


EXERCISE ADDICT? ARE YOU TOO COMMITTED TO YOUR GYM?
take the test! 

fitn

THE AB ISSUE

YOUR 28 DAY TOTAL AB PLAN

IN THIS ISSUE:

- THE AB **WORKOUT** SOLUTION
- CALORIE-BUSTING HIIT ROUTINE
- FAT LOSS RESEARCH UPDATE
- TRANSFORMATION SUCCESS

HOW TO:
**BUILD YOUR
OWN HOME GYM**

COVER GIRL

Callie Bundy's
top nutrition
and training
secrets



SHAPE AND TONE

WITH OUR
HIIT
KETTLEBELL
WORKOUT

SAVE
R420
SUPPLEMENT
DISCOUNT
VOUCHERS
inside



www.fitnessmag.co.za

MARCH - APRIL 2017
R45.00 (VAT INCL)
Other countries R39.47 excl TAX
Printed in South Africa



Shelby Neves

2016/2017 USN

FACE OF FITNESS WINNER



SHOP ONLINE
USN.CO.ZA



MANUFACTURED IN ACCREDITED FACILITIES



For optimal results, combine with a balanced, energy-controlled eating plan and regular exercise. Individual results may vary.

Slim Down in 6 weeks

WITH YOUR 3-STEP RAPID FAT LOSS STACK



BURN FAT



MULTI-ACTION THERMOGENIC
FOR ALL-DAY FAT LOSS &
FEEL-GOOD ENERGY

GET LEAN



ULTRA-LOW CARB, HIGH PROTEIN
WHEY ISOLATE TO SUPPORT
LEAN MUSCLE MASS

TONE MORE

STIMULANT-FREE
BODY TONER
FOR A LEANER PHYSIQUE

#MAKETHECHANGE

BIOGen
FOR THE RESULTS YOU WANT

PLATINUM

SINCE 2004

SUPREME ATHLETES NEED SUPREME QUALITY.



Lisa Daleigh

"A healthy body makes a happy life. Put your health first with Biogen's quality range of vitamins & minerals."

#BEYOURBEST

NEW

includes

EPA 450mg
DHA 300mg



ESSENTIAL FATTY ACID SUPPLEMENT
ALSO SUPPORTS HEART, NERVOUS SYSTEM & EYE HEALTH.

Available at:

Dis-Chem
PHARMACIES

3D
NUTRITION

WHICH
WHEY
TO TURN?



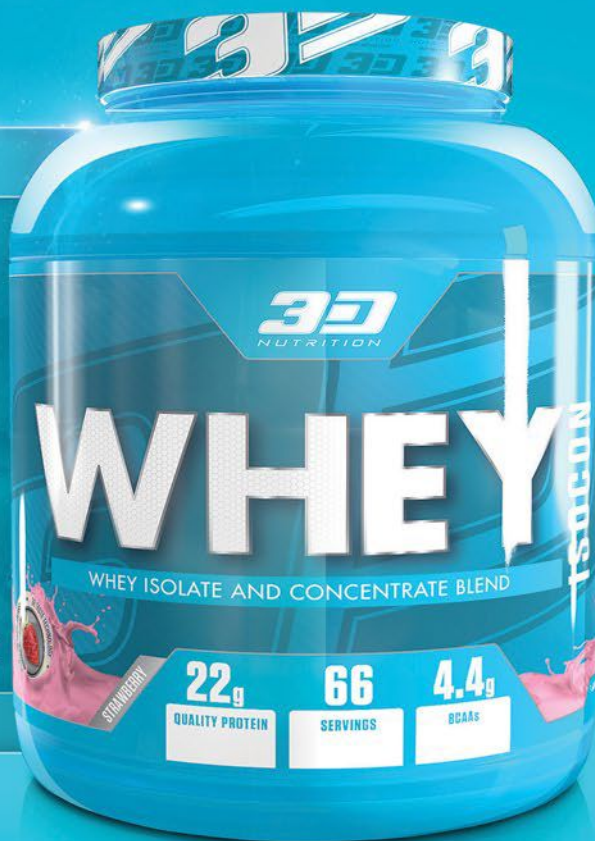
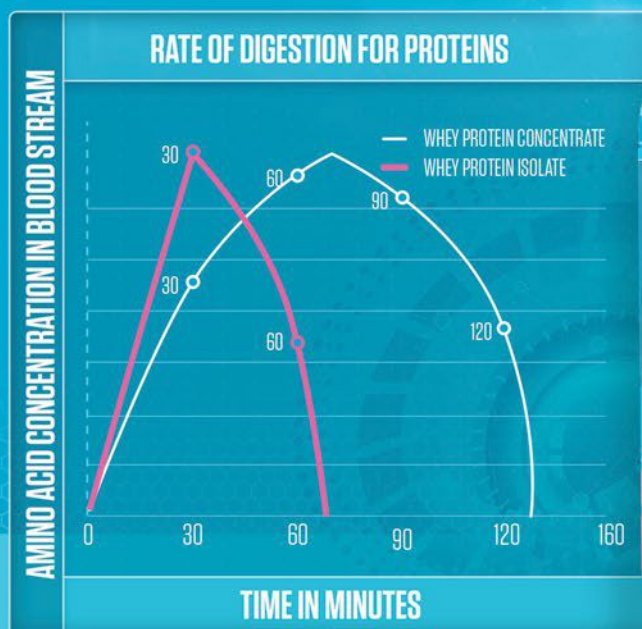
Probably the most common, and important supplement in any fit fanatics' pantry is a whey protein. Whey protein is the most bioavailable source of protein, it is rapidly digested, and it tastes great. However, you don't all-whey's get what you pay for, and each company always promises you better than the next, but still delivers the same product. We at 3D Nutrition understand this, and is exactly why, and what we have developed our 3D Whey Isocon around.

3D Whey Isocon is an advanced protein blend which contains instantized microfractions of whey isolate and ultra-filtered whey concentrate, in a higher than normal ratio for ultra-fast absorption. The reason for this is because whey isolate is much easier to digest, which results in a quicker absorption rate compared to concentrate. However, concentrate can extend this absorption which can lead to longer protein synthesis, and complete breakdown of amino's to be used better, as well as making it taste better. Best of both worlds really.

With each 30g serving, you will receive 22.2g of highly bioavailable protein with only 3g of carbs in the form of lactose and 2g of fat, meaning you can rest assured knowing that your protein demands can be easily satisfied at any time of day without consuming unnecessary calories.

The 3-Dimensional Taste Technology used to flavour the whey, is a process of coating the raw ingredients 3 times with flavour, rather than just throwing flavouring in. This not only makes it taste better but also means less artificial sweeteners and thickeners. Furthermore, there is no amino acid spiking in the 3D Whey Isocon, guaranteeing that each serving has 22.2g of protein, and not just amino acids. It is also one of the only South African brands to individually test each batch, and make the lab results of these tests available for clients to see.

3D Whey Isocon is the pinnacle of affordable whey protein on the South African market, offering a unique protein blend that provides a better absorption rate, superior tasting whey both in flavour and in quality thanks to 3D Taste Technology, as well as a guarantee that you are getting 100% protein in each serving. So, where is yours?



NOW AVAILABLE AT **CHROME**
SUPPLEMENTS & ACCESSORIES

3D NUTRITION @3DNUTRITIONSA @3DNUTRITIONSA

FOR MORE INFORMATION ON OUR FULL RANGE GO TO 3DNUTRITION.CO.ZA



QUALITY | INNOVATION | SCIENCE

YOUR TOTAL AB PLAN

38

GET THE MIDSECTION
YOU'VE ALWAYS
WANTED WITH OUR 28
DAY TOTAL AB PLAN

CONTENTS

MARCH / APRIL 2017

26 Reality lag

Why your mental transformation usually lags behind physical changes.

48 An assault on calories

Move over spinning, the Assault Bike is the new calorie-crusher on the scene.

50 Psyching out your recovery

How your mind can hamper your ability to recover between training sessions.

54 Exercise addiction

When your commitment to exercise becomes bad for your health.

58 How to set up a home gym

Choose your weapons. The right ones make you, the wrong ones break you!

60 HIIT those kettlebells

Shape and tone in 26 minutes. Our workout to blast calories and build a better body.

94



94 Transformation

Firdous Asmodien



60

HIIT THOSE KETTLEBELLS

A 26 MINUTE WORKOUT
THAT SHAPES AND
TONES



IN EVERY ISSUE

EDITOR'S LETTER	8
GENERAL NEWS	12
ASK THE EXPERTS	16
FITNESS NEWS	30
LIVE STRONG	32
TRAINING NOTEBOOK	34
SUPPLEMENT NEWS	72
NUTRITION NEWS	78
NUTRITIONALLY SPEAKING	80

66 Weights and cardio

To improve your health and fitness and lose weight, cardio and weights are best.

68 5 ways to step up your earning potential

5 of the best ways to boost your earning potential as a personal trainer.

70 Michelle Leigh - FITposium

FITposium is an annual educational and inspirational seminar focused on success in the fitness modelling and entrepreneurial industry.

74 Fat burner buyer's guide

What's new in the dynamic world of fat-loss and weight-loss supplements.

84 Recipes: Seasonal sensations

Sensational dishes with this season's fruits and vegetables.

86 Health benefits of high energy flux

Why eating more and moving more is the key to optimal health.

90 Juicing during pregnancy

An ideal way to optimise your micronutrient intake during this time of development.

92 Apple cider vinegar and weight loss

Is this common acid-tasting ingredient a suitable weight-loss aid, or is the truth bitter sweet?

24

ON THE COVER
Callie Bundy
PHOTO BY
James Patrick
www.jamespatrick.com



TRAINER

Immediate 24/7 access to specialist trainers to help you achieve your fitness goals.

PROGRESS

Log your progress while training and get instant feedback from your trainer.

NUTRITION

Detailed meal and supplement plans with a water tracker to keep you healthy.

PROGRAMMES

Multi-discipline training programmes. Detailed movement illustrations. Programmes across all fitness levels.

FIY'RE

THE TWENTY FOUR SEVEN, THREE SIXTY DEGREE, PERSONAL TRAINING APP.



COMING SOON

info@fiyre.co.za

© 2017 Fiyre. All Rights Reserved. Terms and conditions.

PICK YOUR PASSION

WITH MY 38TH BIRTHDAY AROUND THE CORNER, I TOOK TIME TO REFLECT BACK AND TAKE STOCK OF WHAT I'VE LEARNT, WHERE I AM NOW, AND WHAT I WANT AND DON'T WANT.

I realised that to be successful at anything you have to be passionate about it. Goals don't work unless you do, and what fun is it to work on something that simply isn't bringing you any joy?

As an example, a broad goal like working out to look better isn't going to cut the motivation mustard for very long. I've preached this many times, but this year I finally experienced it.

My approach to eating and training has always supported my physique-oriented goal of looking more athletic and lean. Sure, functional fitness and strength were also top priorities, but I was never willing to sacrifice a lean physique to get stronger. The effect on my outward appearance was always the dominant factor to consider.

After years of trying – of succeeding, failing, getting lean, being not so lean, in a pattern similar to a yo-yo diet effect – I became despondent due to my 'lack' of results. Soon

enough, gym and training were no longer fun as my workouts were driven by feelings of guilt rather than enjoyment.

I was forcing the issue and it made me dislike where I was and what I was trying to achieve. What's worse is that I never really achieved anything noteworthy.

That was until the day I let go of my physique-based ideals and fully threw myself into an activity that I enjoyed doing and something that was challenging and rewarding.

A mindset shift happened over the course of 2 to 3 months as I modified my training to support my new-found passion – mountain biking. Suddenly I was applying myself harder in training, even in the gym, and was researching techniques to improve my endurance and fitness. I also began to track my progress and achievements.

What's more is that a leaner physique became a by-product of becoming a better cyclist. I was doing something I enjoyed AND I started to look the part!

My 'eureka' moment happened when I stopped worrying about the fit of my jeans and started caring about the fact that I was the slowest person in the group of riders. Being the last one up a hill is

far more embarrassing than the private struggle with your favourite pair of Freddys.

So, what's the message? Well, if you're struggling to connect with that inner passion required to shed those last few kilos or build a better body, perhaps it's time to reframe your training raison d'être – your primary source of motivation.

Finding a new passion or challenge will get you moving again by igniting within you the most powerful form of motivation – intrinsic motivation. This is driven by an interest or enjoyment in the act itself, rather than on any external pressures or rewards.

The funny thing is, by pursuing your passion, you'll be more likely to achieve the goal you set for yourself in the first place. So go out and explore your options and find a place where you belong, even if it's not inside the gym. I promise that by making that connection, your desire and approach to bettering your fitness and strength in your new endeavour will ultimately lead you back to the gym, this time with a renewed sense of commitment and motivation to train.

Tanja

ON THE COVER...

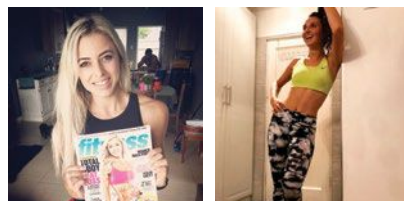
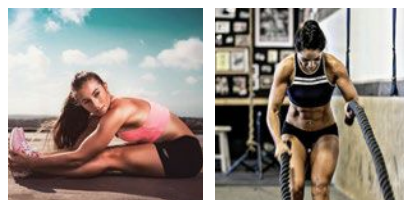
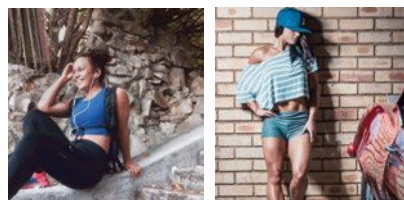
Viral YouTube sensation Callie Bundy has built a career of blending sport and fitness online. Read page 24 to find out more



GET SOCIAL

Tag @fitnessmagsa on Instagram

@domoniquereagon, @genevievefernandes
@itainsa, @alroydixon, @keziahsarle
@amorecoetsee, @alrietaq, @lizebirkstock



TOP READS:



PG 38 Your Total Ab Plan
You've heard it many times before: "abs are made in the kitchen". Well, it's true! However, they do need some sculpting in the gym. Our 28-day programme gives you a quick 5-minute-a-day, 5-days-a-week solution to a strong core and a sexy mid-section.



PG 54 Exercise much?
Do friends tell you that you're too committed to gym or your activities? Take the test and see if you're an exercise addict.



Walden Farms Near Zero

Introducing **Walden Farms** great range of 65 products for your enjoyment, healthy living, wellbeing and weight management. Eating Well and Living Well with **Walden Farms** products.

LOWEST in Calories, Fat, Carbs & Sugar!

- ✓ LESS THAN 5 CALORIES PER SERVING
- ✓ LOW SUGARS, CARBS AND FATS
- ✓ GLUTEN FREE
- ✓ DAIRY FREE
- ✓ NON GMO
- ✓ VEGAN
- ✓ KOSHER
- ✓ ALL NATURAL COLOURS

SWEET SYRUPS

DIPS FOR FRUITS

JAM & JELLY
FRUIT SPREADS

PEANUT SPREADS

COFFEE
CREAMERS



VEGGIE &
CHIP DIPS

PASTA SAUCES

BARBEQUE
SAUCES

DRESSINGS
& VINAIGRETTES

MAYONNAISES

Walden Farms range of 65 products across 10 categories naturally compliments any snack or meal

The Walden Farms Guilt Free Wheel helps you to **eat well and live well** without the Guilt!



Xtreme Nutrition
CHROME
SUPPLEMENTS & ACCESSORIES

Making healthy taste delicious... Guilt Free!

Products available online at waldenfarms-sa.co.za, or at Xtreme Nutrition, Chrome Supplement stores and at selected Spar stores nationwide!

SPAR



MISSED AN ISSUE?

50+ WORKOUTS AND BACK ISSUES AVAILABLE ONLINE



READ IT.
ANYTIME,
ANYWHERE



EDITORIAL CONTRIBUTORS



LAETITIA DEE, *Life Coach*
CEO and founder of Laetus Life, Life Coach, weight management coach (HFPA), motivational speaker, and Supashape ambassador. Holds a BA Psychology Degree.
www.laetuslife.com



WILNA APPEL, *Head coach and owner, CrossFit PBM*
CrossFit coach, trainer and competitor – 2012 female runner-up in Africa Regionals and member of 2014 Africa Regionals Team Champions.
www.crossfitpbm.com



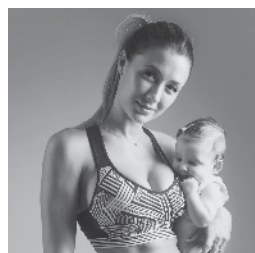
JAMES PATRICK, *Photographer*
Arizona-based commercial and editorial photographer specialising in sports, fitness, commercial and fashion.
jamespatrick.com • fitmodelguide.com



LIL BIANCHI KIMBLE, *Head coach & owner of OTG Athletic*
World Champion powerlifter, deadlift world record holder and addict of defying the human condition.



CINDY ELLIS, *Photographer*
As a former competitive fitness athlete and an active CrossFit competitor, Cindy's ability to capture the human body and movement is unrivalled.
www.cindyphoto.co.za



GIORGINA SLOTAR, *Clinical Nutritionist (Int'l. Grad. Dip. Clinical Nutrition, Australia)*
Giorgina is also a pre- and post-natal exercise specialist, and is a qualified personal trainer through HFPA.



NICOLE WARBURG, *Coach and trainer*
Multiple national fitness champion, CrossFit competitor – 2014 Africa Regionals runner-up – and coach at The Yard Athletic.
@nicolewarburg



CARA-LISA, *Wellness coach*
Health blogger, fitness enthusiast, wellness coach and founder of the Caralishious brand
@caralishious

fitness

www.fitnessmag.co.za

CO-PUBLISHER
Andrew Carruthers
EDITOR & CO-PUBLISHER
Tanja Schmitz
MANAGING EDITOR
Pedro van Gaalen
DEPUTY EDITOR
Werner Beukes
ADMINISTRATION
Leoni Needham
SENIOR DESIGNERS
Teya Esterhuizen
Christian Nel
ONLINE
Gareth Bouwmeester

PROOFREADING
Irene Stotko

PHOTOGRAPHY
Cindy Ellis, Soulby Jackson, James Patrick, Ben Myburgh

CONTRIBUTORS & ADVISORY
Laetitia Dee, Wilna Appel, Nicole Warburg, Charlene Warwick, Vanessa Ascencio, Julia Lamberti, Giorgina Slotar, Cara-Lisa, Lil Bianchi

ADVERTISING SALES

Andrew Carruthers
andrew@maverickpublishing.co.za
011 791 3646



fitness magazine is an alternative monthly magazine distributed nationwide.
ABC Certified sales: **22,804**
Period: Jan-Jun 2015

fitness Magazine South Africa

THE PUBLISHER
The Maverick Publishing
Postnet suite 99, Private Bag X8 North Riding, 2162
Head Office: +27 11 791 3646
Fax: 086 660 4761
E-mail: info@fitnessmag.co.za
www.fitnessmag.co.za

Unit 7, Ground Floor, Boskruin View
181 Girdwood road, Randpark Ridge, 2169



DISTRIBUTION & PRODUCTION



3 EASY WAYS TO SUBSCRIBE:

SMS "SUB FITNESS" to 40439
with your name, contact number & postal address
PHONE Call us on 011 791 3646
EMAIL subscriptions@fitnessmag.co.za
with your name, contact number & postal address

No liability is assumed by The Maverick Publishing Corporation, Muscle Evolution (and M.E's Fitness) nor any of the authors of the information provided in this publication. The Maverick Publishing Corporation cannot be held liable for any advice provided in this publication. The information published in this magazine should not be considered as medical advice, please consult a registered doctor. The Maverick Publishing Corporation shall not be liable for any unsolicited material, nor photographs or manuscripts submitted to our publication office. The Maverick Publishing Corporation reserve the right to reject any advertising without notification, and will not publish any editorial material nor advertising that we feel does not comply with our readership audience.
All Stock photography via www.dreamstime.com & www.shutterstock.com



FOLLOW US ON TWITTER @FITNESSMAG HASHTAG YOUR PHOTOS ON INSTAGRAM #FITNESSMAGSA AND #FITNESSMAGSELFIE
BEHIND THE SCENES ON INSTAGRAM @FITNESSMAGSA VIDEOS ON YOUTUBE: FITNESSMAGAZINESA WWW.FACEBOOK.COM/FITNESSMAGAZINESA

CURVE

THE SLEEVELESS
JACKET
WITH THE
ORIGINAL
CURVED ZIP

AVAILABLE ON

freddy.co.za
or at the following
stores:

JHB: Shop 45

Bryanston
Shopping Centre
Cnr William Nicol and
Ballyclare Drive

CPT: Shop 30

Cape Quarter Square (Level 0)
27 Somerset
Road Greenpoint

JHB: Shop 26

Dainfern Square
Cnr William Nicol and
Broadacres Avenue

PTA: Shop 64B

Menlyn Maine
January Masilela Dr
& Amarand Ave

KZN SHOP 636A

Ballito Junction
Leonora Drive
Dolphin Coast
(Opening end March 2017)

CONTACT US:

Hello@freddysa.co.za



FreddySouthAfrica



FreddySA



FREDDY

the art of movement



Turn to page 90 to read Giorgina's fit pregnancy article.

toned&tru

fitness magazine's fit pregnancy contributor, **Giorgina Slotar** has partnered up with **Lisa Cestari** to launch the **toned&tru health and wellness brand**. Initially launched as TRU living, these two trainers are looking to bring something new and exciting to the industry with the launch of a totally **new website aimed at creating a platform and community for all women, from students and businesswomen, to dedicated gym girls and mothers**. The platform will help Giorgina and Lisa become actively involved in helping clients live a healthy lifestyle and, more importantly, show them how to implement it. **Both qualified personal trainers, the toned&tru duo will launch their first complete workout guide and challenge later this year, to be purchased in e-book format**. Nutritious, tasty recipes will also be available on

the blog, with upcoming recipe e-books and meal plans backed by Giorgina's qualification as a clinical nutritionist and Lisa's natural flare for cooking. Fit pregnancy advice will also be shared, with a complete pregnancy e-book launching this year titled "Nourishing A Healthy Pregnancy". *Follow them on www.tonedandtru.com or Toned & Tru on Facebook and @tonedandtru on Instagram.*

POUND YOUR BODY AT VIRGIN ACTIVE

Virgin Active South Africa recently announced the launch of Pound®, a new workout concept that takes drumming to a whole new level. Using Ripstix®, which are lightly weighted drumsticks engineered specifically for exercising, Pound® transforms drumming into an extremely effective and unique full-body workout where, instead of listening to music, you become the music! Pound® is a combination of cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Pound® launches in March 2017 and will be available at select Virgin Active Health Clubs. Visit www.virginactive.co.za for more info.



POWER UP

TOP READS THIS MONTH

REAL MEAL REVOLUTION: BANTING 2.0

By Jonno Proudfoot

Following the success of bestsellers *The Real Meal Revolution* and *Raising Superheroes*, *Real Meal Revolution: Banting 2.0* is a holistic approach to making the switch from a high-carb, low-fat diet to one low in carbs and higher in healthy fats (LCHF). The book covers the evolution of the LCHF revolution, offering a streamlined, accessible, easy-to-read review of what Banting means and how to approach LCHF eating in the most effective way possible.

R169 www.loot.co.za

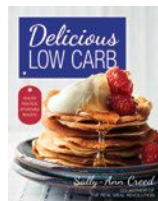


DELICIOUS LOW CARB

By Sally-Ann Creed

Delicious Low Carb contains healthy, affordable, practical recipes for low-carb living. Author Sally-Ann Creed explains what such a lifestyle entails and how to minimise grains, carbohydrates and sugar. She also discusses issues like fibre and why women battle with food high in fat. Includes recipes for breakfast, lunchbox ideas for kids, finger foods, soup, baking and even pizzas, mains and sides, sauces, snacks, cake and cookies, puddings and beverages.

R233 www.raru.co.za



ALL ABOUT ABS: WORKOUTS DESIGNED SPECIFICALLY FOR ATTAINING A LEAN TRIM TUMMY AND 6 PACK (KINDLE EDITION)

By Linda Cusmano

All About Abs is your 30-day core training split to target, tone and slim your mid-section while strengthening the core. The exercises in this programme use the TRX, Body Ball and Bosu. Complete with your workout cards detailed with diagrams of each exercise, description key sheets offer more detail about each exercise, how to do it and show the areas worked. Sets, reps, rest and suggested frequency are all there to guide you.

R200 www.amazon.com



BODY20 ADDS NEW LOCATIONS

The charge of electro muscle stimulation (EMS) training continues, with Body20 EMS Studio leading the way with the opening of two new locations.

Body20 Southdowns opened in February, with the opening of Body20 Glenashley in Durban hot on its heels in March 2017. The company is still offering additional franchise opportunities to health and fitness professionals and entrepreneurs who are looking to own their own business. Interested parties can book a seat at the next Body20 franchise presentation by visiting: www.body20.co.za/key-activations or emailing franchise@body20.co.za.



TRITRavel HUB REMOVES TRAVEL TROUBLES FOR MULTI-SPORT ATHLETES



TriTravel Hub is a Cape Town-based travel concierge service focused on supporting athletes with the logistics of travel and transport for themselves and their equipment to multi-sport events across South Africa. The TriTravel Hub team aims to take care of athletes' logistical needs professionally and personally; from bike and equipment transport, airport transfers and accommodation, to post-race hospitality, enabling them to focus 100% on a successful race. TriTravel Hub offers athletes and their families the following services:

- Race entries
- Confirmed bookings in hotels, lodges and guest houses across a variety of price bands;
- Bike and equipment transport;
- Special needs boxes for accessories, including helmets, wetsuits, nutrition, tubes, spares and other items to be transported along with bicycles;
- Post-race massages;
- Shuttle services and airport transfers;
- Post-race hospitality;
- Restaurant reservations.

Visit tritravel.co.za for packages to help with your planning for scheduled events.

MATRIX FITNESS SA LAUNCHES HOME FITNESS RANGE

Matrix Fitness SA recently announced the launch of its new home range of cardio fitness equipment. Previously available only in a gym or club setting, users can now experience the dynamic performance and uncompromising design of Matrix products from the comfort of their own home. Optimised for the home environment, the Matrix home range offers the same durability, performance and industry-leading technology that fitness enthusiasts love about Matrix's club equipment. With a compact design, the machines fit comfortably in the home workout space, and the styling of the industrial design makes home fitness equipment look attractive. Three different intuitive

consoles give users choices, whether they're looking for an advanced experience that includes access to their favourite apps, social media, premium entertainment, virtual journeys and much more, or a simple display with accurate, easy-to-read feedback that tracks heart rate, distance, watts and other workout metrics. To view the

range, visit matrixfitness.co.za



APP OF THE MONTH



Blogilates app

Carry YouTube Fitness Star Cassey Ho in your pocket, for free! Take her videos with you to the gym, cook fun and healthy Blogilates recipes in the kitchen, talk to other POPsters in the addictive forum, and follow the monthly workout calendar with ease! Plus, only in the app will users be able to unlock the month's 'Secret Video'. Free. Available on the App Store and Google Play.

FITPRO[®] FITNESS PROFESSIONALS COURSE DATES

JOHANNESBURG

- 4 March – Group Exercise Instructor
- 4 March – Sports Massage
- 4 March – Boxing level 2
- 10 March – Exercise is Medicine 2
- 17 March – Exercise is Medicine 3
- 25, 26 March – Bootcamp workshop
- 29 March – Personal Fitness Trainer

CAPE TOWN

- 4-5 March – Exercise and pregnancy
 - 11 March – Sports Massage
- Visit www.fitpro.co.za for more info or email fitnesspro@fitpro.co.za for bookings.

EVENTS CALENDAR

2017 REEBOK CROSSFIT GAMES

The Open is the first stage of the CrossFit Games season and is the largest community event of the year. Workouts are released on Thursdays at 5 p.m. PT, and athletes have four days to complete the workout for the week and submit their score. Athletes can complete the workouts at a CrossFit affiliate with a judge, or film it from anywhere in the world and submit a link as proof. At the end of five weeks, the fittest move on to the next stages of competition: The Regionals and The Online Qualifier.

DATES:

17.1: Feb. 23 - 27
17.2: March 2 - 6
17.3: March 9 - 13
17.4: March 16 - 20
17.5: March 23 - 27

Visit Games.CrossFit.com to sign up and log your score each week.



ASHBURTON INVESTMENTS NATIONAL MTB SERIES

This seven-leg national marathon mountain biking series is held in six provinces, at venues that are unique with breath-taking trails, from the lush forests in Sabie to the spectacular sandstone mountains in Clarens and the picturesque vineyards in Grabouw. The National MTB series is also a drawcard for established riders who are looking to tackle the best and most exquisite riding trails throughout the country.

Event #3

DATE: 8, 9 April 2017

VENUE: Town Square, Main Street, Clarens, Free State
Visit adventure.com/nationalmtbseries for more info or to enter.



THE IMPI CHALLENGE

The Impi Challenge is an event like no other because it combines trail running, obstacles, mud and fun in an action-packed race that caters for athletes of all fitness levels, as well as families and kids, and beginners looking for an unforgettable experience. All events include a best dressed competition.

Event #1 Impi CPT

DATE: 8-9 April 2017

VENUE: Coetzenberg Sports Complex, Stellenbosch, Western Cape

Event #2 Impi KZN

DATE: 13 May 2017

Venue: Virginia Trails, Eston, KwaZulu Natal

For more info or to enter, visit www.impichallenge.co.za

IMPI DAY-NIGHT SERIES

The new Impi Day-Night series is an exciting 5km obstacle trail run where athletes can compete against the leader board for the event and ultimate series win.

Impi Challenge Day Night Series #2

DATE: 24 March 2017

VENUE: Killarney Golf Club, Johannesburg, Gauteng

Impi Challenge Day Night Series #3

DATE: 7 April 2017

VENUE: OCT Rietvlei, Pretoria, Gauteng

For more info or to enter, visit www.impichallenge.co.za



THE WARRIOR RACE SERIES

The Warrior Race is South Africa's largest obstacle course race (OCR) series. It incorporates trail running with various physical challenges in the form of obstacles. The Toyota Warrior powered by Reebok series offers athletes from different sporting codes the opportunity to compete against one another, with eight events held in four provinces, each consisting of three different race distances.

Toyota Warrior event #2

DATE: 11 March 2017

VENUE: Emerald Resort & Casino, Vanderbijl Park, Gauteng

Toyota Warrior event #3

DATE: 22 April 2017

VENUE: Van Gaalen's Cheese Farm, Hartebeespoort, North West

Enter now by visiting www.warrior.co.za



CAPE TOWN CYCLE TOUR

In 2017 the Cape Town Cycle Tour will celebrate its 40th event, which will see 35,000 cyclists line up in Hertzog Boulevard to tackle the spectacular 109-kilometre loop of the Cape's peninsula. The Cape Town Cycle Tour is the fourth and final event in the annual Cape Town Cycle Tour Lifecycle Week – a week-long celebration of cycling, healthy lifestyles and outdoor sporting fun in one of the world's most scenic destinations.

DATE: Sunday, 12 March 2017

VENUE: Cape Peninsula

For any event queries, visit www.capetowncycletour.com.

Keep up to date with developments by liking [cycletour on Facebook](https://www.facebook.com/cycletouron) or by following @CTCycleTour on Twitter and Instagram.



PHOTO CREDIT: TOBIAS GINSBERG

CELL C AFRICANX TRAILRUN

South Africa's premier three-day trail run stage race, the Cell C AfricanX Trailrun presented by Asics will once again take teams of two (male/female/mixed) over breath-taking scenic routes in the the Overberg region of the Western Cape that vary in distance from 22km to 34km each day.

DATE: 17-19 March 2017

VENUE: Festival Village, Houw Hoek Inn, Western Cape
To enter visit www.stillwatersports.com and stay up to date by following @runtheafricanx on Twitter.



A World Leader & Innovator in Fitness Education Since 1979

HFPA is a higher education institution

REGISTER NOW!

HFPA ONLINE: STUDY FROM ANYWHERE!

- Introduction to exercise science
- Weight Management Coach
- Applied Sports Psychology
- Injury Prevention Specialist
- Posture Specialist
- Latinix™ Instructor
- Exercise Specialist
- Fitness Instructor
- Personal Trainer
- Sports Nutrition



Many More!

WWW.HFPA.CO.ZA

**Join the HFPA Family -
THE MOST RESPECTED
NAME IN FITNESS
EDUCATION!**

CONTACT US National Office: 011 8079673
Email: info@hfpa.co.za



ONCE YOU HAVE TREATED THE ISSUE, IT WOULD BE ADVISABLE TO START FOLLOWING A BROADER FOOT HEALTH REGIMEN.

QUICK TIPS FOR HEALTHY FEET:

- Wash feet after every activity;
- Dry your feet thoroughly after showering;
- Clean socks and shoes regularly;
- Wear breathable shoes;
- Always allow shoes to dry properly after every session, ideally in the sun;
- Don't keep wearing a 'manky' shoe.



FUNKY FEET

How do I get rid of athlete's foot?

I was so excited to get back to the gym in January, but my delight soon turned to disgust as I seem to have picked up athlete's foot. I'm guessing it's from the showers at gym. I've always showered with a pair of flip-flops on and dry my feet thoroughly before putting on my shoes.

I guess this wasn't enough. What can I do to rid my feet of this horrible itch and smell? And how do I prevent it from happening again?

Leigh

Athlete's foot (tinea pedis) is a contagious fungal infection that is common among people who share communal shower areas as the fungus survives and thrives in moist, humid conditions. Socks and shoes also provide an ideal breeding ground for the growth and development of these infections as they also offer ideal conditions and the fungus can feed off dead skin cells. Your flip-flops could also be the problem as they tend to pick up and carry fungus and bacteria from the shower. It is therefore essential that you dry your flip-flops in the sun after every shower and wash them thoroughly on a regular basis.

Most fungal infections can be treated using common over-the-counter products such as creams and

foot powders. If that fails to rectify the problem, consult your doctor or podiatrist for a more potent prescription-based solution. There are also a number of natural remedies that are available, which you can use in combination with the medicated powders and creams.

Once you have treated the issue, it would be advisable to start following a broader foot health regimen. This should include regular exfoliation of the skin on your feet, along with a thorough cleaning of your feet, paying particular attention to the areas between your toes, especially after gym sessions. Thoroughly drying your feet after every shower is also important.

However, no matter how good your foot care is, if you don't clean your shoes and socks properly then your

efforts are futile. Sweaty clothing and shoes (including wet flip-flops) should be kept in a sealable bag inside your gym bag to ensure that fungus and bacteria do not contaminate your bag and spread to other clothing items and contents. Remember to throw your towel – the one you used to dry your feet – into the same sealed bag as your gym clothes (and never use towels more than once) to avoid contamination.

Once you get home, it is important to let workout clothing and shoes dry out, preferably in the sun, before throwing them into the washing basket at home with your (and your family's) other clothing items that need to be washed.

It is also worth considering the use of moisture-controlling products to keep both shoes and socks as dry as possible during exercise and after a wash and regular use. And always use a fresh pair of socks for every subsequent exercise session. Periodic use of medicated foot powders or natural alternatives to treat feet in both shoes and socks can also be a proactive way to limit the risk of contracting a fungal foot infection.

If you fail to follow this advice then it is highly likely that you'll continue to experience foot health issues, which may progress to other complications, like onychomycosis, an infection of the toenails. Sufferers may also develop onycholysis, a condition where infected nails separate from the nail bed.

NATURAL REMEDIES TO TREAT ATHLETE'S FOOT:

HOMEMADE FOOT POWDER


1½ cups cornstarch, ½ cup arrowroot powder, 20 drops melaleuca essential oil, 20 drops grapefruit essential oil.

COCONUT OIL

Apply coconut oil to your feet. It is known for its anti-fungal and anti-bacterial properties.

TEA TREE OIL

Soak your feet in warm water with around 10 drops of the oil added, for roughly 10 minutes a night until the condition clears.

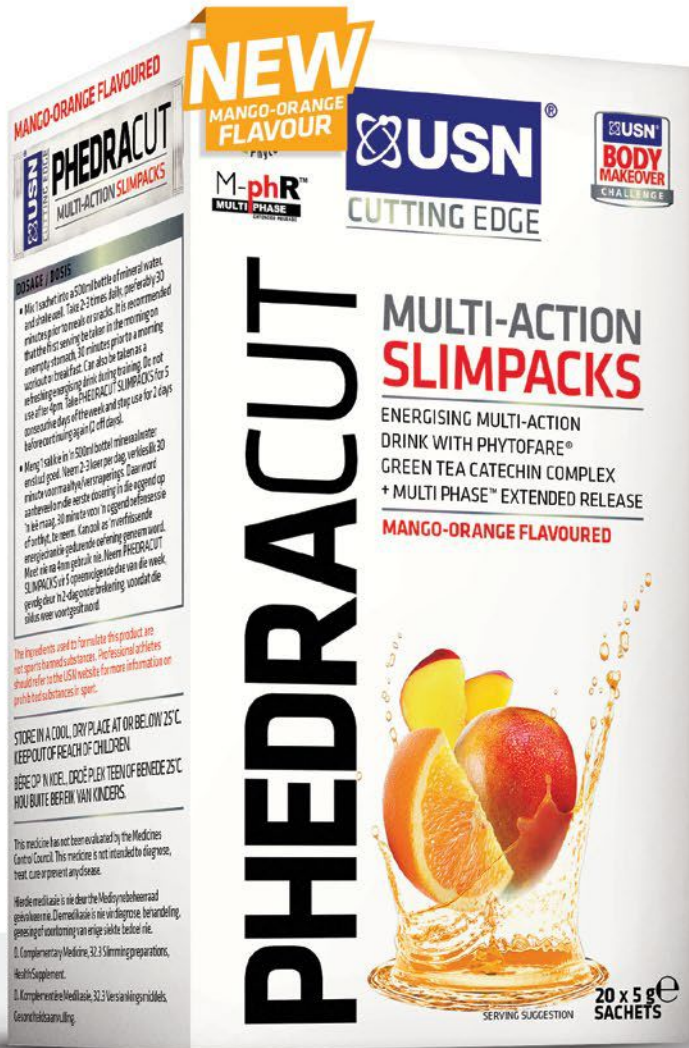
BORAX Also known as sodium borate, sodium tetraborate, or disodium tetraborate, this substance can be applied to feet as a solution or added to shoes in powder form to disinfect and kill bacteria or to help eliminate foot odour. 



USN®

Victoria Sethabela

USN FACE OF FITNESS FINALIST



SHOP ONLINE
USN.CO.ZA

ALSO AVAILABLE IN

ENERGISING **FAT BURNER** BURSTING WITH FLAVOUR.

Providing all the advantages of the PhedraCut XT capsules in a tasty, refreshing and easy-to-mix drink. Ideal for in-between meals and during training.

MANUFACTURED IN ACCREDITED FACILITIES



USN.CO.ZA [USN SA](https://www.facebook.com/USN) [@USNSA](https://www.instagram.com/USNSA) [@USNSA](https://www.twitter.com/USNSA)

INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

K-WAY SWIFT 2L PACK

The K-Way Swift Hydration Pack is an efficient, lightweight but durable pack which accommodates a 2 litre hydration bladder. It is ideal for trail runners, mountain bikers, hikers and day-trippers who want to keep hydrated on the trails and in the mountains. The mesh back ensures adequate ventilation, while the bungee straps provide easy storage and the sternum straps keep the bag from moving and provide a secure fit.

Available at Cape Union Mart stores and online at www.capeunionmart.co.za. R499 (excluding bladder)



GOPRO HERO 5 BLACK ACTION CAMERA

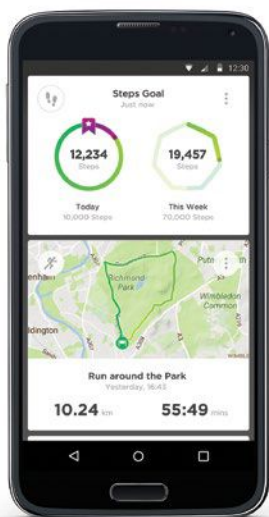
The GoPro Hero 5 Black Action Camera is the most powerful and versatile action camera yet thanks to its 4K video, voice control, one-button simplicity, touch display and waterproof design. The stabilised video, crystal-clear audio and pro-quality photo capture allows everyone to take the perfect picture, no



Available at Cape Union Mart stores and online at www.capeunionmart.co.za. R7,999

matter the conditions. Editing and sharing is now easier with the ability to automatically upload footage to GoPro Plus Cloud. The Quik and Capture app can also be paired to the GoPro via wifi.

TECH JUNKY



TOMTOM SPORTS APP

The new TomTom Sports app provides users with motivational messages, shares activity trends and comparisons, and tracks performance stats, including body composition and resting heart rate, which can be viewed at a glance or analysed on a by-the-second level by advanced athletes. Track up to 12 different activity types

on the app, ranging from running, cycling and swimming to skiing, trail running and hiking. With smart comparisons, users can also benchmark their latest performance against previous bests. Seamless data sharing is also possible with a range of third party platforms like Strava, Nike+, Endomondo, MapMyFitness, Runkeeper.

Available for download from the Apple Store and Google Play and supports the TomTom wearable ranges. For more info go to tomtom.com/sportsapp.

SUUNTO SPARTAN SPORT WRIST HR GPS WATCH

The new Spartan Sport Wrist HR is Suunto's first GPS sportswatch with optical heart rate measurement for multi-sport racing and training. Featuring the patented PerformTek biometric measurement optical HR technology

by Valencell, the Spartan Sport Wrist HR offers athletes the same multi-sport features as the original Suunto Spartan Sport, with the possibility to still use the watch with a traditional heart rate sensor when needed.



Available in spring 2017 in three colour options, namely Black, Blue and Sakura.

DISCOUNT DEALS

Dis-Chem
PHARMACIES
Pharmacists who care

R100 OFF

BIOGEN THERMOCUTS

120 CAPS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R60 OFF

MUSCLE PHARM FITMISS TONE

60 TABS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R60 OFF

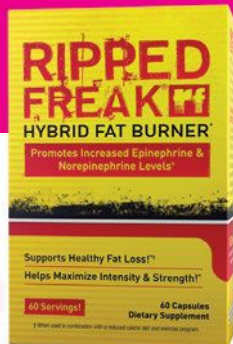
PHARMAFREAK RIPPED FREAK HYBRID FAT BURNER

60 CAPS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R40 OFF

USN LIQUID L-CARNICUT

465ML

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R50 OFF

SUPASHAPE THERMOLEAN

90 CAP'S

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R20 OFF

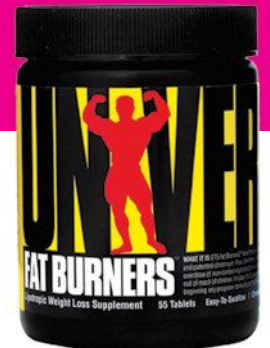
UNIVERSAL FAT BURNERS TABS

55 TABS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R40 OFF

USN CLA 1000MG

90'S + 90'S COMBO

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R50 OFF

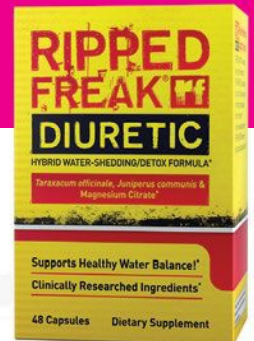
PHARMAFREAK RIPPED FREAK DIURETIC

48 CAP

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



COME TO **DIS-CHEM** FOR ALL YOUR NUTRITIONAL
NEEDS AND PROFESSIONAL ADVICE

CHOOSE
SAFE SUPPLEMENTS
CHOOSE
DIS-CHEM

Dis-Chem
PHARMACIES

Pharmacists who care

DISCOUNT DEALS

R60 OFF

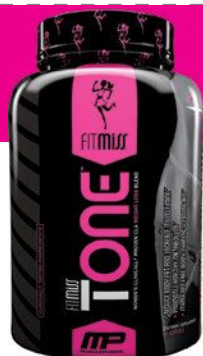
MUSCLE PHARM FITMISS TONE

60 TABS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R100 OFF

BIOGEN THERMOCUTS

120 CAPS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R40 OFF

USN LIQUID L-CARNICUT

465ML

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R60 OFF

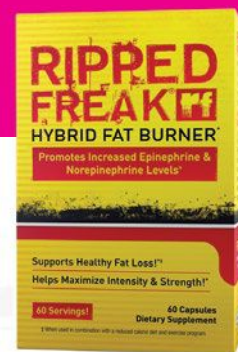
PHARMAFREAK RIPPED FREAK HYBRID FAT BURNER

60 CAPS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R20 OFF

UNIVERSAL FAT BURNERS TABS

55 TABS

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R50 OFF

SUPASHAPE THERMOLEAN

90 CAP'S

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R50 OFF

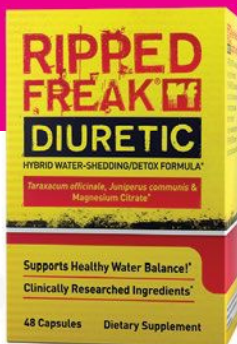
PHARMAFREAK RIPPED FREAK DIURETIC

48 CAP

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



R40 OFF

USN CLA 1000MG

90'S + 90'S COMBO

Dis-Chem
PHARMACIES

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. In the event of disputes, Dis-Chem reserves the right of final decision.



COME TO **DIS-CHEM** FOR ALL YOUR NUTRITIONAL
NEEDS AND PROFESSIONAL ADVICE

CHOOSE
SAFE SUPPLEMENTS
CHOOSE
DIS-CHEM

It's a **CHIC THING**

Beauty and skincare must-haves this season...



Ideal Soleil F50+ Body Spray

This hydrating tan optimiser spray contains no self-tanner. The ultra-light milk texture ensures no white marks are left.

R310 (200ml)

Mio QuickStart Shower Gel

This super-stimulating shower gel gets your mind and body going, even if you skip the coffee. It cleanses deeply with skin-safe coconut-derived cleansers. It is super-hydrating and won't strip your skin! Brightens skin and relieves swelling and puffiness.

R535 (200ml)

QMS Medicosmetics Classic Set

Ageing slows the production of collagen which leads to exaggerated expression lines, wrinkles and hyperpigmentation. The Classic Set of Exfoliant Fluid, Day Collagen and Night Collagen is the foundation of daily treatment for facial skin and targeted treatment.

R2,600 (3x30ml)



Vita Liberata Fabulous Illuminate Wash Off Body Bronzer

Hydrating instant tan lotion with subtle shimmer. Gives instant, natural-looking colour that is transfer-resistant and washes off. Glycerol Stearate protects skin from free-radical damage; panthenol hydrates and shea butter retains moisture, while Odour Remove™ Technology means no self-tan smell.

R425 (100ml)
www.vitaliberata.co.za



SkinPhD Cellulite Control

SkinPhD Cellulite Control reduces the appearance of cellulite, while contributing to an improvement in drainage and water distribution throughout the skin.

R415

www.skinphd.co.za



ageLOC® Tru Face® Essence Ultra

Now you can change the way your skin ages and embrace the look of youth with the power of Ethocyn®, Nu Skin's firming specialist that targets the sources of ageing that lead to loss of firmness.

R2,281.84

www.nuskin.com/za

Skinderm Hydrating Repair Mask

This intense hydrating mask delivers a boost of moisture for tired, dull and dehydrated skin, helping to repair the skin barrier and improving the appearance of fine lines and wrinkles, leaving the skin feeling soft and supple with a healthy glow.

R395

Exclusive to Perfect 10 Nail & Body Studios.



Correction: In the January/February edition of *fitness* magazine, we listed the incorrect information alongside the images of Vichy Ideal Soleil products. We unreservedly apologise for the error and for any confusion caused. The correct information is:



IDEAL SOLEIL F20 BODY OIL SPRAY
R260 (125ml)



IDEAL SOLEIL FACE F50
R199 (50ml)



HYDRATE FOR HEALTHY SKIN

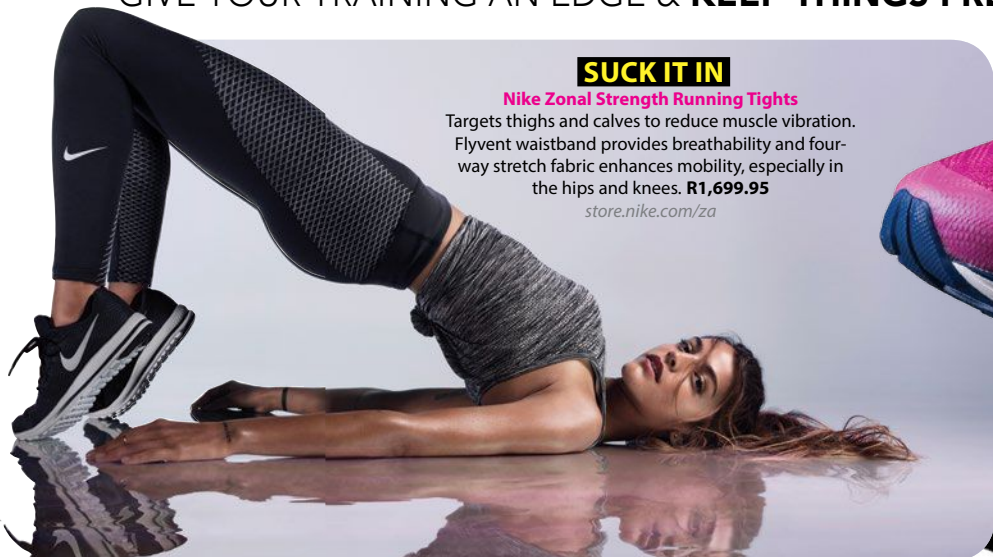
Your skin needs moisture to remain soft, supple and healthy. While drinking sufficient water throughout the day is crucial, there are other important ways you can help to hydrate your skin and combat the effects of ageing:

1. Avoid consuming alcohol, coffee and smoking, all of which lead to skin dehydration, leaving you more prone to wrinkles.
2. Avoid overexposure to the sun, extreme cold and windy conditions. Also, taking long, hot showers and baths can further dehydrate your skin.
3. Over cleansing your skin can also contribute to dehydration. Be sure to use products which are recommended especially for your skin type and follow the instructions.
4. Consider running a humidifier in your bedroom at night while you sleep for an added boost of hydration.
5. Use a suitable skin hydrating product from a reputable brand that specialises in the manufacture of quality skincare products.

Tips supplied by Skinderm. Products available exclusively to Perfect 10 Nail & Body Studios.

FITNESS *gym bag*

GIVE YOUR TRAINING AN EDGE & KEEP THINGS FRESH AT GYM



SUCK IT IN

Nike Zonal Strength Running Tights

Targets thighs and calves to reduce muscle vibration. Flyvent waistband provides breathability and four-way stretch fabric enhances mobility, especially in the hips and knees. **R1,699.95**

store.nike.com/za



LIGHT IT UP

Puma Speed 600 Ignite v2

Infused with Ignite technology to provide longer-lasting cushioning and responsiveness. **R2,399**

EXPRESS YOURSELF

Nike X Rostarr Running Collection

Inspired by run crew culture and marathons, the Nike x Rostarr collection merges the artist's calligraphy-inspired drawings with favourites from Nike running footwear and apparel. Runners can choose from the Nike Free RN, the Nike Air Zoom Pegasus 33, the Nike LunarGlide 8 and the Nike Air Zoom Structure 20.



SUPPORT SYSTEMS



GO FOR GOLD

Asics Gel-Nimbus 19

Designed to offer optimal support to tackle longer distances yet remains light thanks to a FlyteFoam™ midsole. **R2,800**



TURN IT UP

adidas PureBoost

Offering a wider forefront for optimum support when navigating turns. **R2,499**
Available on adidas ecomm, Own Retail, Cross Trainer, Totalsports and Studio 88.



GO GREEN

adidas UltraBoost Uncaged Parley

The first mass-produced footwear created using Parley Ocean Plastic. Only 7,000 pairs of these will be available globally. **R2,799**
adidas.com/parley



GO RUN

Pictured left, listed from top to bottom

Go Run Ultra

Lightweight and durable parametric web outsole provides multi-surface traction. **R1,599**

Go Run 5

Lightweight, responsive 5Gen cushioning. **R1,399**

Go Train

Stabilised traction outsole for a variety of training activities. **R1,149**

Go Walk

Under foot adaptive GoGa pillars help cushion every step. **R1,149**

www.skecherssa.co.za

#Awesome

Skechers GoGa mat technology delivers enhanced high rebound cushioning

PIROUETTE IN PUMA

1. Puma Pwrshape Forever Bra **R1,999**
2. Explosive Mesh Top **R849**
3. Puma B.O.G Sock Swan **R1,599**
4. Studio Barrel Bag **R699**
5. Puma Fierce Strap Swan **R1,999**
6. Puma Fierce Strap Swan, white **R1,999**
7. Clash Tight **R999**

Puma Swan Pack Collection available from Puma stores, The Cross Trainer, Sportscene, Sportsman's Warehouse and selected retailers nationwide.



YOUR GIRL!
ON THE COVER

PHOTOGRAPHY BY James Patrick

Callie Bundy

How a love for sport and fitness turned this athlete into an Internet sensation

CALLIE BUNDY IS THE QUINTESSENTIAL ALL-AMERICAN GIRL. BLONDE AND ATHLETIC, SHE HAS EXCELLED AT SPORTS AND EVERYTHING ELSE FITNESS RELATED, INCLUDING A STINT AS A COMPETITIVE BIKINI ATHLETE, FIRST AS AN NPC COMPETITOR AND THEN AS AN IFBB PRO.

However, it is her sporting prowess that has transformed her into the internet sensation she is today. After videos went viral of Callie throwing footballs into basketball hoops and buckets and hitting other seemingly

impossible targets, she has used her growing notoriety to build a successful career as a sport and fitness industry influencer. As her website states, she likes throwing things, and it seems millions of people like watching her do it.

QUICK FACTS

Born: Connecticut, USA
Occupation: Influencer
Height: 5'8"
Weight: 61 kg
Sponsors:
Six Star Pro Nutrition
calliebundy.com

Favourite exercise? Currently, battle ropes
Favourite cheat meal? Burger
What do you do to relax? An Epsom salt bath
What's in your gym bag? Everything! No, seriously, I have everything from wraps and a kick back step, to gloves, extra water, amino acids, a back-up pair of headphones, hair elastics, a football, tripod to film.. you name it, it's probably in there!

Find her on Facebook, Instagram & twitter: @calliebundy

WHAT DO YOU DO FOR A LIVING?

I have a degree in business marketing and I have quite a varied background, but due to my viral videos and social media success I'm now an industry influencer, thanks to the help of my agency Viral Nation.

YOUR INTERESTS OUTSIDE OF THE GYM?

I said it best in my third-grade journal and the same still pretty much holds true: *"I like sports, eating and sleeping"*. Although, you can now add travel, skiing and my English Lab Moxie to the list.

WHAT LED YOU TO YOUR HEALTH AND FITNESS-FOCUSED LIFESTYLE?

Sports – I've played sports my entire life and have always trained to be able to play them to the best of my ability.

WHAT FIRST ATTRACTED YOU TO THE COMPETITIVE STAGE?

As I mentioned, I've always trained to improve my sporting performance, but I eventually grew bored with that type of training. So when I was done playing sport I wanted to shift the focus of my training and decided to try an NPC competition.

WHAT IS YOUR TOUGHEST WORKOUT?

That's a tough question. On any given day, any workout can be your toughest, depending on how tired you might be. However, I'd say the battle ropes are the hardest. No matter how long I've been doing them for, or how fit I am, they never seem to get any easier.

WHAT DOES YOUR WEEKLY TRAINING SPLIT LOOK LIKE?

I do cardio about 4-6 times a week and resistance training 4-5 times a week.

WHAT DOES YOUR AVERAGE DIET CONSIST OF?

It's pretty simple, I eat **REAL FOOD**. I think people have done a good job of over-complicating their eating. I prefer to just keep it simple with things like eggs, chicken, fish, grass-fed beef, quinoa, lots of vegetables and some fruit. I also eat a lot of nuts and seeds and good fats like coconut and avocado. I'm also big into juicing right now, particularly with beets, apples, oranges, turmeric, cilantro and all kinds of other good stuff. I drink a big glass of that every morning.

HOW DO YOU PREFER TO COOK WHEN PREPARING HEALTHY MEALS?

I keep it simple. I don't like to cook my foods too much because you lose so many nutrients. I usually keep some grilled chicken around, with cooked quinoa and then eat my vegetables raw or drink them from my juicer.

HOW WOULD YOU DEFINE A HEALTHY, BALANCED DIET?

Finding healthy foods you like to eat makes it so much easier! There are so many healthy foods out there, but if you don't like them, you won't stick to the diet for very long, so what's the point?

WHAT DOES YOUR DAILY SUPPLEMENT PLAN INCLUDE?

Fish oil, glutamine, Six Star whey isolate and intra-workout amino acids.

WHAT INNOVATIVE WAYS DO YOU HAVE OF INCLUDING SUPPLEMENTS INTO YOUR DAILY DIET?

I like to mix my whey into my yoghurt and top it with nuts. It's really quick and easy and you get a ton of protein.

YOUR TOP TIPS FOR ACHIEVING A GOAL?

Don't be afraid to fail. Even if you fail 10 times, there is no reason why you couldn't reach your goal on the 11th attempt! Almost no one hits a home run their first time at bat.

WHAT IS A KEY TREND IN YOUR COUNTRY THAT SOUTH AFRICAN LADIES SHOULD LOOK OUT FOR?

SoulCycle – a new evolution in indoor cycling classes that consists of a 45-minute fat-burning cardio session, coupled with a full-body workout that utilises hand weights and includes core work and choreography – is really popular here right now.

WHAT IS THE BEST PIECE OF HEALTH AND FITNESS-RELATED ADVICE ANYONE HAS EVER GIVEN YOU?

My grandfather told me: *"Callie, movement is the best medicine"* and he was right. **👍**



WHAT ARE YOUR TOP 3 TIPS FOR ACHIEVING GREAT ABS?

1

Diet is number one! No matter how in-shape or strong I am, my abs won't show unless my diet is on point.

2

Then, cardio, because you've got to be lean enough for them to look nice and crisp.

3

Lastly, weight training. I put this last because you're always indirectly training your abs when you're working out. So, even if you're not targeting your abs directly, you're still working them.

WHAT ARE YOUR FAVOURITE AB EXERCISES AND WHY?

Hanging leg raises. I keep it pretty simple now. I've done them all, but I've found that my lower abs need a little extra work to help keep them tight.



CALLIE ON NUTRITION...

I eat **REAL FOOD**. I think people have done a good job of over-complicating their eating. 



REALITY LAG

BY Laetitia Dee, owner of Laetus Life (www.laetuslife.com)

WHY YOUR MENTAL TRANSFORMATION USUALLY LAGS BEHIND PHYSICAL CHANGES

PERSONAL EXPERIENCE, AND MY INTERACTION WITH NUMEROUS CLIENTS, HAS TAUGHT ME THAT THE MENTAL ASPECTS OF A TRANSFORMATION – SELF-IMAGE, SELF-ESTEEM AND SELF-TALK – SELDOM EVOLVE AT THE SAME PACE AS THE PHYSICAL CHANGES WE EXPERIENCE.

I frequently engage with women who have lost all their excess weight or have made major improvements to their outward appearance or their health, but mentally they still see themselves as they were, or they are unable to acknowledge how far they have come.

POWER OF PERCEPTION

This happens because our perceived self-image is a mental construct that has formed in our minds over years and years of self-talk, thoughts and the internalisation of our interaction with others and their perceptions of us.

People seldom understand that self-image is something that is stored very deeply on a subconscious level and is highly resistant to change. This means that it isn't something that can be altered overnight, or even over a 12-week transformation period, especially if it is not something we actively work on changing.

GREAT EXPECTATIONS

Too many women believe that their self-image will automatically change when they finally achieve the physique they desire, but this is seldom ever the case.

And when women struggle to change their self-image after losing a great deal of weight, it often results in feelings of resentment, lowered self-esteem, confusion and depression. I also believe that this disconnect between expected and actual feelings leads to an emotionally driven rebound in weight.

I always tell my clients: "Our outward appearance is an expression of our inward experience." So, if you still see yourself as overweight in your

mind, your body will most probably reflect that, because your thoughts will influence and determine your behaviour, which in turn influences things such as your daily food choices and exercise habits.

"If you really want to transform your body permanently, you need to realise the importance of changing your mindset, thought patterns and, most importantly, your self-image. And this needs to happen while you are focused on changing your body. People very seldom focus on both at the same time and I believe that this is the main reason they fail to permanently change their lifestyle or body."

5 STEPS TO A SUCCESSFUL MIND-BODY TRANSFORMATION

STEP 1

ALTER SELF-PERCEPTIONS

As much as we would like, altering your perception of self won't happen overnight.

It requires that we consciously work on first identifying and acknowledging the thoughts that bubble up from our subconscious mind when we judge ourselves or try to interpret our interactions with others.

By becoming aware of both the negative sentiments and positive affirmations we create about ourselves, we can start to work on improving the weak areas of our psyche and amplify the positive sentiments. However, both require that we take a truthful look at ourselves to ensure that both are true reflections of our persona and not some unduly critical or fallacious negative construct, or an overly idealised perception that is far removed from the reality of who we really are.

Only once we have arrived at an accurate perception of self can we truly move forward in our efforts aimed at self-improvement. To do this, we need to stop looking for positive reinforcement from others and rather look inwardly to determine our self-worth, which we create through constantly striving to improve our own lives through our daily thoughts and actions.

STEP 2

WORK ON SELF-TALK

As we try to alter our thoughts to help boost self-esteem, our self-talk becomes vitally important as this is often the 'verbalisation' of our self-perception that bubbles up from our subconscious minds.

Many of the women I work with who reach their goal weight still talk to themselves or about themselves in a negative manner. You cannot expect to live a positive life if you constantly think negative thoughts. In much the same way, you can't expect your body to be good to you if you are constantly treating it negatively by not taking care of it or abusing it with food, a lack of exercise and poor sleeping habits, to name a few.

I truly believe that your behaviour will always follow your thoughts. In the same way, I believe that your body 'hears' everything you think and this will eventually influence your results. At the end of the day, you won't be able to change your lifestyle if you don't firstly believe that you can. All actions start out as a thought or intention.

If you want to permanently change your life, you really need to start working on creating a habit of positive self-talk that will also be suited to that new lifestyle or body. Initially that positive mindset will feel like you are lying to yourself, but I usually tell my clients that they don't need to tell themselves things that they don't believe at first. However, they do need to turn down the volume of the negative self-talk and then work to increase the volume of the positive self-talk once more mental 'bandwidth' becomes available.

In addition, once you start to achieve significant milestones, your perceived limitations will be challenged and you'll start to believe that you are capable of so much more than you initially thought was possible.



MUDDY PRINCESS

5 KM Obstacle Mud Run for women only

#3 GP - 19th March 17
Rietvlei Zoo Farm, Joburg-south

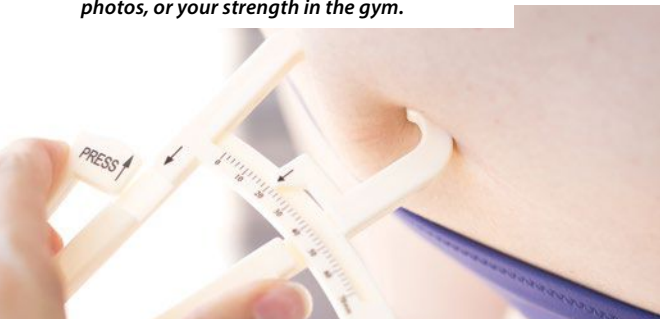
#4 WP - 30th April 17
Vergenoegd Wine Estate, Somerset West

www.muddyprincess.co.za /MuddyPrincessSA

Partners

THERE ARE MANY WAYS TO MEASURE YOUR

PROGRESS: the scale, tape measure, calipers, photos, or your strength in the gym.



STEP 3

CELEBRATE SMALL VICTORIES

And that is why it is important to start celebrating all your victories along your path to transformation, no matter how small.

All progress should be celebrated, because when you do so it becomes easier for the changes to become habit. You should therefore celebrate making healthy food choices when faced with the option of an unhealthy meal, or when you stick to your exercise programme for an extended period of time.

Every time you celebrate these small victories, you

celebrate the new you: you make positive mental changes and you therefore increase the chances of making a permanent lifestyle change.

We also tend to dwell on our mistakes, but are notoriously bad at remembering when we get things right. This is just human nature, but by making a concerted effort to celebrate small victories more often, we create more opportunities for positivity in our minds, which all helps to perpetuate a more positive self-image.

BONUS TIP: BUY NEW CLOTHES AS YOU LOSE WEIGHT

One of best ways to celebrate these small victories is to buy new clothes at specific milestones. One of the more common mistakes that women make is to only buy clothes once they've lost all their excess weight. While I understand the reasoning behind this decision – they obviously don't want to buy clothes that will be thrown away so soon – but in doing so you'll have a more prominent marker of your progress. This multi-sensory reward – you'll feel how well the new clothing fits and see how



This multi-sensory reward carries more meaning

good you look in the outfit – is more meaningful than simply noting down your changes in weight or body composition over time. The combination of these periodic tactile (how it feels), subjective (how you look) and empirical (how much weight you've lost) measures of your success will also give your mind more time to understand and adjust to your changing body.

STEP 4

MEASURE YOUR PROGRESS

As mentioned, the empirical element of tracking your transformation success is also important, but women often place a disproportionately large amount of importance on these 'numbers'. By rather including these measurements as part of a broader measure of progress, you'll stop fixating on the details and will tend to be less harsh on yourself when the scale may not move in the direction you want as quickly as you want it to.

However, if you don't measure your progress you won't be able to see how far you have come and as a result you won't be able to celebrate your victories. There are many ways to measure your progress: the scale, tape measure, calipers, photos, or your strength in the gym. It doesn't really matter what method you use, though.

It is important to know yourself well enough to know what measurement method will serve you best and will deliver the most meaning. Some women respond very well to measuring their progress with the scale, for example, while others might respond better by measuring their progress with their clothing or photos.

Whatever method you choose, **make sure that you stick to that method all the way through** and make sure that you do not measure yourself too frequently because it might become a negative habit and may decrease your motivation levels.

STEP 5

CHANGE YOUR DAILY HABITS

One of the biggest determinants of success when it comes to permanently changing your body or life is successfully changing your daily habits. This is because, when all else fails, we usually fall back on established habits.

Our daily habits become our autopilot when we may lack motivation or when life hits us with a curveball. It is very important to consistently work on creating new daily habits while you are busy losing weight, because these will also be the habits that will enable you to continue living a healthy lifestyle after you've reached your goal.

Small habits like immediately asking for a take-away box and putting half of your meal in the box when you receive it at a restaurant, or choosing to rather share a dessert instead of eating it alone are all habits that will help you to maintain your new lifestyle or body.

We tend to think that the biggest determining factor is how well we eat or how frequently we exercise, because these are the tangible factors. While they certainly have a major impact on your success, it is your mindset and body image that will ultimately determine whether you succeed at maintaining the 'new you'.

I believe that the main reason people fail to achieve sustainable weight loss is because they fail to tend to the mental transformation process or completely ignore the mental aspects of the physical transformation journey.

START NOW...

If you decide to embark on a physical transformation or if your goal is to permanently change your lifestyle, **make sure to apply these five steps.** I believe that they will help you make the permanent changes you're after.

"We are the result of our daily thoughts."

As a result, permanent psychological changes WILL lead to permanent behavioural changes, which in turn lead to permanent physical changes." – Laetitia Dee

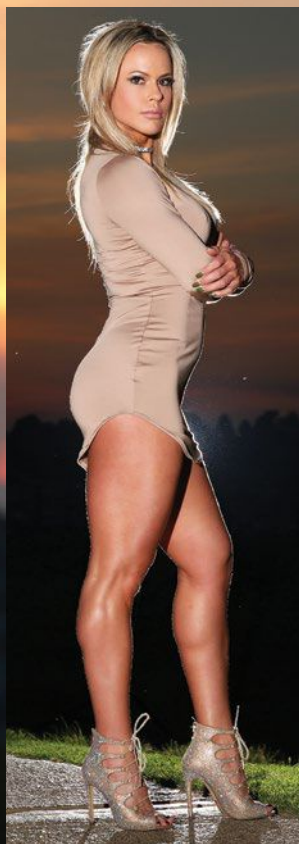
You are stronger than you think


BECAUSE EVERY GIRL IS
WORTH A MILLION!


MIM


Million Mama

SHOP ONLINE AT
WWW.MILLIONMAMA.CO.ZA



 @MILLION.MAMA

 MILLIONMAMA

 @MAMA1MILLION

MORE THAN MUSCLE

NUMEROUS STUDIES THAT TESTED PARTICIPANTS BEFORE AND AFTER PERIODS OF CONSISTENT EXERCISE DEMONSTRATE THAT AN ACTIVE LIFESTYLE IMPROVES MEMORY AND ATTENTION SPAN, AND LEADS TO HIGHER INFORMATION PROCESSING AND COGNITIVE SPEEDS.

COMBINED EXERCISE APPROACH AIDS BREAST CANCER SURVIVORS

New research conducted by researchers from Yale University, Columbia, Penn State and the Dana-Faber Cancer Institute in Boston and published in the journal *The Obesity Society* (2017) suggests that a combination of resistance and aerobic exercise can help postmenopausal breast cancer survivors mitigate the side effects of taking Aromatase Inhibitors (AIs), while also improving their health outcomes, particularly their body composition. Gwendolyn Thomas, assistant professor of exercise science and the co-author of the study explains that AIs – hormone-therapy drugs that stop the production of oestrogen – can significantly reduce the risk of breast cancer recurrence, but often lead to bone loss or severe joint pain, known as arthralgia. This has resulted in a cessation rate of nearly 40 percent within the customary five-year treatment period, according to one study. “When women quit taking AIs, they increase the chances of their breast cancer reoccurring,” said Thomas. “If breast cancer survivors are obese or overweight, they are likely to experience arthralgia. Interventions that address obesity in women taking AIs can help them continue this necessary treatment.”

FITNESS NEWS

WEIGHT LOSS IN FITNESS COMPETITORS STUDIED

RESEARCHERS AT THE UNIVERSITY OF JYVÄSKYLÄ RECENTLY PUBLISHED THE FINDINGS OF A STUDY THAT SHOWS THE EFFECTS THAT INTENSIVE WEIGHT REDUCTION HAS ON FEMALE FITNESS COMPETITORS.

Fitness competitors are unique in that they voluntarily engage in prolonged periods of heavy dieting, concurrent to a high volume of exercise, in an attempt to reduce body fat while maintaining muscle mass. The diet is typically followed by a recovery period, during which competitors normally increase their energy intake back to baseline. This is in contrast to overweight individuals who try to maintain their weight loss efforts. In the study, 27 females dieted – reduced their carbohydrate intake and maintained a high level of protein intake – for a competition, while another 23 females acted as a weight-stable control. The female athletes also increased the amount of aerobic exercise and resistance training they engaged in. The study showed that this approach led to a 35-50% decrease in fat mass, while muscle size was either maintained or only slightly decreased. In addition, significant hormonal changes occurred following the large decrease in body fat, which included a decrease in serum concentrations of leptin,

triiodothyronine (T3), testosterone and estradiol, and these changes coincided with increased menstrual irregularities. Body weight and most of the hormone concentrations returned to baseline over a 3-4 month recovery period, which included an increase in energy intake and decreased levels of aerobic exercise. However, T3 and testosterone hormones were still slightly below pre-diet levels after that period, but not markedly in comparison to the control group. According to the researchers at the Faculty of Sport and Health Sciences at the University of Jyväskylä, the results suggest that, in general, intensive weight reduction can be conducted safely. However, a diet probably needs to be followed by a period of at least a few months of normal non-restrictive energy intake and less exercise to restore back to normal the physiological function of the female body. Based on these findings, Juha Hulmi, PhD, an Academy of Finland Research Fellow, suggests that “diets and, thus, competitions should not happen too frequently.”

Want to compete?

Get the 2017 competitive calendar in the March / April issue of *Muscle Evolution* magazine, or visit www.muscleevolution.co.za

30,000,000



THE NUMBER OF HEALTH AND FITNESS SESSIONS BOOKED SINCE THE LAUNCH OF CLASSPASS IN JUNE 2013.

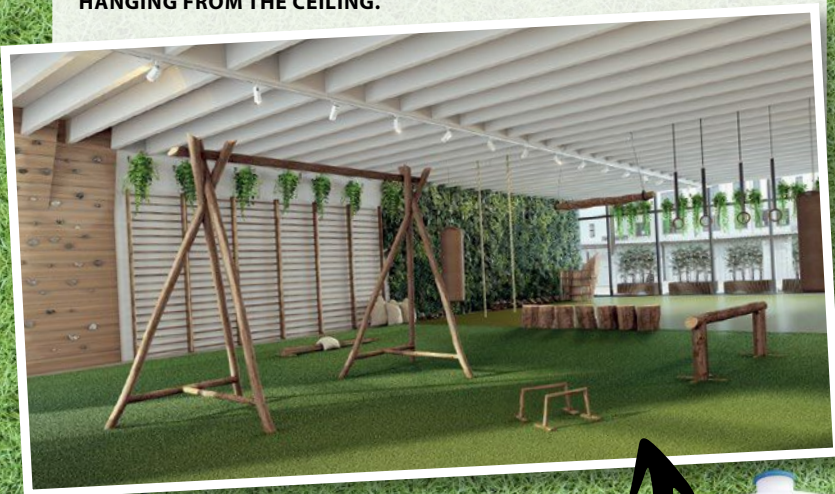


HIIT DIABETES

A new study, the findings of which were published in November 2016 in the journal *American Journal of Physiology: Heart and Circulatory Physiology*, suggests that a single session of interval weight training can decrease a person's risk of type 2 diabetes complications, particularly vascular damage. The findings show that training with weights significantly improves cardiovascular system function, even after one session, which is further correlated with a smaller chance of developing heart disease.

Outside-in fitness trend

OUTDOOR TRAINING HAS BEEN ONE OF THE MOST POPULAR HEALTH AND FITNESS TRENDS FOR THE PAST FEW YEARS AND NOW GYMS ARE TAKING ADVANTAGE. AS AN EXAMPLE, BIOFIT IS A NEW INDOOR GYM IN LONDON THAT IS DESIGNED ENTIRELY FROM NATURAL PRODUCTS. ALL OF THE EQUIPMENT IS MADE FROM TIMBER AND THEMED ACCORDING TO OUTDOOR ENVIRONMENTS LIKE THE JUNGLE, WITH A GIANT FOREST WALL AND VEGETATION HANGING FROM THE CEILING.



Watch out for this trend in SA!



SPRAY AWAY MUSCLE PAIN

Muscle aches and strains are a fact of life for many active people, but Deep Heat Spray and Deep Freeze Spray can help ease these muscular pains.

Deep Heat Spray provides rapid pain relief for muscular aches and pains. It is rapidly absorbed and the spray application means rubbing and massage are not necessary. Deep Freeze Spray is a fast-acting spray used to relieve pain from

muscular aches and spasms. It cools the area of application, providing relief from pain, stiffness, sprains and bruises. Deep Freeze Spray represents a modern version of the traditional ice pack used to reduce swelling, with the added benefit of the analgesic property of menthol.

For more info visit:
www.deepheatsa.co.za



ACCREDITED FITNESS COURSES

Trifocus Fitness Academy is South Africa's leader in Sports and Fitness Education, offering National and International Sports and Fitness qualifications. Our qualifications are Accredited, recognised and accepted at all commercial and private health clubs in South Africa and in 46 Countries around the world.

Some of our qualifications include:

Personal Training Certification | Personal Training Diploma (Advanced) | Exercise Science
Comprehensive Nutrition | Sports Management
Comprehensive Pregnancy | Comprehensive Bootcamp | Pilates | Yoga | Group Aerobics
Comprehensive Boxing | Exercise for Children
Sales in Health & Fitness | Rugby Coaching
Gym Instructor Short Course | Comprehensive Special Populations & Exercise
Comprehensive Exercise for the Elderly
Sports Conditioning Coaching Certification
National Certificate of Coaching Science
AND MUCH MORE!

VISIT WWW.TRIFOCUSFITNESSACADEMY.CO.ZA FOR ALL OUR COURSES

REGISTER NOW!
AND MAKE YOUR PASSION
YOUR CAREER



0861 444 765 | info@trifocusfitness.co.za

TRAIN MOVEMENTS & MUSCLES

STRONG IS THE NEW SKINNY

LADIES, LET'S BE HONEST, we all want to look good naked. A word to the wise, though: this requires effort, consistency and discipline. Our bodies were 'engineered' to move, and the less we move the more 'paralysed' and sluggish we become.

BY Lil Bianchi, strength and conditioning coach and founder of OTG Athletic

A body that moves – that is able, feisty, fit and strong – is easily recognisable, not just by the tone of its structure, but also by the glow it possesses that illuminates the physique.

The human form is built to function: to push, pull, lift and carry. It is for this reason that advocates of functional training often say "train movements, not muscle." The more able you are to express your strength and fitness through movement, the more your physique reaps the rewards and ultimately appears more alluring when naked. There is no doubt that we all need to move better and function more efficiently, but in a world where the desire for enhanced aesthetics often trumps functional fitness, it is pertinent to ask: **is this enough?**

How you define your ideal body type is entirely up to you. Thankfully society is quickly

surpassing the "size 6 is sexy" benchmark of yesteryear and is now embracing the strong is the new skinny ideology. This, in the context of my forte, relates to how strength, weight training, and human movement affects our quest for comfort and beauty in our own skin. You see, we tend to overcomplicate things when we hit the gym. We overthink, under-prepare and Google trends to try the latest and, supposedly, greatest. Yet, if we simply stuck to the basics by focusing on movements and on training our muscles, we'd reap what we sow.

The cornerstones of resistance exercise are the brutal beasts that deliver the biggest rewards. The reason why these compound movements are the basis of any good programme is because they're based on a combination of movements and exercises that target multiple muscles.

That means the bigger the movement, the more bang you get for every rep.

THE KEY IS:

Focus on performing exercises that force you to push and pull and to **lift and carry**. Squats and pull-ups, for example, have been used for centuries by the military and armed forces, and they're used by today's strength athletes and sportsmen, along with body builders, bikini athletes and fitness models. Just look around you. Recognise who's "jacked" – gymnasts, dancers and sprinters, to name a few – then think about why they're "jacked". These athletes train to be stronger, move faster, jump higher and be leaner, yet many have the most desirable physiques. So don't rule out multi-plane, multi-joint movements because they're supposedly only for sportsmen hustling for performance. What people fail to realise while chasing their dream body with

Don't make the mistake of becoming emotionally invested in a specific style or type of training.

'conventional' weight training is that pursuing athleticism is what transforms physiques.

Don't make the mistake of becoming emotionally invested in a specific style or type of training. Rather choose exercises that will improve your movements, elevate your metabolism to burn more fat, and improve your flexibility and overall strength.

SHIFT YOUR FOCUS

By shifting your focus to train movements and muscles you'll also achieve more than just physical outcomes, because training your body to lunge, hinge (think deadlifts, good mornings, snatches and cleans), pull, carry and push means building a machine that not only looks good, but also feels good and works well.

Therefore, as a coach, the best advice I can give you is to know your goal, understand your requirements, find a philosophy and adapt a methodology. At OTG we train for performance as well as a good dollop of aesthetics. I coach all kinds of athletes, from high impact sportsmen, to stage competitors, in addition to average people from all walks of life. They're housewives and weekend warriors or even the girl next door who is searching for physical perfection, health, fitness and longevity. In every instance we use a combination of performance-focused training in addition to a solid base of old-school bodybuilding and isolation exercises to deliver the best results. It is never a question of selecting one over the other. So don't marry your mind or your body to a single practice. Define your own beauty standards, get healthy, move more, train for performance and eat like an athlete.

*Transform your body using the movements and exercises that have been creating, developing and evolving athletes for decades. Teach your body to move better through exercise; to push the proverbial envelope. **Train your body, move your muscles.***



Lil Bianchi Kimble, head coach & owner of OTG Athletic. World Champion powerlifter, deadlift world record holder and addict of defying the human condition.

TITAN NUTRITION

AS SERIOUS AS IT GETS




Experience Whey Protein as it should be

For more information about these products and many more, please contact us at: titannutri@gmail.com • 083 391 8671 or 082 857 4924

www.titanworld.co.za



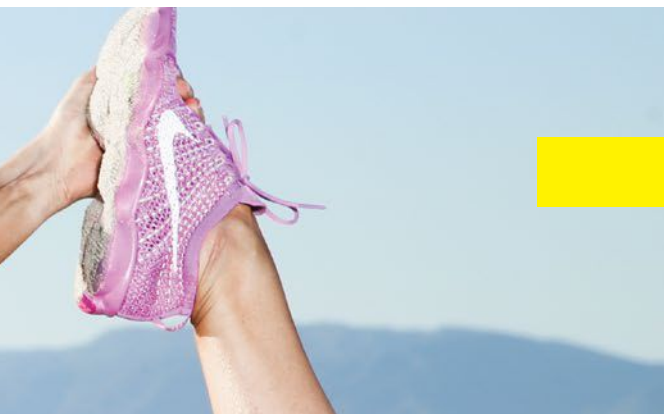
www.facebook.com/Titannutritional



YES, IT'S TRUE, TO SEE YOUR ABDOMINAL MUSCLES, YOUR DIET IS OF PRIMARY IMPORTANCE. BUT CORE STRENGTH AND ABDOMINAL CONDITIONING IS ABOUT MORE THAN JUST AESTHETICS AS THESE ATTRIBUTES BENEFIT YOUR DAILY LIFE IN MANY WAYS.

Conditioning your core builds a strong foundation for all forms of human movements, be it inside and outside the gym. It will also help to prevent injury and alleviate pain that is often caused by a weak core and poor posture. Including a few core exercises in your training sessions throughout your week can lead to better posture, enhanced athletic performance, a lowered risk of injury and a healthier, happier, more enjoyable life!

THE POWER OF THE PLANK



THE PLANK SERIES

1 BASIC PLANK

In an extended push-up position, form a straight line from your head to your toes. Keep your pelvis tucked, your spine and neck neutral and shoulders relaxed and away from your neck. Breathe and hold this position for 60 seconds.

VARIATION: THIS MOVE CAN BE PERFORMED ON YOUR ELBOWS OR WITH ARMS FULLY EXTENDED.



1



VARIATION: THIS MOVE CAN BE PERFORMED ON YOUR ELBOWS OR WITH ARMS FULLY EXTENDED.



2



HOW TO DO IT:

Repeat the moves listed in sequence.

Repeat 4 times.



THE MOVES:

1. Basic plank
2. Plank with leg lift
3. Mountain climber
4. Side plank
5. Side plank with knee touch

PERFORMED BY Holly Barker
@hollsbarksfitness www.thefitnesspreneur.com
PHOTOS BY Noel Daganta Photography

2 PLANK WITH LEG LIFT

From the basic plank position, raise one leg straight up and back. Squeeze your glute on the same side and pause at the top position for a count before returning your leg back to the ground and repeating on the opposite side. Perform 10 raises per leg with quick transitions from one side to the other.

3 OPTIONAL MOVE (NOT PICTURED) MOUNTAIN CLIMBER

Transform the basic plank into a sweat-inducing exercise with the mountain climber. From the extended push-up position, lower your upper body and hold this position with your elbows bent as you bring one knee up and out towards the elbow on the same side. Repeat on the other side and continue in an alternating fashion, performing 10 touches per side before pressing your body back up.

PLANK POWER:

- Strengthens deep core muscles;
- Improves posture;
- Promotes more efficient movement;
- Improves balance and proprioception.

4 SIDE PLANK

Lie on your side with your elbow under your shoulder at a 90-degree angle and your feet stacked on top of each other. Raise your hips and torso to form a straight line from head to toe. Hold this position for 60 seconds.

5 OPTIONAL MOVE
 (NOT PICTURED)
SIDE PLANK WITH KNEE TOUCH

Kick up the intensity of the side plank by bending and lowering your top extended arm (as explained in variation 1) toward your midline and raising your top knee to the same point, until elbow and knee touch. Perform 10 touches per side, holding the crunch position for a count before extending back to the extended side plank position and repeating.

**PLANK BASICS:**

- Always contract your glutes and abdominals to brace your torso.
- Draw in your belly button towards your spine to brace your midsection effectively.
- Keep a slight bend in your knees – never lock them out – with your feet no more than hip-width apart. Keep your arms or elbows below your shoulders.
- Do not drop your head or lower back.

PLANKING DON'TS:

- Don't drop your hips, head, or shoulders;
- Don't hold your breath;
- Don't place your hands too close together. This internally rotates your shoulders and creates instability in the joint;
- Don't hold the position for too long after you're no longer able to maintain proper form.

VARIATION 1: POSITION YOUR TOP LEG IN FRONT USING THE FOOT FOR ADDED SUPPORT.



VARIATION 2: PERFORM THE EXERCISE WITH ARM STRAIGHTENED AND THE OPPOSITE ARM REACHING STRAIGHT UP.



VARIATION 3: PERFORM A SIDE PLANK REACH BY REACHING STRAIGHT UP WITH YOUR TOP ARM AND LEG. PERFORM 10 REACHES PER SIDE, HOLDING AT THE TOP AND RETURNING EACH TIME TO THE SIDE PLANK POSITION, AS EXPLAINED IN VARIATION 1.



At **Body20** we use state of the art
EMS technology to give you a **results driven workout**.

TOP 10 BENEFITS OF EMS TRAINING WITH BODY20

01



TRAINING WHICH IS EASY
ON THE JOINTS REDUCING
STRAIN AND INJURY

02



CORRECTION OF
MUSCULAR
IMBALANCES

03



STRENGTHENING OF
CORE AND ABDOMINAL
MUSCLES

04



INCREASED OVERALL
STRENGTH AND
ENDURANCE

05



IMPROVEMENT
OF YOUR
POSTURE

06



REDUCTION IN
CELLULITE

07



RELIEF FOR
BACK PAINS

08



20 MINS = 4 HRS
OF CONVENTIONAL
STRENGTH TRAINING

09



INCREASED
MUSCLE
DEFINITION

10



FULLY CUSTOMIZABLE
TO REACH YOUR
FITNESS GOALS



BOOK NOW FOR YOUR FREE **BODY20** EXPERIENCE.

STUDIO@BODY20.CO.ZA

087 231 0359

WWW.BODY20.CO.ZA

Terms & Conditions apply.(E&OE)

20TM
BODYtwenty
A STRONGER, FITTER YOU
IN ONLY 20 MINUTES PER WEEK!



YOUR TOTAL AB PLAN

Get the midsection you've always wanted in

28 days

LEANER. STRONGER. BETTER

It's no secret that the route to awesome abs starts and ends in the kitchen, but you definitely need a few pit stops at the 'body shop' to sculpt and shape those muscles in your middle.

It doesn't have to be all abs all the time, though. After all, spot reduction is a myth. But, with just 5 minutes a day for the next 4 weeks, you'll soon be swapping those tank tops for a sexy crop top!

How to do it:

Perform each exercise for 60 seconds, for a 5-minute ab workout.

Do the workout after weights or cardio.

Perform each workout 5 times a week.

Follow a new workout every week to keep progressing.

When you're done, mix and match as you please to get your abs lit!

WORKOUT 1

Perform each exercise for 60 seconds, for a 5-minute ab workout. Perform this workout 5 times this week.

Move 1: Hanging knee raises

Move 2: Sky stab crunches

Move 3: Off-set farmer's carry

Move 4: Twisting crunches on stability ball

Move 5: Side plank raises

MOVE 1

HANGING KNEE RAISES

Setup: Hang from a pull-up bar with your arms fully extended. Keep your core tight and raise your knees up to 90 degrees. Lower them back down to the starting position and repeat for 60 seconds.



3 FAT-BURNING DIET RULES

#1 EAT PROTEIN

Protein provides the building blocks needed for muscle. Your body needs the amino acids that come from the protein in your diet to repair and rebuild following exercise. *No protein = no shapely muscle!*

#2 ADD HEALTHY FATS

Fats have received a bum rap in the diet world in the past, but if your goal is to build the best body – and the sexiest abs – you actually need good sources of natural fats in your diet. So what's the #1 reason to include more fat in your diet? They are used in the production of all the important hormones your body needs to burn fat and build shapely muscle, among many others...

#3 PORTION CONTROL

You can't out-crunch a bad diet – no amount of sit-ups, crunches or planks will make those abs 'pop' if you're eating too many calories. Whether you're high-carbing it or on the Bant wagon, calorie control is a non-negotiable and portion control is the way you do it.

WEEK 1

MOVE 2

SKY STAB CRUNCHES

Setup: Lie flat on your back with your feet on the floor. Raise and bend your knees to form a 90-degree angle. Stretch your arms upward and keep them straight.

The movement: Perform an upward crunch as if to try touch the roof with your hands. Return to the starting position and repeat for 60 seconds.



MOVE 3

OFF-SET FARMER'S CARRY

Hold a heavy dumbbell or kettlebell in one hand at your side.

Focus on: Engaging your core to maintain a tall, upright posture as you use normal strides to walk in one direction for 30 seconds. Swap the weight to the other hand, turn and walk back to the starting position.



KEEP YOUR SHOULDERS BACK AND HIPS LEVEL – AVOID BENDING TO THE OPPOSITE SIDE.



MOVE 4

TWISTING CRUNCHES ON STABILITY BALL

Setup: Sit on a big Swiss ball. Walk your legs forward as you lie back on the ball with your shoulders and head hanging off the end. Your knees and hips should be bent, forming a 90-degree angle.

Gently extend your back until it makes contact with the ball. Place your hands across your chest. **The movement:** Flex your waist to raise your upper torso of the ball, twisting it to one side as you do so. Lower yourself back to the starting position and repeat on the other side. Continue in an alternating fashion for 60 seconds.



MOVE 5

SIDE PLANK RAISES

Setup: While lying on your side, on a mat, raise your torso and shift your elbow under your body at a 90-degree angle. **Focus on:** Keeping your other arm straight and pointed directly upwards. Start with your hip on the mat, then raise it up as far away from the mat as possible. Return to the starting position and repeat for 30 seconds. Swap sides and repeat on the other side.

WEEK 2

WORKOUT 2

Perform each exercise for 60 seconds, for a 5-minute ab workout. Perform this workout 5 times this week.

- Move 1:** Waiter walks
- Move 2:** Bicycle crunches
- Move 3:** Ab 21s
- Move 4:** Advanced side plank raises
- Move 5:** Up-down planks



MOVE 1

WAITER'S WALKS

Setup: Using one arm, hold a dumbbell or kettlebell overhead in a fully locked out position with a straight elbow and your wrist in a neutral position.

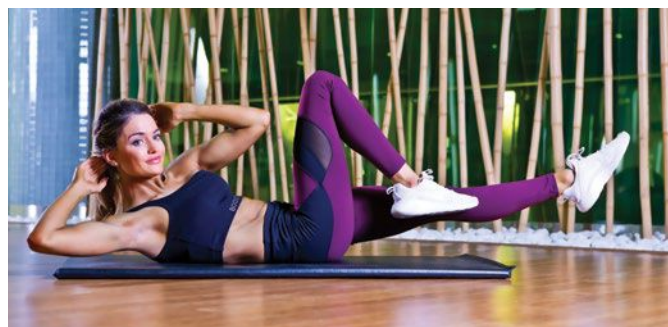
Focus on: Engaging your lats to keep your shoulder blade down. Using normal strides, walk in one direction for 30 seconds, bracing your core to maintain a tall posture. Switch the weight to the other hand, turn and walk back to the starting position.

FORM TIP: MAINTAIN A PERFECT UPRIGHT POSTURE THROUGHOUT THE WALK AND DON'T BEND TO THE SIDE.

MOVE 2

BICYCLE CRUNCHES

Setup: Lie flat on the floor. Place your hands behind your ears. Raise one knee towards your head while simultaneously crunching your torso off the mat. **Focus on:** Trying to touch your knee to the opposite elbow. Immediately repeat on the opposite side.



MOVE 3

AB 21s

Setup: Lie down on your back with your arms stretched out above your head and your legs flat on the floor. **The move:** While performing a crunch raise your left leg up, keeping it straight, and reach for your foot with your right hand. Return to the starting position, then do the same with your opposite leg and arm. Once again, return to the starting position, then raise both legs and reach for them with both hands. Repeat the sequence.



MOVE 4

ADVANCED SIDE PLANK RAISES

Setup: Lie on your side with your elbow placed under your shoulder at a 90-degree angle. Keep your other arm straight and pointed directly upwards. **The movement:** Raise your free leg up to a 30-degree angle away from your

lower supporting leg while keeping it straight. Start with your hip on the mat, then raise it up as far away from the mat as possible. Return to the starting position and repeat for 30 seconds. Swap sides and repeat for another 30 seconds.

LIFE THIS WEEK

The trick to ensuring constant progress, whether that's the scale needle continuing to move in the right direction or the

ability to do more reps of an exercise, is what fitness pros call progressive overload. By increasing a variable in your workout every week, whether

that's the weight used, the number of reps you do, or the difficulty of the exercise, you'll keep making progress towards your goal.



MOVE 5

UP-DOWN PLANKS

Setup: Lie face down on an exercise mat. Place your forearms on the mat with your elbows under your shoulders. Place your feet together and your legs stretched out behind you, with your toes on the floor. **The movement:** Raise your body upward, keeping your head, neck, back and legs in alignment. Next, extend one arm and place your hand on the ground directly beneath your shoulder. Immediately place your other hand on the floor in an extended plank position. Drop one arm back into the bent elbow position and immediately repeat the movement starting with the other arm.



WORKOUT 3

Perform each exercise for 60 seconds, for a 5-minute ab workout. Perform this workout 5 times this week.

Move 1: TRX plank fallout

Move 2: Stability ball jackknives

Move 3: Knee drives

Move 4: Scissor kicks

Move 5: Hanging leg raises

FORM TIP: ACTIVATE YOUR CORE TO LIMIT EXCESSIVE ARCHING IN THE LOWER BACK.

MOVE 1

TRX PLANK FALLOUT

Setup: Grip the TRX handles and turn to face away from the anchor point. Extend your arms out in front of you, with your hands in the handles, until your body reaches an 80-degree angle. **The movement:** Roll out without moving your legs

by elevating your arms. Keep them straight as you do so. Allow your body to come forward until your arms are directly overhead. Using your core strength, bring your arms back down in front of you until they reach the starting position.

THE CARDIO COMPONENT



CALORIES BURNT

in 1 hour of training for a 58kg female

ACTIVITY	CALORIES	ACTIVITY	CALORIES
Aerobic dance (like Zumba)	650	Rowing machine	415
Aerobics, high impact	413	Running (06:12 min/km pace)	731
Cycling at 19 km/hour	566	Running (04:58 min/km pace)	890
Cycling at 24 km/hour	708	Skipping (60-80 skips/min)	572
Boxing	660	Spinning	671
Circuit weight training	756	Step aerobics	624
Elliptical trainer	670	Step machine	413
Kettlebells	1 000	Swimming freestyle (2.7km/hour pace)	523

WEEK 3

MOVE 2

STABILITY BALL JACKKNIFES

Setup: Place your hands on the floor and your feet on a stability ball so that you're in a push-up position, with your feet elevated. Engage your abs and keep your body in a straight line. **The movement:** Maintaining a natural curve in the upper and lower back, draw your knees towards your chest. Extend the legs back to the starting position and repeat.



MOVE 3

KNEE DRIVES

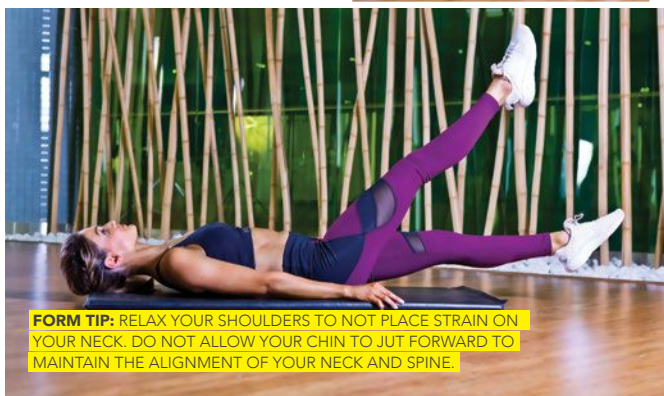
The movement: In an extended push-up position, bring your left knee up and under your torso toward your right elbow. Plant your foot back down, then switch sides by driving your right knee toward your left elbow. Keep alternating your legs with each rep.



MOVE 4

SCISSOR KICKS

Setup: Lie face-up with your hands placed across your chest. Lift your head and shoulders up slightly. **The movement:** Engage your abs to lift your legs off the ground. Maintain this position as you perform alternating leg lifts in a scissor-like kicking motion.



MOVE 5

HANGING LEG RAISES

Setup: Grasp a high bar with an overhand grip that is slightly wider than shoulder-width apart and hang with your body fully extended and your core muscles engaged.

The movement: Keep your knees extended as you raise your legs by flexing your hips as high as you can. Try to kick the bar above your head before returning to the starting position by extending your hips downward. Repeat until you reach failure (or for 60 seconds – whichever comes first).



WEEK 4

MOVE 1

STABILITY BALL PIKES

Setup: Roll out over a stability ball into an extended plank position, with your hands placed on the floor directly under your shoulders and your shins on the ball.

The movement: Flex your hips and roll your shins over the top of the ball – keep your legs straight. Raise your hips up until the tips of your toes are on the ball. Keep your abs engaged and hips even. Pause at the top, then return to the starting position. Repeat for 60 seconds.

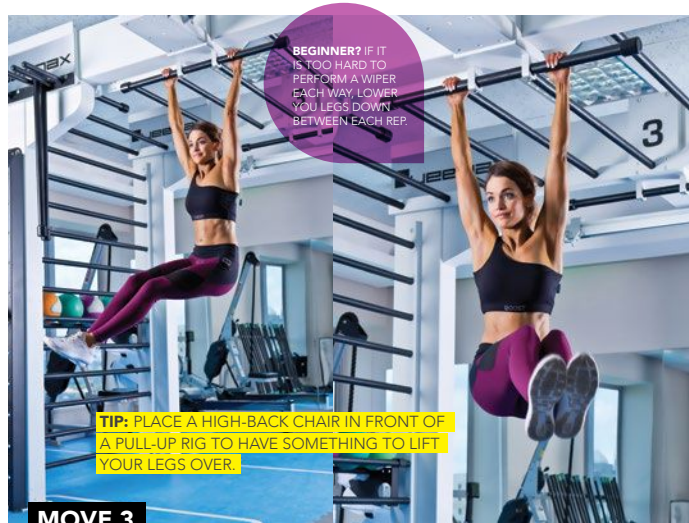


MOVE 2

BARBELL ROLL-OUTS

Setup: Kneel on the floor and hold the barbell with both hands. Your upper arms should form a 90-degree angle with your torso and your hips should also be bent at 90 degrees. **The movement:** Engage your abdominals and keep them tight throughout the movement. Roll the bar

forward by slowly extending your hips and arms, opening up the 90-degree angles with your arms. Gradually stretch your arms out as far as you can while maintaining a neutral spine and pelvis. Contract your abs to roll back up to the starting position. Repeat for 60 seconds.

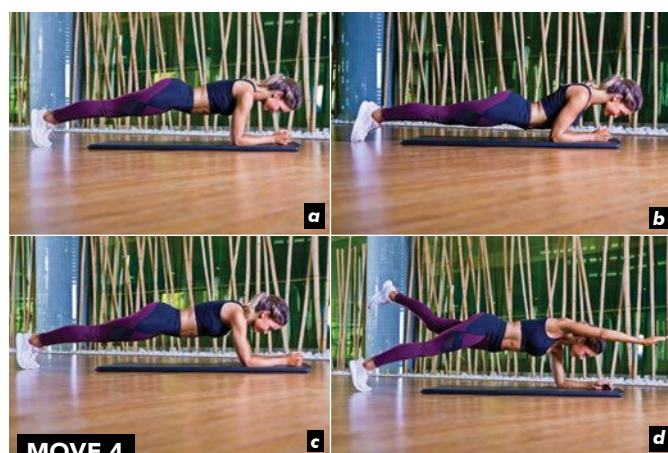


MOVE 3

HANGING WIPERS

Setup: Hang from the high bar with your legs extended straight down under you. **The movement:** Raise your legs up and out to one side, keeping them straight as you rotate them across your torso. Lower your legs to the other side

under control, but do not return them to the fully extended hanging position. Rather, move directly into another wiper movement, but this time in the opposite direction. Continue to go back and forth in a controlled manner for 60 seconds.



MOVE 4

PLANK COMPLEX

Setup and movement: Start by balancing on your elbows and toes, with your core engaged and your body in a straight line (a). Hold this position for 12 seconds without moving. From this position shift your weight forward onto your forearms and hold for 12 seconds (b), then shift your weight back by extending

your elbows past the starting position and hold for another 12 seconds (c). Return to the starting position and then straighten one arm and the opposite leg and hold for another 12 seconds (d). Switch to the other arm and opposite leg for the last 12 second set. The entire exercise should last 60 seconds.

WORKOUT 4

Perform each exercise for 60 seconds, for a 5-minute ab workout. Perform this workout 5 times this week.

Move 1: Stability ball pikes

Move 2: Barbell roll-outs

Move 3: Hanging wipers

Move 4: Plank complex

Move 5: Cable kneeling crunches

MOVE 5

CABLE KNEELING CRUNCHES

Setup: Kneel below a high bar. Grasp the band with both hands and place your wrists against your head.

The movement: Position your hips back and flex them to allow the resistance on the band to lift your torso upwards so that your back is in an extended position. With your hips in a stationary position, flex your waist so that your elbows travel towards the middle of your thighs. Return to the starting position and repeat.

REV UP YOUR METABOLISM

- Move more and move more often, even it's just walking around the office.

- Use a thermogenic fat burner.
- Eat spicy foods whenever possible.

- Add more muscle through weight training – it requires more energy, even at rest.
- Do high-intensity

interval training with weights and cardio.

- Drink green tea or coffee in the morning.
- Drink enough water throughout the day.

- Cycle your carb intakes periodically.

- Occasionally train in a fasted state.

- Eat sufficient protein, especially after exercise. **1**

Move over spinning, the Assault Bike is the new calorie-crusher on the scene

For years spinning was considered the queen of cardio for its ability to blast calories and get the sweat pumping, but no more.

The air bike concept, also known as a fan bike, has been around for years, but it wasn't until one company sought to improve on the original design that air bikes took the reigns as your gym's best calorie-crusher.

The company in question and the model everyone is using, from CrossFitters to elite athletes, is called the **Assault AirBike**.

The Assault AirBike uses a 27-inch steel fan to create unlimited resistance, which is the secret to its effectiveness – *the harder you work, the greater the resistance*.

This happens when the torque generated from the pedals and/or the arm levers is transferred to the fan at the front of the bike. As the fan blades spin, the air they move against provides resistance back to the rider. Hence, the harder you push it, the more resistance you experience.



This versatile exercise tool also offers a variety of workout options.

- Full-body pedal, push and pull workout
- Rest your feet on the oversized foot pegs for an all-arm upper-body sessions
- Crunch the pedals for a leg cardio-strength mash-up

KEEP TRACK

The Assault AirBike console offers a heads-up display via LCD technology to deliver easy-to-read information. Large buttons and quick

keys enable faster access to the on-board programmes, while the screen is packed full of useful data feedback. Simultaneously monitor heart rate, speed, RPM, time, watts and calories.

On-board programming allows you to jump into a workout with minimal fuss, or fully customise your session on the bike. Choose from high intensity intervals, or set a target distance or Watt goals.



Workout options are endless, too.

AN ASSAULT ON CALORIES!

Cardio cruise:

Easy pedal, push and pull for a light cardio session to warm up or cool down.

Recovery pedal:

Real recovery is about more than rest. If you aren't mobilising joints and promoting blood flow, you're doing it wrong. The Assault Bike is a great way to get the entire body moving.

Turn it up with an Assault Tabata

20 seconds of all-out effort with 10 seconds of rest, performed 8 times. Rest between each Tabata, repeat for a total of up to 5 rounds (if you dare!)

High-intensity assault

The Assault Bike comes into its own during short-duration, high-intensity intervals. Try one of the following:

Beginner blast

Warm-up: 5 minutes @ 5/10 effort
Intervals: 15 minutes of 15 seconds hard, 45 seconds easy.
Cool-down: 5 minutes @ 5/10 effort

Moderate meltdown

Warm-up: 5 minutes @ 5/10 effort
Intervals: 15 minutes of 30 seconds hard, 30 seconds easy.
Cool-down: 5 minutes @ 5/10 effort

Add 1 calorie EMOM

Warm-up: 5 minutes @ 5/10 effort
Aim to burn an extra calorie at each subsequent minute interval, until you can no longer achieve your goal.
Cool-down: 5 minutes @ 5/10 effort
Warning: Start slow and gradually build to sustain a 20-30 minute workout.

Pyramid intervals

Warm-up: 5 minutes @ 5/10 effort
Interval 1: 10 sec sprint, 50 sec rest
Interval 2: 20 sec sprint, 40 sec rest
Interval 3: 30 sec sprint, 30 sec rest
Interval 4: 40 sec sprint, 20 sec rest
Interval 5: 50 sec sprint, 10 sec rest
Interval 6: 40 sec sprint, 20 sec rest
Interval 7: 30 sec sprint, 30 sec rest
Interval 8: 20 sec sprint, 40 sec rest
Interval 9: 10 sec sprint, 50 sec rest
Cool-down 5 minutes @ 5/10 effort

Power EMOM progression

Warm-up: 5 minutes @ 5/10 effort
Add 10 watts of power to each interval, every minute on the minute, until you can no longer sustain your effort.
Cool-down 5 minutes @ 5/10 effort

Assault metcon

Perform 10 rounds of 40 seconds of all-out Assault Bike effort, followed by 40 seconds of a different bodyweight exercise of your choice for each round. Rest 20 seconds between rounds.

◀ – the harder you work, the greater the resistance.



Want to know more? Visit www.mifitness.co.za or Phone: 011 704 6711 Email: info@mifitness.co.za

"Beware of copies, make sure you purchase a genuine Assault Bike"



*the gym's best
calorie-crusher.*



BY Pedro van Gaalen, Managing Editor

PSYCHING OUT YOUR RECOVERY



HOW YOUR MIND CAN HAMPER YOUR ABILITY TO RECOVER BETWEEN TRAINING SESSIONS

IN THE CONTEXT OF TRYING TO MANAGE CONDITIONS SUCH AS OVERTRAINING AND INJURY FROM EXCESSIVE EXERCISE, WE OFTEN TEND TO DISPROPORTIONATELY FOCUS ON MANAGING OUR TRAINING VOLUME AND INTENSITY. SELDOM DO WE CONSIDER THAT OVERTRAINING CAN JUST

AS EASILY BE EXPLAINED AS A CONDITION CAUSED BY UNDER-RECOVERY, RATHER THAN TOO MUCH EXERCISE.

And in addition to the physiological stress of exercise, we are all exposed to varying types of lifestyle stressors and degrees of stress, and the response our bodies have to this multitude of stressors, be it physical stress from training, mental stress from work or

emotional stress, all manifest in the same way by affecting the same bodily systems, particularly our nervous and hormonal (endocrine) systems.

To be more specific, heavy training, a stressful job, biomechanical dysfunction from extended periods of sitting and inactivity, diet-induced stress, pollution and life stress all interact seamlessly to create an environment conducive to

a breakdown in various bodily systems.

As far as our bodies are concerned, stress is stress. Unfortunately many of us fail to understand this inter-relationship as we tend to compartmentalise stress into different categories and fall into the trap of thinking that physical stress is separate from psychological stress and one cannot affect the other.

→ IT'S ALL IN YOUR HEAD

Well, if recent research is to be believed, your psychological state may very well be limiting your ability to recover between sessions, more so than actions aimed at improving recovery.

This lends credence to the idea that overtraining can be caused by under-recovery, as much as it's caused by excessive training.

However, most of these factors affect us between training sessions, during our recovery, and not necessarily during the training itself (although, high stress can certainly impact on the quality of a training session). The most prominent of these factors is chronic stress and our emotional state.

→ THE ROLE OF RECOVERY

As has often been written in this magazine, gains in fitness, strength and muscle are not made during your training, but rather between sessions when your body rebuilds itself through a cascade of hormonally mediated processes.

These processes work to repair the structural damage that naturally occurs to muscles and connective tissue during training, and allows the physiological adaptations to exercise to occur. The recovery process also replenishes expended energy stores, such as glycogen

stored within muscle cells.

The recovery process also aims to return the body to a state of homeostasis (balance) in terms of hormonal, nervous and immune system functioning, and lower the body's temperature back to normal resting levels.



A 2009 study conducted by Samuele Marcora, director of research at the School of Sport and Exercise Sciences at England's University of Kent,

titled "Mental Fatigue Impairs Physical Performance in Humans" and published in the Journal of Applied Physiology, showed mental fatigue can have nearly as much impact on athletic performance

as muscle exhaustion. The theory, which Marcora calls the psychobiological model of exercise tolerance, expands on Tim Noakes's central governor theory by combining psychology with biology and physiology.



→ ACCUMULATED STRESS

However, when you lurch from one stressful situation – a hard training session, for example – to another – a high-pressured afternoon in the office or working late into the night on deadline – you heap psychological stress onto the physical stress you've imposed on your body, all at a time when you should be giving your body every opportunity to repair itself.

This is what is commonly termed 'burning the candle at both ends' as the psychological stress of work commitments,

or even the emotional stress of strained personal relationships between family or friends, as another example, is hampering the processes of recovery and adaptation.

This has been corroborated in a number of studies, with one of the more recent, a meta-analysis published in the journal Sports Medicine, finding that athletes are most likely to sustain physical injuries during times when psychological and/or social stress is high.

The team of Swedish researchers, led by Andreas

Ivarsson from the Center of Research on Welfare, Health and Sport at Halmstad University in Sweden, sought to examine the effect of relationships between psychosocial variables and injury rates, and the effects of psychological interventions aimed at reducing or preventing injury.

The findings of the study were published in 2016 and showed that "stress responses and history of stressors had the strongest associations with injury rates".

ATHLETES ARE MOST LIKELY TO SUSTAIN PHYSICAL INJURIES DURING TIMES WHEN PSYCHOLOGICAL AND/OR SOCIAL STRESS IS HIGH.

ARE YOU LOOKING FOR A CAREER IN THE HEALTH & FITNESS INDUSTRY?



NEW COURSES AVAILABLE

EXERCISE SCIENCE

(Self-study/online and part time)

NATIONAL CERTIFICATE IN FITNESS

(Full-time)

PERSONAL FITNESS TRAINING

(Full-time / Part-time)

CONTINUED EDUCATION COURSES

ONLINE COURSES

All courses available right across SA. Internationally recognised

WHERE SCIENCE & PASSION FOR FITNESS MEET

WWW.FITPRO.CO.ZA



The Gym, Dimension Data Campus,
Cnr Sloane Street and Main Road

Why wait? Register – NOW!

Tel: +27 11 463 5329 | Fax: 086 552 0533

e-mail: info@fitpro.co.za

📍 Institute of Fitness Professionals

📍 fitpro_institute

📍 FitPro_SA

“ Even the emotional stress of strained personal relationships between family or friends could hamper the processes of recovery and adaptation. ”

The researchers concluded that the results “support the model’s suggestion that psychosocial variables, as well as psychologically-based interventions, can influence injury risk among athletes”.

In addition, a 2013 study led by Matthew Stults-Kolehmainen, who specialises in the study and understanding of the interface between exercise or physical activity

and mental stress, investigated the effect of stress on recovery from an intense bout of resistance training in college students.

The study, which was also published in the journal Sports Medicine, in 2014, first assessed the stress levels of participants via questionnaires, and students were then divided into a low-stress or high-stress group based on the results. The

two groups then performed an intense resistance training workout and were monitored up to 96 hours after the session had ended. The research team found that recovery was delayed by up to several days in the high-stress group. They concluded that high levels of perceived emotional stress undermined recuperation of physical function and somatic sensations.

And the same was observed in a University of Texas study, published in Medicine & Science in Sports & Exercise, which put 31 undergraduate students through a heavy-resistance exercise protocol. Participants with higher stress scores took longer to recover their maximum strength, even when their fitness, workload and training experience were controlled for.

→ IMMUNE (DYS)FUNCTION

Adding further support to this theory is the effect that stress has on immune system function. Whether it is repairing damage from a hard session in the gym or track, or a wound from surgery, the immune system is primarily responsible for fulfilling this important biological task.

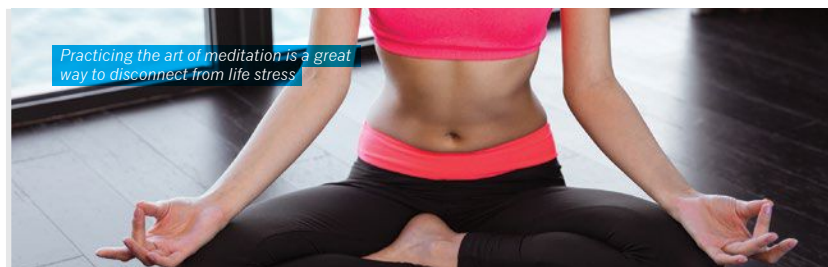
Accordingly, if high chronic stress impedes recovery from wounds, then it can certainly blunt your body’s adaptive response to the damaged tissue that results from intense or high-volume training.

To corroborate this stance, a study published in Immunology And Allergy Clinics of North America in 2011 by Jean-Philippe Gouina and Janice K. Kiecolt-Glaser, titled “The Impact of Psychological Stress on Wound Healing: Methods and Mechanisms” showed that psychological stress can modulate wound healing processes.

In the paper, the researchers explain that “psychological stress leads to the activation

of the hypothalamic-pituitary-adrenal and the sympathetic-adrenal-medullary axes. Enhanced glucocorticoids and catecholamines production can directly influence several components of the healing process. Substantial evidence from animal and human studies indicate that physiological stress responses can retard the initial inflammatory phase of wound healing.” Accordingly, they state that psychological stress can have a substantial and clinically relevant impact on wound repair.

This immunosuppression is also the reason athletes tend to get sick during periods of heavy training load and/or highly stressful life situations.



→ PRACTICAL TIPS TO HELP YOU BALANCE PHYSIOLOGICAL AND PSYCHOLOGICAL STRESS TO MAXIMISE YOUR RECOVERY POTENTIAL INCLUDE:

#1: Use light, easy exercise as a means to de-stress during periods of heightened work stress or periods of emotional stress. Avoid heavy training loads or bouts of intense exercise.

#2: Minimise all forms of stress after hard sessions or races for at least 48 hours afterwards. Try to avoid highly stressed people, situations and environments.

#3: Be flexible with your programme and don’t chase targets at all costs. Listen to your body.

#4: Find additional ways to deal with life stress by disconnecting. Examples include yoga, reading, socialising with friends or meditating.

#5: Ensure complete rest days are free from all forms of stress. This may require that you take a day off on the weekend every now and then to ensure there is no work stress.

#6: Don’t push through feelings of chronic fatigue and tiredness.

#7: Eat a well-balanced diet composed predominantly of whole, natural foods. Avoid added sugar, alcohol, tobacco and drugs.

#8: Get at least eight hours of sleep a night. Try to get an extra hour during periods of peak training volumes or blocks of high-intensity work, or take naps when possible. **1**

→ MANAGING STRESS

It is therefore highly beneficial to manage psychological stress levels during the recovery period, particularly 24-48 hours after intense training sessions or races or competitions.

Conversely, this also means skipping hard sessions during times of high psychological or emotional stress, the nature of which makes it hard to predict or control. It is therefore often the athletes who steadfastly

stick to a training programme with little consideration for the external factors that can affect their performance and recovery who find themselves in an over-trained (or under-recovered) state or, worse, injured.



A team of German scientists from the Technical University of Munich who were investigating burnout and depression in sport, studied a

cross-section of 162 elite and 199 junior athletes. They found that sport-specific stress, combined with insufficient recovery time, was associated with symptoms of depression. Depression was especially

associated with a lack of time to recover from stress, said the researchers, who presented their findings at the British Psychological Society’s sport and exercise psychology meeting in Cardiff.

Basically, don’t burn the candle at both ends!



Cristina Silva
USN AMBASSADOR.
WBFF FITNESS PRO.

#B4BURNBABES

ZERO
CREATINE

ZERO
B-ALANINE

ENERGY
STAMINA
TONING

ADVANTRA 20
TEACRINE®

USN
HARDCORE

AstiaGin

B4-BURN

THERMOGENIC
PRE-WORKOUT

EXTREME THERMOGENIC PRE-WORKOUT
FOR ENERGY + STAMINA + TONING

31
SERVINGS

TEACRINE®

NEW
DELICIOUS
APPLE POP
FLAVOUR

SHOP ONLINE
USN.CO.ZA


PRE-WORKOUT STIMULANT FOR ENHANCED ENERGY, STAMINA & TONING.

MANUFACTURED IN ACCREDITED FACILITIES



USN.CO.ZA [USN SA](https://www.facebook.com/USNSA) [@USNSA](https://twitter.com/USNSA) [@USNSA](https://www.instagram.com/USNSA)

INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

A woman with long brown hair, wearing a red tank top, has a teal towel draped over her shoulder. She is looking down and to the side. The background is dark.

A POPULAR FITNESS MEME
REGULARLY SHARED ON SOCIAL
MEDIA BY GYM ENTHUSIASTS
AND SERIOUS ATHLETES
PROUDLY STATES:

“Obsessed is a word the lazy use to describe the dedicated!”

EXERCISE ***ADDICTION***

WHEN YOUR COMMITMENT TO EXERCISE BECOMES BAD FOR YOUR HEALTH

BY Pedro van Gaalen

While exercise is a healthy pursuit and pushing your physical limits to achieve new personal bests is an admirable trait, problems arise when it becomes something else.

When taken to extremes, exercise actually damages our health, often leading to conditions like anaemia, arthritis, heart problems, memory loss, soft tissue and bone injuries, and even infertility. In the worst case scenario, you can even exercise yourself to death.

However, there are many who feel a compulsion to exercise often and to extremes and the thought of taking a day off from training tends to result in anxiety or stress. In most cases, where the desire to become fit and healthy becomes an all-consuming obsession, we can generally start to frame this as exercise addiction.

This psychological state is characterised by a compulsive engagement in any form of physical exercise, despite any potential

negative consequences.

However, according to Renee Shearing, a Cape Town-based registered Occupational Therapist and Tension/Trauma Release Exercise and EMDR practitioner, who specialises in dealing with and counselling addictions, eating disorders, stress and trauma, diagnosing a condition such as exercise addiction can be tricky because it is commonly associated with other psychological disorders.

There are, of course, those people who chase the endorphin and serotonin and dopamine rush that comes from exercise, similar to that of some drug and alcohol addicts. The release of these neurotransmitters act on the nervous system to create a sense of pleasure or reward, which exercise addicts may develop a dependency to. This is termed primary exercise addiction, as the physical activity itself is the gratification.

The other, more common form

of exercise addiction, is often classified as a secondary addiction because it occurs in conjunction with an eating disorder and is often used to control and manipulate weight. “People who suffer from conditions such as exercise bulimia or anorexia athletica tend to use excessive exercise to mask their calorie-purging behaviour,” explains Shearing. “However, it is also a mental obsession, in the same context as that of an eating disorder.”

However, exercise addiction, also known as exercise dependence, compulsive exercise, or obligatory exercise, isn’t classified as a clinical condition by the American Psychiatric Association, which means that there are no specific diagnostic criteria to determine this condition outside its association with an eating disorder.

“It is therefore well hidden and can fly under the radar for a long time, but it is hugely prevalent,” states Shearing.

Treading a fine line

One of the major issues faced in determining if exercise habits border on the obsessive is the fact that modern society generally praises the level of commitment to training exhibited in these situations.

"Exercise is considered to be a healthy pursuit and is often even used in the treatment of other addictions. In fact, most exercise addicts won't see anything wrong with their behaviour," she adds.

However, there is a fine line between intense or competitive training and damaging, compulsive exercise behaviour.

Another issue is that the addiction may not actually be about exercise itself, but rather the relationship or the dependency that someone has to exercise as a coping or masking mechanism. This is commonly referred to as a behavioural addiction, on par with gambling, sex or video game addiction.

"People may exercise excessively because it offers them a distraction from their problems as they probably never developed other coping mechanisms. In these instances, the addiction is a subconscious avoidance tactic and this fact is often quite hidden to the person engaged in the addictive behaviour," elaborates Shearing.

That's because these people often aren't aware what the behaviour is masking and it's the reason they tend to get defensive when the issue of excessive exercise is broached with them.

"They'll tell you that exercise

brings them enjoyment," continues Shearing, "but it's actually just a maladaptive coping mechanism – an unconscious avoidance of whatever is troubling them, be it stress, relationship issues, trauma, or self-loathing. However, soon this avoidance behaviour becomes a way of life for them, but it's nothing more than a distraction; a way to not look at and deal with what is going on in their lives."

Shearing suggests that this condition can often be more common in younger people as they have yet to develop the mechanisms needed to contend with modern life's various stresses. "Older people are generally more resilient and tend to have the capacity and skills to cope with more, which means they're less likely to become addicted to exercise."

The problem arises when people, particularly the young, fail to develop the innate cognitive ability to tolerate discomfort, emotional pain or emotional turmoil, suggests Shearing. "Using avoidance tactics such as excessive exercise inhibits the natural development of the neural pathways that develop through time as we are exposed to and learn to cope with stress, which is a common feature among addicts. We need to be exposed to something first and learn to tolerate it before we can decide how to deal with it or how to act appropriately. Sometimes this process never happens and we find other ways to cope."

Shearing offers the example of someone who started their addictive behaviour at the age 16. "We tend to find that this person will still have the coping capacity of a teenager in their adult years and will therefore find that it takes longer

The most prevalent age for developing exercise addiction is between 18 and 24, with rates at their lowest after age 45.

to overcome any addictive behaviour."

In this way, Shearing explains that addicts are more child-like in their ability and approach to dealing with issues in life. "They choose to rely on coping mechanisms that replace the mental capacity needed to process and deal with these issues. And the more life throws at them, the more they'll need the crutch of the addictive behaviour to cope with the stress."

This differs from an addict who constantly chases the rush of endorphins because they tend to build a tolerance to them and therefore need more and more exercise to achieve the same 'high'.

Shearing adds that humans have also been socialised out of the instinctive ways that other mammals deal with stress, which, coincidentally, is often through specific forms of physical activity. "However, without this ability we become addicted to the behaviour that provides this release."

Regardless of the underlying mechanism, though, the outcome of this addiction tends to be the same. Physical manifestations of exercise addiction include chronic exhaustion, extreme weight loss, regular illness due to a suppressed immune system, poor sleep quality, ill health, heart arrhythmia and overuse injuries.

TO BETTER DETERMINE IF YOU SUFFER FROM EXERCISE ADDICTION, IT'S WORTH ASKING YOURSELF THE FOLLOWING QUESTIONS:

- | | |
|--|----------|
| ■ Are your exercise habits causing issues in your life? | YES / NO |
| ■ Are you losing friends or experiencing relationship issues? | YES / NO |
| ■ Are people in your life complaining about the amount of exercise you do? | YES / NO |
| ■ Do you constantly need to keep increasing the amount of exercise you do to keep feeling good about yourself? | YES / NO |
| ■ Is exercise making you sick and weak instead of strong and healthy? | YES / NO |
| ■ Are you constantly exhausted? | YES / NO |
| ■ Is your productivity declining? | YES / NO |
| ■ Do you look and feel run down? | YES / NO |
| ■ Are you getting enough sleep? | YES / NO |
| ■ Are you still exercising despite an injury? | YES / NO |
| ■ Do you often squeeze in extra training sessions whenever you can? | YES / NO |
| ■ Are you unable to stop training in the face of various other responsibilities? | YES / NO |
| ■ Are you attaching your self-worth to the outcomes of your exercise or training? | YES / NO |
| ■ Do you base decisions on your ability to exercise, like where you choose to vacation? | YES / NO |
| ■ If you're training toward a specific goal or event, are you able to take a break afterwards? | YES / NO |

? Self-evaluate your answers.
Still not sure if you're an addict or just very committed. Then take the test on page 56.

TAKE THE TEST

Another tool that can be used to determine exercise addiction is the **Exercise Addiction Inventory (EAI)**, developed by psychologist Mark Griffiths, PhD. It includes a six-point questionnaire where answers are rated according to a five-point scale:

- 1 Strongly disagree
- 2 Disagree
- 3 Uncertain
- 4 Agree
- 5 Strongly agree

EXERCISE ADDICTION INVENTORY

RATE YOUR QUESTIONS 1-5

1. Exercise is the most important thing in my life.

1 2 3 4 5

2. Conflicts have arisen between my partner and me about the amount of exercise I do.

1 2 3 4 5

3. I use exercise as a way of changing my mood (e.g. to get a buzz or to escape).

1 2 3 4 5

4. Over time I have increased the amount of exercise I do in a day.

1 2 3 4 5

5. If I have to miss an exercise session, I feel moody and irritable.

1 2 3 4 5

6. If I cut down the amount of exercise I do and then start again, I always end up exercising as often as I did before.

1 2 3 4 5

HOW DID YOU SCORE?

A score of **24-30** suggests the highest likelihood of exercise addiction;

A score of **13-23** suggests a person is at moderate risk;

A score of **0-12** means low risk for exercise addiction.

Is this me?

So how can you determine if you've crossed over from being a dedicated gym-goer to a wild-eyed exercise addict?

Shearing says the common tell-tale signs associated with exercise addiction include withdrawal from social and family commitments, the emergence of relationship issues due to time away from partners and family, overwhelming guilt at missing even a single exercise session, obsessing over workouts or the planning of training programmes, downplaying the time you spend exercising and getting defensive when confronted about it, and poor productivity in other areas of life such as work and home. Exercise addicts often also struggle with depression, anxiety and neuroticism.

"The first step I take with clients who I suspect may be addicted to exercise is to get them to stop training for two weeks. That's not enough time to lose any significant strength or fitness, but it will tell you a great deal about your relationship with exercise," she says. "That's because it's unlikely that an exercise addict could make it even five days without going a little stir-crazy."

Shearing requests that her clients use this time to examine how they feel and think in the absence of exercise. "Journaling is a great tool in this regard as it helps to identify trends in thoughts

and emotions during this time, making it easier to determine if exercise is an all-consuming component in your life. Most importantly, though, we work on finding what a client's motivation is for exercising."

"It is only when you identify and acknowledge these factors and give yourself time to deal with them that you generally can start to manage or even stop the addictive behaviour," continues Shearing. This process requires brutal honesty, and self-control is then required to manage exercise addiction, in conjunction with the development of the coping mechanisms that were lacking in the first place.

Interestingly, Shearing says that a specialised form of physical activity known as Tension/Trauma Release Exercise (TRE®) can be used to help people cope with stress. "We all have an inherent natural mechanism within our bodies that deals with stress, called a tremor mechanism which works to down-regulate stress. This happens following exercise, or when we experience shock – it's the body's way of removing excess adrenalin and cortisol, which are the hormones that activate our flight-or-fight response. When this mechanism is functioning properly it helps to return stress levels and

hormones back to baseline, but we've suppressed this natural feedback loop due to the chronic levels of stress in our lives. As such, we tend to find other ways to cope, which can often result in addictions, of which exercise can be one."

TRE® activates and uses the body's natural mechanism to down-regulate stress and release tension, explains Shearing. "After a TRE® session, people tend to feel more grounded, more present and able to cope. It is not a cure to addiction, but it provides the body with a natural coping mechanism to use every week to improve a person's tolerance of stress and emotion. It's basically re-learning our lost ability to self-regulate stress, which some cultures do naturally, whereas Western society now prefers to use chemicals to achieve a similar outcome." This, of course, has its own set of potential problems related to addiction.

"Ultimately, you can't keep doing things that stop you from feeling. And if exercise is the crutch you use to withdraw from life's difficulties, then I strongly urge you to seek help by going to speak to a qualified psychologist for the sake of both your mental and physical health," concludes Shearing. 📌

“IT'S UNLIKELY THAT AN EXERCISE ADDICT COULD MAKE IT EVEN FIVE DAYS WITHOUT GOING A LITTLE STIR-CRAZY.”



EQUIPMENT

THE ESSENTIALS

Price range R90 - R500

Start with equipment that will form the foundation of most workout routines:

- Workout mat
- Dumbbells
- Skipping rope
- Fitness ball
- Resistance bands
- Foam rollers

THE FUNCTIONALS

Price range R250 - R1000

Expand and make the environment truly functional

- Sandbag
- Step
- Barbell and plates
- Kettlebells
- Floor tiles

THE COMMITTED

R1000 and above

Serious about making it a complete solution? Add these...

- Suspension trainer
- Bench or multipurpose bench
- Multipurpose machine
- Squat rack

CARDIO

Complete your home gym setup with

- Spin bike
- Exercise bike
- Treadmill
- Rowing machine
- Assault bike
- Stepper

**Average market related costs in 2017*

Consider this...

Buy a cardio machine you can see yourself using every day, which you can use to vary your exercise programme. HIIT training is very popular at the moment. The Assault Bike is the best cardio machine available, in my opinion. No other machine is able to give you the same type of workout.

www.mifitness.co.za

~ Roland Steyn, MiFitness

» Assault Bike
R14,500 incl VAT



HOW TO...

SET UP A HOME GYM

IT'S POSSIBLE TO GET FIT AT HOME (EVEN IF YOU'RE ON A BUDGET). All you need is a healthy dose of motivation and some creative thinking when it comes to creating your workout space.

"Choose your weapons. The right ones make you, the wrong ones break you!"

1. MAKE THE SPACE YOUR OWN

Look for a suitable area to set up your workout zone. If you do not have a dedicated room or section for your workout area, look for a spot that has enough surface space for your basic movements that involve a workout mat or jump rope. Outside patio areas are also refreshing for spring and summer workouts. If you're keeping it indoors, select a space that will be free from distractions so that you can focus on your training.

2. MOTIVATION STATION

To make your space work for you, you have to remain motivated. **Take ownership of the area** and pin up some visual reminders or motivational photos that will keep you on track. For easy storage, buy a dedicated storage box and decorate it adequately, so that even when packed away you know your gym is right there waiting for you.

Buying a treadmill?

A well-chosen treadmill will become an invaluable training tool when used properly. From speed intervals to a long, solid run or walk, the right treadmill can turn limited space and time into

worthwhile cardio training. Be sure to check motor strength and warranties: Warranties are a major factor. Make sure the unit is covered by a good warranty and that the warranty is supported and

3. SET A BUDGET AND COMPARE PRICING

Decide how much you're willing to spend to get started and give thought to what you want to build up to. Do a quick price check and see who gives you the best value for money, or if they have any specials going.

4. GO FOR QUALITY

We're all price conscious, but don't skimp out on saving a few bucks only to have your stuff break later. Invest in solid iron cast weights rather than soft-touch plastic coated ones as they'll be more durable. When pricing cardio equipment, pay special attention to **warranties** and customer technical support.

5. ALIGN EQUIPMENT TO YOUR GOALS

Consider the style of exercise you prefer as you're more likely to keep working out if you enjoy it. If you

BUYING DUMBBELLS VS BARBELLS

Dumbbells help to improve muscle imbalances more effectively than barbells as dumbbells enable unilateral exercise – an exercise that can be performed on one side of the body at a time. Lifting individual weights also ensures that force needs to be applied equally by both sides as the dominant side cannot take over.

■ Barbells, however, offer a space-saving solution. Using one bar and a variety of weight plates gives you a number of options.

■ For the purpose of practicality though, dumbbells are still more versatile and can be used in more movements.

enjoy HIIT workouts or Tabata-style bodyweight moves, there is no need to invest in steps and benches upfront.

6. CARDIO EQUIPMENT

Including cardio equipment in your home gym requires more space and a bigger budget, but having a bigger selection of equipment also allows more than one person to work out at a time. There are a number of different cardio machines for you to choose from. Make your selection based on your goals and the space you have available.

~ Stratton Stone, Fitness Network www.fitnessnetwork.co.za

strength and whether it is suited to your needs. If you are planning on training with fast long runs every day you may need a stronger motor.

» Tunturi Pure Run 1.1
R25,000



SWEEPSTAKES

WIN WEEKLY PRIZES

WEEKLY DRAWS FOR PRIZES LIKE SUPPLEMENTS, TECH DEVICES, FITNESS APPAREL OR EVEN CASH!

WITH PRIZES LIKE



BULLYZFITNESS

"We believe that fitness isn't solely about being the biggest body builder or athlete. It's all about taking care of your body, defining your own fitness whether boxing, yoga or weight lifting!" Prize to the value of R1,250, which includes 2 outfits, one male and one female.



RIPPED FEMME

Ripped Femme is the first supplement brand truly formulated for a woman's unique hormonal (endocrine) system. Ripped Femme works with the female body to reduce and rebalance estrogen while activating metabolic pathways for enhanced fat burning! Product hamper valued at R1,500.



VALUED AT R2,999

PLANET FITNESS

3 month membership valued at R2,700 + 1 year *fitness* subscription valued at R260.



CARIBBEAN TAN

Caribbean Tan Professional Self Tan and Tan Care Range is an innovative concept in the application of sunless tanning. Their state of the art delivery system virtually eliminates all problems associated with sunless tanning creams. No more streaky mess, orange palms, or dirty knees and elbows! Prize valued at R1,500.



ATKINS

Atkins low-carb, low-sugar range of products. A great tasting low-carb brand suitable for all people looking to reduce their sugar intake, eat healthier snacks or people who are health conscious.



MONTAGU

Montagu Dried Fruit and Nuts has established a reputation as a key supplier of premium quality dried fruit, nut and seed products in South Africa.

WEEKLY GIVEAWAYS

THE **fitness** SWEEPSTAKES

REGISTER AT

FITNESSMAG.CO.ZA/WIN

Terms and conditions apply. Read online for more info.





MINUTES

HIIT THOSE KETTLEBELLS

to blast calories and build
a better body

PERFORMED BY Janni Hussi
PHOTOS BY James Patrick www.jamespatrick.com
www.jannihussi.com @jannihussi Janni Hussi

Thanks to its unique dimensions, with its horns and handle that alter the centre of gravity with the type of grip this design promotes, the kettlebell imposes a different type of resistance on the body than does a dumbbell.

This more dynamic exercise tool therefore has the ability to activate more muscles during each exercise, including important core muscles, as the body tries to stabilise itself and control the movement of the weight.

These attributes of kettlebell training offer a host of benefits, from increased full-body strength and conditioning, to a higher rate of calorie consumption when compared to other forms of weight training. In fact, according to research conducted at the University of Wisconsin and funded by the American Council on Exercise (ACE), a 20-minute kettlebell workout burns an average of 272 calories.

In a different study, researchers determined that training with kettlebells burned up to 20.2 calories per minute, which works out to a staggering **1,200** calories per hour.

HOW TO DO IT:

- 1 Perform this workout using a HIIT 10-rep EMOM – every minute, on the minute – structure. Set a timer for 1-minute intervals.
- 2 Perform 10 reps of each exercise (5 reps per side for unilateral exercises) within that minute, then move directly to the next exercise for the next minute-long interval.
- 3 If you finish 10 reps before 1 minute is up, use the rest of the interval to recover.
- 4 Rest for one minute after completing all 8 exercises.
- 5 Repeat for a total of 3 rounds.

THE MOVES:

1. Russian kettlebell swing
2. Single-arm deadlift, clean and overhead press
3. Single leg Romanian deadlift
4. Sumo with high pull
5. Alternating one-arm swing with pass
6. Kettlebell arm complex
7. Kettlebell lunge with pass through
8. Kettlebell windmill



272 calories

➔ THE AMOUNT BURNED ON AVERAGE IN A **20-MINUTE** KETTLEBELL WORKOUT

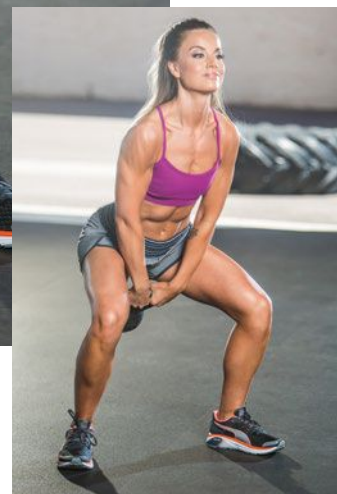


1

THE MOVE:

Russian kettlebell swing

Set up with the kettlebell in front of you. Hinge at the hips and push back your glutes while keeping your back straight. Lower yourself until you can grip the handle with both hands. Pull your shoulders back and down by engaging your back muscles. Pull the kettlebell back hard as your hands go between your legs, until you feel the tension in your hamstrings. Contract your glutes and hamstrings forcefully and allow this to drive your hips forward, extending them in a popping motion. Use the momentum of this movement to drive the kettlebell up and forward into the swing phase of the movement. Guide the kettlebell with your hands and extended arms as it travels up to about shoulder height. Let the kettlebell fall back between your legs. As it does, repeat the movement.



The kettlebell swing is a highly effective exercise for anyone who wants to achieve functional strength and fitness, as the movement teaches you to generate power from the core outward, generating force from the hips, legs, back and core stabilisers. It also works to improve mobility and delivers a full-body workout with one move.



THE MOVE:

Single-arm deadlift, clean and overhead press

Start with a kettlebell placed between your feet, with your legs positioned wider than hip-width apart and a slight bend in your knees. Lower your hips to grab the handle with one hand using an overhand grip. Deadlift the kettlebell off the floor and continue to pull it up until it reaches chest level. With your elbow tucked in at your side, rotate your arm out, then press the kettlebell overhead. Reverse the movement to return the kettlebell back down to the ground to complete one rep. Complete 5 reps on one side before swapping arms.

3

THE MOVE:

Single-leg Romanian deadlift

Stand upright with a neutral spine holding a kettlebell in your right hand. Brace your core and place your body weight on your left leg (opposite to the arm holding the kettlebell). Bend at the hip, reaching down to the ground with the kettlebell. Push your hip back and go as low as you can while maintaining a neutral spine. As you do so, extend your 'free' leg straight out behind you. When your back and extended leg are in alignment to form a table top, contract the hamstring and glute of your supporting leg to return to the upright position. Perform 5 reps with the left leg, then repeat on the right leg.



If you finish 10 reps before 1 minute is up, use the rest of the interval to recover.



FORM TIP: Do not allow the hip of the 'free' leg to tilt up as you hinge.

4

THE MOVE:

Sumo squat with high pull

Set up with the kettlebell placed on the floor between your legs, with your feet wider than hip-width apart and toes pointing out. Squat down and grasp the handle with both hands by bending your knees and pushing back your hips. Drive up through your feet and extend your knees and hips to rise back up. As you do so, pull the kettlebell up to your chin, keeping your elbows above your wrists as you do so. Lower the kettlebell down and drop into a deep squat to repeat the movement.

5

THE MOVE:

Alternating one-arm swing with pass

Set up as explained in the Russian swing description, except this time hold the kettlebell on the handle with one hand. Swing the kettlebell up by driving through your hips to generate the power for the swing phase. Swing the kettlebell up to chest height, until your arm is parallel to the ground. At the top of the swing, switch the kettlebell to your opposite hand. Allow the kettlebell to drop back down under control, being careful not to round or hyper-extend the lower back. Allow the kettlebell to fall between your legs before executing the hip extension to repeat the movement. *Each swing counts as one rep.*



A



B

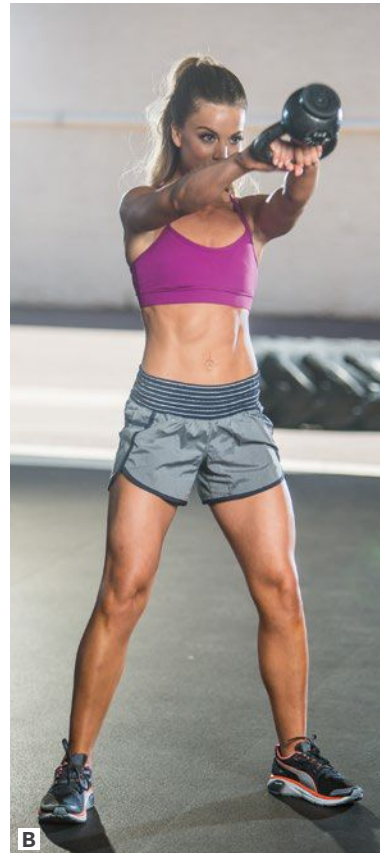
Kettlebell training primarily focuses on mobility, stability and strength.

FORM TIP: Keep your core engaged throughout the movement.



FORM TIP: Don't shrug your shoulders or flex your elbows to attempt to extend the range of motion of your arms.

A



B



C

This workout alternates between intense bursts of activity followed by a short rest period, a HIIT style of training that promotes a faster metabolism.

6

THE MOVE:

Kettlebell arm complex

Stand upright, with your feet placed shoulder-width apart, holding the kettlebell on the horns with an overhand grip. Curl the kettlebell up to your chest, then press the kettlebell overhead. From this position,

flex your elbows to lower the kettlebell back behind your head. Press the kettlebell back up and then lower it back down to the starting position to complete one rep of the complex.



Kettlebells range in weight from 2.2kg to 'The Beast', which is a 48kg 'bell.



FORM TIP: Keep your torso upright throughout the movement.

7


THE MOVE: Lunge with pass through

Stand upright, holding a kettlebell in your right hand. Step forward with your right foot and lower yourself down by flexing the hip and the knee of your leading leg. Allow the trailing knee to drop down until it nearly touches the ground. As you lunge, pass the kettlebell under your bent leading leg to your opposite hand (left). Press through the heel of your leading foot and extend your knee and hip to return to the starting position. Repeat the movement for the recommended amount of reps in an alternating fashion.

8

THE MOVE:

Kettlebell windmill

Press a kettlebell overhead with your right arm. Adopt a wide stance with your feet, pointing them out at a forty-five degree angle. Keep your loaded arm locked out as you push your hip out in the direction of the locked-out kettlebell (right side). Continue to lean over until you can touch the floor with your free hand. Keep your eyes on the kettlebell being held overhead. When your free hand touches the ground, reverse the motion back to the starting position. Perform 5 reps on one side, then swap over to the other. 



YOURS FOR ONLY R260

3 EASY WAYS TO SUBSCRIBE



SMS: "SUB FITNESS"
to 40439 – with your name and email address.



PHONE: Call us on 011 7913646



EMAIL: subscriptions@fitnessmag.co.za – with your name, contact number & postal address.

***TERMS AND CONDITIONS** • Subscription activation is subject to payment confirmation. • Please allow time for processing and delivery, which is subjected to SAPO standards. • All cancellations with refunds will be subjected to a R15 administration fee. • A subscription is for 1 year, which includes 6 issues.

Available on these digital platforms



WEIGHTS & CARDIO

AMONG WOMEN ESPECIALLY, there is a commonly held belief that to improve your health and fitness and lose weight, cardio is best. Strength training, however, is often sidelined as many feel that it will make them 'bulky'. Well, based on these latest findings, trying to make an either-or decision may be short-changing your results.

This cardio versus weight training debate has been thrust back into focus following a study published in January 2017 in the journal Medicine & Science in Sports & Exercise.

NEW STUDY

A group of researchers led by **Eric Shiroma** analysed data from the Women's Health Study (WHS), which was a randomised trial conducted from 1992 to 2004 with 39,876 healthy female participants aged between 47 and 98. **The study examined the benefit of low-dose aspirin and vitamin E for the prevention of cardiovascular disease and cancer.**

During the WHS, the female participants completed health questionnaires every six months during the first year, and then

annually thereafter. One of the questions posed to the respondents required that they estimate how much weight lifting or strength training they had done per week over the year. In the new study, the researchers sought to use this information to determine the relationship between strength training and the risk of type-2 diabetes and cardiovascular disease. **What they found points to a significant increase in health among those women who trained with weights.**

From the research findings, the study authors determined that women who reported participating in any amount of strength training were more likely to have a lower BMI, were more likely to eat healthfully, and were less likely to be a smoker compared with women who did not participate in strength training.

As a result, participation in any strength training was associated with a 30% reduction in type-2 diabetes and a 17% reduction in rates of cardiovascular disease compared with women who didn't lift.

However, ultimately it was determined that **those who engaged in both strength training and aerobic activity experienced the greatest reduction in the rate of type-2 diabetes and cardiovascular disease,** compared with either aerobic activity alone or no training.

Compared with women who did no form of exercise, women who participated in both strength training and did 120 minutes or more of aerobic activity experienced a 65% reduction in the rate of type-2 diabetes. The women who skipped the gym and did only 120 minutes or more of aerobic activity experienced a 48% reduction.

A similar trend emerged in relation to the prevalence of cardiovascular disease as women who participated in both strength training

DO BOTH FOR BETTER HEALTH

and 120 minutes or more of aerobic activity had the largest reduction in their rate of cardiovascular disease, at 39%, whereas women who participated in aerobic activity alone experienced a reduction of just 21%.

According to researchers, the reasons for the incredible health benefits of weight training include the fact that increased muscle mass and a reduced body mass index (BMI) potentially leads to greater insulin sensitivity and more efficient glucose transport and metabolism. Although endurance training has also been shown to improve glucose metabolism, the larger gains in muscle tissue from strength training may explain the greater risk reduction for type-2 diabetes and cardiovascular disease among those engaging in aerobic activities alone.

This study was one of the first to specifically examine the effects of strength training on the risk of type-2 diabetes or cardiovascular disease, but the findings echo those of other studies that have found a positive association between weight training and reduced rates of type-2 diabetes. However, the study authors concluded that additional research is needed to determine the "optimum dose and intensity of muscle-strengthening activities for the reduction of type-2 diabetes and cardiovascular disease rates." **T**

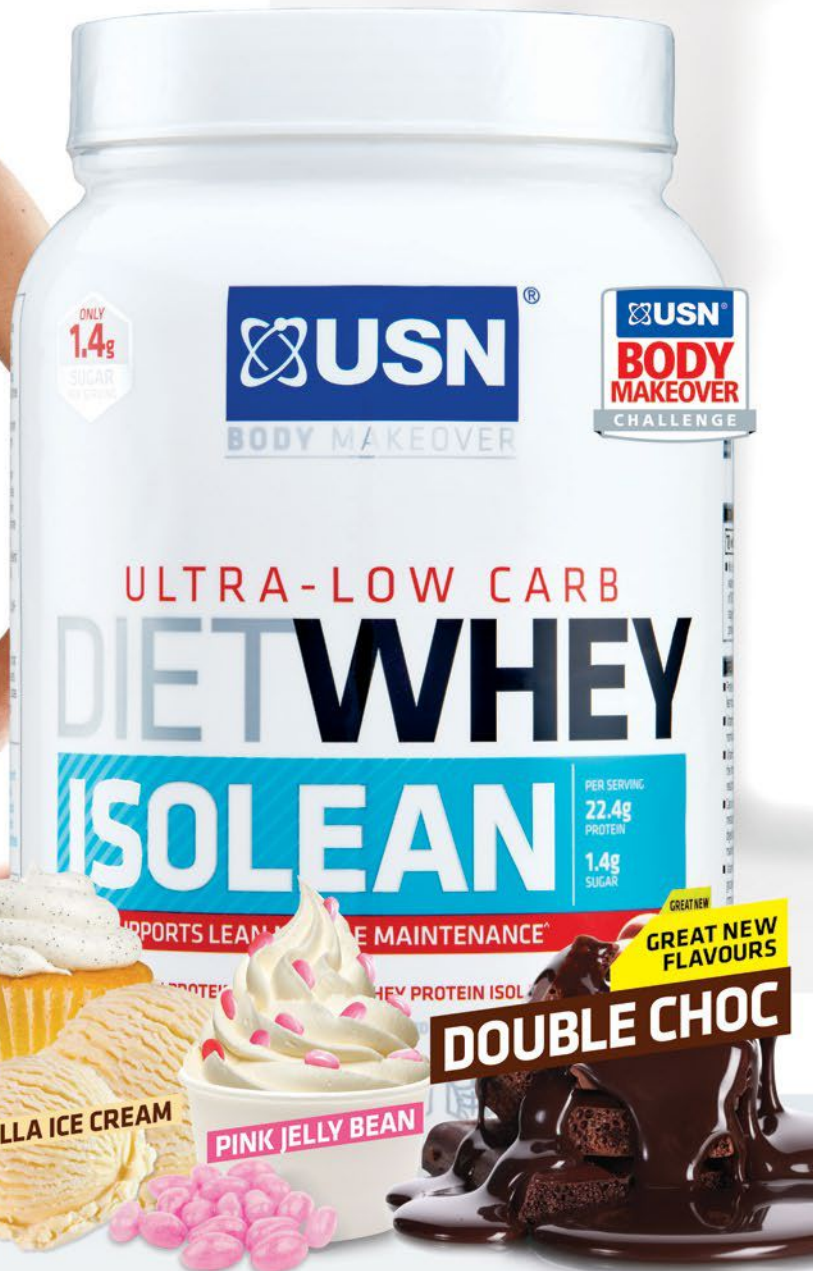


Alrieta de Wet
2015/2016 USN
FACE OF FITNESS WINNER

ADVANCED FORMULATION WITH L-CARNITINE Tolerase™ L

—*PER 35g SERVING—
129 **1.4g** **22.4g**
CALORIES **SUGAR** **PROTEIN**

* BASED ON WHEYTELLA FLAVOUR



SHOP ONLINE
USN.CO.ZA

WHEY MORE EFFECTIVE,
TASTIER & LIGHTER!

MANUFACTURED IN ACCREDITED FACILITIES



INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

W USN.CO.ZA f USN SA t @USNSA i @USNSA

5 WAYS TO STEP UP YOUR EARNING POTENTIAL AS A PERSONAL TRAINER

With a finite number of billable hours available during the day, personal trainers often hit a ceiling in terms of their earning potential. However, there are ways to boost your earning power.

HERE ARE FIVE OF THE BEST...

1 GET MORE QUALIFICATIONS

Instead of doing the minimum to get your continued education credits (CECs), trainers who continually improve their skills and knowledge base not only become more competent at their job and better able to deliver results – which clients are willing to pay a premium for – but they're also able to meet a wider variety of needs. After all, why refer clients to a massage therapist when you can become a qualified therapist yourself?

A broader service offering also means you can supplement income during periods when personal training clients aren't as active, like during winter or over December.

And with more qualifications you'll also have an attractive resume, should you ever wish to look for formalised employment in training institutes or big commercial gyms.

2 SPECIALISE

You can choose to gain qualifications in a broad range of health, fitness or sporting disciplines, or you can choose to specialise in a specific area. **And specialised skill sets warrant higher hourly fees – you'll be boosting your income without working additional hours.** It's the same reason why a medical specialist charges exponentially more than your GP.

The rehabilitation of special populations, pre- and post-natal exercise, corrective exercise and sport-specific conditioning are all specialised fields that require a greater amount of study. These specialists can therefore command a higher hourly rate for their services as they substantially increase their value to individuals in need of their skills.

You could also specialise in a specific field within personal training, such as transformations, weight loss or stage prep.

3 GET A SIDE HUSTLE

One of the best ways to scale your business and break free of the time-based limitations in traditional personal training models is to take your business online. A great place to start is designing and selling individualised exercise and nutrition (if you have the qualification – see points 1 and 2) programmes.

You can also offer one-on-one coaching and counselling. With the variety of Internet-based communication channels available today, like Skype, email and instant messaging, you can engage with more clients during the course of the day while still offering a personalised service.

You can also sign up to affiliate marketing and sales programmes where you can earn a share of revenue or commission for selling workout gear, exercise equipment, supplements and ready-made healthy meals to your clients.

4 CONSIDER GROUP TRAINING

Whether it's running your own boot camp or a group exercise class at the gym, group training can be very profitable for a trainer, while also making sessions more affordable for clients. It may take an initial investment to secure the appropriate location and get the necessary equipment, but by training up to 15 people an hour, you significantly boost your earning potential. **As a result your services also become more accessible to a wider potential market and clients are inclined to bring friends along, making it ideal for referral business.** Group training sessions are also highly engaging for the trainer and clients, which will add a new dynamic to your business model.

#FACT Personal trainers who invest in a mobile training device can charge a full rate for a 30-minute session, effectively doubling their hourly earning potential.

5 IMPROVE THE EFFICIENCY OF WORKOUTS

Most training sessions last 45 minutes to an hour because that's generally how long it takes for a workout to have any real benefit. But what if you could deliver the same, or even greater benefits to your client in less time? Well, you can. **Full-body electro-muscle stimulation, or EMS is an extremely effective form of exercise that is able to deliver a training effect in just 20 minutes that could take up to a week to achieve using conventional exercise.**

EMS uses electrical impulses to stimulate involuntary muscle contractions that are very different to the voluntary contractions during conventional exercise or weight training. They are more intense and activate more muscle fibres. Full-body EMS therefore rapidly improves muscle tone and body composition, especially as it boosts a client's resting metabolism, helping them burn more fat, even at rest.

Miha Bodytec manufactures the world's leading EMS systems in Germany. The Miha Bodytec portable system (pictured above) comes with a crushproof PELI ProGear™ suitcase to guarantee safe transportation of the control unit, electrodes and accessories.

For more info, e-mail info@impulseworkout.co.za, call +27 (0)21 424 3760 or visit www.miha-bodytec.com



DIVE INTO THE WORLD OF MIHA BODYTEC

A technology is striding ahead!

Active musculature is the key to a body with great capacity, as well as being a precondition for health, fitness, wellbeing, and an aesthetically pleasing appearance – in short, for that kind of physical and mental ability you've always really wanted. miha bodytec guarantees results that will astound you, results you can achieve rapidly, and results you can really see. Right in step with the spirit of our times!

- experience miha bodytec for yourself!



INDUSTRY LEADER

FITposium flashback

FITposium is an annual educational and inspirational seminar focused on success in the fitness modelling and entrepreneurial industry. Held in Arizona, this day-long workshop features a variety of sessions to prepare fitness talents with everything they need to know to enter the market and succeed.

As this platform is out of reach for most aspiring South African models and fitness entrepreneurs, we've brought a slice of the seminar to you with a series of interviews with some of the renowned fitness talent who attended.

Michelle Leigh

Michelle Leigh is one of the industry's top fitness professionals. She's a certified personal trainer and was nationally ranked as one of Equinox Sports Clubs' Top 10 Trainers in 2014. She stays fit by combining her two passions: *resistance training and dance.*

Name: Michelle Leigh

Credentials: Founder of FullOutFit.TV

Age: 28

Lives: Los Angeles, CA

Trains (gym): Royal Personal Training

Weight: 49kg

Profession: Personal Trainer

Sponsor: Aqua Hydrate

Website: FullOutFit.TV

 FullOutFit.TV



What first attracted you to the fitness industry?

It all started with dance. Since the age of two, dance has always been a huge part of my life. After dancing professionally as a cheerleader in Dallas, Texas, I moved to Los Angeles, CA to pursue a career in dance and fitness. After a few years in the performance industry I got the opportunity to work alongside one of the fitness industry's top trainers. Given my dance background and knowledge of the body, fitness was an obvious and natural progression in terms of a long-term career. It's been seven years since I began my journey and I'm proud to say I've built a successful personal training business in Los Angeles.

How did you get your first break in the industry?

It came from competing in the NPC. Through competing I was able to expand my network and connect with like-minded people in the industry. Through these connections I then met photographers who were interested in featuring me in their projects.

In your opinion, can you make a career of fitness modelling without a competitive background?

Yes, absolutely! There are so many platforms to market yourself and make the connections you need.



➔ *Nowadays everyone has the opportunity to become the 'next big thing', but your long-term success will come from how you choose to represent yourself.*

Given my dance background and knowledge of the body, fitness was an obvious and natural progression in terms of a long-term career.

Add hard work to the mix and you can do just about anything in today's world. Again, make sure you're marketing yourself for the jobs you want to book.

What notable achievements have you achieved to date?

Two of my greatest personal achievements include becoming a cheerleader for The Dallas Cowboys and then a dancer for the Dallas Mavericks.

What tips or advice do you wish someone had shared with you when you started out?

I definitely didn't realise how competitive the industry was going to be. It's amazing to see all the emerging talent there is in this world through social media. *Nothing is going to be handed to you*, so keep up with your connections and reach out to the brands you love and admire. The best tip I could offer would be to always be prepared. You never know when last-minute projects will come up when photographers need someone who is in shape and ready now. *Be that someone who they can always count on.*

What are the top lessons you learnt in establishing your profile in the industry?

Always be authentic and true to yourself. Nowadays everyone has the opportunity to become the 'next big thing', but your long-term success will come from how you choose to represent yourself.

How does your approach change between prep for shows or shoots?

My approach doesn't change too drastically. I've been out of the competitive world for five years now, so I don't do any harsh dieting or massive amounts of cardio. Through years of experience I've now managed to maintain a healthy balance between "fitness model" and "average human" which means I can just tighten up my diet and be ready for any shoot in about two weeks.

What are your dos and don'ts for building a strong and engaged social media following?

That's pretty simple in my mind: *share more of what you believe in and feel passionately about*, whatever that may be. Let your audience into your world. Be interactive and let them know you're reading their questions. A big don't in my book would be posting scandalous, overly revealing photos on the Internet, especially ones you wouldn't want your own father to see. Once you go that route there's no way to come back from it... but to each their own!

What were the key take-outs you got from FITposium?

Consistency is key. Everyone has something to offer the world, so find what separates you from the person next to you and become the expert in that. If you want it bad enough, you have to go for it!

QUICK FACTS

Fav exercises: Sumo squats and upright rows. Basically anything to target legs and shoulders!

Fav healthy meal: Greek salad!

Fav cheat meal: Cheeseburger and an ice-cream sundae.

What's in your gym bag: iPad, tube resistance bands, therapy ball and Aqua Hydrate.



FITposium is in the process of launching an online continuing education network of podcasts, videos and articles in the next few months providing aspiring fitness entrepreneurs with the information and inspiration they need to turn their passion into a profitable profession year round.

For more info about FITposium, visit fitposium.com.

TITAN NUTRITION ON EXPANSION DRIVE

The philosophy of Titan Nutrition, founded by George Wilhelm in 2007, is to offer the fitness market protein supplements of unmatched quality by manufacturing products that cut no corners in terms of purity and potency. After a decade, what began as a small-scale, self-funded start-up remains an independent and fiercely competitive player that continues to operate according to its founding philosophies. Titan still adheres strictly to its artisan heritage, which the owner and founder personally leads, supervises and controls. The company has since expanded, gaining a greater share of the local whey protein market. Titan True Whey, a 100% pure, top quality micro-filtered whey protein, is the brand's flagship product. Offering an exceptional taste, with no intestinal discomfort, bloating or gas, it's the enduring favourite of everyone who tries it. Titan Nutrition will now be increasing their presence in all major centres throughout South Africa in 2017. For more info, visit www.titanworld.co.za



PHYTO PRO LAUNCH TWO NEW PRODUCTS

The Phyto Pro range, which uses natural, plant-based ingredients that are backed by science and promote performance and longevity, have added two new products to the brand's line-up. These include Phyto Pro Heal Maca, which combines both raw, organic maca powder and a standardised maca extract



with a phytonutrient blend of turmeric curcuminoids, green tea polyphenols and catechins, and a tailored mix of micronutrients. Phyto Pro Sport Vanilla offers a delicious blend of aromatic madagascan vanilla, pea protein isolate and an entirely plant-based micronutrient blend for optimal recovery. Visit www.phytopro.co.za



BE A GYM HERO

Every athlete, fitness fanatic and weekend warrior knows preparation is key to success. The PerfectShaker shaker cup is the ideal fitness accessory to hydrate, fuel and inspire you to become your best. Every shaker bottle is 100% leak-free and BPA-free, and comes equipped with a stay-open flip cap, screw-on lid and extra-wide mouthpiece for easier consumption. Completely dishwasher safe, it's also the only shaker with ActionRod Technology, with the agitator bouncing up and down to create delicious and nutritious mixes. So get out there and train like a hero with PerfectShaker. Available at Dis-Chem stores.

EVOX LAUNCHES SA'S FIRST VLCD PROTEIN

Evov has launched South Africa's first Very Low Calorie Diet (VLCD) protein, in the form of Evov VLCD Lean-Pro Protein. This product offers consumers who are actively managing their total calorie consumption and following a very low calorie diet, a tasty alternative to bland foods, or calorie-dense food groups. Available in four exciting flavours, including Chocolate Cream Sundae, Strawberry Sundae, Vanilla Cream Sundae and Cappuccino Cream Delite, there is a tasty, low-calorie alternative to suit everyone's taste. The new product range also includes weight-loss support ingredients like essential fatty acids, dietary fibre and garcinia cambogia extract.



SUPPLEMENTS

EVOX BRAND RE-LAUNCHED

Evov, a well-recognised South African sports nutrition brand, has embarked on its brand revamp and re-launch. With an increased interest in international distribution and a growing footprint of clientele, Evov has begun an evolution to become a viable international competitor and major player in off-shore supplement markets. And it's not just about a new logo and new packaging, says Katherine Mouton, Marketing Manager for Ascendis Sports Nutrition. "We've taken the opportunity

to better define our product categories, and the science team has reformulated and improved on many of the existing products we offer.

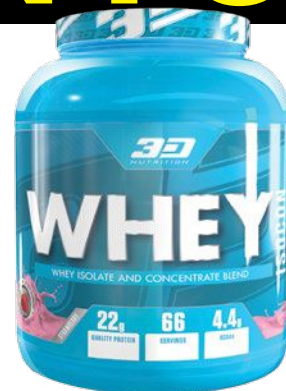
We also have an exciting innovation pipeline of new products launching soon." For more info, visit www.evov.co.za or follow EvovAdvancedNutrition on Facebook and @evovnutrition on Instagram.



3D NUTRITION LAUNCHES IN SA

3D Nutrition is a new local supplement brand that launched in late January 2017 offering a comprehensive range of products and flavours, and a complete range of accessories. The 3D Nutrition brand has been developed to tackle the 3 dimensions of supplementation, which its creators deem to be the pillars of a solid fitness brand. These include superior quality, revolutionary innovation and cutting-edge science.

The creators of the brand have signed a 5 year sole distribution agreement with Chrome Supplements & Accessories, which comprises 20 retail stores, an online store in South Africa and the UK, as well as a wholesale division which supplies over 400 independently-owned supplement stores, pharmacies and gyms across Africa.





BATTLE OF THE TITANS V

LET THE GAMES BEGIN™

AFFILIATED TO:



2ND - 3RD JUNE 2017

HS DURBANVILLE AUDITORIUM

LANGENHOVEN STREET, DURBANVILLE

DAY 1 - FRIDAY 2 JUNE

LIVE JUDGING

ATHLETE REGISTRATION

R150.00 @ 12H00 TO 14H00

ATHLETE DIVISION ENTRY R300

MAIN SHOW @ 17H00

SPECTATORS ENTRY FEE @ R150, VIP @ R250

ROUND TRIP TICKETS FOR DAY 1 & 2 R250

VIP ROUND TRIP TICKETS FOR DAY 1 & 2 R400

- | | |
|-----------------------------------|--------------------|
| 1 NOVICE MEN U75KG | 21 OVERALL NOVICE |
| 2 NOVICE MEN U75KG | 22 OVERALL JUNIORS |
| 3 JUNIORS - U18 YEARS | 23 OVERALL LADIES |
| 4 JUNIORS - U23 YEARS U75KG | BEACH BIKINI |
| 5 JUNIORS - U23 YEARS U75KG | 24 OVERALL MEN'S |
| 6 LADIES BEACH BIKINI UP TO 163CM | BEACH MODEL |
| 7 LADIES BEACH BIKINI 0163CM | 25 OVERALL MEN'S |
| 8 LADIES BEACH BIKINI 035 YEARS | COVER MODEL |
| 9 LADIES PHYSIQUE | 26 OVERALL MEN'S |
| 10 COUPLES | COVER MUSCLE |
| 11 MEN'S BEACH MODEL UP TO 175CM | MODEL |
| 12 MEN'S BEACH MODEL 0175CM | |
| 13 MEN'S BEACH MODEL 35+ | |
| 14 MEN'S COVER MODEL UP TO 175CM | |
| 15 MEN'S COVER MODEL 0175CM | |
| 16 MEN'S COVER MODEL 35+ | |
| 17 MEN'S MUSCLE MODEL UP TO 175CM | |
| 18 MEN'S MUSCLE MODEL UP TO 178CM | |
| 19 MEN'S MUSCLE MODEL 0178CM | |
| 20 MEN'S MUSCLE MODEL 35+ | |

DAY 2 - SATURDAY 3 JUNE

LIVE JUDGING

ATHLETE REGISTRATION

R150.00 @ 08H00 TO 10H00

ATHLETE DIVISION ENTRY R300

MAIN SHOW @ 14H00

SPECTATORS ENTRY FEE @ R150, VIP @ R250

ROUND TRIP TICKETS FOR DAY 1 & 2 R250

VIP ROUND TRIP TICKETS FOR DAY 1 & 2 R400

- | | |
|-------------------------|---------------------------|
| 1 LADIES FITNESS BIKINI | 13 SENIOR MEN U60KG |
| UP TO 163CM | 14 SENIOR MEN U65KG |
| 2 LADIES FITNESS BIKINI | 15 SENIOR MEN U70KG |
| OVER 163CM | 16 SENIOR MEN U75KG |
| 3 LADIES FITNESS BIKINI | 17 SENIOR MEN U80KG |
| 035 YEARS | 18 SENIOR MEN U85KG |
| 4 MEN'S MUSCLE MODEL | 19 SENIOR MEN U90KG |
| PLUS UP TO 175CM | 20 SENIOR MEN U95KG |
| 5 MEN'S MUSCLE MODEL | 21 SENIOR MEN U100KG |
| PLUS UP TO 178CM | 22 SENIOR MEN 0100KG |
| 6 MEN'S MUSCLE MODEL | 23 OVERALL BEST MEN'S |
| PLUS 0178CM | ROUTINE |
| 7 MEN'S MUSCLE MODEL | 24 OVERALL MS PERSONALITY |
| PLUS 35+ | 25 OVERALL LADIES |
| 8 CLASSIC BODY BUILDERS | FITNESS BIKINI |
| UP TO 85KG | 26 OVERALL MEN'S MUSCLE |
| 9 CLASSIC BODY BUILDERS | MODEL PLUS |
| 085KG | 27 OVERALL CLASSIC |
| 10 LADIES FITNESS | BODY BUILDERS |
| 11 LADIES BODY FITNESS | 28 OVERALL TITAN (MEN) |
| 12 MASTERS | |

TICKETS AVAILABLE AT



TICKETS GO ON SALE FROM 28 APRIL 2017. CONTACT KEVIN SCHWARTZ FOR MORE INFORMATION - 072 47 520 OR INFO@BATTLEOFTHE TITANS.CO.ZA.

FAT BURNER

BUYER'S GUIDE

IN THE DYNAMIC WORLD OF FAT-LOSS AND WEIGHT-LOSS SUPPLEMENTS, THERE ARE CONSTANTLY NEW UPDATES MADE TO PRODUCTS AS RESEARCH UNCOVERS NEW POTENTIALLY BENEFICIAL ACTIVE INGREDIENTS, OR FORMULATIONS ARE IMPROVED THROUGH CONTINUED R&D.

While it's been some time since we saw an entirely new product category hit the market, there have certainly been many changes.

To keep you up to date with the latest in fat burners and weight-loss aids, *fitness* magazine profiles the current options in this hugely popular supplement product category.



Q&A

What are the most effective thermogenic ingredients?

Always refer to the label and choose a product that contains efficacious potencies of one or more of the following:

■ Green tea extract ■ Citrus aurantium (bitter orange) ■ Yerba mate ■ Caffeine

Stimulant-free options

Stimulant-free fat burners are generally produced using a potent blend of active substances such as oils, roots and plant extracts, which have been shown to promote weight loss through various mechanisms that do not stimulate the central nervous system.

Overweight or obese individuals, or physique-conscious gym-goers who aim to shed body fat should supplement daily with a well-formulated thermogenic fat burner and an additional product that contains efficacious dosages of a suitable body toner or non-stimulant-based weight-loss aid.



Supashape Carnitine Lean

» Supashape Carnitine Lean is a non-stimulant metabolic support formula that uses a blend of L-carnitine, EGCG standardised green tea extract and calcium. Filling in the calcium and carnitine shortfalls in your diet will help your system improve fat transportation to and metabolism in the cells, ensuring that energy is expended as body heat rather than being stored as body fat, keeping you lean and looking your best.



Biogen CLA 3000

» Conjugated Linoleic Acid (CLA) is a naturally occurring free fatty acid found in small amounts, mainly in meat and dairy products. CLA is research-proven to reduce body fat, increase muscle tone and induce an optimum environment for improved health as it mobilises stored fat to be burned as energy. This body toner therefore helps to convert fat to energy, aiding in weight control. Through advanced lipid technology, Biogen CLA in a convenient and easy-to-swallow soft gel capsule that allows for precise CLA intake at determined times.



Biogen Phenadrine Lipo Cut Zero

» Biogen Phenadrine Lipo Cut Zero contains irvingia gabonensis, which is indicated to assist weight management through various mechanisms, excluding central nervous system stimulation. This product is indicated to assist weight loss as part of a weight management programme



Optimum Nutrition CLA 90 softgels

» Each Optimum Nutrition CLA softgel contains the Clarinol brand of CLA, providing a total of 750mg of CLA and 700mg of active isomers. These softgels are easy to swallow.



USN L-Carnicut

» USN L-Carnicut is a stimulant-free product that supports energy production and fat metabolism through the beneficial effects of L-carnitine. This naturally occurring substance is essential for transporting fats into the cell (mitochondria). As L-carnitine taps into your fat supply, it may provide support to burn it as fuel, resulting in increased energy. Without L-carnitine, these fats cannot be burned for energy and are instead shunted to be stored as body fat. When L-Carnicut is used twice daily, this stimulant-free fat burner has the potential to support energy production and fat metabolism, while also delivering antioxidant support. Suitable for vegetarians and available in Blue Raspberry and Very Berry flavours.

THESE ARE IDEAL OPTIONS FOR THOSE WHO ARE TOO SENSITIVE TO THE STIMULATORY EFFECTS THAT THERMOGENIC PRODUCTS HAVE ON THE NERVOUS SYSTEM.

What fat-loss aids are the best for use all year round?

In terms of promoting sustained fat loss, non-stimulant-based products that contain conjugated linoleic acid (CLA) and/or L-carnitine are the most effective products. Supplementing with L-carnitine can significantly

increase the use of fat as a source of energy though its ability to mobilise fatty acids from fat cells, thereby promoting weight-loss, while CLA has been clinically proven to reduce total body fat and increase lean body mass.

What are raspberry ketones and do they work?

A raspberry ketone is a naturally-occurring substance that gives raspberries their aroma and flavour. Claims that the synthetically-made ingredient included in supplements causes fat within cells to

be broken down more effectively, helping the body burn fat faster, and increases levels of adiponectin, a hormone that helps to regulate metabolism, have been backed by various animal studies.

► Thermogenic products

Users of thermogenic fat burners generally experience feelings of heightened energy, alertness, awareness, mood, wakefulness, endurance and performance.

Stimulant-based fat burners rev up your metabolism, raise your body temperature, increase your resting heart rate and elevate thyroid production, the combination of which increases your daily energy expenditure, resulting primarily in the metabolism of stored body fat.

The fat loss experienced as a result of supplementing with a stimulant-based fat burner results directly from its thermogenic, or heat-producing action on the body, hence the name.

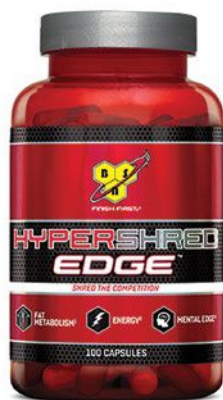
ADVANTAGES OF STIMULANT-BASED FAT BURNERS:

- Accelerates fat loss
- Increases energy
- Boosts your metabolism
- Decreases appetite
- Increases alertness

It is extremely important to cycle the use of stimulant-based fat burners so that you can give your nervous and endocrine systems time to recover and reset.

DISADVANTAGES OF STIMULANT-BASED FAT BURNERS:

- Can make you jittery.
- Can negatively impact on sleep patterns.
- Long-term use can negatively impact on your nervous and endocrine systems.
- Stimulant-dependence is not uncommon with prolonged, un-cycled use of products that contain stimulants.
- Not suitable for people with heart disease, high blood pressure and other disorders.
- Typically depletes the body of certain vitamins and minerals.



BSN Hypershred Edge™

» BSN Hypershred Edge™ is an intense fat-burning formula, delivering the metabolism, energy and mental edge you need to get lean and put your definition on display.



3D Nutrition Shred XT

3D Nutrition Shred XT is a revolutionary fat burner that incorporates 3D Thermo Technology, which targets insulin optimisation using chromium picolinate, in addition to metabolic acceleration and fat burning, to create a 3-dimensional fat-burning effect. The potent combination of caffeine and white willow bark significantly increases metabolic function and thermogenesis, resulting in more fat being burned for longer. Dandelion root is present as a natural diuretic. Powerful concentrations of green tea extract, providing EGCG, activates fat-burning enzymes to increase fat oxidation. The inclusion of cayenne pepper increases thermogenesis even further. Available exclusively from Chrome stores or www.chrome.co.za



USN PhedraCut Lipo XT

» USN PhedraCut Lipo XT is South Africa's number one selling weight-loss capsule. This multi-action thermogenic fat-loss aid contains a combination of caffeine and Teacrine® to stimulate energy levels and kick-start the fat-burning process. With the added benefits of clinically tested ingredients such as the highly bioavailable green tea and garcinia cambogia extracts (Phytofare™ and Garcitrin™), and green coffee bean extract, this high-potency fat burner ramps up your fat-loss potential. PhedraCut Lipo XT is not recommended for use after 4pm. Take PhedraCut Lipo XT for 5 consecutive days of the week and stop use for 2 days before continuing again.



Optimum Nutrition Thermo-Cuts™

» Optimum Nutrition Thermo-Cuts™ contains an array of synergistic ingredients that includes caffeine, L-carnitine, green tea extract and guarana to promote and support fat metabolism, in addition to zinc.



TNT Mercury Magma Hardcore Thermogenic

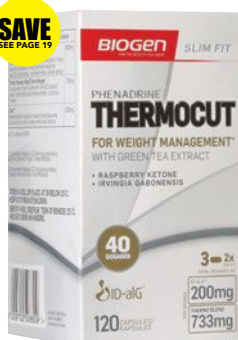
» This product offers a formula that covers the spectrum of thermogenic fat-burning aids. In the spirit of TNT Mercury, it boasts a high-potency blend of effective ingredients so strong it only requires a single capsule as a start-up dosage.



Nutritech® Thermotech® Burn

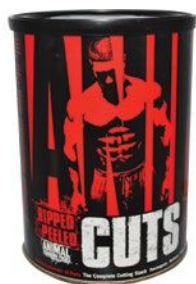
» Nutritech® Thermogenic Technology includes a combination of trialled and tested thermogenic ingredients that have been combined with the latest in thermogenic technology, to deliver an advanced fat burner in Thermotech® Burn. This unique 1500mg thermogenic blend per single serving has been formulated with 8 scientifically dosed key ingredients, including the scientifically researched coffea arabica, green tea extract, L-carnitine, L-tartrate, L-tyrosine, garcinia cambogia extract, raspberry ketone, cayenne pepper extract and a powerful 200mg shot of caffeine anhydrous.

SAVE
SEE PAGE 19



Biogen Phenadrine Thermocut

» This weight management aid contains green tea extract, raspberry ketone and Irvingia gabonensis and is indicated for use as part of a weight management programme to assist weight loss. Do not exceed the recommended daily intake.



Universal Nutrition Animal Cuts

» Animal Cuts from Universal Nutrition uses an advanced and comprehensive fat-shredding formula that targets fat loss from multiple angles. It includes ingredients designed to stimulate metabolism and thermogenesis, along with training focus and diuresis, muscle preservation and thyroid function, as well as providing added energy and suppressing appetite. Each convenient pack delivers over 40 active ingredients, every day, for 21 days, delivering nearly 8,500 milligrams of pure fat-shredding power.



GNC Total Lean Burn 60

» GNC Total Lean Burn 60 is a powerful thermogenic dietary supplement that ignites the metabolism to help you burn up to 60% more calories. It also helps increase energy and cellular metabolic activity. Available in cinnamon flavour.



Ripped Freak Hybrid Fat Burner

» Ripped Freak's Hybrid Fat Burner is three fat loss-supporting formulas in one. The product contains a select group of key fat-loss ingredients, in high doses, to support fat loss. It's so powerful that only one capsule is needed. The naturally occurring methyl gallate ester found in the formula also provides a natural time-release effect, ensuring users do not experience jitters or a crash in energy.



Evov Alpha Thermo Shred Powder


» Evov Alpha Thermo Shred Powder is a next-generation, high-strength, powder-based fat burner that is ideally taken 30-45 minutes before your main meals, or as an optimal fat-burning pre-workout. This new product is saturated in science, with the most potent metabolic support agents combined in a delicious drink. Available in a 200g (20 servings) tub in Mixed Berry flavour.



PURE Nutrition Technology Trileen

» PURE Trileen has been designed to support weight loss during healthy lifestyle changes that include an energy-controlled diet and regular exercise. Includes garcinia cambogia to increase satiety, and caffeine to improve short-term energy levels.

WARNING:

ALWAYS READ THE LABEL OF STIMULANT-BASED PRODUCTS BEFORE USING THEM AND FOLLOW THE INSTRUCTIONS. ALWAYS CONSULT YOUR DOCTOR BEFORE USE IF YOU HAVE ANY CARDIOVASCULAR HEALTH ISSUES OR CONCERNS. 



SAVE R420

ON YOUR SUPPLEMENT SHOPPING. ON A WIDE RANGE OF BRANDS AND PRODUCTS

GET YOUR COUPONS ON PAGE 19

THIS MONTH'S SPECIALS

R100 OFF BIOGEN THERMOCUTS 120 CAPS	R60 OFF MUSCLE PHARM FITNESS TONE 60 TABS
R60 OFF RIPPED FREAK HYBRID FAT BURNER 60 CAPS	R40 OFF USN LIQUID L-CARNICUT 40 CAPS
R50 OFF SUPASHAPE THERMOLEAN 90 CAPS	R20 OFF UNIVERSAL FAT BURNERS TABS 30 TABS
R40 OFF USN CLA 1000MG 90 CAPS	R50 OFF RIPPED FREAK DIURETIC 40 CAPS



Dis-Chem PHARMACIES
Pharmacists who care

Offer valid from 27 February to 23 April 2017 at all Dis-Chem stores.

Terms and conditions: Coupon not valid for products already on promotion. Only one coupon per product may be redeemed. This coupon is not exchangeable for cash. No photocopies will be accepted. Offer not valid for online purchases. Offer can only be redeemed in store. In the event of disputes, Dis-Chem reserves the right of final decision.

#OnTrend Foods

The types of foods that are trending globally and are set to have a big impact on 2017 shopping, food prep and healthy eating habits include:

COCONUT SUGAR: Coconut sugar is an ideal natural alternative to processed sugar. It is packed with vitamins and minerals, including iron and zinc.

INSECT PROTEIN: It's the new buzzword in sustainable eating, plus it packs a surprising amount of protein per 100g – upwards of 55g!

TIGER NUT FLOUR: This ingredient promises to be a 'free-from' category killer as it is a gluten-free, grain-free flour that is high in fibre and contains calcium, iron, magnesium and potassium.

BLUE CORN: A new study by researchers in Mexico and carried out in rats suggests that the natural antioxidants present in blue maize may help protect against metabolic syndrome, cardiovascular disease, diabetes and cancer, raising interest in using blue maize as a

component of functional foods and nutraceuticals.

BUCKWHEAT NOODLES: Buckwheat noodles don't actually contain wheat, making it another winner in the 'free-from' functional food category as it is ideal for those with IBS and celiac disease.

WATERMELON AND CACTUS WATER: Move over, coconut water, there are a few new superfood drinks in town. Watermelon water is packed full of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids, while cactus water is high in fibre and low in calories and can apparently cure hangovers.

PURPLE IS THE NEW BLACK: Purple kale, purple carrots, purple cauliflower, purple broccoli and purple potatoes are all rich in the antioxidant

anthocyanin, which makes these foods a big hit among health foodies. These ingredients also make dishes look great.

10 REASONS TO EAT HEALTHILY (THAT AREN'T AIMED AT WEIGHT LOSS)

- 1 Improves **energy levels** and reduce spikes in blood glucose.
- 2 Improves **mood** and vitality.
- 3 Delivers **better skin health** and complexion.
- 4 Improves **digestive health**.
- 5 Regulates **better sleep** quality.
- 6 **Stronger nails** and healthier hair.
- 7 Balanced **hormonal function**.
- 8 Strengthens **immune function**.
- 9 Enhances **cognitive ability** and improves memory.
- 10 Better cardiovascular health.



FUEL UP

2017'S TOP NUTRITION TRENDS

According to a report titled: 10 Key Trends in Food, Nutrition and Health 2017, the key nutrition and food-related trends for the year ahead are:

- **Personalised nutrition services,** which include tests for biomarkers for chronic inflammation;
- **Sportification,** where sports nutrition goes mainstream as foods designed for elite athletes become regular options for the average individual.
- **Digestive wellness,** where greater focus is placed on foods, cooking practices and supplemental products that improve gut health. This includes the growing 'free-from' trend as consumers look to the avoidance of specific ingredients to ensure they feel better.

5 MINUTES

THE TIME IT TAKES TO DETERMINE HOW **HEALTHY YOUR DIET IS WHEN USING A URINE TEST** DEVELOPED BY RESEARCHERS FROM IMPERIAL COLLEGE LONDON, NEWCASTLE UNIVERSITY AND ABERYSTWYTH UNIVERSITY. **THE TEST MEASURES BIOLOGICAL MARKERS IN URINE CREATED BY THE BREAKDOWN OF FOODS SUCH AS RED MEAT, CHICKEN, FISH AND FRUIT AND VEGETABLES. IT ALSO GIVES AN INDICATION OF HOW MUCH FAT, SUGAR, FIBRE AND PROTEIN A PERSON HAS EATEN.**

5 REASONS TO EAT MORE GARLIC

1 PREVENTS CANCER: According to the National Cancer Institute, garlic's protective effects are due to its antibacterial properties and ability to block the formation and activation of cancer-causing substances.

2 BEAT COLDS & FLU: A study published in the journal Advances In Therapy found a daily garlic intake can reduce the number of colds by 63%! Plus, the average length of cold symptoms in the study were reduced by 70%, from five days to 1.5 days in the garlic supplement group. Garlic can also get rid of worms and parasites in the system.

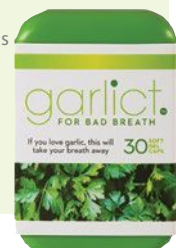
3 LOWERS BLOOD PRESSURE: Garlic's active compounds can significantly reduce blood pressure, according to a study published in the Pakistan Journal of Pharmaceutical Sciences.

4 PREVENTS HEART DISEASE: Having garlic daily helps lower cholesterol thanks to the effects of the antioxidant allicin.

5 BOOST BONE HEALTH: Risa Groux, a holistic nutritionist, explains that garlic is high in manganese, which contains enzymes and antioxidants that facilitates the formation of bones and connective tissues, bone metabolism and calcium absorption.

ALL THIS GARLIC MAY LEAVE YOUR BREATH A LITTLE PUNGENT, BUT FEAR NOT!

Garlic odour-fighting capsules are now available in South Africa. The capsules contain parsley seed oil, green tea extract, chia seed oil and peppermint oil, which all help to combat bad breath. Available at Pick 'n Pay Pharmacies nationwide and select independent pharmacies. (30 capsules at RRP R98,95)



SUPERFOOD

SHROOMACINO

MUSHROOM COFFEE (yes, you read that right) is being touted as the **next superfood drink**, at least according to Four Sigmatic, a Finnish company that produces it. The company produces **concentrated extract powders** by isolating and spray drying the different key health-promoting constituents found in **wild-harvested mushrooms**. They then infuse products like coffee, elixirs, blends, and hot cocoa mixes with the fungi-based goodness.



RESEARCH BY SKIDMORE COLLEGE EXERCISE SCIENTIST PAUL ARCIERO HAS FOUND THAT A BALANCED, PROTEIN-PACING, LOW-CALORIE DIET THAT INCLUDES INTERMITTENT FASTING IS ABLE TO ACHIEVE LONG-TERM WEIGHT LOSS, WHILE ALSO HELPING TO DETOX THE BODY OF POLYCHLORINATED BIPHENYLS (PCBS), IN ADDITION TO ENHANCING HEART HEALTH AND REDUCING OXIDATIVE STRESS.



Go gluten-free with Jager Brewery

the common food allergen gluten. According to both European and South African legislation, beer is considered 'gluten-free' when there is less than 20mg/kg of gluten in the final product. Jager Brewery, a family business operating from Frankfort in the Free State, has significantly increased the availability of these products by importing unique gluten-free beers from the Baltic States in Europe. Founded in 2015, Jager Brewery imports the Volfas Engelman beer range, which includes Pilzeno Pilsner and Rinkinis Lager, and Sprintase Lager. All the beers in the Jager Brewery range are certified gluten-free as a special type of barley malt grown in Northern Europe is used by the breweries to brew the beer, in a process that leverages their long history and experience and rich heritage. To learn more about these gluten-free beers, visit jagerbrewery.co.za

The free-from diet trend is predicted to remain a key driver of the health and functional foods market as more health-conscious individuals choose to limit their intake of ingredients that could potentially impact their health and well-being. Unfortunately for beer lovers, traditionally brewed beers made using wheat and barley contain high levels of

CERTAIN SUGARS WORSE THAN OTHERS

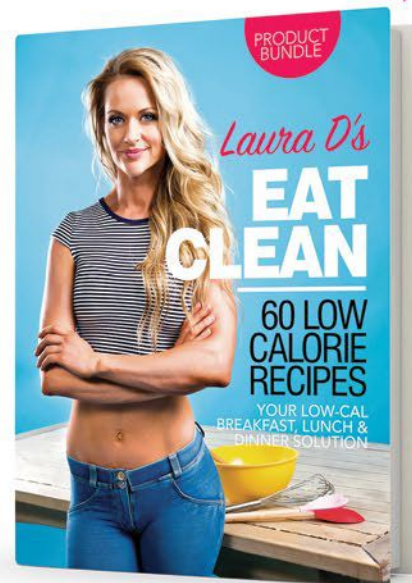
A new study published in the American Journal of Physiology - Heart and Circulatory Physiology, compared the effects of two types of sugar on metabolic and vascular function. The researchers gave female rats a liquid solution of either **glucose or fructose** in addition to their normal diet for eight weeks. They found that **both sugar-fed groups consumed more calories than the control group** (which only received water), but that the **total calorie intake of the glucose-fed group was higher than the fructose group**. In addition, **"only the fructose group exhibited a significant increase in final body weight,"** wrote the research team. The fructose group also showed more markers of vascular disease and liver damage than the glucose group. The researchers concluded that the amount of calories consumed as a result of sugar intake is not the only factor involved in long-term health risks, as the **type of sugar consumed may also play a role in increasing health risk factors**.



Laura D's

RECIPE PRODUCT BUNDLE

60 LEAN AND HEALTHY RECIPES.
BREAKFAST, LUNCH AND DINNER OPTIONS



AND

4-WEEK BIKINI BODY SHAPE-UP

A COMPLETE WORKOUT, DIET & SUPPLEMENT PLAN



FITNESSMAGSHOP.COM

SAVE \$10
PRE-ORDER NOW

LAUNCHING
JANUARY 2017
PRE-ORDER
OFFER VALID
UNTIL 31
MARCH 2017

\$36
PRE-ORDER
LAUNCH
SPECIAL

BY Cara-Lisa, founder of Caralishious | www.caralishious.com

SWEET RELEASE

THOUGHTS, OPINIONS AND INSIGHTS ON THE USE AND ROLE OF **ARTIFICIAL SWEETENERS** IN A HEALTHY DIET



By now we should all know that sugar is a massive no-no in our quest for sustainable weight loss and long-term healthy eating habits.

Just to highlight some of the ill-effects of sugar: It causes our blood glucose levels to skyrocket, which in turn results in energy slumps, fatigue and fat storage. Over time, the overconsumption of sugar will lead to insulin resistance, pre-diabetes and type-2 diabetes. It also causes systemic inflammation within our bodies, which has been linked to chronic diseases such as cancer and Alzheimer's disease, to name just a few.

ILL-EFFECTS OF SUGAR: IT CAUSES OUR BLOOD GLUCOSE LEVELS TO SKYROCKET, WHICH IN TURN RESULTS IN ENERGY SLUMPS, FATIGUE AND FAT STORAGE.

SUBSTITUTING SWEETNESS

Given that we need to eliminate sugar from our diets, we generally turn to substitutes – some that are natural and others that are not. Enter artificial sweeteners. On the surface it may seem like an easy enough switch as they're convenient and taste good enough to satisfy our sweet tooth, but what impact do they have on our health?

Typically, artificial sweeteners are non-nutritive. This means they have no nutritional or caloric value.

On this basis, it would be easy to assume that we can consume as much of them as we want, right? *Wrong!*

While artificial sweeteners are non-caloric, they still have an impact on our bodies, particularly our hormones. Hormones play a key role in regulating all bodily functions, including digestion, fat storage and metabolism. Certain foods, such as artificial sweeteners, can trigger the release of hormones in a way that can actually be counter productive to our health and our weight-loss efforts.



About Caralishious Cara-Lisa is a health blogger, fitness enthusiast, wellness coach, and founder of the Caralishious brand. With 17 years of dance experience behind her, Cara-Lisa has first-hand experience in sports nutrition, body conditioning, Pilates, healthy eating and holistic living. After overcoming years of struggle in her relationship with food and body image, it is now her passion to help heal others. You can find Cara-Lisa's online coaching services and meal plan options at www.caralishious.com. Her blog includes healthy recipes, nutrition advice, exercise tips and offers simple and sustainable ways to obtain and maintain lasting health. You can also subscribe to Cara's newsletter for regular updates, recipes, and nutrition tips delivered straight to your email.

● @caralishious ● caralishious ● @caralishious

OPPOSITE EFFECT

If truth be told, the side effects of artificial sweeteners far outweigh their potential benefits and they have actually been linked with weight gain, not weight loss.

So what happens when you ingest an artificial sweetener? Firstly, your taste buds register artificial sweeteners as sweet, therefore your body expects that a high dose of sugar-based energy is about to hit the digestive system.

With this stimulus, your hormonal system starts taking steps to manage the pending influx of glucose, with the aim of reducing circulating glucose levels in your bloodstream. **So, even with no actual caloric or nutritional value to the sweetener being consumed, your blood sugar levels will still be negatively impacted.**

This resultant hormonal cascade can also trigger an increase in fat storage and the release of hunger-stimulating hormones that intensify food cravings, especially as the body expects to derive energy from what is being consumed, yet nothing materialises.

So, while you may have saved a few calories by consuming an artificial sweetener, you'll be more likely to consume additional calories throughout the rest of the day, which in all likelihood will be driven by a ravenous craving for a sweet, sugary treat.

Researchers believe that part of the reason this happens is because we find other foods to fill the calorie gap to become satiated. We've all seen people order diet sodas, only

to then order one of the most calorific items on a menu. That's because non-nutritive sweeteners provide virtually no sense of satisfaction to the body.

There is also additional evidence that links artificial sweeteners to the development of glucose intolerance and other metabolic conditions that result in higher-than-normal blood glucose levels.

According to one such study, published in Trends in Endocrinology and Metabolism, frequent consumption of sweet-tasting, non-caloric foods interferes with metabolic function, and has also been linked to cancer (although research pertaining to artificial sweeteners as a cause of cancer continues to be mixed).

SO, WHILE YOU MAY HAVE SAVED A FEW CALORIES BY CONSUMING AN ARTIFICIAL SWEETENER, YOU'LL BE MORE LIKELY TO CONSUME ADDITIONAL CALORIES THROUGHOUT THE REST OF THE DAY, WHICH IN ALL LIKELIHOOD WILL BE DRIVEN BY A RAVENOUS CRAVING FOR A SWEET, SUGARY TREAT.

THE VERDICT?

It is therefore far better for your health and your waistline to consume something that has nutritional and caloric value, but that shouldn't be sugar. What, then, should you have?

RATHER OPT FOR NATURAL SWEETNESS FROM FOODS SUCH AS:

Raw honey;
Coconut blossom;
Dates;
Whole fruit.



If you crave something sweet, enjoy whole fruits (avoid fruit juice as you want the fibre from the flesh of the fruit). In baking, or to sweeten tea and coffee, use raw honey or coconut blossom. I also personally enjoy 2-4 dates dipped in some macadamia nut butter or peanut butter – this really hits the spot when it comes to satisfying my sweet tooth.

If you're going to use alternative sweeteners in the form of xylitol and stevia, **use them in small quantities.** These are still better choices than non-nutritive variants as these have been proven to have no impact on blood sugar levels, yet still offer a caloric value and are therefore more recognisable to the body.

Consuming either in large amounts may also have a laxative effect and some people may experience digestive discomfort when consuming either substance, even in moderate amounts. If you experience continued discomfort, it would be best to discontinue use.

Ultimately, the simpler and more natural you keep the foods you consume, the better you'll look and feel. 🍯



**READ IT.
ANYTIME,
ANYWHERE**



With iPhone optimised reading



Make it your whey!

SEEDED CACAO PROTEIN BALLS

BEST GUILT-FREE, BITE-SIZED TREATS!

Good to know...

SELECT THE BEST NUT BUTTERS:

High-quality, natural products will have a thin, translucent layer of oil at the top of the tub. These are the natural oils released from nuts that have been ground into paste. Inferior, overly manufactured products have added oil used to stabilise it, which generally forms a thick, yellow oil on top.

RAW CACAO POWDER

is a potent superfood – it contains more than 300 different chemical compounds, including highly beneficial polyphenols known as flavonoids. It also has nearly four times the antioxidant content of dark chocolate and more than 20 times that of blueberries. It is also a source of protein, in addition to various vitamins and minerals, including calcium, carotene, thiamin, riboflavin, magnesium, sulfur, and essential fatty acids.

EXPERIMENT WITH FLAVOUR AND TEXTURE BY ADDING EXTRAS LIKE DESSICATED COCONUT & CRUSHED NUTS

Supplied by **Shakera Ghoor**

WHAT SHE USED:

2 scoops USN whey (I used the Chocolate Peanut Butter flavour)
2 tbsp mixed seeds
1 tbsp raw cacao powder
2 tbsp almond nut butter or natural (sugar-free) peanut butter
1 tbsp psyllium husk
Stevia (optional)
60ml water

HOW SHE MADE THEM:

- 1 Combine all the ingredients in a food processor.
- 2 Add a little water at a time and keep testing the consistency.
- 3 Roll into small balls and keep in the fridge.
- 4 Enjoy happy, healthy snacking!



WIN!

#FitnessReaderRecipe

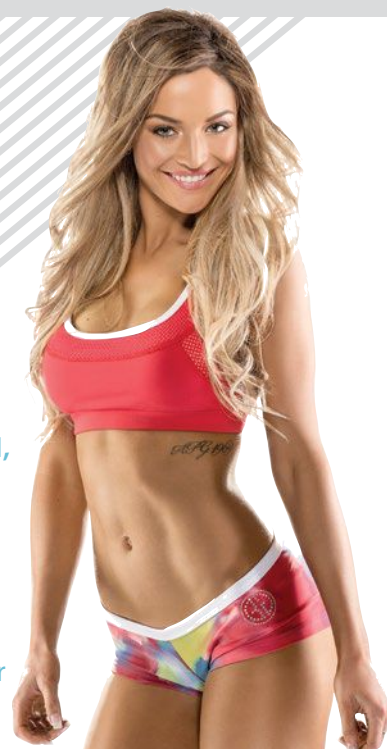
WIN A YEAR'S SUPPLY OF YOUR FAVOURITE WHEY PROTEIN!

Submit your reader's recipe and you could win a year's supply of USN Whey Protein. Email info@fitnessmag.co.za or tag us @FitnessmagSA and @USNSA on Instagram with the recipe and food photo! Simple as that! #FitnessReaderRecipe



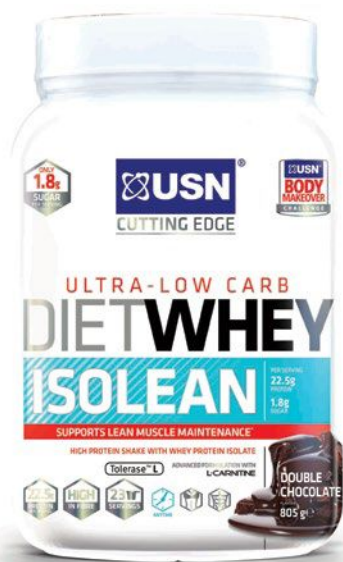
Following rigorous consumer taste testing performed in South Africa's leading supplement retailers, USN released BLUELAB™ 100% Whey Protein – a whey protein product that still includes the premium ingredients sourced from the world's best suppliers, with the added appeal of consumer-influenced flavours.

PRODUCT REVIEW



IT'S HARD TO BELIEVE THAT WE'RE ALREADY APPROACHING AUTUMN, and the change in season means an end to those long summer days that afforded us an opportunity to get up early to train and get the most out of our day. However, the longer nights shouldn't put a damper on your enthusiasm to train and stay in the best possible shape. If this is as important to you as it is to me, you'll do whatever it takes to keep making progress. To help me look my best all year and achieve my goals, no matter what season it is, I stick to my favourite USN products. **These include:**

BY SHELBY JESSICA NEVES, 2016 USN Face of Fitness



DIET WHEY ISOLEAN

Diet Whey Isolean has quickly become a favourite among fitness athletes and those conscious about carbs. It is an ultra-low carb, high-protein shake ideal for lean muscle maintenance, which can be consumed 2–3 times throughout the day. It is now available in four delicious flavours, namely Wheytella, Pink Jelly Bean, Vanilla Ice Cream and Double Chocolate. All varieties contain 1.8g or less of sugar per serving. It also contains 200mg of L-Carnitine per serving for added weight-loss benefits. Give it a try, you won't regret it!



L-CARNICUT

L-Carnicut is a great-tasting, concentrated liquid L-Carnitine supplement that contains Green Coffee Bean extract to help you metabolise fat more efficiently. L-Carnitine taps into your fat supply and may provide support to burn it as fuel, resulting in increased energy. L-Carnicut is stimulant-free and suitable for vegetarians, which makes it a very popular product. Drink it 30–60 minutes before your training session on workout days, or anytime during the day on non-workout days to assist in your weight-loss journey!



PHEDRACUT LIPO XT

If you're serious about losing weight look no further than the best-selling weight loss aid in South Africa, PhedraCut Lipo XT. I use this in conjunction with a healthy eating plan and plenty of exercise to slim down and maintain my ideal weight. PhedraCut Lipo XT contains clinically-researched ingredients such as Green Coffee Bean extract, Garcinia Cambogia and Theacrine, among others, which makes it the ideal weight-loss aid for thousands of South Africans. Take 1–2 capsules 30 minutes before breakfast and lunch for optimal results.

SEASONAL

Sensations

Eating fruits and vegetables that are 'in season' is generally considered to be the best nutritional advice that we can follow for the benefit of our health. So, as we head into a new season, it's the perfect opportunity to start experimenting with new recipes or working seasonal fruits and vegetables into old favourites.



SEASONAL FOOD IS BETTER BECAUSE:

- It tastes better as it is naturally ripened.
- In-season, locally-grown produce is more nutrient dense and therefore healthier for you.
- These food items will be brighter and more vibrant in colour, making for more appetising meals.
- Eating foods that are in-season can be cheaper due to abundant supply and the associated reduction in harvesting and distribution costs.
- Eating seasonally can reduce the environmental impact of modern farming and food management processes.
- Eating seasonally ensures you get a broader variety of foods in your diet.

CAULI COUSCOUS AND PRAWNS

INGREDIENTS:

1 head of cauliflower, cut into small florets
350g uncooked large prawns, peeled and deveined
Cherry tomatoes
Lemon
2 cups parsley
Olive oil

INSTRUCTIONS:

1. Place cauliflower in food processor and pulse until couscous consistency is achieved.
2. Heat 1 tbsp (15ml) olive oil in large non-stick pan over medium-high heat. Cook prawns for about 3 minutes until pink.
3. Add cauli couscous, sliced cherry tomatoes, and another tablespoon of olive oil to same pan with prawns. Bring to a boil over medium-high heat, stirring frequently. Stir in parsley and tomatoes until wilted.



CHERRY TOMATOES
are a rich source of vitamins C, B1 and B6. They also contain fibre and lycopene, a potent antioxidant that protects against cell damage.

AUBERGINE AND POMEGRANATE

INGREDIENTS:

1 medium aubergine (eggplant)
1 garlic clove, finely chopped
1 cup plain Greek yoghurt
Salt and pepper
1 tbsp coriander
Walnuts
1 pomegranate
Lemon juice

INSTRUCTIONS:

1. Grill the eggplants in the oven or in a grilling pan for 3-4 minutes on each side until the outer skin is slightly charred and grill marks form on top, and the inner flesh is soft.
2. Mix 1 tbsp coriander, lemon juice, garlic, salt and pepper into the yoghurt in a small bowl.
3. Slice the pomegranate in half and hit the back of the fruit with a wooden spoon over a large bowl. Collect and chop the seeds (or simply buy the seeds already separated). To serve, top the grilled eggplant with the yoghurt sauce, fresh coriander, walnuts and pomegranate seeds.

AUBERGINES
are packed full of vitamins like B1 and B6 and are a rich source of the minerals copper, magnesium and manganese. They're also a great source of dietary fibre.

AUTUMN SEASONAL PRODUCE INCLUDES:

Fruit

Apples
Avocados
Figs
Granadillas
Grapefruit
Grapes
Lemons
Naartjies
Oranges
Pawpaws or Papayas
Pears
Pineapples
Plums
Pomegranates
Watermelon

Vegetables

Aubergines (eggplant)
Baby marrows
Beetroot
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Hubbard squash
Leeks
Mielies
Mushrooms
Peas
Radishes
Spinach
Sweet peppers

HEALTH BENEFITS OF HIGH ENERGY FLUX

BY Pedro van Gaalen, Managing Editor

Why eating more and moving more is the key to optimal health

In a previous issue of *fitness magazine* (March/April 2016) we delved into the concept of high energy flux and its benefits for reducing rebound weight gain.

The energy flux hypothesis, which is determined by a person's rate of energy intake, expenditure, and storage, was developed by Harvard nutrition professor Jean Mayer, PhD in the early 1950s. A study he conducted on male labourers found that highly active men who also ate a lot (high energy flux)

managed to maintain a healthy weight.

These findings were similar to those from a 2015 pilot study published in the journal *Clinical Nutrition ESPEN* (European Society for Clinical Nutrition and Metabolism) that looked at the potential application of increasing energy flux to decrease the body's instinctive process of rebound

weight gain after weight loss.

The research team behind the ESPEN study, led by Paris Hunter, found that high energy flux blunted the increase in hunger and the decrease in RMR that usually accompanies diet-induced weight loss, making it an ideal approach for reducing the risk of rebound weight gain.

HIGH ENERGY FLUX ALSO BENEFITS OUR METABOLISM AND PHYSIOLOGY AS IT RELEASES A CASCADE OF HORMONES, ENZYMES AND PROTEINS. IT ALSO IMPROVES OUR CARDIOVASCULAR HEALTH



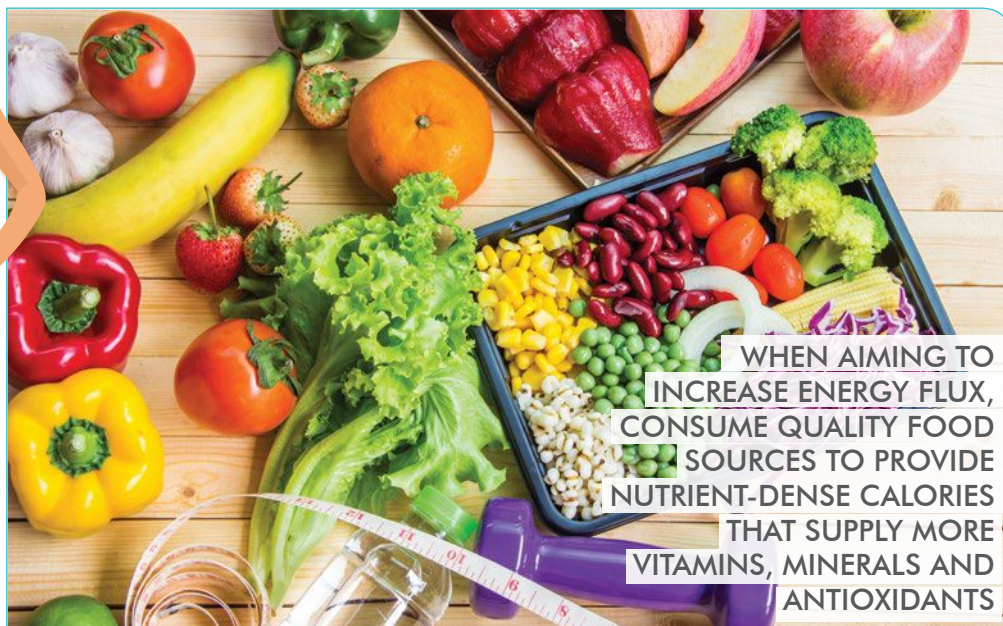


BETTER BODY COMP

Proponents of a high energy flux approach also suggest that the body is better able to build and maintain muscle mass, is more likely to shed stored body fat and is less likely to store excess energy as body fat when a slight calorie deficit is created during periods of high energy flux.

Thus someone who eats 2 500 calories a day and expends 3 000 calories should achieve better weight-loss results than someone who eats 1 500 calories a day and burns 2 000 through daily activity.

WHY? This happens because the body is less likely to perceive weight loss as a threat of starvation as sufficient calories are being supplied to meet daily energy requirements. Higher activity levels also improve nutrient partitioning because more of the calories consumed will preferentially be used to aid muscle growth and repair, and/or energy production and restoration, leaving fewer calories to be stored in fat cells. More calories also sustain sympathetic nervous system activity.



WHEN AIMING TO INCREASE ENERGY FLUX, CONSUME QUALITY FOOD SOURCES TO PROVIDE NUTRIENT-DENSE CALORIES THAT SUPPLY MORE VITAMINS, MINERALS AND ANTIOXIDANTS

HEALTH BENEFITS

High energy flux also benefits our metabolism and physiology as it releases a cascade of hormones, enzymes and proteins. It also improves our cardiovascular health – better blood pressure, heart function, and peripheral blood flow – along with our lung function, and can help achieve a more stable emotional state.

We also know that higher levels of exercise – both weight

training and cardio – improve insulin sensitivity, which is vitally important to a person's ability to maintain weight or even lose excess body fat. This, of course, also has beneficial effects on a person's overall health as so many lifestyle diseases today are closely linked to insulin resistance, including cardiovascular disease and type-2 diabetes.

The important dietary factor to consider when aiming to increase

energy flux is consuming quality food sources to provide nutrient-dense calories that supply more vitamins, minerals and antioxidants. **Any deficiencies in these micronutrients will result in suboptimal bodily function and overall health,** along with a slower metabolic rate, cravings, poor digestion, erratic moods, reduced immune system function, and poor exercise intensity and quality.



MOVE MORE

This dietary approach – an increased intake of quality, nutrient-dense calories – should be combined with an increase in daily energy expenditure from both daily activity and exercise – never exercise in isolation.

In fact, research conducted on the health of a variety of highly active communities suggests that extended periods of low-grade activity is better at sustaining high calorie flux than is short bouts of high-intensity exercise.

One of the outcomes of these studies is known as the Amish Paradox, which is a term coined by David R. Bassett Jr., professor of exercise science at the University of Tennessee, who lead research into the low obesity rates witnessed among a community of Old Order Amish people in Ontario, Canada, despite their calorific diet that was high in fat and refined sugar.

Bassett and his team tracked the daily activity levels of this Amish community using pedometers. They found that the men engaged in vigorous

activity for about 10 hours a day, averaging about 18,000 steps over that period, whereas women averaged about 14,000 steps and were highly active for about three and a half hours. Overall the men averaged 43 hours of moderate activity a week, while women engaged in about 39 hours.

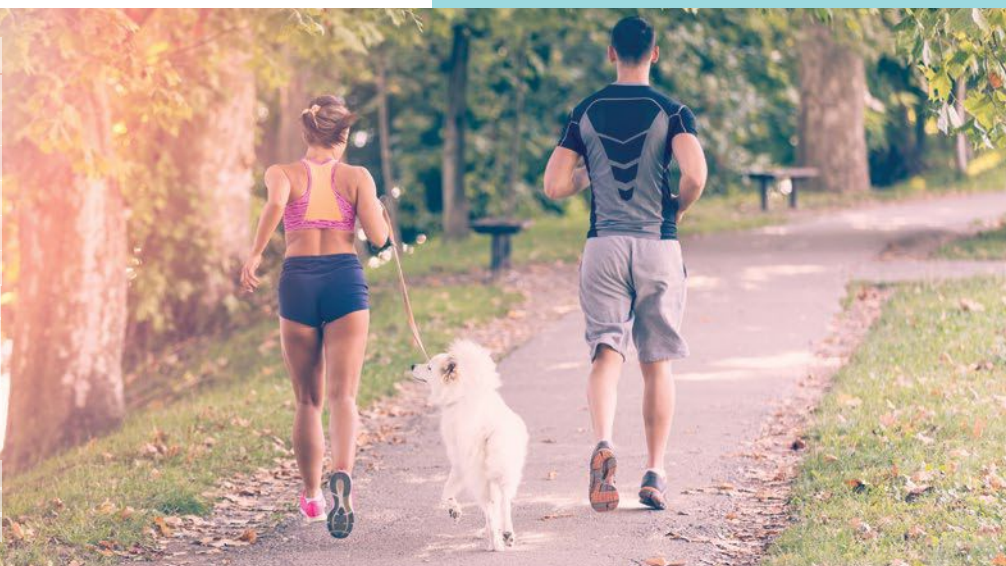
It was this level of daily activity that explains why this community had only a 4% obesity rate, despite their calorific and sugar-laden diet. These findings were published in Medicine & Science in Sports & Exercise, a journal of the American College of Sports Medicine.

RESEARCH SUGGESTS THAT EXTENDED PERIODS OF LOW-GRADE ACTIVITY IS BETTER AT SUSTAINING HIGH CALORIE FLUX THAN IS SHORT BOUTS OF HIGH-INTENSITY EXERCISE



FOR THOSE OF US
ALREADY FOLLOWING
A HEALTH AND
FITNESS-FOCUSED
LIFESTYLE, THIS MEANS
EATING A BIT MORE
OF THE HEALTHFUL
FOOD WE LOVE AND
SIMPLY MOVING
MORE BETWEEN OUR
EXERCISE SESSIONS.

(THIS MEANS WALKING THE
DOG, TAKING THE STAIRS OR
DOING MORE ACTIVE WORK
AROUND THE HOUSE...)



THE BODY'S PHYSIOLOGY HAS BEEN
DESIGNED TO FUNCTION BEST WHEN WE
MOVE MORE AND MORE OFTEN TO KEEP
ENERGY EXPENDITURE HIGH

LIFESTYLE MATTERS

A similar effect has been witnessed among hunter-gatherer communities in Tanzania in East Africa.

Daniel Lieberman, a biological anthropologist at Harvard University, researched the daily activity and exercise habits of the Hadza people of Tanzania and found that the subsistence lifestyle of this community, which requires that the men hunt for fresh meat and that the women gather plant-based food sources, meant that they were active for an average of 75 minutes per day.

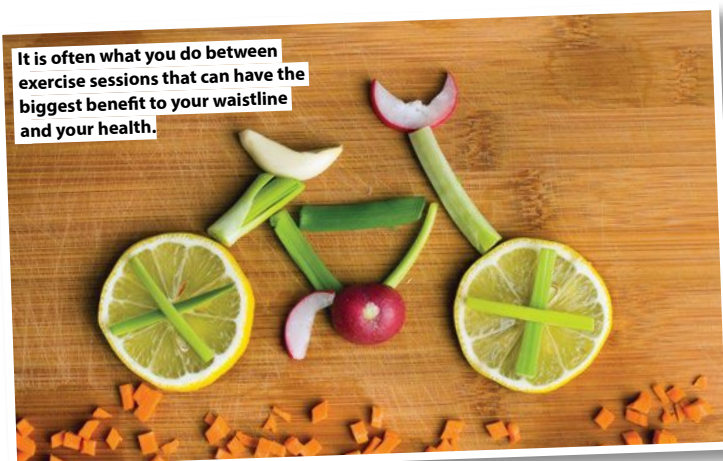
These people were engaged in what the researchers classified as

moderate-to-vigorous physical activity.

This volume and intensity of daily activity positively correlated with a reduced risk of cardiovascular disease in the Hadza studied as they had exceptionally low levels of hypertension.

There was very little high-intensity activity witnessed by the researchers, but the cumulative activity amounted to 14 times as much as the U.S. Department of Health and Human Services's guidelines, which recommend 150 minutes per week of moderate-intensity physical activity (about 30 minutes a day, five times a week) or 75 minutes per week of vigorous-intensity physical activity.

It is often what you do between
exercise sessions that can have the
biggest benefit to your waistline
and your health.



BETWEEN WORKOUTS

As such, it can be beneficial to your health to do more less-intense exercise, more often, which is another key component in high energy flux. This is what scientists refer to as NEAT – Non-Exercise Associated Thermogenesis, and in the context of promoting high energy flux, it appears that NEAT is more important for calorie-burning than bouts of intense exercise in nearly everyone.

This is because the body's physiology has been designed to function best when we move more and more often to keep energy expenditure high. Accordingly, it is often what you do between exercise sessions that can have the biggest benefit to your waistline and your health. This, of course, will only work when we follow a diet that consists of quality food sources and that provides the appropriate amount of energy based on our goals.

Another factor to consider in relation to the high energy flux theory is that of the individual difference in our genetic make-ups. We know that everyone won't respond to the same diet in the same way, and this holds true with high energy flux. Consuming high intakes of carbs, even when energy flux is high, can result in fat or weight gain for certain people based on their genetics. Others may thrive on a higher carb intake, while higher fat intakes may have the opposite effect. As such, finding the appropriate macronutrient balance is essential for the high energy flux approach to work.

When all of these elements are in place, high energy flux seems to be a suitable and often highly effective means to maintain weight after significant weight loss, or even promote healthy, sustainable weight loss, with the additional benefit of improved health markers associated with a number of common lifestyle diseases such as diabetes and cardiovascular disease.

For those of us already following a health and fitness-focused lifestyle, this means eating a bit more of the healthful food we love and simply moving more between our exercise sessions, be it going for walks during our lunch breaks, walking around the office every hour, taking the stairs instead of the lift, parking at the far end of the parking lot when we go shopping, going for walks with family whenever we can, or being more active at home by doing our own gardening or housework. **f**

CARALISHIOUS'S HIGH PROTEIN COCONUTTY MILKSHAKE

IF YOU'RE A FAN OF THE CARALISHIOUS RANGE OF SUGAR-FREE, DAIRY-FREE, AND COLOURANT-FREE LOW-CARB COCONUT MILK ICE-CREAM, YOU'LL DEFINITELY LOVE THIS RECIPE!

Cara-Lisa says: "Healthy eating can be fun and delicious too! All you need is to switch up traditional unhealthy, heavily processed ingredients for their good-for-you alternatives. Ice-cream is such a versatile ingredient and I absolutely love using my coconut milk ice-cream to create exciting and delicious healthy dessert combinations."

THIS MILKSHAKE IS PACKED WITH POTASSIUM, PROTEIN AND ESSENTIAL FATTY ACIDS, AND IT'S NOURISHING FOR YOUR BODY TOO!

COCONUTTY MILKSHAKE

Serves 1-2
Ready in 3 minutes

INGREDIENTS:

125ml Caralishious coconut milk ice-cream (toasted coconut flavour)
100ml unsweetened natural coconut milk
2 frozen bananas
1 tbsp peanut butter
1 tbsp crushed raw peanuts
1 tsp vanilla extract
¼ tsp cinnamon
1 tbsp vegan / whey protein powder

TOPPINGS:

1 tbsp toasted coconut flakes
2 tsp crushed raw peanuts

INSTRUCTIONS:

1. Place ice-cream, coconut milk and frozen bananas in a high quality blender and blend for 30 seconds. If the mixture is too thick or is not blending sufficiently, simply add a little water
2. Add remaining ingredients and blend for 1-2 minutes until smooth
3. Top with toasted coconut flakes, and crushed peanuts

ABOUT CARALISHIOUS COCONUT-MILK ICE-CREAM

Founder of Caralishious, Cara-Lisa knows and understands just how difficult it can be to make better food choices. With this in mind, she has endeavoured to make an ice-cream that contains only the healthiest ingredients possible, using just coconut milk, coconut cream and xylitol. Caralishious Coconut-Milk Ice-Cream is available at numerous stores

across Johannesburg including Wellness Warehouse Bedfordview, Wellness Warehouse Morningside, Organic Emporium, Jacksons Real Food Market, Thrupps, Oaklands Farm Supply, Naked Coffee, Casalotti, Timothy and Clover, Tryone Fruiters, and Fresh-Earth. Visit www.caralishious.com or follow @caralishious for more info. [f](#)



Juicing DURING PREGNANCY

AN IDEAL WAY TO OPTIMISE YOUR MICRONUTRIENT INTAKE DURING THIS TIME OF DEVELOPMENT
ADDING FRESH JUICE TO A WELL-BALANCED DIET IS A GREAT WAY TO ACHIEVE AND MAINTAIN OPTIMAL HEALTH DURING AND AFTER PREGNANCY.

Juicing during pregnancy is an excellent way to get vital micronutrients to you and your baby, as it extracts live enzymes and phytonutrients that are normally trapped within the fibre matrix of the fruit or vegetable. These essential vitamins are absorbed directly into the bloodstream at a rate much higher than eating or blending can provide.

Therefore, this is an effective way to optimise your vitamin and mineral intake and fill in

any nutritional gaps during pregnancy, without the addition of unnecessary calories. Juice should, however, never replace a meal as your body needs nutrients and calories that a beverage can't provide. Instead, drink juice along with your regular meals or whenever a craving for something arises that will have no nutritional benefit to you and, therefore, your growing baby.

“JUICING DURING PREGNANCY IS AN EXCELLENT WAY TO GET VITAL MICRONUTRIENTS TO YOU AND YOUR BABY.”



WRITTEN BY Giorgina Slotar, clinical nutritionist (Intl. Grad. Dip. Clinical Nutrition, Australia), pre- and post-natal exercise specialist (American Fitness Professionals Association), weight management specialist (AFPA), and qualified personal trainer (HFPA) | www.tonedandtru.com
PHOTOGRAPHY BY Catherine Basson

IMPORTANT **DOS** AND **DON'TS** OF JUICING DURING PREGNANCY

DO use organically grown foods to reduce exposure to toxins. Try to eliminate any toxic substances during your pregnancy as studies have shown that exposure to toxins through foods affects memory and learning abilities in children.

DO juice often. Try to consume two different freshly squeezed juices per day. This will help to increase your vitamin and mineral intake during pregnancy to boost your immune system, while providing you and your baby with an abundance of vitamins and minerals.

DO mix things up. Mixing together fruits and vegetables will ensure that you get a variety of vitamins and minerals.

DO use ginger in your juices. This will help to alleviate the nausea associated with morning sickness.

DO juice mainly with vegetables. This is extremely important, as juicing with too many fruits will send fructose into your bloodstream and, therefore, your baby. All juice combinations should be 80% vegetable and 20% fruit.

DO NOT do a juice fast while pregnant! This is not sufficient nutrition and calories for you and your growing baby. Furthermore, during a juice fast your body is releasing toxins into your bloodstream in an effort to dispose of them. This is not an ideal environment for a fetus. Additionally, creating life and detoxing at the same time will be extremely taxing on the body.

DO NOT consume store-bought juices. Store-bought juices are loaded with sugar and preservatives and are often made from concentrate. Be sure to either order your juices fresh or, preferably, make them yourself. With juicing having gained such popularity, there are many companies that provide these products and most health restaurants these days have the option to order freshly squeezed juice.

DO try to drink your juice immediately after squeezing.

It is preferable to consume juice within 20 minutes of making it. If juices are left to stand for long periods of time, the nutrients that have been made readily available through breaking open the cell walls of these nutrient-rich fruits and veggies are exposed to oxygen and therefore run the risk of oxidising, causing the nutrients to be less effective. However, juicing ahead of time or making a double batch of juice can be convenient in today's fast-paced environment. Just be sure to:

- Store your juice in an air-tight glass container.
- Store your juices immediately after preparation.
- Fill the juice right up to the brim to reduce oxygen exposure in the container.
- Add a piece of citrus such as a lemon, lime or grapefruit to reduce nutrient loss by boosting the vitamin C content, citric acid and other antioxidants in your juice (just like a lemon squeezed over avocado or apples reduces the browning and oxidation).
- Store your juice in the fridge. When travelling, it is advisable to use a cooler bag with ice packs to reduce any nutrient loss and exposure to light.
- Consume the pre-prepared juice within 24 hours.

BENEFICIAL FRUITS AND VEGGIES FOR PREGNANCY

BEETROOT is one of the most nutritious vegetables to juice during pregnancy as it is loaded with folic acid to prevent neural tube defects. Beetroot also helps with:

- Constipation;
- Anaemia and iron deficiency;
- High blood pressure.



CARROTS are rich in beta-carotene, calcium, iron, magnesium, potassium and B vitamins. Carrots help with:

- Skin radiance;
- High blood pressure;
- Healthy hair, teeth and nails;
- Digestion.



DARK GREEN LEAFY VEGETABLES are rich in antioxidants to help gently eliminate toxins and boost your immune system.



CUCUMBERS are useful during the third trimester as they act as a diuretic, helping to prevent swelling, which can become uncomfortable during this pregnancy period. Cucumbers also help to:

- Regulate blood pressure;
- Tighten skin;
- Combat teeth and gum problems by neutralising acids.



PUMPKIN is rich in vitamin A, vitamin C, beta-carotene, magnesium and potassium. It helps with:

- Constipation;
- Nausea;
- Regulating blood sugar.

APPLES have a positive effect on:

- Sleeping;
- Cholesterol levels;
- Immune system;
- Skin.



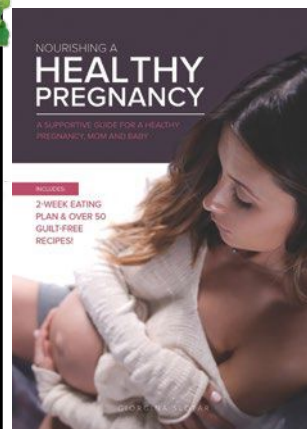
IT IS PREFERABLE TO CONSUME JUICE WITHIN 20 MINUTES OF MAKING IT.

PREGGIE BEETLE JUICE RECIPE

Juice and blend these together for a nutritious beverage

INGREDIENTS:

- 1-2 beets
- 4 organic carrots
- 1 apple
- 1 small thumb-sized knob of fresh ginger



For more information on how to nourish a healthy pregnancy, please visit www.tru-living.com to stay updated on the launch of Giordina's first published e-book 'Nourishing a Healthy Pregnancy'.

GET IN TOUCH WITH GIORGINA:

- @tonedandtru
- Toned and Tru
- www.tonedandtru.com



APPLE CIDER VINEGAR AND WEIGHT LOSS

Is this common
acid-tasting
ingredient
a suitable
weight-loss aid,
or is the
truth bitter
sweet?

BY Pedro van Gaalen, Managing Editor

There are a number of potential health-promoting and weight-loss aids out there that aren't found in the supplement aisles or over the counter at your health store or pharmacy. Rather, they reside on the shelves of your supermarket.

Apple cider vinegar is one such product and has long been revered by proponents of natural remedies and medicine for its numerous touted health-promoting attributes, including its potential to aid weight loss.

HEALTH BENEFITS

Most of apple cider vinegar's health benefits are derived from the acetic acid it contains, which is said to kill bacteria. **It has therefore traditionally been used as a disinfectant to clean wounds and to treat bacterial infections of the ear, nose and throat.**

This antibacterial property also makes it a useful natural preservative. Various online resources also suggest that it can be used to treat fungal infections,

acne and warts.

Additional claims suggest that apple cider vinegar can be used to aid and ease digestive maladies, treat acid reflux, reduce inflammation, regulate pH balance, alleviate allergy symptoms, ease nausea and heartburn, and that it can even help to detox the body.



Apple cider vinegar also contains antioxidants in the form of catechin, gallic acid, caffeic and chlorogenic acid, which offer a variety of health benefits.

However, the veracity of these claims have generally never been tested in a lab and are therefore promoted on the basis of anecdotal evidence in most instances.

What has been confirmed by science is that apple cider vinegar can aid the absorption of nutrients from the food you eat, and that the acetic acid in the vinegar helps to lower

cholesterol. This was confirmed in a 2006 study conducted on rats and in a Japanese study that found that 15ml of apple cider vinegar a day lowered the cholesterol levels of the participants in the study.

In another study, this one published by the American Chemical Society's Journal of Agricultural and Food Chemistry, drinking water with vinegar was found to increase good gut bacteria, specifically lactobacillus and bifidobacteria, in mice suffering from ulcerative colitis.

APPLE CIDER VINEGAR CONTAINS ANTIOXIDANTS WHICH OFFER A VARIETY OF HEALTH BENEFITS

WEIGHT-LOSS AID

There are also a few small studies that suggest that there may be some benefit to including apple cider vinegar as part of a comprehensive weight-loss plan. These studies, conducted in both animals and humans, have shown that **vinegar can increase insulin sensitivity and lower a person's blood sugar response during and after meals, as well as lower fasting glucose levels.**

This not only has the potential to benefit those suffering from pre-diabetes or diabetes, but also has a beneficial spin-off in promoting weight and/or fat loss.

One of the leading researchers on the health benefits of vinegar is Dr Carol Johnston, who is the associate director of the Nutrition Program at Arizona State University. In one of her studies, conducted in conjunction with Andrea M. White, PhD, they found that taking two tablespoons of apple cider vinegar before bed lowered the waking blood sugar levels of the 11 type-2 diabetic participants in the study by between 4-6 percent.

In another study, Dr Johnston gave two groups of participants – one group consisted of sufferers of insulin resistance and the other of otherwise healthy individuals – a 2:1 mix of water and apple cider vinegar. They found that drinking this mixture lowered the after-meal blood sugar levels (they ate a

meal with a high carb content) of the subjects with insulin resistance by between 19 to 34 percent. The main reason is that acetic acid has been shown to suppress disaccharidase activity and to raise glucose-6-phosphate concentrations in skeletal muscle. This was confirmed in a study performed at Tokyo University in Japan, which determined that the acetic acid found in vinegars inhibits the activity of carbohydrate-digesting enzymes, including sucrose, maltase, lactase and amylase. **This inhibition enables select sugars to pass through the digestive system without being digested and they therefore have less impact on blood sugar levels.**

Another Japanese study, conducted by Kondo and others determined that "vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects". The double-blind trial investigated the effects of vinegar intake on the reduction of body fat mass in obese Japanese subjects who were assigned into three groups. During the 12-week treatment period, the subjects ingested 500ml of a beverage containing either 15ml of vinegar, 30ml of vinegar, or no vinegar. The researchers found that body weight, BMI, visceral fat, waist circumference, and serum triglyceride levels were significantly lower in both groups that drank the vinegar solution than in the group that received the placebo.

SEVERAL ADDITIONAL STUDIES SUGGEST THAT VINEGAR CAN INCREASE SATIETY, WHICH MEANS YOU'LL CONSUME FEWER CALORIES AND THEREFORE LOSE WEIGHT.

ADDITIONAL BENEFITS

Several additional human studies also suggest that vinegar can increase satiety, which means you'll consume fewer calories and therefore lose weight. **This effect was corroborated in a study conducted on mice, which found that giving mice subjected to a high-fat diet apple cider vinegar reduced lipid levels. The mice also ate less and lost weight, further demonstrating the satiating effect of apple cider vinegar.**

There is, however, criticism against many of the studies that support the beneficial effects of apple cider vinegar, the most prominent of which is that the sample sizes used in most studies have been very small. There is also concern that the **effects that apple cider vinegar can have on blood sugar levels could interfere with blood sugar-lowering medications, especially if consumed in excess.**

HOW TO USE IT

Advocates of this approach recommend that you stick to organic, unfiltered and unpasteurised apple cider vinegar variants. This is because this variety contains mother of vinegar, a natural cellulose produced by the vinegar bacteria, along with proteins, enzymes and friendly bacteria that give the product a murky, cobweb-like appearance.

Either drink it with water or add it to salads as a dressing, but don't drink it neat as the acidity can burn your throat. Regardless of how you choose to incorporate it into your diet, it seems there are benefits to be gained from its use, but it should not be considered a miracle weight-loss aid. Rather, it should be used as a supplement to a healthy, balanced diet and exercise plan. **7**



DRIFT QUEEN REIGNS SUPREME
ON FITNESS BIKINI STAGE



Firdous ASMODIEN

SHE
LOST
13%
BODY
FAT

As someone who was very active and athletic in her youth, Firdous 'Dousie' Asmodien never had problems with her weight. However, as she got older, life threw a few curveballs her way that changed all that.

"As a teenager I began to suffer from severe endometriosis, which is a condition that causes severe pelvic pain, especially during the menstrual cycle due to endometrial tissue appearing outside the uterus, and it is something I have suffered with ever since," she explains.

This condition meant that Dousie and her husband struggled for many years to conceive. "I went for every possible fertility treatment, which we had to pay cash for because medical aid did not cover it. We spent in excess of R100,000

on fertility treatments, but were unable to have a baby. When the results from my last fertility treatment in March 2014 came back negative, I became depressed. I started comfort eating daily and gained a lot of weight very quickly. I lost sight of who I was and completely lost my spark."

It was only when she saw a pic of herself that someone else had posted on Facebook that she realised how bad her weight problem had become. "My face, tummy and arms were so fat. I was even developing a double chin. For someone who had always been skinny, I was absolutely disgusted and totally shocked to realise how far I had let myself go! But that was my wake-up call," she says.

Dousie remembers that she then started to notice all the skinny

"I still can't believe that in just over a year, I went from living a sedentary life and being overweight to becoming the South African IFBB Fitness Bikini champion! It just blows my mind!"



BEFORE



AFTER

Dousie's moment of truth came when...

It was only when she saw a pic of herself that someone else had posted on Facebook that she realised how bad her weight problem had become.

girls in mini-skirts and shorts wherever she went, which made her feel even more self-conscious. "I remember standing in the queue at a 711 store and my eye fell on **fitness** magazine. On it was a pic of a strong, lean, happy, beautiful woman. **The words on the cover promoting the articles featured in the magazine screamed out at me.**"

Dousie picked it up and paged through it while she stood in line. "What struck me most and caught my attention was a USN advert with the words **"CHALLENGE YOURSELF"**. That spoke volumes to me. I bought that issue of **fitness** magazine and read it from front to back a few times."

Once she had finished feeding her curiosity, Dousie put down the magazine and decided that she

was done with feeling sorry for herself and that she wanted to do something about her situation. "I desperately wanted to feel good about myself again, which is why I decided to take a great leap of faith and entered the USN 12 Week Body Makeover Challenge."

She bought herself the USN Body Makeover Starter pack at Sportsman's Warehouse in January 2015, entered online at www.usn.co.za and started the 12-week challenge on 10 February 2015.

"I followed the USN training and meal plans strictly. My training consisted of a combination of daily weight training, followed by cardio. I alternated muscle groups daily and allowed at least 48 hours before training the same muscles again. Every two weeks I would increase the weights I lifted and the



PHOTOGRAPHY BY JOSPIES

INTRODUCING

GA/VELO®



BUBBLES



FIRELOVE



GIRAFFE



LOS ANGELES



FLOWERISH



STILL



GRAPHIC
DREAMS



MIDNIGHT
SKULL



SANDSTORM

NAKD
BRAND
• C O M
DELIVERY NATION WIDE

 @NAKDBRAND  @NAKDBRAND_
TO ORDER, EMAIL ANDREW@NAKDBRAND.COM



PHOTO BY NOER ASMUDIEN.

Dousie is also a motorsport athlete and has been doing drifting demonstrations for roughly six years. Since her transformation, she has noticed that her drifting skills have improved, which she attributes to the mental focus and extreme self-discipline her new lifestyle has instilled in her. In April 2016 she competed in

her first Drift-Khana competition at DriftCity at the Grand Parade, Cape Town. She was the only female, among 30 of South Africa's top drifters and gymkhana athletes. She placed 14th and is now training under the guidance of Ernest Page to improve her skills. Her dream is to compete internationally against the best in the world, and win!

intensity or duration of cardio to keep progressing."

Even though she is a qualified physiotherapist with a solid understanding of exercise, Dousie decided to hire a personal trainer to assist her in her transformation journey as she found it difficult to train herself.

"I started training with Scott Styger for the duration of my 12-week Body Makeover Challenge. I paid for 12 sessions in advance so that I couldn't 'chicken out'. So, even when I wanted to cancel, I would go because I had paid already." However, even with this professional help, it wasn't easy to get going.

"The first two weeks of the makeover challenge were definitely the toughest. Eating six meals a day and training daily was a shock to my system and I needed to get familiar with the supplements I was using. I had no previous knowledge or experience with supplements, so it took a while for me to get into the routine. However, after two weeks it got easier."

And as she got further into the

challenge, Dousie began to notice a few 'strange things' started to happen to both her body and mind. **"Most noticeable was how much better I felt after training. Even when I wasn't feeling up for a session, I would drag myself to gym, knowing that I would feel great afterwards.** This meant I soon started associating training with feeling good, which really helped to boost my motivation levels and ensured I trained consistently. Now on days when I find myself in a bad space, I can't wait to get to gym so that I can feel better."

FINDING SUPPORT

In addition, Dousie received massive support and encouragement from her husband, Noer. "He was my rock throughout it all. He encouraged me to keep going, especially on those days when I didn't want to. My colleagues at work also played a very important role in my eventual success, by constantly showing interest and telling me how proud they were of me, as did so many other friends on social media."

In fact, Dousie made **Facebook** an integral component of her transformation plan, posting daily to share her experience with her friends. "I was completely honest about what I was experiencing and couldn't believe all the encouragement I received from my Facebook friends. I had never even met many of them, but they all inspired and motivated me on a daily basis!"

By the end of her USN Body Makeover Challenge, **Dousie had dropped 13.3% body fat** and had done enough to be selected as a finalist in the challenge. In addition, her personal trainer, Scott then suggested that she step onto the competitive physique stage to compete.

"I got some posing lessons from Caron Atkins and competed at the IFBB WP Provincial Championships in

August 2015. I initially prepped for the Beach Bikini division, but at registration I was told that I was too lean for this category and had to enter the Fitness Bikini division. I was very happy to place third at my very first competition and in a category that was more advanced than the one I had actually prepped for."

And, as so often happens with those who compete, Dousie completely embraced the lifestyle and has continued to make progress. "My trainer Scott subsequently left Cape Town, so I got a new coach, Gordon Stevens, who has helped me ever since. I also got a new posing coach, Michelene Adamo."

COMPETITION SUCCESS

Under Gordon's guidance, Dousie went on to place first at the Shameen Classic in April 2016, this time in the Body Fitness category, and then fifth at the Arnold Classic Africa in May 2016 in the Body Fitness division, going on to take top honours at both the IFBB WP Provincials and at IFBB Nationals as a Fitness Bikini athlete.

"This experience has completely changed my life. Yes, I know that's a cliché, but it's the truth! I was able to turn something negative into something positive. To think that the very thing that let me down initially, namely my body, is now the thing that brings me success in this sport, which I have come to love so much," says Dousie. "I still cannot believe that in just over a year, I went from living a sedentary life and being overweight to becoming the South African IFBB Fitness Bikini champion! It just blows my mind!"

For info, contact Firdous Dousie Asmodien or Gordon Stevens on Facebook or email fasmudien@gmail.com or Bodysculptor_muscle@yahoo.com.

NEW ZEST FOR LIFE

Dousie says that the whole experience has given her a new zest for life and a positive outlook. "I'm so humbled by all the people who have sent me messages of encouragement,

who have asked me for advice, and who continue to cheer me on on a daily basis. I have met so many people because of this lifestyle and sport, and have built friendships and memories that I will treasure forever."

Dousie is now aiming to develop the type of competitive physique that emulates that of Michelle Lewin and Marcia Goncalves. "I'm not going to stop until I achieve it and I'm getting closer by the day! I also hope to one day achieve an IFBB Pro Card," she concludes.

Dousie went on to compete

at the IFBB Juniors and Masters World Championships held in Santo Domingo, in the Dominican Republic in December 2016. She has also received an invitation to compete at the Arnold Classic Africa in May 2017, and partnered with her coach, Gordon Stevens, to offer a fitness and body transformation service that includes bootcamps and group sessions in Greenpoint Urban Park, individualised meal and training plans, and online coaching. She is also studying part time towards her Master's in Physiotherapy. **1**



HER PERSONAL TRAINER SUGGESTED THAT SHE STEP ONTO THE COMPETITIVE PHYSIQUE STAGE TO COMPETE.

The first two weeks of the challenge were definitely the toughest, but after that it got easier...

STATS:

Weight before: 55kg
Body fat before: 23,5%
Weight after: 51,7kg
Body fat after: 10,2%
Age: 38
Career: Physiotherapist
Hometown: Three Anchor Bay, Cape Town
Sponsors: USN, Fitglam Bikinis

QUICK FACTS

Favourite healthy dish:

Sushi

Favourite training routine:

Leg day

Favourite exercise:

Donkey calf raises

Must-use supplements:

USN Phedracut Lipo XT, USN BCAA Amino Lean, USN Pure Glutamine Micronized Powder, USN Creatine Micronized Powder, USN Diet Fuel Protein Shakes (Chocolate flavour)

TOP DIET TIP:

1. Never skip meals.
2. Eat clean, reduce salt and sugar intake, and exclude all bad carbs.
3. Eat six protein-rich meals a day.
4. Have a cheat meal once a week.
5. Drink at least 4 litres of water a day.

ADDITIONAL SPONSORS:

1. Go Brown Tanning
2. B&W Apparel
3. RISE online training app

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.CO.ZA



ESSENTIAL AMINO ENERGY

SUPPORTS ANYTIME ENERGY*

SUGAR FREE

5

GRAMS OF AMINO ACID BLEND

100

MILLIGRAMS OF CAFFEINE

30

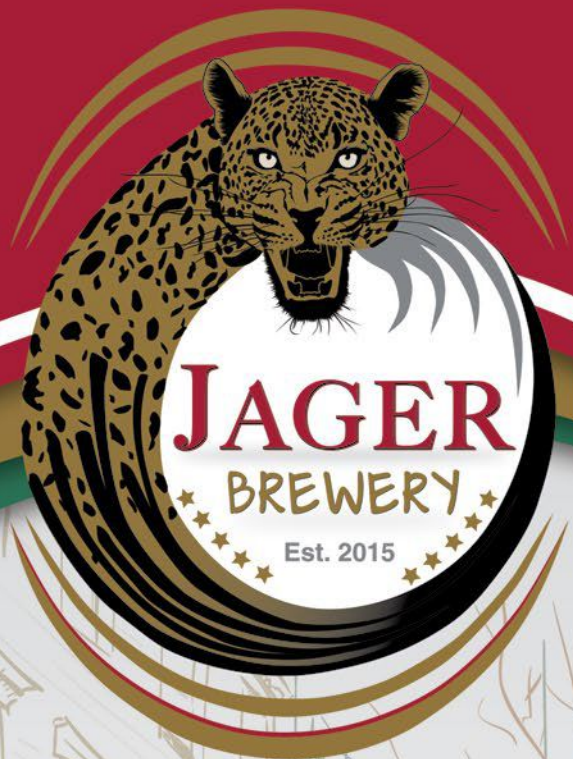
CALORIES



follow us

www.facebook.com/OptimumNutritionSA

Tel: +27 11 234 9890 sales@optimumnutrition.co.za



Naturally
Brewed

GLUTEN
FREE
BEER

Live a Lifestyle



For your closest stockist, visit
jagerbrewerysa.co.za

Not for Sale to Persons Under the Age of 18