Paulina Porizkova, 56, flaunts muscular stomach in throwback bikini snap from her Costa Rican va

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Paulina Porizkova is showing off her incredible abs in a throwback bikini photo that was taken during her Costa Rican vacation, after showing off her grueling workout routine the day before.

The 56-year-old supermodel, who hasn't had any Botox or cosmetic procedures, opened up in her Instagram post about the struggle to accept aging in a society that teaches women they should be trying to look youthful for as long as possible.Â

'Combat age. Reverse aging. Rejuvenate. Anti age. None of this is possible,' she wrote. 'Yet, if you do an internet search on aging, this is what youâ€™ll get. Pills, potions and workouts to fight the aging process. You know what the only way to stop aging? Dying.'

Stunning: Paulina Porizkova, 56, took to Instagram on Thursday to post a photo of herself modeling a cream string bikini at the exclusive Hermosa-Hills villas earlier this month

Getting sweaty: The bikini photo comes one day after she shared a video of herself working out with her trainer Judy McCullough Fox

'I do not want to fight myself everyday for the rest of my life. But I do want to make the best of what I was given,' she continued. 'And I want to shine a bright light in the dark corners of the shame that is heaped on women for daring to age.'

In her post, she paid tribute to over a dozen women she follows on Instagram who have embraced aging, including actress Andie MacDowell, beauty entrepreneur Linda Rodin, and makeup artist Pati Dubroff.

'I canâ€™t change the world alone, but if you feel like I do, there are these some amazing women here on IG that I get inspired by everyday,' she said. 'There are many many more, and inspirations for all different reasons, but for now Iâ€™m just picking those who are accepting their aging and making it beautiful.'

Porizkova concluded her post by thanking the photographer and the resort the picture was taken at.

'Yes, I picked this photo of me looking my best (thank you @michaelzeppetello for the photograph and @luxuriousvillarental) to get your attention,' she wrote, adding the hashtags: '#nobotox #nofillers #nointerventions YET #nofilter #noshame #proaging.'

In the latest snapshot from the tropical getaway, she is standing in front of the pool at her villa wearing a cream string bikini. Her body is tan, her abs are chiseled, and she is laughing.

Workout: The footage shows the Sports Illustrated Swimsuit alum grinning and baring it as she does a series of suspension pushups and squats with a kettlebell

While in Costa Rica, Porizkova stayed at the exclusive Hermosa-Hills villas run by Beauty Pie founder Marcia Kilgore's husband Thierry BouÃ©. She shared a number of stunning bikini photos as well as videos of herself posing under a waterfall and doing her best Baywatch imitation while running through the surf.Â Â

The Sports Illustrated Swimsuit alum is known for her fantastic figure, but she has made it clear that keeping her body in tip-top shape isn't easy, nor is it always enjoyable.

On Wednesday, she shared a video of herself cursing while doing a grueling workout with her trainer Judy McCullough Fox, explaining that she is preparing for a 'top-secret' project.

Porizkova set the video to Marvin Gaye's 'Mercy, Mercy Me,' noting in the caption that her choice of song lyrics was 'entirely intentional.' She smiled through her workout, but there was a point at the end where she said f**k in frustration. Â

The footage shows her grinning and baring it as she does a series of pushups using a suspension training rope. The clip then cuts to her doing squats with a kettlebell, a smile still on her face.

However, she loses her cool while doing dumbbell rows in a plank, and an expletive comes flying out of her mouth.

'This is muted, right?' her trainer asks, laughing.

Can't help but swear: However, she loses her cool while doing dumbbell rows in a plank, and in a moment of frustration an expletive comes flying out of her mouth

Despite her undoubtedly sore muscles, Porizkova seemed to be enjoying herself.

'Here I am with my favorite personal trainer, Judy, to get in even better shape for something special in the fall. (Top secret â€" canâ€™t reveal yet),' she wrote in the caption. 'My apologies for the expletive at the end â€" but it was heartfelt.'

Porizkova explained that she meets with Judy whenever she is staying in her second home in upstate New York.

'In NYC I do my @nofarmethod Pilates, in the country over the summer Iâ€™ll bike and work out with Judy,' she said. 'Sheâ€™s not only super knowledgeable and designs my workouts around my stupid hips, (stupid arthritis!) but she also has a great sense of humor.'

The mother of two has previously credited her toned physique to her favorite workouts â€" NoFar Method Pilates and YouTuber Aqua Jade's dance cardio â€" as well as EMSculpt NEO treatments to tighten the muscles and firm the skin.

'At fifty-six, staying in shape takes work! I try to exercise at least 3-5 days a week. And you know what? I frickin hate it,'

she admitted in an Instagram post last month. 'I donâ€™t like to sweat and huff and puff and hurt. If sitting on a couch, eating cake, drinking wine and reading did the same for me as exercise, there would be no contest.

'BUT. I have come to find out that â€œworking outâ€• is that perfect little pill everyone is looking for,' she added. 'It makes you feel good, look good, good for your brain and body â€" a small miracle that has to be paid [off] by a little discomfort.'

Secretive: Porizkova, who posed topless with a friend last week, said the workout was for a 'top-secret' project this fall

Stunning: Porizkova showed off the fruits of her labor in a number of bikini photos while enjoying a getaway in Costa Rica earlier this month

Ageless: The Sports Illustrated Swimsuit alum posted footage of herself doing her best Baywatch imitation while running through the surf

The cover star's post came less than a week after she revealed that she had been 'booted off' Hinge following her breakup from screenwriter Aaron Sorkin.

She shared a sunbathing selfie last Thursday while griping about her issues with the dating, saying it was once again failing her now that she is single.

'OK. Whatâ€™s up, @hinge ? I signed up a while back, and was booted off instantly because I had violated guide lines. I didnâ€™t even get to post my photo. My name, it seems, is against guidelines?' she explained.

'I called, I emailed. No one bothered to reply,' she added. 'Then, a friend suggested I use a different phone number and my nickname. I got a few nice dates that way. And boom, now when I need it â€" I discover @hinge has booted me off again! Whatâ€™s a lady to do?'

Many commenters were convinced the app assumed she was being impersonated and disabled the account, which turned out to be the case.

Others said insisted she should be on Raya, the exclusive dating app loved by celebrities. However, Porizkova admitted she hasn't had any luck on Raya because of her age.

'Am on it!' she wrote in the comments. 'Unfortunately â€" it seems the gentlemen of Raya prefer them young.'

Over: Porizkova announced on July 20 that she and Aaron Sorkin had broken up. They made their red carpet debut at the Academy Awards in April, which was their second date

Over: Porizkova shared this photo of herself walking with Sorkin, 60, to say they had gone their separate ways after three months together

A spokesperson for Hinge confirmed to DailyMail.com that other users thought Porizkova was an imposter and reported her account as fake.

The app reinstated her account and publicly apologized to the model in the comments section of her post.

'We are so sorry for the heartache weâ€™ve caused you! We want everyone to have a positive Hinge experience that ultimately leads to finding love,' Hinge wrote. 'People thought having you on Hinge was too good to be true and immediately reported your profile for being fake. Your account is back on the runway with a few Roses on us.'

Porizkova announced her split from Sorkin on July 20, after roughly three months together. She posted a photo of herself and her now-ex, 60, out for a walk with a broken heart emoji over it.

In the caption, she gushed about how wonderful the Oscar-winning screenwriter is, calling him 'witty' and 'sexy.' She never explicitly revealed why their relationship came to an end, but she alluded to them being too different.Â Â Â

'Iâ€™m so grateful for his presence in my life. He helped heal me and reclaim myself. There truly may be no better man, no man whoâ€™s more genuinely "good,"' she wrote. 'Heâ€™s brilliant and witty and funny and sexy.

Loss: Sorkin was the first man Porizkova has been publicly linked to since the death of her estranged husband, rocker Ric Ocasek (pictured in 2013), in September 2019

Best dates ever: Porizkova attended the premiere of Stillwater with her two sons, Jonathan Ocasek, 27, and Oliver Ocasek, 23, on Monday

'But it doesnâ€™t matter how much we may wish we were birds of a feather â€” weâ€™re still a duck and a goose.' Â

'Thank you @dailymail for this slightly goofy paparazzi shot,' she added. Â

The photo shows Sorkin holding Porizkova's scarf in his hand and looking at her with a smile on his face while out on a stroll.

She went on to note that she will not be speaking of their breakup in the future out of respect for Sorkin. Â

'As unfiltered as I usually am, this involves someone elseâ€™s privacy â€” so this is all Iâ€™ll ever say on the subject,' she concluded.

Sorkin was the first man Porizkova has been publicly linked to since the death of her estranged husband, rocker Ric Ocasek, in September 2019, but she seems to be taking it in stride.

Not only is she back on dating apps, but she has also been keeping busy with work and events. On Monday, she went to her first film premiere in over a year.

The proud mom shared a photo of herself on the red carpet with her two sons, Jonathan Ocasek, 27, and Oliver Ocasek, 23, who recently graduated from the University of Rochester.Â Â

'About last nightâ€¦ A taking in a premiere with my boys of Stillwater. First time in a movie theater since Parasite. That was February of 2020,' she wrote. 'Last night, everyone had to wear masks except for photos.

'I will certainly always wear my mask when required,' she noted. 'But it also makes me want to just stay at home and watch Ted Lasso. See, this is why a gal needs her online dating services. Still, it was fun to go out â€" once. Btw, great acting in the film!'

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