become a mentor for many, and that the eat-clean message has changed bodies and lives across North America. But who does Tosca turn to for inspiration? In the business world, she’s grateful for Bob Proctor and Sandra Gallagher,

creators of the coaching program *Thinking Into Results*, as well as her own book agent Yfat Reiss Gendell. Her brother, René van Diepen of Stratford Managers, has also been a source of advice and guidance since Tosca’s stepped into her new role as CEO. And who can forget Coach Rita Catolino, who helped propel Tosca to a first-place finish in her Bikini contest last October. “I wouldn’t have wanted to take me on. I’m not easy to deal with,” says Tosca. “But I didn’t want her to be nice to me. You get to be your best when someone is strong enough to manage you into it.”

SECRET WEAPON: TOSCA CAN’T LIVE WITHOUT COCONUT OIL, AND CREDITS IT FOR BOOSTING HER METABOLISM AND IMMUNE SYSTEM. “I EAT IT OFF THE SPOON!”



California’s adopted daughter: “People always think I’m from Los Angeles. I’m Canadian, but I love L.A.!”



TOSCA WITH PHOTOGRAPHER STEWART VOLLAND.



LEAVING THE BEACH AFTER A BIG DAY OF SHOOTING IN MALIBU.



See Tosca in action on page 106, training with Coach Rita Catolino.

The Three Faces of Tosca Though she makes it look like a walk in the park, Tosca has to prepare emotionally when it comes to stepping into the spotlight. Before each appearance, she takes 10 minutes to breathe, tap her fingers and get herself into a peak state. Then, depending on the situation, she will repeat a mantra before going on: for the contest stage – “Rock it like you own it!” For the camera – “This is your chance to bring someone over to the Oxygen side of life.” For speaking engagements – “People are looking for you to be you!”

TOSCA’S HURDLE, where fitness is concerned: travel, which she does approximately 75 percent of the year. “When I travel, it is much more challenging to stick to a schedule, so I have to throw structured plans into the trash and accept chaos.”

+ Fitness pet peeve: “It’s not much fun when people leave all the weights on the floor rather than racking them.”



GIRL STUFF: TOSCA’S FAVORITE PART ABOUT GETTING ALL DOLLED UP? PENCILING IN EYEBROWS AND DOING UP HER LIPS. “SO MUCH IMPACT FOR SO LITTLE EFFORT!”



GUILTY PLEASURE: Does the Eat-Clean Queen succumb to cravings now and then? She sure does. “My favorite is always a latte. It has just the right amount of sweetness for me.” But when she’s really got something to celebrate, she goes right for the carrot cake. “It’s how I celebrated my Bikini win, with a big, beautiful cake baked by Kelly Childs [the owner of Kelly’s Bake Shoppe, a vegan bakery based outside of Toronto, Canada]. And yes, there was a little bit of champagne, too.”

MORE ONLINE! WATCH THE BEHIND-THE-SCENES ACTION AT TOSCA’S COVER SHOOT IN OUR EXCLUSIVE VIDEO AT OXYGENMAG.COM/FEB2013