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Issue 90

on the cover &

This issue we feature on the cover: Hattie Boydle & Rachel Dillon

Cover photo by Dallas Olsen Hair and makeup by Lisa Lee Cover design by Sarah Saines





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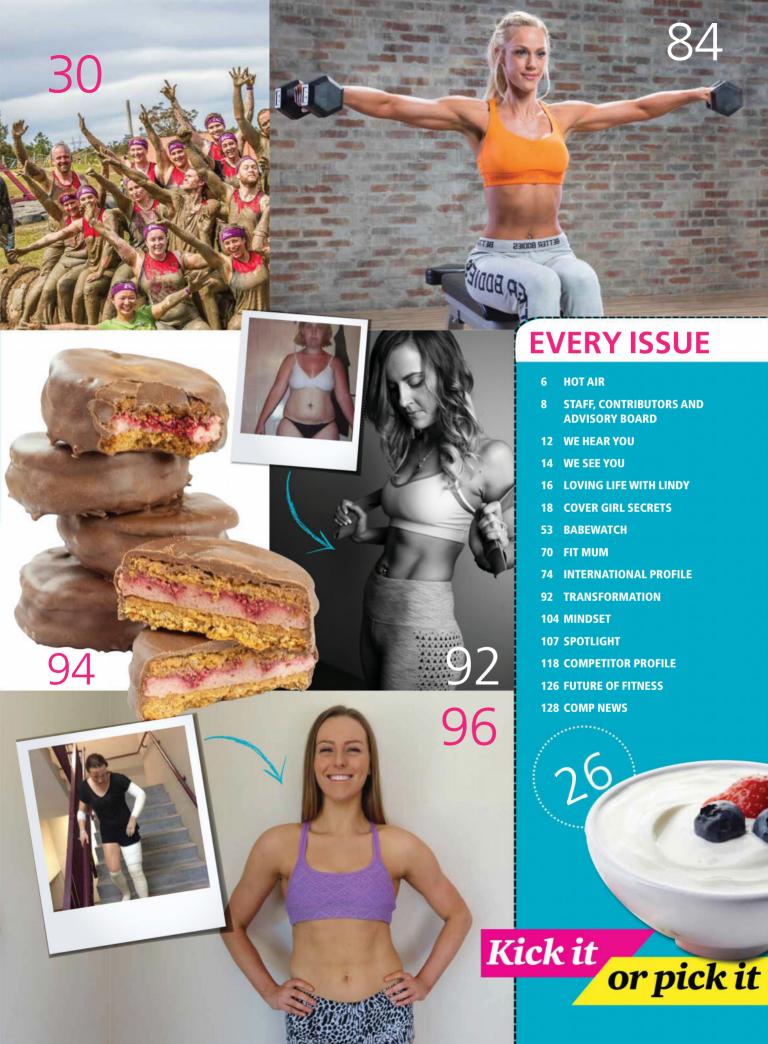
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Who are you really following??

e spend so much time on social media these days, with our younger generations spending considerably more than most. Unfortunately, more and more research is revealing the negative effect that 'being connected' is having on our body image and self-worth. What's worse are the correlations between social media and feelings of dissatisfaction about our lives that have come about too.

While experts recommend limiting time spent on social media (which without doubt would be helpful if people actually did it), a more effective way of managing the impact of social media is to think about the content you look at on a daily basis. When you consciously think about who you are you following, what they are posting and how these people, pictures and videos make you feel, you might realise you need to make some changes to what is appearing on your smart device.

Chances are, if any of the content you are viewing makes you feel inspired, driven, motivated and good about yourself, then by all means, keep following those profiles. At the end of the day, they're most likely impacting you in a positive way, even better if they're helping you to stay on track so that you're more likely to push harder toward your goals.

On the other hand, if profiles make you feel inadequate, not good enough, not lean enough, not successful enough or just simply not 'enough' then it's time to 'unfollow' them. While the individual person may never intend to make you feel anything but awesome, you have to recognise that you need something different than what is being presented to

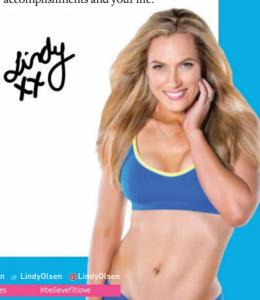
Let me give you a real life example... You've just woken up, you're feeling happy, confident and full of energy. But as you sit down to eat breakfast, you get out your phone and begin scrolling through the different social media feeds you have on your smart device. You see a girl you follow who is leaner, perhaps has a bigger

booty, more accomplishments, sponsors, followers... the list goes on. Suddenly, you find yourself feeling not only jealous but insecure. A few minutes ago you were fine but now you are riddled with dissatisfaction, body consciousness and feelings of unworthiness. This is a person you need to unfollow - PRONTO!

The best thing about social media is that you can absolutely control who you see and who you don't see. Perhaps some people may inspire you at some points and cause you self-doubt at other times. The smartest thing you can do now and always is to really know YOURSELF, know what motivates you to be feel your best and what doesn't. At the end of the day, it's your world and you are the one to decide what's best for you.

Of course, it goes without saying, limiting time on social media, and spending more time around your loved ones who make you feel amazing is a great thing to do too. You could also choose to make time for things that help boost your confidence and make you feel your best that don't involve being 'connected' to an online world.

The message above is a simple one. Whether it's one person or several hundred that you need to unfollow, bite the bullet and just do it. In a short amount of time you might just realise that without seeing those posts daily, you feel a whole lot better about yourself, your accomplishments and your life.



Lindy loves...



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AU 6 issues \$49.95, 12 issues \$90.00 Overseas 6 issues \$99.00

Oxygen Magazine Australia and New Zealand is published by



PO Box 199 Runaway Bay QLD 4216 Telephone 07 5574 5560

Published and distributed under licence from Cruz Bay Publishing Inc., 300 Continental Blvd, Suite 650, El Segundo, California, 90245, United States of America. www.aimmedia.com



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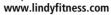
Oxygen Magazine Australia and New Zealand (ISSN 1838-2517) is published six times per year. The publisher, editors and staff will not be responsible for unsolicited material. The acceptance of advertising does not necessarily imply endorsement of services or products. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. This issue printed in Australia by Blue Star Web Pty Ltd © 2017 by Challenger Media Group Pty Ltd. All rights reserved. This publication may not be reproduced, either in whole or part, in any form without written permission from the publisher

PANEL OF EXPERTS



Lindy Olsen

With a Cert IV in Personal Training, ISSN Sports Nutrition and Level 1 and 2 Boxing, Lindy is a five-time natural world figure athlete, fitness ambassador and lifestyle coach. Lindy loves to share her passion for health and fitness through Lindy Fitness. Find out more at



Read Lindy's article on page 16



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Read Greg's article on page 72



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Read Amelia's article on page 58



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BiancaBallingerFitness

Read Bianca's article on page 54



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Read Leslev's article on page 63



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Read Taryn's article on page 66



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Read Danielle's article on page 40



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Read Belinda's article on p50





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OxygenmagAU

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Known within the industry as the 'Diet Doctor' Moodi has extensive professional experience and an unconventional approach to nutrition which has earned him a reputable following across the globe. His qualifications cover everything including nuclear medicine. mathematics, education, psychology, nutrition, and a Masters in Research Methodology.

Read Moodi's article on p36





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OXY REVIEWS

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OxygenmagAU

WE HEAR YOU >>>

Dear Oxygen,

I've recently started training with Lesley Maxwell online and she suggested I send you my story. I'd love to be able to help inspire women to be active, no matter where they live.

My name is Jacinta Williamson. I'm a 30-year-old sister, aunty, friend, adventurer, mermaid, kayaker, climber, soon-to-be fitness competitor and lover of life! I have always enjoyed an active outdoor lifestyle. I live in a small country tourist town called Halls Gap, which is nestled in the heart of the Grampians National Park in Victoria.

My gym and my solitude are found in the outdoors. I prefer to work out outside, whether that's enjoying a weighted pack hike up one of the numerous peaks within the Grampians, trail running to visit a waterfall, rock climbing or kayaking in one of the many lakes.

Living in the country away from the services of the big cities, I have learnt to be more creative with what I have. My backyard gym is set up outside — with refurbished park benches that double as seats for garden parties. I use these for my step-ups, dips, and bench/chest press exercises.

I have a homemade assisted pull-up bar made of outdoor rope and the wooden end of an old mop, which I have swung over the branch of a tree. I use the rafters underneath the veranda as chin-up bars and the decking for calf raises. The great thing about having my home gym set up outside my house is that I don't have to wait in line for equipment — except when the kangaroos come to visit me!

Jacinta, thank you so much for your email! Here at Oxygen we absolutely love Lesley and are so thrilled she encouraged you to write to us! How absolutely amazing you are to use your backyard and the great outdoors to keep healthy, fit and happy! What gorgeous little workout partners you have too! It's so incredible what you are doing — showing that there really are no excuses not to work out — so keep spreading your message and inspiring others. We'd love to hear about how your comps go too, so keep in touch! Oxygen xx

After spending a month at sea in 2014, kayaking in Alaska, a bit of rain certainly won't be an excuse to put off my workouts. Sometimes, I'll throw on my raincoat and rain pants over my workout gear and just get on with it. There's no such thing as bad weather — just bad clothing choices!



There are two things that motivate me in life: taking on personal challenges and inspiring others. Hove an adventure, and I get so much joy when someone tells me my photos on social media inspire them to achieve something they thought impossible. I really enjoy showing that ordinary women can do extraordinary things.

Three words were said to me by an athlete when I was younger: dream, believe, achieve. I believe that if you want something enough, you will make it happen. I've had many challenges, personal setbacks and hurdles to jump, just like anyone else. We all have them.

However, I've also had incredibly strong women in my life who have always inspired me, and I now enjoying doing the same for others. Never let anyone tell you that you can't. There is no such thing. Live your dreams!

-Jacinta



Hi Oxygen

My name is Shannon and I'm 24 years old. I was born with cerebral palsy right-sided hemiplegia, so that means I'm semiparalysed down the right-hand side of my body. The doctors told my family when I was born that I would never walk or talk, but with endless hours spent at speech therapy, physio therapy, occupational therapy, and after Botox in my right leg and numerous operations, as well as help from my family, I was able to learn to walk and talk.

When I learnt to walk, I used to walk with my right foot pointed in. After endless operations, they were able to get my foot straight, so now it doesn't turn in when I walk. About nine months ago, I decided I wanted to get fit and join the gym.

I was extremely nervous and thought the gym was only for able bodies, not someone with a disability. I thought I wouldn't be able to do much, as I don't use the right-hand side of my body, but that wasn't going to stop me from trying.

I joined Envie Fitness and first just used the treadmill, bike and crosstrainer. After talking to the extremely friendly gym staff, I decided I would try a session of personal training just to see what I had the ability to do. I was seriously amazed and had so much fun!

I started doing one session of personal training a week with my trainer, Natasha, just to try and strengthen myself and get my self-esteem and confidence up. We made up a program of the things I can do each week, and now I'm using nearly all the machines, including the leg curl, which I was too scared to even try as I thought it would be hard for me to get on and off, but it turns out I was scared for nothing — I love it.

I now do two personal training sessions a week and try to go to gym at least four to six times per week. I wouldn't have done it without the help of my family and Natasha pushing me to achieve what I thought would always be impossible. To see where I was when I first started to where I am now is so amazing.

Just because you have a disability, it doesn't mean you're not capable of trying new things. Yes, it does take you a little longer to do things and to get you to where you want to be, but I tell you what, it's such an amazing feeling.



The world is now my oyster. Hopefully, this will help other people with disabilities.

- Shannon

Hi Shannon.

Thank you so much for your email and we are absolutely blown away! You really show that anything is possible. We have no doubt that you are inspiring everyone to push themselves out of their comfort zones and realise what amazing things they can truly do! Keep enjoying your training sessions!

Oxygen xx

Hi amazing Oxygen team,

I just wanted to say a huge thank you for including me and my goofy Dane in the cover girl issue. I am due to compete soon and this was just the thing to put a massive smile on my face and keep me fighting for what I want but, just as importantly, keep things in perspective and enjoying the journey! I was so humbled and

flattered by the kind words from Lindy, who is so inspirational herself!

Well done on such a fantastic magazine. I've tried reading many other fitness magazines over the years and nothing compares to *Oxygen*! Perfect mix between interesting articles, relatable reallife reads and products. Keep up the awesomeness!

- Monica Kazmierski-Wilson



Hi Monica.

Thank you so much for your email! We couldn't not feature you and your amazing Dane! He truly made everyone in the office smile. It shows you went above and beyond for your entry and we absolutely love

passionate people. Let us know how you do in your comp, too! We'd love to publish your results in our 'Spotlight' segment.

Oxygen xx

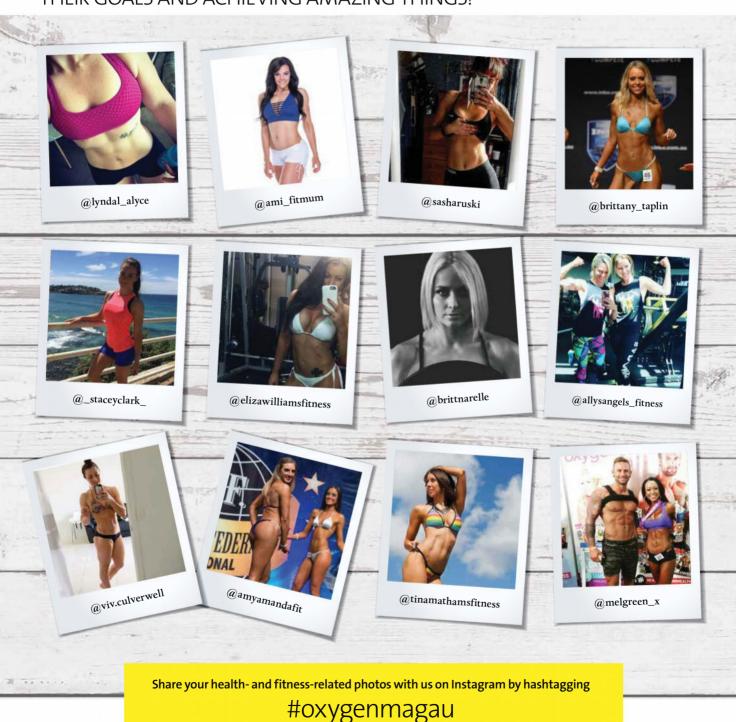
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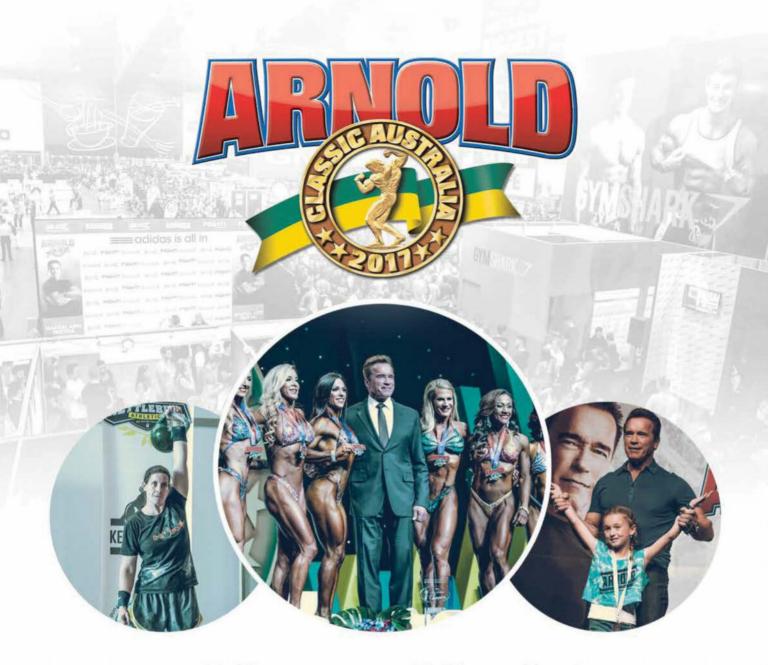
SOCIAL MEDIA DIETS
Are you 'following' the FAD?

We see you!



HERE ARE SOME OF OUR FAVOURITE PHOTOS SHARED WITH US ON INSTAGRAM. WE LOVE SEEING OUR FELLOW FITNESS LOVERS STICKING TO THEIR GOALS AND ACHIEVING AMAZING THINGS!





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hese days, fitness competitions are becoming more and more popular and whether or not to compete is a question a lot of fit girls have asked themselves at one time or another. Many do compete, and love it, and others compete and hate it, however, there are a few things that you need to be aware of before you make the decision.

For every single person it's a very personal decision and one that you must carefully consider so you know exactly what you're signing up for. There is no coach, personal trainer, partner or friend who can make the decision for you as they won't be the one 'doing the work' to make it to the stage.

So many people start with the best of intentions and, unfortunately, many of those people never finish. For whatever reason, it becomes something that consumes them from the moment they sign up and, more often than not, they're sadly given the wrong advice from the beginning. For others it's the challenge they need and something that changes them for life for the better.

Thankfully for me, I have had the privilege of competing on many stages around the globe and been fortunate to work with amazing coaches. I've met so many passionate and supportive people who continued to inspire me along the way. I know when I first stepped on stage in front of all those people nearly 15 years ago, it was incredibly daunting as it was mandatory to wear a G-string! It was a very different stage back then but there was still no better feeling in the world than actually knowing I had finished something I set out to do; the feeling that I had finally made it and I had reached my goal for the first time ever!

I then continued to set more and more goals, raising the bar higher and higher each time to push myself as far as I could. It was never about my placing, it was always about how far I could push myself physically and mentally... and, as they say, the rest is history! Looking back, after competing for almost 10 years, I am proud that I was able to win five world titles. (the last one was a World Pro Title in Las Vegas in 2010), and I had finally proven to myself that I could follow through with a lifelong goal.

I had always competed naturally and was even resolute about not taking Sudafed when I had cold and flu as it contained a banned substance pseudoephedrine. So I was lucky enough to be able to give birth to my beautiful baby girl in 2014, and my training gave me an amazing head start both throughout pregnancy and through the birth itself.

So if you're considering competing, here's what you need to consider...

Other peoples' experience

Ask others who are first timers as well as those who compete regularly. If you have friends, family or acquaintances who have competed, talk to them. Ask them everything you want to know... why they did it, what their experience was, whether they would encourage others to do it. Keep in mind that everyone's stage experience is different. Reach out to people that continue to compete for their experience also, as it could be quite different to experiences to that of friends you know.

The commitment and sacrifices

Depending on where you are at with your health and fitness, you may need to make a lot of sacrifices to step on stage. Not only will you make a solid commitment to your nutrition and training, your social life may well take a hit and you may be left feeling exhausted, tired and over it if you are not smart about your comp preparation. Of course, there are so many ways to get on stage (gone are the boiled chicken and broccoli days), and thankfully many nondeprivation-style programs are advocated. But one thing is certain, everyone is different and each person will react differently to different training and nutrition protocols. It truly is a very personal journey and you will have to possess some serious determination and discipline to get through it.

The 'all or nothing' approach

WARNING! If you know that you are an all or nothing type of person and you decide to compete, you may want to make sure that you don't end up on the all or nothing merrygo-round. Over the years, I've seen many people rebound terribly year after year (heck, I was one of them), because I was an all or nothing girl. I'd either be on my comp plan, or I'd be in my own self-created 'off-season' (which was just an excuse to eat whatever I wanted to excess), and this kind of behaviour was selfdestructive.

It wasn't until I learned how to 'maintain' a healthy weight year round by implementing a simple set of food related rules into my day that I really understood how good food and regular exercise were only part of the equation. So, if you know this is you, make sure you set yourself up for success by choosing a coach that has a consistent track record of success both on and off the stage.

Find your 'why'

Many people compete for the wrong reasons and wonder why the sport leaves them feeling unfulfilled when they take out title after title.

lindy

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However, if you are doing it for yourself, to push yourself out of your comfort zone, to celebrate your fitness achievements or for other positive reasons, it can have an amazing impact on your life. It may add purpose to your life, open you up to new opportunities and allow you to feel a sense of pride. If you are competing to find self-worth or gain some type of personal recognition, then you may be better off not competing for now. Focus on yourself and your life for a while and, if down the track you feel comfortable and proud in your skin, and want to step on stage, you will have a much more positive experience.

What you want to get from it

If you're after titles, sponsors, money, more followers, attention... STOP RIGHT THERE! These are not reasons to step on ANY stage. Of course, people step on stage with these intentions as part of their 'why' and that's totally okay, but if it's the MAIN reason you're wanting to compete, chances are you're going to be VERY disappointed. So many people do their first comp and come out the other end feeling lost and incomplete because they didn't get the title, sponsorship or the glory that they personally thought they were entitled to.

However, if you're competing because you want to set a new personal challenge for yourself, or to get out of your comfort zone or to see how hard you truly can work and the amazing things you can achieve, you'll be far less disappointed when you walk off that stage if you don't end up with a placing. For me personally, it was always about being better than I was the last time I stepped on stage. That was, and still is, the only goal I'll ever need. Placing for me is irrelevant, it was an absolute bonus if I did. Still to this day, almost 13 years later, I find myself saying the same thing to people considering competing.

The risks

For some, deciding to compete can come with many challenges and sometimes even side effects that can be detrimental both in the short and long term. To compete successfully, you need to be strong, fit and healthy. And that's not only in your body, but within yourself mentally. Some women find competing effects their body image, messes with their metabolism and hormones and sometimes even leads to disordered eating patterns and obsessive behaviours.

While this certainly doesn't happen to everyone, it's important to understand the whole process and potential risks so that you can go into a comp prep fully prepared. By

working with an experienced coach (I worked with Jon Davie and Greg Dolman), you can minimise these negatives from occurring. When I competed last in 2010, I remember consuming all the things that were on the forbidden list when I first competed seven years earlier. Things like dairy, all fruit, coloured veggies and even chocolate and caramel slice were back on the menu.

For me, competing truly has been an amazing experience. Even the tough times have allowed me to realise what I'm truly capable of, what it means to dig deep, and what it means to never give up. I have competing to thank for so many things and, most importantly, competing has allowed me to be my best self. For me, being happy in my own skin is the only reward I need

So if you're ready for the ride of your life, the only advice I can offer is to hold on tight, it's worth every second!





🛐 OxygenmagAU 💓 OxygenmagAU

OXYGEN COVER GIRLS tell us what they believe 'strong women' are!

Being a strong woman isn't just about being physically fit and strong or looking good. I define a strong woman as someone who is able to happily and confidently manage her body, business/career, and lifestyle!

In my opinion, most women know enough about goal-setting, training, and nutrition, but the biggest roadblock to their inner strength is that they are struggling with perfectionism, over-analysis, and feeling overwhelmed.

The perfectionist only sees the immediate short-term and completely misses the big picture. Life is for living, and you are not a robot designed to just eat 1600 calories every day! You have to create a balance between eating and training to hit your goals and also enjoying your favourite foods.

The perfectionist often defines food as 'good' or 'bad', which results in a 'good' or 'bad' day. Her happiness is totally dependent on

how perfectly she has managed to control everything in her life. Inevitably, this creates a state of stress or anxiety or feeling overwhelmed, which is not conducive to fat loss, a successful career, or a happy, balanced lifestyle!

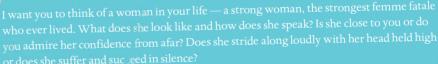
There must be a balance between work and productivity and time to play. Many women feel guilty if they are not busy. It is sad that there is now a lot of shame around 'play' for the perfectionist, as they are concerned they may be seen as lazy.

You can have it all! You have to step outside and look at the big picture.

The general trend of progress must be toward your clearly defined goals that genuinely excite you rather than you living in fear of gaining weight, doing something imperfectly, or being judged by others.

- Rachel Guy





A strong woman knows when to retreat and be vulnerable, with a deep intuition that she is unbreakable. A strong woman's internal dialogue is different; she oozes self-love and effortlessly rocks a take-no-bull bravado.

- Penny Lomas





One of the most empowering feelings is knowing that you're on top of everything life throws at you. Having it all under control is one sure way to feel like a strong woman. Life can become overwhelming, but I eliminate those high-pressure feelings by taking care of my mental health through gym therapy.

There have been weeks in my life when I know I would've completely lost my mind and broken down if I hadn't pushed, pulled, pressed, and lifted my way back to sanity, mental clarity, and inner strength.

Besides looking after my physical health, exercise allows me to be with my thoughts, clear my head, calm myself down, and release tension. I leave the session with a rush of bliss, with a post-training endorphin hit and feeling like She-Ra, Princess of Power.

I'm more assertive and disciplined throughout my day when I have a training routine that I'm consistently performing. Weight training makes me feel physically and mentally strong and powerful; I feel confident to handle all things in life. The increased self-esteem I obtain from lifting weights makes me feel able to accomplish anything I want and tackle any goal I set myself, big or small. I can do it; I have the power.

Kirsty Botfield

Four years ago I was living a very different life as a news reporter in Far North Queensland. It was a career I had worked tirelessly for years to build, and to most people it seemed like the most exciting, glamourous job in the world, but I wasn't happy. The days were long, the pressure was high, and the stories were not always upbeat either. Over time, it wore me down. I felt tired, burnt out, and stressed.

I'd always had the 'fitness bug', but I never considered pursuing it as a career until after my first year competing as a figure and fitness athlete. I'd transformed my mind and my body and realised how much potential I had to change things in my life, yet here I was still doing the same thing, working the same job, and feeling miserable.

I realised I had to make a change, but I was scared of failure, loss of money, loss of pride. Eventually, I took the leap and handed in my resignation, and now I run a successful coaching business in an industry I love.

Fear holds us back from doing many things, and, as women, we tend to shy away from challenges and opportunities where success is not guaranteed. We are perfectionists, and unless we are 100 per cent sure we can predict the outcome, we hold ourselves back.



Strong women are not fearless; they are human, just like you and me, with doubts and insecurities. But strong women don't let their fears hold them back. They are risk-takers. They continually go after their fears to challenge themselves and grow.

So be bold, take risks, and be courageous. Go after the things that scare you, and if it doesn't work out, move on. Failure is hard, but nothing is harder than living with the pain of regret. \bullet

- Anna McMannamey



Eat chocolate and boost endurance?

Chocoholics rejoice: A flavanol found in the cacao bean called epicatechin was found to increase the production of nitric oxide in the body, helping dilate blood vessels, thereby reducing oxygen consumption and allowing you to train longer and go farther, according to a study from London's Kingston University. Halt the lucky study participants ate 40 grams of dark chocolate per day and were then tested in the lab in a series of cycling tests. The chocolate consumers were found to use less oxygen and covered more distance in a two-minute flat-out time trial than those who did not. Because being efficient is allimportant for endurance athletes, chocolate could be key in enhancing performance, so eat up before your next long-slow session (but in moderation, of course!).

BY LARA MCGLASHAN, MFA, CPT

You've been served

This multitasking twist on a one-legged deadlift, created by Brave Body Project trainers Lindsey Clayton and Amber Rees out of New York City, challenges your balance, strength and core stability all at once. Do three sets of 10 to 12 reps on each leg.

Set-up: Hold a light pair of dumbbells at your waist with your palms up and elbows bent. Stand on one leg with your knee slightly bent and lift your other foot off the ground, knee bent.

Action: Hinge at your hip to fold forward while simultaneously extending your lifted leg rearward and reaching your arms forward as if serving with a tray. Reverse these steps to stand up to the start position, then kick your free leg forward and extend your arms down to the bottom of a biceps curl to complete one repetition.

Trainers' tip: "When performing the deadlift, roll your shoulders back to ensure your spine stays neutral, and keep your hips square and even throughout."



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What are you really eating? (Be honest!)

A common strategy for losing weight is to monitor your food and beverage intake in a journal, wearable tracker or phone app. In a study published in the American Journal of Preventive Medicine, researchers found that among 1700 people on a weightloss program, those who kept a food journal lost twice as much weight as those who didn't. But journaling your foods can be beneficial for more than weight loss — it's also a common tool used to identify food allergies and gastrointestinal problems, missing food groups and lack of nutrients.

4 tips for food journaling
Tell the truth. If you want to reap the benefits of a food journal, make sure it is a real reflection of what — and how much — you've consumed.

Be thorough. How a food is cooked (fried, broiled, baked) and the extras (condiments, garnishes, sauces, sweeteners) can make a big difference in your calorie intake.

Consistency is key. Stick with it for at least a week without skipping days or meals.

Add the extras. Noting your mood, time, location and who you're eating with can help you discover triggers and influences, such as eating when you're stressed or certain friends who tend to encourage unhealthful choices.





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- NUTRITIOUS GREENS SUPERFOOD BLEND
- PRE/PROBIOTICS
- GLUTAMINE
- DIGESTIVE ENZYMES
- NOTHING ARTIFICIAL





ce: The hot trend

Can cryotherapy help you become fitter, faster, stronger and bolder? The yeas and the nays.

BY **SARAH TUFF DUNN**

The hot, dog days of summer may seem like the ideal time to try whole-body cryotherapy (WBC) — the health, beauty and fitness fad that involves stepping into a chamber set to as cold as -144°C. The treatments, which last only about three minutes and typically cost between \$60 and \$100 at chains of 'cryosaunas' around the country, are said to be a cure-all for almost everything.

"Proponents of WBC state that it can help with slow metabolism, hormone imbalance, chronic inflammation, immune deficiencies, athletic recovery, chronic fatigue, fibromyalgia, poor circulation, obesity and insomnia," says David Carfagno, DO, CAQSM, medical director of the Scottsdale Sports Medicine Institute and the Arizona Rock'n' Roll Marathon. "When we actually look into the studies, though, the picture that is painted is a little different."

Here, Carfagno and other experts weigh in on the ABCs of WBC and on whether stepping into a popsicle-cold capsule is a frozen chosen or a hot mess.

1) The freeze-frame claim: You'll improve your circulation.

The meltdown: "One of the contraindications to therapy is individuals with poor circulation in their hands, as this can risk permanent damage to digits," Carfagno says. "Save the money you might spend on a single treatment of WBC and buy yourself a nice ice pack. That'll last longer and, to date, seems to have a better chance of helping."

2) The freeze-frame claim: You'll be able to recover from injury faster and work out barder

The meltdown: This may actually be true. One French study from July 2015 found that WBC may stabilise proteins that mark muscle damage in athletes. Atlanta-based physician Dr Taz Bhatia, who specialises in integrative medicine, explains that this is because of the way the nitrogen gas forces your body into a resting mode. "It slows down the entire inflammatory cascade," she says, comparing cryotherapy to acupuncture for healing at the cellular level. "So it does seem to have a place for muscle recovery. The freezing temperatures also numb nerves, providing pain relief from a fitness-related injury."

3) The freeze-frame claim: You'll sleep better, live longer and find a cure for diseases.

The meltdown: "It's not something I recommend for sleep," Bhatia says. "And for anti-aging and curing cancer? I would say no." Carfagno adds that anyone with uncontrolled hypertension, cold allergies and Raynaud's disease (white digits when exposed to the cold) should avoid cryotherapy. "At the minimum, it's recommended that athletes wait until research has better borne out what the long-term effects are, both beneficial and harmful," he says.

4) The freeze-frame claim: You'll feel less anxious and happier.

The meltdown: Sure, cryotherapy may cut down on stress and anxiety, but that may simply be a placebo effect. The practice of ice baths is an old one, but cryotherapy chambers are new and unregulated. Questions are still swirling about the circumstances surrounding the death of a 24-year-old cryotherapy treatment employee in a Nevada chamber last October. The treatments can cost as much as \$100 for three minutes; why not administer a little ice at home for a cheaper, safer, more reliable remedy?



It's recommended that athletes wait until research has better borne out what the long-term effects are, both beneficial and harmful. 99

PRO CARD EVENT





or pick it

BY NICOLE DYNAN, ACCREDITED PRACTISING DIETITIAN & ACCREDITED SPORTS DIETITIAN

Strong is the new healthy

"A strong woman stands up for what is right, even if she has to stand all by herself. A strong woman doesn't pretend to be strong — she is strong. She honours herself and her body and strives to live a life of balance."

This issue's food swaps will draw on characteristics of strong women we know.

1. Balance and poise — Audrey Hepburn

4. Inspirational — Oprah Winfrey

2. Quality and substance — Michelle Obama

5. Humble — Mother Teresa

3. Original and authentic — Cathy Freeman

The following swaps were specifically chosen to consider a number of women's health conditions. These include bone health, digestive health, disease prevention, low iron, weight management and satiety, consistent energy levels, food intolerances, mental health, and healthy insides and outsides.



Swap 1: Milk chocolate 🌃 Dark chocolate (70-85 per cent cocoa)

It takes Audrey Hepburn poise to sit and savour a delectable piece of dark chocolate rather than scoffing down a more sugar-laden block of milk chocolate. The benefits are worth every mouthful. Dark chocolate is rich in flavonoid antioxidants, which may help with keeping our blood vessels flexible, prevent our blood from becoming 'sticky', and reduce inflammation. It may even help to improve insulin sensitivity and lower blood pressure. The bitter taste helps us to moderate the amount we eat, which is a good thing, as we can't forget that it is still high in saturated fat and kilojoules.

How the numbers add up

1	Food	Calories	Energy (kJ)	Protein	Total fat	Sat fat	Total carbs	Sugar	Fibre	Sodium	Calcium
	Milk chocolate, 100g	534	2251kJ	7.7g	29.7g	14.2g	59.4g	51.5g	3.4g	79mg	36mg
	Dark chocolate (70-85%), 100g	598	2521kJ	7.8g	42.6g	24.5g	45.9g	24g	10.9g	20mg	54mg



Swap 2: Toasted granola Traditional rolled oats

Oats are a fitting tribute to strong women such as Michelle Obama, being a high-quality food of immeasurable substance. Fibre-rich with a list of benefits as long as your arm, oats have been linked to cutting the risk of type 2 diabetes, heart disease, cholesterol, and colorectal cancer. Oats are low in kilojoules and contain minerals such as manganese, phosphorous, and magnesium for bone health; selenium for brain function, fertility and immunity; and zinc for growth and healing. They are also abundant in antioxidants such as polyphenols, flavonoids, carotenoids, and tocols (vitamin E) for good health and disease prevention. Serve them untoasted with fresh fruit and a sprinkling of seeds or nuts for a delicious and satisfying breakfast meal.



Food	Calories	Energy (kJ)	Protein	Total fat	Sat fat	Total carbs	Sugar	Fibre	Sodium	Calcium
Almond pecan granola, 100g	433	1826kJ	10.1g	19.3g	4.5g	50.8g	20.8g	7.6g	33mg	36mg
Traditional rolled oats, 100g	383	1615kJ	10.7g	8.7g	24.5g	61g	1.7g	10g	3mg	54mg

Original and authentic

Swap 3: Fruit yoghurt for Greek yoghurt

Being true to yourself and authentic like Cathy Freeman can help you to be your 'best self'. The same can be applied to food. Choosing original or authentic food can help you to feel good about your food decisions and help keep you strong on the inside. Swapping sugary fruit yoghurt for authentic Greek yoghurt can give you twice the amount of protein, less sugar and kilojoules, minerals such as calcium and magnesium for strong bones, good bacteria for digestive health, and low-GI energy in your diet. If you prefer your yoghurt sweet, try adding some chopped fresh fruit or cinnamon.

How the numbers add up

Food	Calories	Energy (kJ)	Protein	Total fat	Sat fat	Total carbs	Sugar	Fibre	Sodium	Calcium
Low-fat fruit yoghurt, 100g	102	430kJ	4g	1g	4.5g	19g	19g	0g	58mg	93mg
Low-fat Greek yoghurt, 100g	59	249kJ	11g	0g	24.5g	4g	4g	0g	41mg	180mg



PHOTO: SHUTTERSTOCK.COM

Swap 4: Coffee Tob Lemon-infused water

Let's face it: most of us will need some significant inspiration to make this swap! Who better to inspire us than Oprah Winfrey? Oprah has shown us that we can do anything that we put our minds to, and swapping your coffee for lemon-infused water may make all the difference in encouraging good energy levels throughout the day versus adrenalin-induced peaks and troughs.

Coffee and tea also contain tannins, which can bind to iron, reducing the absorption of iron from meals. Women can be prone to low iron stores, especially at different life stages such as their teens, during their menstruating years, pregnancy, and lactation, so swapping your coffee for lemon-infused water (warm or cold) adds vitamin C to your meal, enhancing iron absorption. Lemon also contains flavonoid compounds, which have been shown to have anti-cancer properties.

How the numbers add up

Food	Calories	Energy (kJ)	Sodium	Caffeine	
Brewed black coffee, 1 cup	2	8	5mg	94.8mg	
Lemon-infused water, 1 cup	1	4	3mg	180mg	

Please note: The protein, total fat, saturated fat, total carbs, fibre, sugars, and calcium are not shown in the table because there are none in the products.

Humble

Swap 5: White rice *Toras Buckwheat

Who better to embody 'humble' than the immortal, strong woman, the late Mother Teresa. Finding a food swap to reflect this characteristic wasn't easy, but buckwheat comes close! Buckwheat is a quiet achiever when it comes to alternative grains. Not seeking the limelight, and possibly not as well-known as its dicotyledon-seed friend, quinoa, buckwheat deserves recognition nonetheless for its rich nutrient profile.

Robust in form, buckwheat seeds or groats are gluten-free, packed with 'complete' protein — containing all of the essential amino acids that your body needs. They are a rich source of soluble and insoluble dietary fibre for digestive health and cholesterol management and B-complex vitamins such as riboflavin (B2) for energy production and niacin (B3) to lower cardiovascular disease risk. They also contain minerals such as copper, for red blood cell production, and magnesium, which relaxes the blood vessels, and the antioxidant rutin, which has anti-inflammatory properties. A nutty flavour makes it an exciting swap for plain, white rice in casseroles, curries, and salads. •

How the numbers add up

Food	Calories	Energy (kJ)	Protein	Total fat	Sat fat	Total carbs	Sugar	Fibre	Sodium	Calcium
White rice, 100g	130	548kJ	2.7g	0.3g	0.1g	28g	0.1g	0.4g	1mg	36mg
Buckwheat, 100g	343	1446kJ	13.25g	3.4g	0.7g	71.5g	0g	10g	1mg	54mg

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Vaunt is the Australian-owned lifting apparel company that offers striking designs for women who lift. Founded by Central Coast local Jemma Donkin, the belts were created to fill a gap in the market.

Unsatisfied with the lack of diversity in women's lifting apparel, Jemma decided that if she couldn't find what she was looking for during her search for a striking belt to support her resistance-training goals, she would make one herself.

Vaunt's simple yet stylish neoprene weight belts fasten with Velcro making them easy to use and fully adjustable. They've been refined throughout the design process for comfortable wear using a durable fabric that won't cut into the ribs.

Best of all, the bright designs include doughnuts, pizza and a comic book inspired print, making them one of a kind and a serious must-have.

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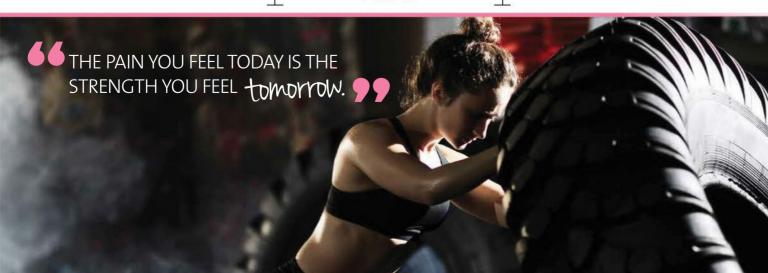
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What's on

MINDBODYSPIRIT FESTIVAL

Brisbane, OLD, 17-19 March 2017

It's easy to forget to look after yourself when life is keeping you busy, so MindBodySpirit Festival in Brisbane is your opportunity for some TLSC (tender loving self-care). The festival includes more than 200 exhibitors from organic snack companies encouraging healthier eating habits to deep-tissue masseuses. Get inspired with the Soul Kitchen and learn how to eat right, and eat well, with a focus on

plant-based and raw meals. Once your cooking repertoire is full, find your way toward the Mindful Meditation Centre. A healthy body goes hand in hand with a healthy mind, and Brisbane's MindBodySpirit Festival helps to guide you toward achieving both.

For more information visit www.mbsfestival.com.au





WOMEN'S ONLY ADVENTURE RACE

Lilydale, VIC, 16 April 2017

Exercise is better with friends, and it's better in nature, so combine the two with the Women's Only Adventure Race. The race covers approximately 14km and will have the female participants running, mountain biking and kayaking through the beautiful Lilydale Lake Park. Get outside and get adventuring with your closest girlfriends and encourage each other through the challenging triathlon adventure. If you're tired of being in the gym and following the same routine, now is the time to take it outdoors and sign up for an incredible fitness experience.

For more information visit www.adventurerace.com.au

+ RAW CHALLENGE

Doyalson, NSW, 25-26 March 2017

If wading, climbing and swimming through mud sounds like the best day ever, then this year's Raw Challenge is for you. The 7km course boasts more than 55 obstacles to get you sweating and filthy. There are climbing walls, balance bars and more to test all fitness levels. Create a team to raise funds for one of the nominated charities, including Camp Quality, supporting children with cancer. Grab your friends and family aged over 11, and get dirty, get sweaty and get laughing with Raw Challenge.

For more information visit www.rawchallenge.com.au





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WHAT DOES IT MEAN TO YOU TO REPRESENT OXYGEN IN THE VERY FIRST OXYGEN AUSTRALIA CHALLENGE?

Being involved with *Oxygen* has always been a dream of mine, right down to when I first got my cover, it was always one of my goals. So to be involved with them and to be representing them in the first challenge means the world to me because I value *Oxygen* as a very high-end brand. I've always wanted to be involved with them but never thought it would actually happen, so it's amazing and I'm very grateful.

WHAT CAN PARTICIPANTS EXPECT FROM YOUR COACHING AND PROGRAM?

My program is not just for girls who compete, it's for girls of all fitness levels, from beginner to advanced, with at-home programs and gym programs. What they should expect from it is a lifestyle change. So it's quite a big thing. It's not a fad diet, it's not a one-off thing, it's going to be their lifestyle. Something they can do for the rest of their lives. I want to educate them in not just training but also nutrition and mindset. They will learn to love themselves the way they are and to be the best version of themselves that they can be.

WHAT KIND OF COACH DO YOU BELIEVE YOU ARE?

I think I'm definitely a hard coach, especially with their sessions, I'll be pushing them to the max. But at the same time, I have a very giving, kind heart so I'll always be there to support them, to help them and to let them know that everything will be okay. You're going to make mistakes, you're going to have hiccups, there's going to be obstacles... but at the end of the day, it's just about learning to see that if you're making small progress, you're still making progress. And it's important to notice that.

AFTER WINNING YOUR RECENT TITLE OF MISS WBFF BIKINI WORLD PRO, YOU MUST HAVE A LOT OF OPPORTUNITIES COME YOUR WAY. HOW DO YOU REMAIN SO GROUNDED AND NOT LET THE TITLE OR YOUR SUCCESS GET TO YOUR HEAD?

I love this question! For me, I check myself every day. I think it's really important to remember where you came from, where you started and who was there from the beginning. My biggest thing is to never think you're better than someone else, because you're not. So I treat everyone equally, I feel like everyone is the same, we all live in this crazy world. I also find that quality of thinking you're better than someone else is a quality I really resent. So to ever think I would have that is like a nightmare! You just have to remember the important things and stay true to yourself and real to yourself.

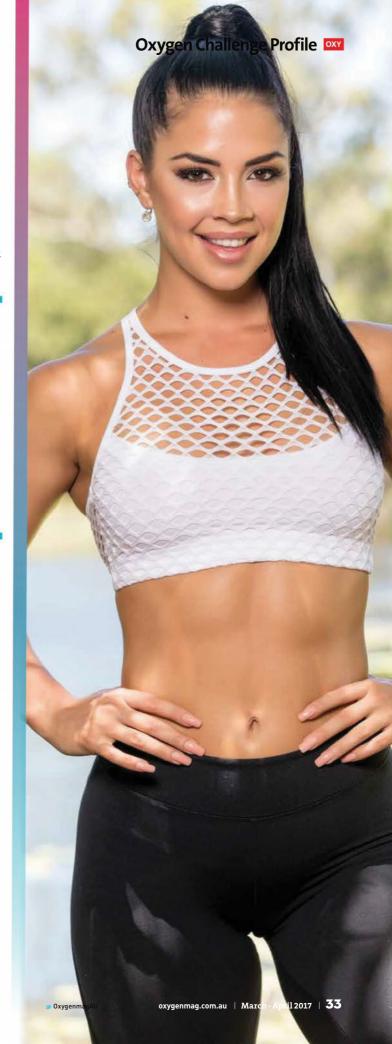
THEY WILL LEARN TO LOVE THEMSELVES THE WAY THEY ARE AND TO BE THE BEST VERSION OF THEMSELVES THAT THEY CAN BE.

HOW DO YOU STAY SO HAPPY IN YOUR SKIN? DO YOU EVER HAVE MOMENTS OF DOUBT AND IF SO, HOW DO YOU DEAL WITH THESE?

I remember for years when I was in high school and when I was young I was never happy with my body and never happy with myself. I always wanted to be someone else, or look like someone else, or trial someone else's diet. And then one day I just decided, you know what, you're never going to be someone else, so why not just focus on being the best version of yourself? I've been super lean when I stepped on stage and I've been a little bit curvier, but at all stages, I remain happy within myself. Yes, I have days where I think "Oh, I could be better in this and that," but when I do have those thoughts I just tell myself "You know what you need to do to do that." So instead of being sad about it, I just make those changes. But honestly, my best advice is to learn to be happy with who you are because you're going to have a happier life in general if you do.

WHAT'S SOMETHING THAT OUR READERS DON'T KNOW ABOUT YOU?

I actually have a degree in business and marketing, so I studied at university. And I love sausage dogs! I'm a big animal lover. One of my long-term goals is to go and work overseas and help the animals.



LEARN TO BELIEVE IN YOURSELF

MEET THE INSPIRATIONAL AND POWERFUL FORCE BEHIND #TEAMHATTLE



WHAT DOES IT MEAN TO YOU TO REPRESENT *OXYGEN* IN THE VERY FIRST *OXYGEN* AUSTRALIA CHALLENGE?

What an honour. First off I was very blown away to be asked with all the incredible athletes you guys get to deal with. To get chosen was like... oh, god, I feel like I'm going to tear up! It was such a great idea and what a humbling experience that people actually want to work with you. And I get to work with Rachel who has turned into a really good friend and someone I really admire. Oxygen is about helping everyone, it's about bringing a team or community of women together to support each other and even though it's a challenge, we're all in it together and I'm so excited to see what amazing transformations we bring!

WHAT CAN PARTICIPANTS EXPECT FROM YOUR COACHING AND PROGRAM?

Tough love. I will always be honest with you but I will guide you in the right direction. It's not about babying you but helping you really look inside yourself, dig deep and ask "What is it that I really want and what's the process I have to put myself through to be the best version of myself?"

There's going to be times where you're frustrated with me. Maybe you're going to be nervous that you haven't done the right thing. What I want you to do is just be honest with me and be honest with yourself because that's what's going to get you results. You're always going to see obstacles but what I want you to do is look for answers, and then overcome those obstacles because that's what's

going to make you stronger and that's what's going to get you there to the finish line.

In terms of my program and my coaching, I'm going to push you to be the best version of yourself that you can be and to see what you're really capable of achieving. The program is based around getting you strong, getting you feeling sexy and confident within yourself, challenging you, building lean muscle tissue, dropping body fat, creating a sustainable approach to training/nutrition, and most of all, learning to love yourself.

WHAT KIND OF COACH DO YOU BELIEVE YOU ARE?

I will nurture you when you need it but I will also challenge you when you're choosing not to challenge yourself. At the end of the day, I can't do the work for you, only you can. I'm not the reason you succeed but I'm not the reason you fail either. You are the creator of your own destiny and I want you to be aware of that.

You need to ask lots of questions and get lots of answers. If you're struggling, ask for help and I'll help you and guide you along the way, but if you don't ask for help, you can't expect to move forward. That's when I think that I'm a bit tough on people because I'm not just going to pat you on the shoulder and be like "Oh it's okay." I will ask "What's going through your head right now? What's going on? What's your thought process? What story have you told yourself?" Now we need to take that story in the right direction and 'untrain' those habits.

It's about really getting to know yourself and being vulnerable, because that's where you will change. That's where you will start to see the obstacle but see the answer as well.

AFTER RECENTLY BECOMING MISS WBFF FITNESS WORLD PRO, YOU MUST HAVE A LOT OF OPPORTUNITIES COME YOUR WAY. HOW DO YOU REMAIN SO GROUNDED AND NOT LET THE TITLE OR YOUR SUCCESS GET TO YOUR HEAD?

Winning the world title was my dream, my goal in my heart of all hearts. And I always knew I would get there, I just didn't think it was going to be this soon. In terms of the success, I'm just not where I want to be so I guess that keeps me grounded. I feel like the hard work is still a long road ahead of me

Every competition I've won up until now has been a warm up and now it's the real competition. It's easier to be the hunter than the hunted and now I'm the hunted. And I want to stay the hunted for a while.

So until that happens... if I get to four years or five years and I've won, then my head might double... haha not! But for now it's just the beginning, there's not a reason to get ahead of myself.

YOU OVERCAME ANOREXIA TO BECOME THE CONFIDENT AND AMAZING WOMAN YOU ARE TODAY. DO YOU EVER FIND YOURSELF FEELING BODY CONSCIOUS AT ALL OR OLD LITTLE HABITS CREEPING BACK IN? IF SO, HOW DO YOU MANAGE IT?

I think anyone that's ever had any eating disorder, unfortunately, once you start it's always going to be at the back of your mind. But as long as you're aware it's there and you don't take action, that's when you're more likely to stay stable. Like anyone, I have good and bad days, but they're few and far between more recently.

Competing doesn't help in a way, but I think the more I compete, and the more I work on my mindset and have a healthier approach to my competitions, coming out of competition gets easier. I'm more aware, I know my habits, I know my stories in my head, I know my triggers, so I can steer myself away from them better.

Right now, this last year, I'm the healthiest and happiest I've ever been, but to get there took me eight years. It's not that you just give up and you keep doing your same cycle, it's going "Hold on, I do not want this cycle to come back, what do I have to do to change it?"

There's a saying, "I've lived a life of many stories, most of which have never happened," and it's true. All these stories that you tell in your head you can either make them a reality or you can just make them something that you've thought up but still make your own path.

Body image, as much as it is a physical thing, it's actually a mental thing. The stories you say out loud, and the names you call yourself, are the stories and names you become. Because you feed those bad energies. If you're having one of those days where you're not really feeling that good, be aware of that but don't involve yourself in it. That's really hard to do but I feel that's something that really helped me move away from having a bad day or a day where I don't feel so great.

WHAT'S SOMETHING THAT OUR READERS DON'T KNOW ABOUT YOU?

I love putting mayonnaise in rice, haha! I also used to have a guinea pig called nipple when I was six years old!

But, I don't know if I've ever told anyone this, I used to believe if anything good ever happened to me it was always luck. Like when I did gymnastics, if I won, it wasn't that I was a good gymnast, it was like oh it's because I put the sparkles in my hair properly that day.

And unfortunately that carried over into my adulthood. So if anything good happened to me, it was never that I worked hard to get there. If I ever won competitions it was like oh it was just luck.

That was a really bad habit that I had to 'untrain' myself out of. I had to start believing that the hard work I did was getting me the result I was working towards. It wasn't the universe, it wasn't because I did a ritual before I went out that day, and it wasn't because I was wearing a certain ring. I really preach that you have to believe in yourself but that was the hardest thing I ever had to learn. You can actually do it!







Coach: Hattie Boydle

Instagram: hattieboydle

About Hattie: Overcoming anorexia to become a strong and powerful force to be reckoned with, Hattie is the current World Beauty Fitness and Fashion Fitness Diva. She is a qualified personal trainer and head coach at The Sports Model Project where she mentors aspiring fitness models. She knows what it takes to build strength, muscle and confidence and she will help her 12-week challengers to do just this!

Hattie's program will focus on:

- Building and sculpting muscle
- Increasing strength and power
- Lowering body fat
- Feeling strong and unstoppable

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- A feature in *Oxygen* Magazine Australia for the winner of each team
- A Kristen Lonie bikini for the winner of each team
- Slim Secrets weekly bars and shakes to be won
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at-burners can be an effective weightloss aid when used properly; however, there are pre- and post-requisites that determine how effective a fat-burner can actually be. There are also some misconceptions associated with fat-burners, which we will discuss in this article.

First and foremost, fat-burners are supplements. They're designed with ingredients that can really give you an extra boost to help burn fat and increase your energy levels, but they cannot replace a solid diet and exercise regime. At least 80 per cent of your ability to shed your physique of unwanted body fat is diet-related.

Taking a fat-burner in the form of a pill or powder does not replace food, nor does it give you the green light to eat whatever you please. A consistent diet is imperative. Add regular exercise to the equation, as well as a goodquality fat-burner, and you have a recipe for success.

A good-quality fat-burner will boost your energy levels, help to control your appetite, promote fat to be used for energy, and increase your metabolism and core temperature so you burn more calories throughout the day. If the supplement also happens to be a nootropic (cognitive enhancer), it may even increase mental acuity that is, your ability to focus! But be realistic with your expectations. If you are overweight, taking a fatburner won't have you shed all your unwanted body fat in a couple of weeks. It will still take time: however. results are a little faster and easier to achieve with a good diet and the aid of a fat-burner.

Increasing your dosages of your fat-burner may not be effective and in fact may be harmful, because the ingredients that comprise the typical fat-burner are quite potent. Too much caffeine will have you desensitised to stimulants and may even cause adrenal fatigue - something you really want to avoid, because you will hit a wall with your training and your progress will come to a halt.

It's important to take into consideration your overall caffeine intake, particularly if you are a regular coffeedrinker. Having three coffees a day and a fat-burner twice a day is not a healthy way to go about your fatburning journey. If you plan on using a caffeinated fat-burner, I would suggest that you reduce your coffee intake to one to two servings a day maximum and test your tolerance.

If the label says two scoops, start with one and assess your tolerance before progressing from there. You may not need a full dose, nor may you be able to tolerate a full dose. This could be due to a number of variables such as stimulant sensitivity and body mass.

That's why ensuring you purchase a quality product is imperative. One that contains three types of caffeine in the one product can be a great choice. A product containing caffeine anhydrous, guarana, and green tea acts as a multidimensional fatburner and gives you that quick rush of energy and the focus you need before a workout, but also leaves vour system slowly so you don't experience the 'crash' (a sudden drop of energy levels) that is often associated with stimulants.

Timing is also essential to the effectiveness of a fat-burner. They're really effective on an empty stomach, as they are not diluted with food and gastric juices that are pre-existing in your digestive system. Ensure your doses are spaced apart, so that you can take advantage of a full day of high physical energy and cognitive focus.

It is also very important to not take a fat-burner within six hours of sleep. Although you may still pass out, the quality of your sleep may be hindered — and if you don't fall into deep sleep, you don't recover completely. Lack of recovery equals lack of progress! 0



Matstrong women are not a strong woman is many things — BUT THERE ARE ALSO A FEW THINGS THAT SHE IS NOT.

BY **DANIELLE APPI***. Oxygen* **Cover Girl & Ambassador**

HFRE'S TO STRONG WOMEN — MAY WE KNOW THEM, MAY WE BE THEM, MAY WE RAISE THEM

We've all heard this quote and, for most women, it resonates deeply in some way. But what does being a 'strong woman' mean to you?

In contemplating this question, I found it interesting to develop a list of what I think a strong woman isn't!

A strong woman is *not* dependent on others for approval or happiness. She doesn't place her self-worth into the hands of others, nor does she

A strong woman is not afraid to try new things,

take risks, or leave her comfort zone in pursuit of a goal. She does not avoid activities simply because she is afraid of looking foolish or inexperienced. A strong woman is not afraid to laugh at herself. A strong woman understands that in order to get what she wants, sometimes she must be uncomfortable and take risks without knowing what the outcome will be.

A strong woman does not hold a sense of entitlement or arrogantly assume that she is better



A strong woman does not need to be in the spotlight or crave constant attention. She goes about her business with purpose and determination, mindful and respectful of others and their feelings. She shows gratitude and gives credit to those who support and assist her in her journey.

A strong woman is not dependent on others for approval or happiness. She doesn't place her self-worth into the hands of others, nor does she

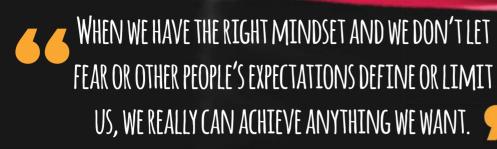
A strong woman does not need to be in the spotlight or crave constant attention. She goes about her business with purpose and determination, mindful and respectful of others and their feelings. She shows gratitude and gives credit to those who support and assist her in her journey.

A strong woman does *not* abandon her own dreams in deference to another person's. She does not need permission to chase her goals, and she

A strong woman is not a victim of people or circumstances. She understands that bad things happen to good people and that things will not always go to plan. Rather than playing the victim, looking to lay blame, or using it as an excuse, a strong woman continues to get back up every time she is knocked down and refuses to give control or power to the person or situation. A strong woman understands that she controls her own destiny.

A strong woman does not participate in petty, small-minded, and nasty gossip. She is too busy minding her own business and leading by





- TURIA PITT

A strong woman is not afraid to create and celebrate the body she thinks is attractive.

regardless of the current trends and stereotypes that society tries to impose on her. She is comfortable in her own skin and confident in the manner in which she portrays herself. She does not look to others for validation or praise with her choices, and she does not feel the need to impose her own ideals on another. A strong woman acknowledges and celebrates that we are all individuals with different physiques, strengths, and fitness ideals.

A strong woman does not crumble at the sign of rejection or constructive criticism. She understands that to evolve as a woman, she must continually knowledge gained. A strong woman has learnt how

A strong woman does not think she has all the answers. She is not afraid to ask for help when she needs it and is willing to show vulnerability when necessary. She knows the value of self-care and does not get caught up in the 'I'm busier than you' game of life. A strong woman knows how to say no. A strong woman understands that it is not weak to be human and need other people or the need to stand alone at times.

So, the question then is, what do I think a strong woman is?

Some words I associate with it are confident, resilient, honest, leader, role model, brave, positive, warrior, mother, fighter, self-love, self-respect, determined, independent - you get the picture. Combined, these words describe a pretty amazing woman.

Turia Pitt is, to me, the epitome of a strong woman. If you don't know her, you really should read her remarkable story. Turia was a model and engineer who, while competing in an ultramarathon in 2011, got trapped by a horrendous grassfire and suffered burns to 65 per cent of her body. Despite the horrific extent of her injuries, she has since become a sought-after motivational speaker and humanitarian and just recently completed the Kona Ironman in Hawaii.

A confident fighter who has literally been through hell and come out the other side. A woman who, even though she would seem to have had every reason to give up, has emerged from the ashes stronger and glowing brighter. A woman who would appear to have every reason to hide herself away from the world and yet chooses instead to share her story and triumphs as motivation and inspiration to others. A woman who has been taken to the edge mentally, physically, and emotionally, but who still continues to push herself physically, because health and fitness are an integral part of who she is. A woman who bears the physical scars of someone who has had to endure so much more pain and discomfort than any human being should ever have to endure and still smiles, laughs, loves, and gives wholeheartedly to others despite her pain and suffering.

Turia recently made this statement about herself on Instagram (@turiapitt) and it summarises perfectly what I believe are the traits of the ultimate strong woman.

"What my story is really about is the incredible power of the human spirit in each of us," she said. "I believe 100 per cent that our ability to succeed in life comes down to mindset and how we respond to the challenges life throws our way. When we have the right mindset and we don't let fear or other people's expectations define or limit us, we really can achieve anything we want"

That's one strong lady! •

From the mouths of our next generation of strong women

A strong woman is...

Caitlin, 12: "A woman who loves herself, but not in a selfish way. And she can stand up for herself no matter what other people say. My example is Maya Angelou."

Paige, 11: "Someone who works hard to reach her goals and believes in herself. My example is my mum." [Oxygen note: Her mum is the lovely author of this article, Danielle Appi!]

Dakota, 12: "A mentally strong person who is tough and capable. My example is my mum [Karen]."

Luana, 12: "My friend Brooke has been diagnosed with brain cancer, but she is always smiling and looking at the positive things in her life. She is strong."

Georgie, 11: "Someone who isn't afraid to stand up for what they believe in and take risks; even if people think they can't do it, they'll give it their best shot. My example is my mum [Amy] and Sally Fitzgibbons."

Ella, 12: "Someone who is kind-hearted, brave, and is a good role model for younger people. My example is Laura Geitz."



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BY JADE MACKINNON | PHOTOGRAPHY BY DALLAS OLSEN | HAIR & MAKEUP BY LISA LEE

The glutes are one of the main areas girls really want to improve at the moment. From lifting and shaping your glutes to gaining size, this workout will be sure to cover all bases. Your glutes are one of the biggest muscles in your body, so training them is no joke. It will be hard and painful, but when you see results it becomes addictive!

Not only is a lot of strength, patience, and correct training needed for change, but perfect nutrition to ensure nourishment, recovery, and repair is also required. If you want to gain some thickness or size in your booty, it is really important you train them heavy and hard.

You don't always need to do squats! This is a huge myth that I want to bust. I personally do not like doing them, as I have some alignment issues. If I squat with a heavy weight, my form really does suffer sometimes and I work other muscles more, such as my quads. Of course, squats are great for some, but they are not the only way to booty growth!

-day, squat-free pla



YOUR ONE-MONTH PLAN

This workout can be performed two times per week for four weeks. Leave enough time in between each session for recovery. I usually do a heavy glutes and hamstring workout, like this one, on a Tuesday and Saturday.

Each week, aim to lift heavier (while keeping correct form), as this will allow your body to adapt and grow and avoid getting used to the exercise. With the exercises in this workout, really ensure that you are feeling your glutes (and hamstrings) working over your quads. Push through your heel in most exercises and don't choose a weight that's too heavy (as this can compromise good form).

Another super-important thing for shaping is learning mind-to-muscle connection. This means that you must engage your mind with the muscle working, feel it work, and make sure every rep you feel the muscle burn and perform. For example, with glute thrusters, at the top of the exercise when the glutes come into work, I make sure I hold and squeeze my butt for a second and feel it burn, before slowly releasing.

Time under tension is another huge thing, so ensure you do not rush the reps. The longer the muscle is under tension, the better. For this workout stick to the 1:1:3 rule, which ensures you allow a one-second explosive movement when lifting the weight, a one-second hold at the contraction of the exercise, and three controlled seconds back to your starting point.

After the four weeks are up, change up your workout. If you do the same training the same way for too long, your body will eventually start to plateau and results will slow down. Every four weeks, change your volume (sets/reps), your time under tension, or even your training type.

Shaping the biggest muscle in your body is hard work and sure is painful! But if you are patient, consistent, and learn to love the challenge, I can guarantee you will love the results! After all, who doesn't love a nice, round booty!

the workout

Use the first set of each exercise as a warm-up with a light weight or just use bodyweight.

EXERCISE	REPS	SETS
Glute thrusters	10-12	4
Reverse barbell lunges	10-12 each side	4
Sumo deadlift	10-12	4
Good mornings	10-12	4
Weighted side step-ups	10-12 each side	4
Kneeling cable kickbacks	10-12 each side	4





Top tips: Be sure to control your movement — don't rush! Really squeeze your glutes at the top of the rep and drive up through your heels to activate your glutes.

Glute thrusters

Set-up: Start with your body on the bench — from where your bra band is to vour feet should be off the bench. The bar should be sitting in-line with your hips (no higher), with your hands supporting each side. Have your legs shoulder-width apart and knees straight.

Action: Slowly lower your hips down to the lowest point, so the plates nearly touch the floor. Power the weight up through your heels back to the starting point, then repeat for recommended repetitions.

Reverse barbell lunges

Set-up: Start with a preloaded bar on your back, standing upright with feet shoulder-width apart.

Action: Slowly step one foot back into a lunge position and lower down; your knee should be about 2cm off the ground. Drive back up through your front heel to return to the starting position. Complete all reps on the same leg, then immediately swap to your other leg.



Top tips: Keep your front knee straight in your lunge and make sure your knee doesn't go over your front toe. For ultimate glute activation, concentrate on driving up through your heel only. You can even place a small weight plate under your toes to ensure you do this.



Sumo deadlift

Set-up: Find your stance with a wide foot position, knees outside of your shoulders (be careful not to go too wide as it will shorten your range of motion). Turn your feet outward by about 45 degrees and ensure your knees are in-line with your feet.

Action: Hold the bar with both hands and keep it close to you as you drop your hips back and glutes up. Pull the bar up while keeping your knees out and push through your heels until you are in an upright position. Squeeze your glutes and then slowly lower the bar back down to the floor. Repeat for recommended repetitions.

abdomen should not bend with the movement. Remember, this is a deadlift, so ensure you are bending forward to pick up the bar instead of squatting down to pick up the bar (a common mistake). This will ensure your hamstrings are also worked in the movement.

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Training

Good mornings

Set-up: Stand in an upright position, feet shoulder-width apart, with a pre-loaded bar on your back. Have a slight bend in your knees to enable a greater range of motion.

Action: Move your hips backward slowly while lowering your upper body until you reach near parallel and feel a good stretch in your hamstrings. Return to the starting position by thrusting your hips forward and squeezing your glutes. Repeat for recommended repetitions.



Top tips: Keep your core tight and abdomen straight throughout the movement. If you have really tight hamstrings, try slightly more bend in the knees, but remember not to move your knees with the movement. You do not need to load up super-heavy for this exercise; just feel a deep stretch.



Top tips:
To ensure your glutes really get
worked, squeeze as hard as you can at the top
of your step-up. Also, if you have really good
balance, you can try bringing your left knee
up toward your chest with every step-up.
The higher the box/bench, the more glutes
emphasis, so aim to go higher every time, and
ensure your dumbbells are not too heavy, so
your form isn't compromised.



Weighted side step-ups

Set-up: Stand holding one dumbbell in each hand with a box or bench to your right.

Action: Put your right foot on to the centre of the box/bench and step up sideways pushing through your heel until your leg is straight. Slowly lower back down putting your left foot on the ground while keeping your right foot on the box. Repeat for recommended reps and then immediately turn around and do the same with your left leg.

Kneeling cable kickbacks

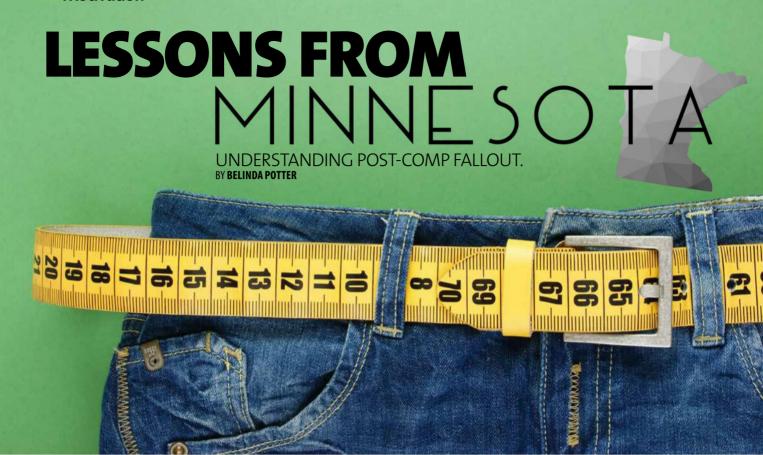
Set-up: Grab a bench and set it up next to a cable pulley station. Connect a strap to your right ankle and set the pulley to a low connection. Select your weight, connect your ankle strap to the pulley station, and then set yourself up on the bench. Put your left knee midway on to the bench, bending over at a 90-degree angle, with your arms in-line with your shoulders and straight down on the bench for support. Start with your right knee bent in-line with your left.

Action: Extend your right leg back to a lockout position and squeeze your right glutes. Slowly lower your knee back in-line with your left knee, returning to the starting point. Repeat for recommended repetitions, then swap to the other side. •

Jade demonstrates a variation you can do if you don't have a cable pulley station. All you need is an ankle strap and resistance band.



Top tips: Ensure there is enough tension on your ankle from the pulley to begin with; do this by making sure you are far enough back on the bench in your starting position so that the weight plates are just about lifted. For me, I like to turn my foot outward slightly at the end of the movement, as I really feel my glutes burn this way!



nyone who's competed knows that getting up on stage is only part of the journey. Competing can make us feel quite vulnerable to the criticism of others — not only the judges, but also the audience, other competitors and fellow gym-goers. It seems that everyone has an opinion — even those who have never competed dust off their armchair credentials and feel righteous in sharing their expertise.

But the judgment doesn't stop on competition day. Postcompetition can often bring equally unwanted scrutiny. Back-handed whispers — 'Wow, I can't believe how she's let herself go!' - can be extremely hurtful.

Of course, most competitors have noble intentions of 'reverse dieting', keeping up their cardio, and weighing their food in pursuit of the illusive post-comp 'sweet spot' of staying within five kilos of competition condition. Forget that this is a physical impossibility without near-competition discipline for many women or that our bodies actually rebel against prolonged starvation (yes, dieting is a form of starvation) for a very sensible reason: survival.

Many of us just can't continue to measure up to unrealistic expectations, and post-comp blues and self-depreciation rapidly follow the elation of competing. But let me shed a little light on what the science tells us about the effects of dieting and why staying lean just isn't natural.

A QUICK HISTORY LESSON

Starvation', Experiment. The purpose of the study was to observe body, thereby enabling them to help the starving millions in Europe after the Second World War.

and mental fortitude to be able to withstand the rigours of the patriotic and principled, yet unwilling to take up arms.

What does any of this have to do with competition dieting, you

Well, food restriction, regardless of the cause, is a dire knows that things are pretty scarce in the food department and you may be in serious danger of wasting away!

NOW, LET'S DRAW A FEW PARALLELS

The experiment involved a sixmonth period of calorie restriction followed by three months of re-feeding. The average competition prep is 16-20 weeks, and most girls will report 'watching' their calories prior to starting their actual diet.

During the control period of the experiment, the men were fed 3200 calories per day and ordered to walk a minimum of 35 kilometres per week (an average of 5km/day) in addition to their other daily chores. Comparatively, the average competitor's cardio regime usually starts at 30 minutes per day and increases incrementally over the course of her preparation to, not uncommonly, one to two hours per day in addition to weight training and posing practise.

Once the restriction began, the men's caloric intake was reduced to 1560-1800 calories (quite generous by today's standards) and manipulated up or down depending on progress. The goal was for the men to lose a total of 25 per cent of their body weight at a rate of approximately 1kg/week.

Acknowledging gender differences, most women will start at 1500-1800 calories a day and will often periodically dip below 1000 calories. There is also often the use of fatburners to help increase caloric expenditure. So it's not difficult to see why our bodies would be detecting a famine and using every trick in the book to find food and conserve energy.

THE EFFECT

Physically, it didn't take long for the men to show a marked decline in their strength and energy, and there were complaints of constant lethargy and lowered libido. Metabolism slowed by a whopping 40 per cent in an effort to conserve energy, heart rate slowed, bowel movements became less frequent, and blood volume dropped. They also developed water retention. Many of these symptoms are considered par for the course when preparing for competition.

Psychologically, the men became obsessed with all things food-related. And while they didn't have *MasterChef* or *Gourmet Traveller* to pour themselves over, posters of Holly wood starlets were replaced with the equivalent of 1940s 'food porn' and recipes for extravagant suppers. Their eating behaviours also became almost ritualistic as they savoured every morsel and thought of creative ways to 'stretch' their meals.

The Minneapolis Star-Journal reported that "one of the men was walking past a bakery and was so tempted by the rich odors wafting from the place that he rushed in and bought a dozen doughnuts. He gave them to the children in the street and watched with relish as they ate them." 1

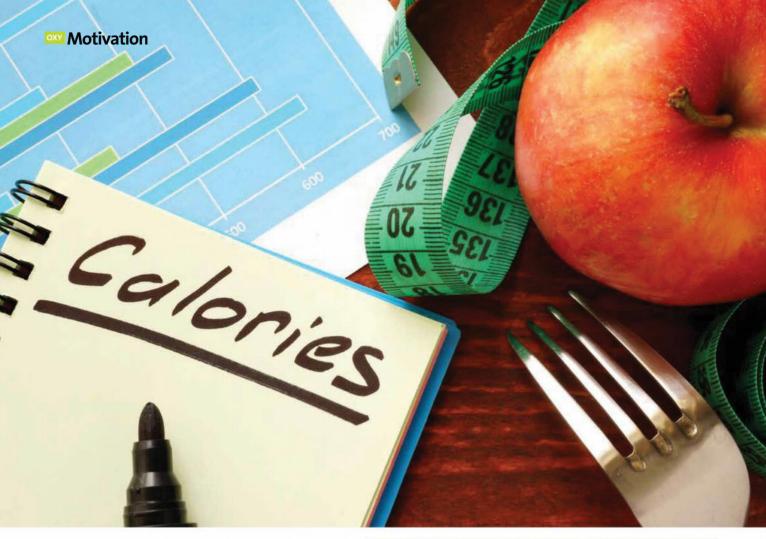
Not such weird behaviour for a competitor.

The men became increasingly intolerant and critical of those around them. Minor inconveniences became major irritations; in particular, the eating habits of others became a source of extreme annoyance.

Physiology drove the men to seek out food. Many of them succumbed to the urge to cheat on their diets, despite their strong convictions, and a 'buddy system' had to be put in place.

Inerestingly, despite the obvious changes in their appearance, the men did not perceive themselves to be overly thin, but rather that everyone else was fat!





THE RE-FEED

As the end of the diet drew near, the men fantasised about the food they would devour. Dr Keys broke them into four groups, increasing their daily calories by 400, 800, 1200, or 1600 calories to observe the point at which they began to recover. Sounding like a 'reverse diet', right?

It didn't work. Regardless of the incremental increases, the men reported an insatiable appetite for months after the experiment and the only remedy was a substantial increase in food. Some reported eating between 5000 and 11,500 calories in a single day significantly higher than their pre-experiment caloric intake.

Participants also reported that despite having a free reign post-experiment, they ate excessively for up to a year. Many also gained a 'substantial' amount of weight — mostly body fat. A female competitor's worst nightmare.

LONG-TERM FALLOUT

Ever wonder why it can feel harder to get into shape with like your body 'just won't coach who 'screwed up your metabolism'. The study found immediately and persists longincreasingly difficult to lose

effects of starvation, and it is

we don't need an organised study or another world war to on the human body. Physique just like these on themselves all of the time.

effects of the study participants competitors are undeniable. It's comp day. So let yourself off process. •

REFERENCE

¹Kalm, L. M. & Semba, R. D. (2005). They starved so that others be better fed: Remembering Ancel Keys and the Minnesota experiment. Journal of Nutrition 135(6): 1347-1352.

Dr Kieran Kenned

AGE: 28 | HEIGHT: 180cm | HOMETOWN: Auckland, New Zealand OCCUPATION: Doctor & Writer | BLOG: www.mentalmacros.com | INSTAGRAM: mental macros

If you could be anywhere in the world doing anything, what and where would you be?

As corny as it sounds, I love what I do and feel so lucky getting to combine my biggest passions through my work as a doctor in mental health, my writing, and my interest in fitness. I'd love to spend more time concentrating on writing and getting a book published one day, and some more volunteer work in the future would be great too. I'll be honest and say that, location-wise, a tropical beach in the Caribbean or Pacific Islands wouldn't go amiss though.

What is your claim to fame?

I'll always be a bit of a bookworm and study fiend at heart, so my academic achievements are probably some of my favourite memories. Graduating with my psychology degree as top of my graduating year and then completing medicine, being named the top student in psychiatry, are probably up among my proudest moments. On a different note, I've taught myself to speak Italian over the past few years for the fun of it and can whip up a pretty mean lasagna when needed!

How do you stay in shape?

It can be a real juggling act at times balancing staying in shape with my career and all the other important areas of my life, but I take a pretty simple approach with clean, unprocessed food, keeping sugar intake low, and making sure I create time every day for my training. I'm a massive believer in a fit and healthy mind creating the foundation for a fit and healthy body too, and so I always prioritise decent sleep, daily meditation and gratitude, and time for connecting with the important people in my life.

What is the most romantic thing you've ever done for a woman?

While you can't beat a bunch of flowers on a rainy day, I guess you'd say I'm a bit old-school and have always loved showing how much I care with an old-fashioned, handwritten letter. In the past, I've found whipping these letters out at unexpected times or putting them in her handbag to find as a surprise during the day is a gesture that's gone down pretty well!

What characteristics do you most look for in a woman?

I love a woman who's confident and knows what she wants and who's passionate and inspired about life. Someone who takes pride in her appearance and health is important for me, but the most attractive part of a woman for me is without a doubt her mind, and so a woman with kindness and intelligence, and who loves a good conversation, would definitely win me

Are you currently in a relationship?

At the moment I'm flying solo and not in a relationship, so I'm on the lookout for a partner in crime.



Google

ANSWERED: Your most frequently Googled questions!

BODY TRANSFORMATION SPECIALIST BIANCA BALLINGER SETS MYTHS TO REST AND PROVIDES LOGICAL ANSWERS TO THE MOST COMMONLY GOOGLED HEALTH AND FITNESS OUESTIONS.

BY BIANCA BALLINGER



'HOW TO LOSE WEIGHT FAST?'

In a society powered by advertising, instant gratification, and social media, it is understandable that people seek immediate and instant solutions to weight loss. It is quite the contradiction, though.

Let's be real: you gain weight gradually, day by day. It doesn't happen all at once. Yet, suddenly, when you realise you've tipped the scales or your favourite jeans don't fit any more, you immediately turn to a search engine or a professional to tell you how to undo it all as fast as possible.

Reality check: nothing worthwhile ever comes easily, and if something seems too good to be true, that's because it almost always is! It is also likely that the first thing you'll see come up on a search field is a paid advertisement promoting a product or business offering you their services.

There honestly is no secret recipe for successful weight loss! It is simply time to allow common sense to prevail, and you just need to start cleaning your act up! This is a two-part process.

Your first point of attack is your kitchen. Clean up your pantry and fridge. If you have food that is packaged, processed, bottled, preserved, or full of additives, it needs to be minimalised — if not eliminated altogether. These 'foods' are full of artificial ingredients designed to give them a 'shelf life'.

Fact: real people thrive on real food, and the best real food is found in the fridge. Soft drinks, juices, alcohol, salty and sugary foods, and processed foods are all no-go zones! Stock your fridge with healthy, fresh produce and fruits and vegetables and start regaining control of your eating habits. Remember to eat a nutritious breakfast, lunch, and dinner and drink up to three litres of water every day to help shed those unwanted kilos.

Your second point of attack is to get moving! If you have time to sit and Google quick fixes, it

probably also means you've got time to accidently wander on to Facebook, Instagram, Twitter, Snapchat, and various other rabbit holes. You're not using your time effectively!

One of the biggest traps in our society is sitting down to a computer screen or unlocking our smartphones. Much like the artificial ingredients we find in our foods, social media and computers can be just as guilty of contributing to our unhealthy weight gain and couch life!

It's just so easy to scroll, comment, like, double-tap, and post your way through an entire hour — that hour could be productively spent counteracting calories, burning fat, increasing cardiovascular fitness, promoting healthy blood flow, increasing mental clarity, and strengthening your body.

You need to get up, put your phone down, and get moving!

Make this a daily routine and expectation of yourself and you will see the results start to unfold. You simply can't expect to look and feel your best while you sit, tapping away, behind a computer screen. That is how many lose control over themselves in the first place.

Get out and get breathless! There are no magic pills, it's not genetics, and it's not luck. It is a balance of consistency, healthy eating, and purposeful movement — without gazing into your phone. This is how you can 'lose weight fast'.



'HOW DO I LOSE STOMACH/BELLY FAT?'

There are several different factors such as medical conditions, diseases, and disorders that can cause or contribute to excess stomach fat; however, if you are generally healthy and well you can

start assessing some of the following factors that are known to cause stubborn belly fat in an otherwise healthy body.

Stress, cortisol, and lack of sleep: Stress triggers a hormone called cortisol. When we are stressed and if we are not sleeping enough, our adrenal gland secretes the cortisol hormone triggering our brain to respond with a 'fight or flight' reflex. It also activates fat-storing enzymes. If we are constantly anxious, tired and stressed, our body will continue to secrete high levels of cortisol, which can also cause us to overeat, resulting in excess fat being stored in the abdominal area.

The best way to reduce belly fat is by minimising stress, exercising daily, sleeping at least seven hours a night, eating clean, healthy meals, and avoiding food and drinks such as

fatty, salty, and sugary foods, sugary drinks, alcohol, and too much caffeine. Sadly, yes, caffeine is proven to increase cortisol levels particularly if you are inactive and drinking too much.

Herbal tea and decaffeinated coffee are better options if you are struggling with belly fat. Try restricting your caffeine or going caffeine-free for two weeks and see how it makes a difference to your waistline.

Losing belly fat is related far more to diet than movement. You can't out-run a bad diet. It is what you put into your body that is going to determine if you maintain a healthy or unhealthy weight range, so just remember that the healthier and cleaner

you eat, the more efficiently your body will function and the less excess fat you are going to store.



'HOW TO GET FIT FAST?'

If you are stuck in a rut and want to get fitter faster there are a number of ways you can plan your attack. Start enlisting the help of the resources available around you.

Early morning power hour: This is going to get you results. Commit to an early hour session every, single morning before your workday starts. Move, move, move — and move with purpose. Get a good sweat up, finish with some core strength exercises and a stretch, and hydrate yourself. You will find you fly through the rest of your day with clarity, energy, motivation, a revved-up metabolism and, most importantly, you've burnt calories and strengthened your body and mind!

Join a gym: Become part of a fit-family! Join a local gym and let the motivation of others help inspire you to reach your goals faster.

Hire a PT: A personal trainer (PT) can help you reach those goals. If you can't finance a personal trainer, make use of the specialist help of a group fitness trainer and get into group fitness classes. Joining a gym can provide a fantastic gateway for you to get fitter faster. You'll be motivated by your environment, and you can always gain inspiration for new exercises by seeing other fit-fam around you. If you see an exercise you like on the gym floor and you are confident you can do it, try it! It

OxygenmagAU

might just be the perfect exercise to get you fitter faster!

Online challenge: There is a huge demand nowadays for online trainers. With the appeal of being able to conduct the programmed exercises in your own time, from the comfort of your own home, while under the supervision of a qualified professional, it has never been easier to get fitter faster. Online programs are a fantastic option for busy women juggling work and family commitments.

Goal-set and reward: The good old-fashioned 'set it and get it' mentality! Committing to a goal will help motivate you to try your best to progress, and it is always rewarding to have something to look forward to. Set yourself a goal each week - such as weight loss, distance, healthy diet restrictions and so on — and reward yourself with something within your affordability that will promote you to keep up the great work. Just remember that challenge brings change, and if you want to get fitter faster, you need to get moving faster!



'DOES EATING FAT MAKE YOU FAT?'

Fat does not make you fat. Fat makes you function. Fat is essential in providing a backup fuel source if we run out of blood sugar or we cannot eat for many hours, insulating our body from cold and heat,

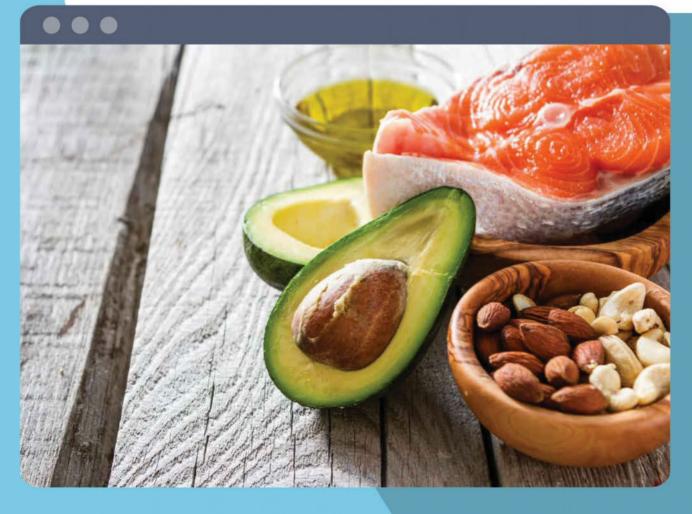
protecting our organs and bones from shock, transporting nutrients in our cells, and helping to support our immune system.

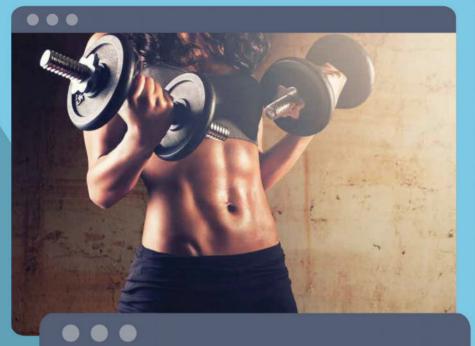
In particular, for women, not enough fat intake can result in irregular and even absent menstrual cycles. Our bodies need fat to survive. Without fats, our bodies cannot absorb particular fat-soluble vitamins such as vitamin A (think growth and development, good vision and immune system), vitamin E (think protection from free radical, cellular damage) and vitamin K (think blood clotting abilities).

There are healthy/good fats called polyunsaturated and monounsaturated fats that you should be eating regularly as a balanced diet, and these include avocados; olives; nuts (walnuts, almonds, cashews, macadamias, peanuts); natural peanut butter, fatty fish such as salmon, tuna, and sardines; soy milk; tofu; and pumpkin, flax, and sesame seeds.

There is then saturated fat, which is found particularly in red meat and full-fat dairy, which benefits your cardiovascular, bone, liver, and brain health. There are then unhealthy/bad fats called trans fats that are better off avoided. These fats are found in fried foods and oils, packaged snacks, crisps, chips, and crackers, microwave popcorn, margarine, commercially baked goods, and pre-made packaged products such as pancake and cake mix.

To help you better recognise trans fats, pick up and look out for the words 'partially hydrogenated' in the ingredients panel; you will then know that it contains trans fats and you can conscientiously put it back down again.







'DOES MUSCLE BURN FAT?'

To keep it factual, yes, it does — however, not exactly to the extent most

people think. At rest, your muscles will burn a handful of calories, which is not a huge deal, but it's better than nothing! However, when we actually use our muscles with intent, purpose and, even better, under tension and in conjunction with a healthy food intake, we can burn hundreds of calories at a time, increase metabolic performance, and burn fat stores — this is where the magic happens!

Think of it this way: if you find you carry unwanted, excess body fat and 'wobble' in particular areas of your body, it is likely you simply aren't using the muscle groups in that specific area enough! For example, if you are carrying unwanted or excess body fat on your legs, try to implement specific resistance training such as leg presses, hamstring curls, weighted squats, dead lifts, and calf raises at least twice a week into your training routine. This will help your legs burn fat, breakdown and

rebuild new muscle tissue, promote healthy blood flow, and assist fluid retention, all of which promotes tone.

The most important thing to know here is that, yes, muscle burns fat; however, it is really only under the condition that you move your body with purpose, counteract or burn more calories than you actually consume daily, eat healthy and balanced meals at regular intervals, and drink plenty of water.

You can't eat anything and everything, go into the gym, rep it out, go home, eat as much and as many calories as you please and expect to have a toned physique. You've heard it before: you can't out-train a bad diet. It's a balancing act.

Choose to eat foods that enhance metabolism, keep your daily calories controlled and counteracted, and train larger muscle groups hard under resistance for best results. Energy flows where attention goes! Move it or lose it, girlfriend!



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PACKING MEALS AND SNACKS FOR THE PLANE

As soon as you arrive at the airport, there's junk food galore! It makes perfect sense to be organised with your own snacks. Before you leave, it's a great idea to grab a few snap-lock bags and add nuts, protein balls, and caffeine-free

herbal tea bags. These items are a great start, especially if you're short on time.

The best option is to carry your daily meals in a cooler bag. This is a great way to eat well on the plane; however, you should be aware of restrictions such as weight for cabin baggage as well as any prohibited items to avoid potential delays or additional fees.

Most domestic flights restrict cabin baggage to 7kg, and you will also need to consume any fresh vegetables and fruit prior to disembarking (depending on your destination). International flights also have restrictions, and in addition they restrict large amounts of fluid, so an extra-large water bottle may not be allowed. It's also important to bring only plastic cutlery, as metal cutlery is not allowed on any flight.

Many airlines now have meals that cater for dietary requirements; however, if you are competing it's important to check for added sodium. The airlines often add sodium to give flavour, because your sense of taste can change with the high altitude. If you're competing, the best option is to always bring your own meals or you may risk consuming foods that negatively affect your body condition.

Travel-friendly foods

- Chicken, basmati rice, and diced cucumber. Add lemon juice and mix well and this will ensure the flavours are combined so there's no need to reheat this tasty meal.
- Hard boiled eggs with julienne carrot and celery.
- Lentil patties (a great vegan option).
- Homemade protein snacks, including muffins, bars, balls, or pancakes
- Frittata with vegetables.
- Protein powder portioned in a snap-lock bag and a shaker.
- · Salad wrap.



EATING OUT ON HOLIDAY

Try to unplug and nourish on holidays, rather than stressing about every macro and calorie. When holidaying, resist the temptation to count every morsel and instead focus on fresh produce and ensuring each meal has three vegetables, including plenty of greens.

When you arrive at an amazing breakfast buffet, it's tempting to try everything, but instead choose only what you know will make you feel great after the meal. At each meal aim to feel nourished, not stuffed full!

You're probably already in the habit of eating small meals and snacks, so continue this by locating health shops or markets that sell activated nuts, blueberries, strawberries, or other locally made health snacks.

Many destinations offer delicious freshly caught seafood, which is a great source of protein. And most buffets have options including lean meats and vegetables. For many of us, it is simply making sure that our eyes are not bigger than our stomachs and trying to avoid every meal becoming 'all you can eat'.

Try the 'every-second-day rule' when on holidays. I will have a glass of wine, a cocktail, or a dessert every second day and enjoy these in moderation, if I feel like it. Over the years I've found that moderation gives me just as much enjoyment as overindulging, and when you return from holidays, you feel lean and healthy, rather than lethargic.

Healthy holiday tips

- Stock up pre-holiday with portioned snap-lock bags containing protein powder, quinoa or almond meal, chia seeds, activated nuts, and a range of herbal teas.
- Hire an apartment so you can prepare some of your own meals.
- Use the local farmers' market and supermarket while on holiday.
- Pack a few meals and snacks for the plane flight.
- •Research healthy cafes before you go to your destination.





EXERCISE ON HOLIDAYS

Exercise might be a structured session at your hotel gym or taking part in a yoga class offered by your hotel, but it's also a fantastic feeling to go for a hike or kayaking, as these activities don't feel like exercise. Before you know it, you'll been

mesmerised by great scenery and have an invigorating exercise session.

My go-to holiday exercise program incorporates bodyweight exercises such as planks, push-ups, tricep dips, and plyometric exercises to get the heart racing. I also recommend packing resistance bands and a skipping rope, as they're light and easy to pack in your suitcase if you don't have a hotel gym.

Ideas for exercise on holidays

- 1. Walk around to explore city destinations, instead of using a taxi.
- 2. Hire a bicycle for sightseeing to get fit and avoid a tourist-packed bus ride.
- 3. Stay at a hotel with a gym or exercise classes.
- 4. Get active outdoors and experience hiking trails, snorkelling, and more. You will experience something new and the scenery is amazing.
- 5. Use a fitness app for example, MINDBODY or GymLink and search by location to find your closest exercise class where you can book online for yoga, Pilates, boxing, spin or go to the weights room to train.



SWITCH OFF

Immerse yourself in your holiday location and only check emails and social media a couple of times a day, if that. You won't miss it and you will maximise your time at your dream destination rather than spending the whole time trying to get the Insta-perfect photo. Go to the beach or pool, sans-phone, and work on your tan, stop and look around, chat with the locals. Real moments are worth far more than getting 'likes' for a photo on Instagram or Facebook.

It is so important to enjoy your destination. Switch off from technology and experience the delights of the amazing destination you have saved so hard to afford and taken time away from your life and work to see.

Tips to switch off and be present

- 1. Think of the clarity you will get from switching off. Although it can be hard to discipline yourself, it's worth it.
- 2. Have a massage or two! They're often well-priced when travelling overseas.
- 3. Read books or magazines instead of constantly checking social media feeds.
- $4. \ Music$ is an awesome way to relax. Try Spotify or apps that offer free radio from around the globe.

LOOK FOR LOCAL SECRETS AND FIND GEMS OFF THE BEATEN TRACK

Look for local farmers' markets that sell locally grown produce and enjoy delicacies such as fresh coconuts, exotic fruits, and nuts. Take the time to chat with producers and learn about the amazing produce and where it comes from. It's a great way to learn more and find a new appreciation for great food.

Also be sure to keep an eye out for local coffee shops where the locals hang out, as these hidden gems are sure to give you your best cuppa ever!

Make friends with people around the hotel pool, at the beach, or at a yoga class; they are sure to have their own tips about healthy eating and sightseeing.



HEALTHY TRAVEL DESTINATIONS FOR 2017

Experience magnificent scenery with walking tours

From small-group four-wheel drive tours that offer challenging hikes to slower-paced walking tours, you can choose great destinations both within Australia and overseas. Within Australia there are the Kimberleys in Western Australia or The Grampians in Victoria or you may prefer an exotic destination overseas such as Mount Everest in Nepal or

Machu Picchu, which all offer challenging hikes.

Get cruising on beautiful boats

Going on a cruise can be incredibly relaxing, with onboard spa treatments, amazing pools with water slides, and gyms to rival your local fitness centre. Many cruise liners also offer personal trainers and daily fitness classes such as yoga, boxing, and Pilates, so you never get bored. It's always exciting to challenge your body with a new form of exercise that's not part of your normal routine.

Camping from casual to glam

National parks all over Australia offer incredible camping experiences, from glamping with fancy tents through to your standard canvas. Amazing scenery and beautiful surrounds to refresh your soul can be found at Kakadu in the Northern Territory, Jervis Bay in New South Wales, and Queensland's Sunshine Coast. In South Australia, the Flinders Ranges are breathtaking. Many websites provide great ideas so you can limit your environmental footprint when camping.

Amazing wildlife experiences

Australia is blessed with its share of captivating creatures, and every state offers sightseeing activities from swimming and diving to just watching amazing feats of nature. Western Australia is the first state to let people swim with migrating dolphins, and Dolphin Swim Australia also has dolphin experiences placing nature lovers close to wild dolphins. The best place to start is your local state tourism website for sustainable tourism options.

Hideaway on a tropical island

Tropical islands such as Hamilton Island or Hayman Island, or any of the other islands located in the Whitsundays, Queensland, are a fabulous way to enjoy an outdoor lifestyle including the sun, sea, and beautiful beaches. There are plenty of natural habitats to explore, or if 'pool time' is more your thing, you can laze around the pool or enjoy swimming in the crystal clear waters of the surrounding oceans.



TAKE-HOME MESSAGE

Next time you're heading off on holidays or travelling for competitions, remember to bring a few meals for the plane. When on holidays, if you eat healthy, fresh, and natural foods and listen to when your body is full, you will feel energetic to walk, hike mountains, ride bikes, and see the sights of your chosen destination. As an added bonus, you will return home feeling lean, healthy,

energized, and ready to tackle life again without the post-holiday blues. There's nothing worse than stressing about every morsel of food or calorie-counting, so unplug from your phone and focus on enjoying the destination, being totally present with loved ones, and immersing yourself in nature and beautiful scenery. •



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HOW LESLEY MAXWELL FOUND HER LOVE FOR STRENGTH TRAINING AFTER THE AGE OF 50.

BY LESLEY MAXWELL, OXYGEN COVER GIRL & AMBASSADOR |
PHOTOGRAPHY RY 71 ATKO VARENINA

When I first thought of entering a body-sculpting contest, I didn't want to confide about it to anyone. I was self-conscious and dreaded hearing what 'they' might say, as I was almost 50 years old and a complete novice in my new challenge.

The first competition date was on Mother's Day and I had a bad case of 'mother's guilt' to top it all off. Should I stand on stage to be judged wearing nothing but a G-string bikini or be wearing a floral dress at a Mother's Day lunch somewhere? Luckily, my children were supportive, so I went ahead and followed my dream.

The idea initially appealed to me after watching a TV show on body sculpting featuring our own Lindy Olsen. I knew as soon as I saw these muscular, beautiful, feminine women wearing stilettos that this was for me. Something just clicked — but I wasn't prepared for what followed.

I had always attended a gym, but never trained in body sculpting. You could say I was a normal 'civilian' by competition and weight-training standards. I maintained my fitness level by doing cardio plus a fullbody circuit workout at a gym, using hydraulic exercise equipment in the women's training area. The resident trainer had suggested this to me.

Hydraulic equipment actually uses air cylinders for resistance instead of stacked weights — so you can imagine I didn't build much muscle there. I was often complimented for being so thin, but I was too lean. In fact, I weighed less than 50 kilos and I wasn't nearly as strong, shapely, and healthy as I am now.

This was due mainly to my diet. I had been a vegetarian for a few years, as I knew there was something out there apart from the low-fat, low-calorie way of eating. I had tried various forms of diet such as veganism, but that left me feeling lethargic.

In my vegan and cardio years, I wasn't really strong and my body composition was quite different to what it is now, as I had less muscle. I suffered from allergies and asthma quite often and was hospitalised with pneumonia at one stage. I'm not saying this was directly related to my vegan diet, but how my food and training affected my body.



Switching to an organic way of eating, which included animal protein, alleviated my allergies, and my asthma became a thing of the past. Adding complete protein and good fats worked wonders for my health and strength, enabling me to train more effectively and to gain lean muscle tissue.

I always say we either age 'thin and frail' or 'soft and fat', as muscle is the magic ingredient that keeps our body in great shape and behaving like a younger body. My body was heading for the skinny and frail type: I had some muscle, but not enough — and not nearly as much as I have now.

It was the experience of training for competitions that enabled me to learn so much about not only my own body, but health and fitness in general. I saw for myself how much stronger and more youthful we can be and how we can change our shape through a certain way of training and nourishing our bodies.

I believe many women don't eat enough protein and fats. This means they are always hungry and looking for the next eating 'fix', which might be foods such as low-fat yoghurt and fruit — and which are both high-carb, by the way, because of their sugar content. This becomes a vicious circle,

especially during late afternoon when your blood sugar levels are low and you crave even more high-carb food.

Even the Australian Dietary Guidelines suggest women should only eat less than 50 grams of protein daily, which I don't believe is enough! We need more protein to build lovely, lean muscle, especially if we are weight training.

Our body is designed to remain in a condition called homeostasis to maintain perfect balance for survival as far as health is concerned. This can be greatly influenced by our diet and effective exercise.

The number one reason for many ageing problems is lack of muscle, too much soft, body fat, and porous bones (as in osteoporosis), but this can all be alleviated through weight training and nourishing your body properly.

Women can lose muscle every year after the age of 35 through a process called sarcopenia, but this can be completely avoided by lifting some weights and maintaining and building some muscle, so why not provide your body with more of what it needs? For myself, I noticed that once I upped my protein and good fats intake (including

saturated fat), I built muscle and felt better than I had ever felt!

As for my asthma, I've had it once in the past 10 years. I'm sure eating clean and organic food has benefited me to no end, as my body isn't dealing with pesticides, herbicides, and fungicides.

So, despite my initial misgivings, I won my first figure competition and have since competed in 27 shows with 22 first-place wins. This includes an Open World US Figure title at the age of 53. My body responded well to lifting weights, as I put on more muscle and added strength and shape, and my health improved as I learnt more about how diet affects us so significantly.

Competition and weight training has opened up so many doors for me. Apart from learning about myself physically and mentally, I discovered how we really can change the shape and health of our body at any age. I have studied even further as I have a passion for learning all about fitness and health and helping others become the best version of themselves they can be.

Oh, and I never got the approval to compete from the naysayers anyway!

Just do what you have to do! •

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rom sun-filled strolls and dips in the pool to bulging berries and lingering daylight, there are so many reasons to love summer. Here's one more: it's the best time of year to lose weight. Nature is working with you, and if you take advantage in the right ways, the kilos will practically fall off your body. Why?

Nice weather encourages you to be active: It has been proven that warmer weather increases exercise frequency. Not surprisingly, data has consistently shown that exercise tends to be seasonal — Australians are generally most active in the spring and summer and tend to slack off come autumn and winter. So take advantage of the pleasant weather and forego the gym for outdoor workouts on occasion. Research has shown that people who exercise outside at least some of the time are more active than indoor exercisers.

You may be less prone to 'bad-mood binges': Wintertime is often dark and dreary — and for some people, that means a dip in mood. In a recent University of Pittsburgh study of people with winter seasonal affective disorder, 27 per cent reported binge eating during the colder months of the year. And of these overeaters, 94 per cent said they segregate themselves during the winter, while 90 per cent said they crave carbs more than usual when it's cold outside.

Hot weather helps suppress the appetite: Your pantry raids may seem less common in the warmer months. Why? The heat may tone down your appetite. Research has shown that people who live and/ or work out in a hot environment eat less than those who reside in cooler settings. This suggests that sweltering temperatures may, in fact, reduce your desire to eat.

You're showing more skin: Women consider wearing a bikini a bigger threat to their confidence than baring all in the bedroom, according to a 2012 study in Body Image. Slipping into your bathing suit — and then actually wearing it on the beach — can equal serious motivation to slim down. If you're feeling inspired to get a physique you're excited to show off, check out the following few tips to help you get in peak shape this summer, while boosting your health at the same time.

TOP SUMMER NUTRITION TIPS

Pump up your food: Foods with a high water content – fruits, vegetables, water-based soups and stews, and cooked whole grains – are low in energy, but are satiating. Most also contain lots of fibre (an apple has three grams; one cup of cooked barley has six), which fills you up and keeps you feeling full for a longer period of time.

Keep portion sizes in mind: Most individuals with a banging bikini body don't travel with a food scale and measuring cups or demand kilojoule counts from restaurants. They do, however, keep an eye on what they eat without being obsessive. When it comes to your main meal of the day, try to focus on filling your plate with mostly vegetables (half your plate), plus some lean protein (a quarter of your plate), and healthy carbs such as rice, pasta, noodles, couscous, or quinoa (a quarter of your plate).

Don't skip meals: Slender people don't drop everything to eat the minute their stomach starts to rumble, but they don't let themselves get famished, either. One of the number one behaviours that leads people to lose control is skipping meals. Why? Being ravenous makes you much less likely to control impulses to overeat. When people feel like they are starving, they'll eat anything — and too much of it. Sometimes it's easy to use hunger as an excuse to eat things that aren't good for you such as pizza, burgers, and chips. Skipping meals also slows down your metabolism by 20 to 30 per cent and could lead you to overeat

Put yourself first: So often women refuse to take time for themselves. Our whole lives are sometimes spent giving, giving, giving – which women tend to do anyway, but it is really to a fault. Sometimes you need to put yourself first. Lean women prioritise eating right, exercising regularly, and reducing stress – all of which are conducive to staying slim. Take some time this summer to work out or simply relax. This behaviour shouldn't induce guilt. Rather, it's about taking care of yourself.

Take the reins of your health: You need to dispel any negative inner dialogue and self-doubt. This causes undue stress on the body, which can trigger hormonal changes that could affect your metabolic system. This could spell disaster when it comes to getting your body in top form.

Ultimately, whether or not you achieve your 'ideal' body this summer, always remember, nothing you do will ever transcend the beauty that lives within you. •

For more on healthy eating, contact an Accredited Practising Dietitian (APD) — they're the experts in food and nutrition. APDs provide practical, tailored advice based on the latest science and can help motivate and support you to take charge of what you eat. Visit the 'Find an APD' section of the Dietitians Association of Australia website at www.daa.asn.au to find an APD in your area.



EMMA WILLIAMS

OxygenmagAU

Emma is an Accredited Practising Dietitian who is passionate about encouraging freedom from diets through the power of real food. Emma teaches people how to eat real, healthy foods in a way that is scientifically proven to prevent disease and maximise health and wellbeing. By







Full-body integration

PILATES IS NOT JUST ABOUT MOVING YOUR BODY; IT'S ABOUT MOVING YOUR BODY INTELLIGENTLY. WRITTEN AND DEMONSTRATED BY TARYN POLOVIN | PHOTOGRAPHY BY DALLAS OLSEN | HAIR & MAKEUP BY SHANNON JENNINGS



ilates requires you to use specific movement patterns and muscle sequencing in order to perform the exercises correctly. This is something that takes a lot of practice, as our bodies often have dysfunctional movement patterns already built in. This can be caused by an old injury, which leads to compensations, or even just from poor posture.

This series of exercises will often highlight imbalances and compensations, as the exercises all require whole-body integration. They are complex movements using more than one joint and

sometimes cross more than one plane of movement. In order to perform them correctly, you need to make use of your breath and try to use the correct muscle patterns to get to the final position. Try not to think of the final pose as the focus of the exercise, but rather the movement sequence it takes to get there.

Make sure you warm up before attempting these exercises.



TEASER

Start by lying on your back with arms and legs stretched out. Squeeze your inner thighs together. Inhale to curl you head, neck, and chest off the floor reaching your arms toward your feet. As you exhale, keep peeling your upper body off the floor while simultaneously lifting and lengthening your legs. Try to feel like you are curling each vertebra off the floor individually. If you need help getting up, you can walk your hands up the back of your legs. Stop when you reach a Pilates teaser position (V position). Always maintain control and a scoop of your abdominals, and don't arch your back. Inhale to hold the position. Exhale to slowly lower yourself back to the starting position with control. Repeat four to six reps.

OBLIQUE TEASER

Start by lying on your back with arms and legs stretched out. Inhale to prepare, and as you exhale, roll up into your teaser position, but on an angle, targeting your obliques. You will be balanced on one sit bone and can use the hand closest to the floor for support. Inhale to hold the position. Exhale to roll back to starting position. Repeat on the opposite side. Repeat six reps alternating sides.



ROLLOVER

Start lying on your back, with your legs straight up toward the ceiling and arms by your sides. As you exhale, lift your hips and legs until they are over your body and parallel to the floor. Work from your abdominals and try not to lose the deep connection to vour core.



Inhale to lower your legs as close to the floor as possible without losing the scoop of the abdominals. You should be supported on the upper back and not feel undue pressure on your neck. In this position, you can flex your feet and separate your legs to hip-width apart if you want extra stretch. As you exhale, slowly roll your spine back down to your starting position and lower your legs to 45 degrees. Repeat for four to six reps.

SHOULDER BRIDGE

Lie on your back with knees bent. As you exhale, use your abdominals to flatten your lower back into the floor and start to peel your spine up off the floor, leading from your tailbone.

Hold your bridge position for the inhale. As you exhale, slowly extend your right leg to the ceiling (without dropping your right hip). Inhale to lower your hips to the floor in one solid movement (that is, don't roll your spine down) and exhale to lift them back up. Keep reaching your right foot to the ceiling. Repeat 10 reps; then repeat with the left leg extended.



WRESTLERS ARE LIKE MARVEL COMIC **BOOK CHARACTERS. THEY APPEAR** TO HAVE SUPERPOWERS AND EVEN **DON CHARACTER NAMES, BUT** UNDERNEATH THE COSTUMES WWE WRESTLERS ARE HUMAN BEINGS DOING A SUPERHUMAN JOB.

World Wrestling Entertainment is a global juggernaut presenting more than 200 shows a year to sold-out arenas in countries as far and wide as North America, England, China, and here in Australia. Each WWE superstar is responsible for getting to and from each town, locating their hotel, putting in media appearances, keeping track of their training and nutrition — all while maintaining the high energy levels needed to step through the ropes on a nightly basis. The lifestyle of a pro wrestler requires tremendous dedication and discipline.

Although the action may be 'scripted', the knocks and bumps are very real. Only a world-class athlete could perform to the best of their ability on such a consistent basis.

Tenille Dashwood's love affair with WWE began at home in the Melbourne suburb of Boronia, aged eight, watching her heroes

"I used to watch wrestling with my older brother, Jake," she says.

"I just fell in love with it. The theatrics, the music, the excitement...

"I used to sit inches away from the TV

Not content with watching the spectacle from the comfort of her living room, at just 13 years of age Tenille enrolled in a wrestling school. The training was extremely physical, and there weren't many wrestling events close to home, but she was happy to start somewhere and gain experience in the industry.

"In the beginning, I would set up chairs before the matches, help set up the ring, and hand out flyers promoting the shows," she says.

After making her wrestling debut in 2007, Tenille's ambition took flight. A fast learner, she soon found herself travelling long distances to gain experience on the mat. She initially travelled town to town in Australia, but then travelled to Canada, and the United States, to gain further experience and be seen by scouts. The determination paid off and Tenille caught the eye of the biggest promotion of them

She signed a contract with WWE in 2011, wrestling under the ring name 'Emma' and making history in the process as the first Australian female wrestler to enter WWE.

"Wrestling for WWE, all the way over in America, seemed like this impossible dream," she says.

"Training with [wrestling legend] Lance Storm and competing in Canada and America, networking, and finding my way to get noticed kicked down some doors, and now that there are more Australian women coming through, it's amazing to see how far we have come."

Tenille's alter ego Emma has been through a number of ups and downs. Initially, she was presented to audiences as a happygo-lucky character who caught on well with fans, but failed to make an impact on the championship scene. Undeterred, Emma became more focused and serious, approaching her matches in a more aggressive manner.

This new attitude started paying dividends, racking up wins on WWE's flagship TV show, Monday Night Raw. Things were finally falling into place — but then something devastating occurred.

"I've been wrestling half my life, so I'd noticed some aches and pains, wear and tear, but that's natural in our profession," she says.

"I was trying to get treatment for that, but one night I took a bump and I guess it was the last straw.

"I remember something hurt. It was the nerves in my left shoulder, and it got worse over the next couple of days. I had a herniated disc that was touching my spinal cord."

The injury was serious and required immediate surgery. Tenille needed to step away from the spotlight at a time when it was shining brightest for Emma. An incision was made from the base of her spine to the top of her neck during the operation.

"I was nervous because I hadn't expected it and I hadn't gone through anything like that before," she says.

Weeks before, in April 2016, Emma had wrestled at WrestleMania 32 in front of more than 100,000 people in Dallas, Texas.



She was finally in the running for the WWE Women's Championship, but the injury forced her to take several months off and threatened to put her out of action permanently.

It was several weeks before Tenille could lift a grocery bag, and even the idea of returning to action with WWE required months of arduous physical therapy. Her recovery turned into the biggest match of her life.

"It was so hard because I'm an active person, but if I moved my arms, it would pull on the stitches, which meant no workouts," she says.

She committed herself to physical therapy sessions and slowly returned to the gym. Tenille's strength in the face of adversity got Emma fighting fit once more.

During the healing process, there were floods of messages on social media from her one million followers, from fans and friends at WWE, but perhaps the biggest boost was to her lifetime enthusiasm for health and fitness.

"I'm passionate about health and fitness," she says. "I get a great response not just from women but men too, who like to share their results.

"I think that's really cool to see how people change their lives around, and I'm very fortunate if I can inspire that in any way."

Going into surgery, aside from the injury, of course, Tenille was in top health. Her workouts always involved a combination of strength and speed. She is an avid sprinter and loves to lift weights.

Since the injury, there are certain things that Tenille can no longer do in the gym, but this hasn't proven to be an issue for an athlete who likes to mix things up and refuses to accept limitations.

"I can't squat with an overhead bar any more, but there are lots of variations for any exercise and I really enjoy that," she

In addition to her talents in the squared circle, Tenille is also a qualified nutritionist and is able to apply this to the sculpting of her own physique.

Tenille's enthusiasm for fitness has also influenced the next evolution of the Emma character. Fans have noticed that Emma, or 'Emmalina' as she is now known, is much closer to the real person these days, and they can't get enough of her motivational Instagram posts.

The onscreen makeover of Emmalina was inspired by fitness and fashion photo shoots, which Tenille loves. She is also in the best shape of her life. With everything finally going in the right direction, Tenille is now poised to climb to the top of the pro wrestling mountain.

"I've been in the WWE for a few years now and I'm working hard to win the WWE Women's Championship," she says. "I feel like my time has come!"

From the early days of setting up chairs prior to small-town shows to the bright lights of prime time television, the girl from Boronia, Victoria, has come a long way. Her will to succeed was tested, but she beat her injury as if it was a WWE opponent. •





HOW MUMS CAN BECOME HEALTHIER AND HAPPIER BY MAKING A FEW SIMPLE (AND EASY-TO-FIT-IN) HABITS.

BY KELLY RENNIE

t doesn't matter which way you look at it: mums are almost always strapped for time. Whether it's running around after the kids, making dinner, tidying up, sorting school lunches or getting the kids to bed, all mums struggle to make quality time for themselves.

On the surface, for a busy mum, trying to make time for herself looks impossible. Health and fitness? Forget about it. In reality, however, there is more than enough time available for each and every one of us to reach our goals. As busy mums we just have to approach things differently.

The first thing to realise is that life doesn't have to be perfect. When we stop resisting this fact, we realise that everything is okay — that we're okay. All it takes for us to reach our health and fitness goals is a bit of willpower

and consistency. If we can succeed in these two areas, over and over again, it is inevitable we will create the sort of healthy lifestyle that will benefit us and our kids forever.

Here are seven key steps you must take to transform from time-poor to healthy rich.

1) CREATE A LIFESTYLE CHANGE

The most fundamental principle you can learn and adopt is to make health and fitness a way of life. Too many people diet intensely for a week or so and then return to their previous lifestyle, confused about why the effects aren't long-lasting. We must realise on a deep level that health and fitness never ends. You can't work harder one week and then do nothing the next — it doesn't work that way. As long as we have bodies to look after, health and fitness needs to be at the forefront of our priorities. If you are going to see meaningful results, you need to eliminate short-term words such as 'diet' from your vocabulary. You see, it is an entire lifestyle shift, a gradual process, and results will continue forever.

2) BECOME AN EARLY RISER

If you are strapped for time during the working day, you can usually always find a way to make more. The easiest way to do this is to set your alarm clock a little earlier than usual for when everybody else is still asleep and you can do as you please. With as little as 15 extra minutes a day, you could complete a HIIT workout. In turn, you will be flooding your body with feel-good endorphins, skyrocketing your energy levels and burning fat throughout all of your other daily activities. Over time, the results will stack up.

3) PREP

Learning to prep and organise your life in advance will make your commitment to health and fitness so much easier. It is as simple as cooking a little bit more food than usual at dinnertime, so you have some leftover for the next day. By beginning to think about things this way, you save a lot of time in advance, while adding no extra work to your current situation. You can even cook further in advance so that mealtime prep becomes even shorter!

4) USE THE DAY TO EXERCISE

When you have been training for a while and seeing some good results, something strange happens to your brain. It begins to crave exercise and the resulting endorphins. The result of this is you start figuring out places that could actually double up as workout areas! You find that there are so many places and times during

the day when you could fit in a little extra exercise. Whether it's the walk to school in the morning or playtime in the park afterward, not getting to the gym is no longer an excuse. Wherever you are, begin taking action and things will go forward from there.

5) REPLACE PERFECTION WITH CONSISTENCY AND FLEXIBILITY

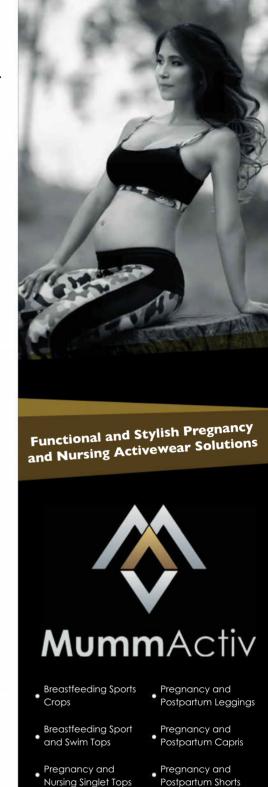
The sooner we realise that perfection is impossible, the better. Meaningful results in all areas come from a combination of iron will, a commitment to consistency and enough self-awareness to know when you need to be flexible. We can prepare as much as we like, but sometimes things will not happen as planned, especially where kids are involved. Be ready to do your best in all situations, but don't stress if you have to change things up. This is a marathon, not a sprint.

6) CREATE ENJOYMENT

The people who have the most success in creating healthy and fit lifestyles are those who enjoy it. The human mind (and heart) naturally gravitates to what it likes and enjoys, so forcing it to exercise in the hope that it will keep it up is, more often than not, a losing battle. Why do you think so many people pack the kilos back on, even after they've gotten great results? It's because they never really enjoyed it. They never truly adapted to the lifestyle that leads to lasting change. Wherever love goes, success flows. Whatever you like to do, start incorporating exercise into it. Whether it's playing in the park with your children and socialising or meditating in the back garden, things will be much easier if you enjoy what you are doing.

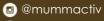
7) MAKE USE OF HIIT WORKOUTS

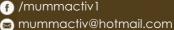
Short bursts of high-intensity interval training (HIIT) will give you the most results for the shortest amount of time invested, perfect for time-poor mums. HIIT combines elements of both resistance (anaerobic) and cardiovascular (aerobic) training to give you a muscle-building, fat-burning powerhouse. The nature of HIIT means your metabolism gets a boost too, helping you continue to burn fat throughout the rest of the day. Success!



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ave you ever stopped and thought about when 'your time' is going to arrive? Perhaps you've seen so many of your peers achieving their goals or getting their big breaks and you're wondering why it doesn't ever seem to be your turn.

'Your time' is dependent on your life's purpose, and if you have no idea what your purpose is, then 'your time' certainly isn't going to appear in a hurry.

Some of us get caught up in what we have, or haven't, achieved in our lifetime and are constantly comparing ourselves or our life to another. We can also start to get a tad jealous about another's success rather than seeing the hard work that the other individual has put in and commending them on that effort. This mindset of being jealous is really about us not achieving things, more so than the success of the other person.

As with any of life's challenges and questions that we wish to have answered, some of us don't need to search for our purpose, as it will appear when we are ready for it. It's a case of need the answer to appear rather than want the answer. So if you're seeking 'your time', find out what your purpose is.

It's difficult to explain to you how you can find your purpose, as it can present itself in so many different ways for each of us, so let me share my journey with you.

My experience started around 13 years ago when I had an urge to give my beloved (at that time) personal training gig the flick. It all started when I was training a couple of clients for their application process for the Queensland Fire Service. While I was making enquiries with a couple of officers who I knew in the service, they challenged me to go through the process as well. I loved my job in the fitness industry but I decided to go for it.

To cut a long story short, I did make it through the process on to the waiting list; however, I had another business opportunity that I took up instead. This opportunity was to own a crystal shop. I had absolutely no experience whatsoever and knew I was stepping out of my comfort zone, but I just had such a universal pull for me to

In this new role, I was amazed at how much I learnt (through various sources) about the body and 'what makes it tick' on many different levels. I knew that I had to share it with those who not only wanted but needed it too. This led me to being involved with a trip to Bali with a group of 88 people from many different parts of the world.

Fast track to my arrival in Bali and, funnily enough, I wasn't too happy about going. The trip was not long after the Bali bombings and then the Schapelle Corby saga. So my mindset at that time just wasn't in the most pumped condition, as I was more focused on 'what could be' more so than 'what is' or simply living in the moment.



Why hasn't my time come yet?

The whole idea of the trip for me was to see what I was to get from it — or so I thought at the time. When I got to my resort room, I met various members of the group, who all seemed like really nice people, but I just wasn't getting from them what I thought I would.

BY GREG DOLMAN

My negative thought process was kicking into gear and I was allowing it to really run away with my imagination — until I had a pop-up. I call a pop-up a gut feeling that just lobs up from nowhere. This pop-up is like a good friend giving sound advice that is too good not to be listened to.

My pop-up was that I needed to change my mindset from going on the trip to receive from others and instead I should be doing the opposite, which is giving. Wow! All of a sudden, this all sat really well with me, and I felt like it was all just right. I felt like I had a purpose of being in Bali with this group and that I was going to give as much information as I could that would benefit whoever needed it.

The purpose of the trip was to give, so all services given by the group members had no monitory exchange. Energy was the currency that was swapped. Once it was known what each of us was there for, it was then known as 'our purpose'.

My purpose of the trip (after having my pop-up) was to give my gift of tuning the individual's mindset together with the physical ailments that they were suffering from, whether it be in tune with emotional or spiritual levels or both. The more people I dealt with, the more others in the group queued to get some of what my sessions involved.

The buzz that I got from assisting others to clarify their issues was absolute gold and a feeling that cannot be surpassed, so much so that it's a natural high that really is addictive just like what exercise endorphins do. So after two weeks of buzzing, it was a real crash back to earth when I got back to my reality at home.

From the trip, I learnt my life's purpose, and 'my time' came along with such a slap in the face that it was life-changing

for me. This led to another trip six months later with a similar group to Egypt for two weeks.

So, getting back to how long it took for me to find 'my time', I was blessed that I really wasn't searching for what my life's purpose is/was. I was certainly curious, but I wasn't worried about it. This lack of searching for it seemed to attract it to land in my lap, and I just knew that it was my time to share it. Some people search or wait for 'their time' for a big chunk of their lives, while some don't.

My story is just one example of 'my time'; however, I am sure if you were to have a chat with someone who is open to sharing, you would get another perspective altogether.

My understanding on life timings is based purely on my experience, and you can either resonate with it or not. Either way, you can take what you need, or discard what you don't, and use the information to assess how close you are to 'your time'.

'I'm in better shape now than I was when I was younger!'

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HEAR HOW LEHA LONG BECAME HER FITTEST AND HEALTHIEST SELF AT 45.

BY KIRSTIN CUTHBERT | PHOTOGRAPHY BY JAMES PATRICK

iving by American author Helen Keller's quote, 'Life is either a daring adventure or nothing at all', Leha Long knows all about living life to the fullest. Constantly working on her body and mind, she is always up for a new challenge to bring her out of her comfort zone.

It all started after a beach trip where she had noticed some people in great shape. In her own life she had not been watching what she was eating or working out, so she decided to begin training and signed up for a fitness competition.

After training hard for some time (to put it mildly), Leha's competition day arrived.

"My first competition was really scary," she says. "I saw the crowd and it made me very nervous."

Straight after the competition, Leha signed up for another comp to continue challenging her fear and forcing herself outside of her comfort zone.

Since then, Leha has competed in many competitions and always places; however, that's not the real prize.

"The most rewarding aspect of training for me is stepping on the stage showing off what I've worked so hard for," she says.

"Luckily, I am in the top five when I compete, and bringing home some hardware is exciting, but there's just a great feeling of accomplishing a goal that I've worked for several months for."

Now living and loving her fit and healthy lifestyle, she is thankful to have made changes for the better.

"I have more muscle tone and more energy. I actually feel younger and look younger now that I've cleaned up my diet and stayed on a consistent exercise program," she says.

Leha finds constant motivation to stay on track from upcoming events to people all over the world.

International Profile **W**

"I'm a very goal-oriented person, so I'm constantly looking for something to keep me motivated, whether it's a competition or a photo shoot," she says.

"What really motivates me, though, are the kind messages I receive from my followers. I receive messages from all over the world from men and women who are so supportive and kind."

Through competing and photo shoots, Leha has learnt the art of dedication.

"When I sign up for a competition or know I have a photo shoot coming up, I am very dedicated to following through with what I need to do to look my best," she says.

"There's no in-between when training for a competition especially. You are either in or you're out. You have to be able to do it mentally and not just physically."

For those of you looking to improve your fitness, Leha has some advice for you.

"No matter what age you are, fitness should always be a part of your life," she

"Do not give up! I'm 45 years old and in the best shape of my life.

"I feel younger and look younger, because I eat healthier and have a consistent exercise program now.

"Set a goal for yourself. Take baby steps, but just do it so you have no regrets.

"And remember that you have to look after yourself. This is your life and your health, so take care of yourself." •

LEHA'S DIET

and a rice cake with natural peanut

LEHA'S WORKOUT WEEK

MONDAY: Glutes and HIIT cardio for 30-45 minutes

TUESDAY: Leg training and 30 minutes of steady cardio

WEDNESDAY: HIIT cardio for 30-45 minutes

THURSDAY: Upper body (shoulders and back) training and 30 minutes of steady cardio

FRIDAY: Hamstrings and arms training and 30 minutes of steady cardio

SATURDAY: HIIT cardio outdoors if weather permits

SUNDAY: Rest day





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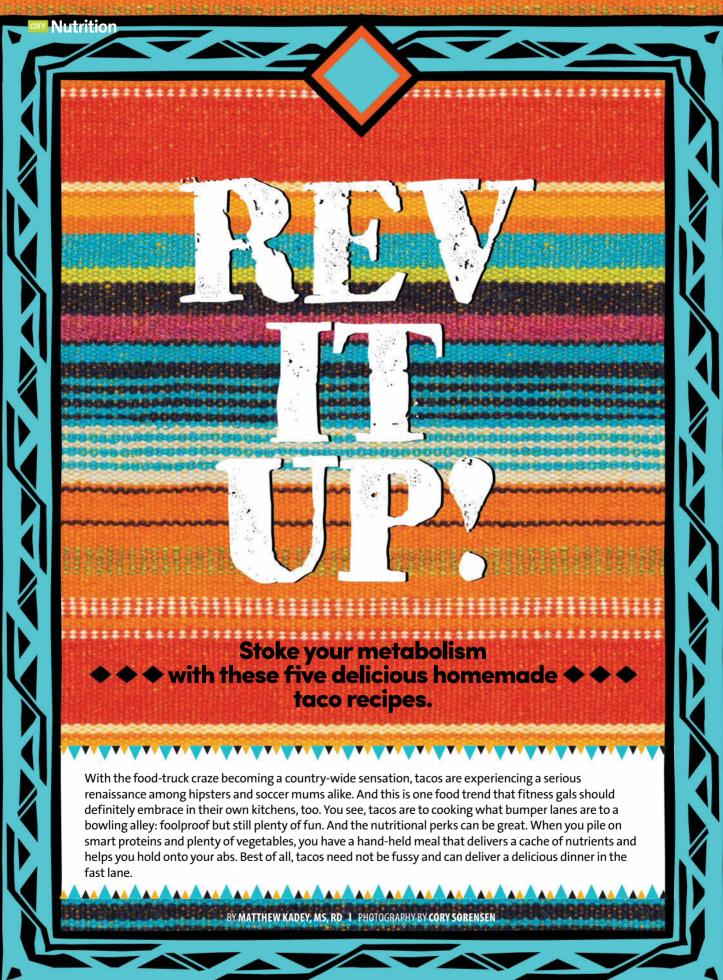
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Ready in 30 minutes Makes 4 servings

- 2 small sweet potatoes, cubed
- 4 teaspoons canola oil or grapeseed oil
- ½ teaspoon salt
- 1 can (400g) chickpeas, drained and rinsed
- 1½ teaspoons smoked paprika
- ½ teaspoon cumin powder
- 6 cups spinach, any tough stems trimmed
- ¼ cup tahini
- 1/4 cup coriander
- 1/4 cup parsley
- 1 garlic clove, minced
- juice of ½ lemon
- 8 whole-wheat or corn tortillas

degrees and place a rimmed baking sheet in the oven as it heats. Toss sweet potato with 2 teaspoons oil and ¼ teaspoon salt. Spread out potatoes on hot baking sheet and roast until tender, about 20 minutes.

2. Meanwhile, pat away excess moisture from chickpeas with paper towel. Heat 2 teaspoons oil in large saucepan over medium. Add chickpeas, smoked paprika, cumin and 1/4 teaspoon salt to saucepan and heat five minutes. Stir in spinach, in batches if necessary, and heat just until wilted.

In blender or food processor, blend together 1/4 cup water, tahini, coriander, parsley, garlic, lemon juice and pinch of salt until herbs are completely pulverised.

Top tortillas with chickpea mixture, sweet potato and tahini sauce.

Nutrition facts (per serving): calories 394, fat 16g, sodium 467mg, carbs 55g, fibre 11g, sugar 6g, protein 16g UNDER WRAPS
To heat a stack of tortillas,
wrap them in a damp paper
towel and microwave for 30
seconds, until soft and pliable.
Alternatively, heat them one
at a time in a dry saucepan
over medium-high heat.

CHICKPEA TACOS

Get creative! Think of these as a taco version of deconstructed hummus.

Nutrition highlights: Chickpeas add plenty of hunger-squashing fibre, while spinach contains naturally occurring nitrates that may help improve muscle strength.

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leady in 25 minutes . Nakės 4 servings

- 1 bunch asparagus, chopped into 2.5cm pieces
- 2 teaspoons canola or grapeseed oil
- 8 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- ½ cup plain yoghurt
- 1/2 avocado
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon
- 1/4 teaspoon cayenne or chilli powder
- 8 corn tortillas
- 1 cup cooked or canned navv beans
- 2 tablespoons chopped

 Cook asparagus in dry large saucepan over medium heat for three minutes. Add 1/4 cup water to pan and cook for another three minutes, or until thicker asparagus pieces are tender. Remove asparagus

from pan and set aside.

2. Reduce heat to mediumlow and add oil to saucepan. Whisk eggs with salt and pepper. Place eggs in pan and use a spatula to gently push eggs around the pan until they have formed soft curds and are barely set. Remove eggs from saucepan.

3. Blend together yoghurt, avocado, lemon zest, lemon juice, cayenne and couple pinches salt until smooth. Taste and add more cayenne or chilli powder, if desired.

4. Top tacos with eggs, beans, asparagus, avocado sauce and chives.

Nutrition facts (per serving): calories 422, fat 18g, sodium 377mg, carbs 46g, fibre 12g, sugar 6g, protein 24g

CAN DO! When using canned beans for tacos, seek out a brand that provides salt-free options packed into tins not lined with BPA — a sketchy chemical linked to heart woes and fat gain with high exposure.

-OOD STYLING BY RONNDA HAMILTO

EGG & ASPARAGUS TACOS

With a healthy combination of carbs and protein, these seasonal tacos are a perfect option to recover better from a tough workout. In fact, the humble egg is so rich in essential amino acids it's often considered the ultimate muscle food.

Bonus! Each taco is packed with 12 grams of fat-torching dietary fibre.



Ready in 25 minutes Makės 4 servings

- 450g prawns, peeled
- ⅓ cup light coconut milk
- 3 tablespoons unsalted peanut butter
- 1 tablespoon soy sauce or tamari
- 2 teaspoons grated or finely minced ginger
- 1 teaspoon lime zest
- juice of 1/2 lime
- 1 teaspoon chilli sauce, such as Sriracha
- 8 large lettuce leaves, such as Butterhead
- 1 cup shredded carrot
- 1 red capsicum, thinly sliced
- 1 mango, skinned and cubed
- ⅓ cup coriander

1 In medium-size saucepan, bring 4 cups water to a boil. Add prawns and immediately remove saucepan from heat. Cover and poach prawns until pink, about three minutes. Remove prawns from saucepan with a slotted

2 Whisk together coconut milk, peanut butter, soy sauce or tamari, ginger, lime zest, lime juice and chilli sauce.

3. Top lettuce leaves with prawns, carrots, capsicum, mango, peanut sauce and coriander.

Nutrition facts (per serving): calories 259, fat 9g, sodium 329mg, carbs 17g, fibre 3g, sugar 11g, protein 27g

PRAWN & LETTUCE TACOS

Low-carb recipe! If you're trying to cut back on starchy carbs, lettuce leaves offer up a freshtasting alternative to tortillas.

Speedy protein! Quick-cooking prawns boast 24g per 100g grams (look for prawns caught in Australia for a more sustainable option), plus the potent antioxidant selenium.

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Ready in 20 minutes Makes 4 servings

- 450g boneless, skinless chicken thiahs
- 1/3 cup tequila
- 2 tablespoons + 2 teaspoons olive oil
- zest of 1 lime
- juice of 2 limes2 garlic cloves, chopped
- 2 garlic cloves, chopped

 1/ tagen and average provides
- ½ teaspoon cumin powder
 ½ teaspoon chilli powder
- ½ teaspoon chilli p
 ¼ teaspoon salt
- 8 corn tortillas
- 1 yellow capsicum, thinly sliced
- 1 avocado, diced
- 1½ cups jarred salsa verde
- ½ cup toasted pumpkin seeds

1 Slice chicken thighs into 2.5cm pieces and place in large zip-top bag or shallow container. Whisk together tequila, 2 tablespoons oil, lime zest, lime juice, garlic, cumin, chilli powder and salt. Add mixture to chicken and let marinade in fridge for at least two hours or overnight. 2. Heat 2 teaspoons oil in saucepan over mediumhigh heat. Remove chicken from marinade, shaking off excess, and heat until cooked through. Remove chicken from saucepan and set aside in bowl. Place reserved marinade liquid in saucepan and boil for two minutes. Pour hot marinade over chicken.

Top tortillas with chicken, capsicum, avocado, salsa verde and pumpkin seeds.

Nutrition facts (per serving): calories 473, fat 22g, sodium 643mg, carbs 41g, fibre 7g, sugar 7g, protein 27g

HOT STUFF!

Your physique will thank you for turning up the heat on taco night. Compounds in the various forms of chillies can rev up metabolism and even reduce appetite to help stymie overeating.

TEQUILA - LIME CHICKEN TACOS

For just a couple of extra grams of fat, chicken thighs have all the muscle-friendly protein that breast meat does but add more juicy goodness to tacos. The tequila marinade infuses the bird with even more flavour without tasting boozy.

Shopping tip: Look for salsa verde, a mixture of tangy tomatillos, chillies and onion, alongside other salsas at the specialty stores.

Ready in 30 minutes Makes 4 servings

- 4 corn tortillas
- 2 teaspoons canola oil or grapeseed oil
- 230g lean ground beef
- 230g cremini or button mushrooms, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon taco or creole seasoning
- 2 plum tomatoes, seeded and diced
- ½ small white onion, finely diced
- ⅓ cup chopped coriander
- juice of ½ lime
- 1 cup shredded cheddar
- ¾ cup reduced-fat sour cream
- 1. Preheat oven to 190 degrees. Heat tortillas in microwave for about 30 seconds, until warm and pliable. Lightly grease four oven-safe cereal bowls or large ramekins. Carefully press tortillas into bowls and lightly grease insides of tortillas. Alternatively, you can drape tortillas over large balls of aluminum foil. Place bowls on baking sheet and bake until tortillas are crispy, 10 to 12 minutes. Turn tortilla cups upside down and continue to heat until undersides are crispy, about five minutes more.
- Meanwhile, heat oil in saucepan over medium heat. Add beef, mushrooms, garlic and taco or creole seasoning; heat until beef is no longer pink and mushrooms are very tender, about six minutes. Toss together tomatoes, onion, coriander, lime juice and couple pinches salt in bowls.
- 3. Place tortilla bowls on serving plates and stuff with beef mixture, tomato salsa, cheese and sour cream.

Nutrition facts (per serving): calories 271, fat 12g, sodium 229mg, carbs 19g, fibre 2g, sugar 3g, protein 22g **○** SPICE OF LIFE
Forget the premade
spice packets. Make your
own all-purpose taco
seasoning by stirring
together the following:
1 teaspoon dried oregano
½ teaspoon cumin powder
½ teaspoon cumin powder
½ teaspoon garlic powder
½ teaspoon paprika
½ teaspoon salt and
¼ teaspoon black pepper

SIZE MATTERS
Look for packaged soft
tortillas or wraps that are no
larger than 20cm in diameter.
Larger ones can overshadow
the fillings.

BEEF & MUSHROOM TACO BOWLS

Creating edible bowls with your tortillas adds a fun twist to taco night. Forget the table manners; just pick them up and crunch away.

Beef boost: Supplementing the beef with mushrooms cuts down on calories, but because mushrooms are meaty, no one will be the wiser.

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The first two exercises are designed to prepare your body for the upcoming strength moves. Though it might seem the odd man out in a shoulder routine, the dumbbell incline chest press does a killer job of warming up your front delts on the concentric (pushing) portion of the rep and your rear delts on the eccentric (lowering) portion. And the 180-degree barbell front raise uses all three heads of the delts in the frontal plane of motion, heating up the

rotator cuffs and the supporting muscles in your back, sides and chest to increase mobility and decrease the risk of injury.

For both moves, use light weight and focus on executing smooth, controlled reps. Between sets, do some dynamic stretches (see the 360-Degree Flex sidebar) to further warm up and prepare for battle.

DUMBBELL INCLINE CHEST PRESS

Set-up: Sit on an incline bench with your feet flat on the floor and hold a set of dumbbells straight up over your chest, arms perpendicular to the floor.

Action: Bend your elbows and slowly lower the weights, keeping your wrists stacked over your elbows and stopping when your arms make 90-degree angles. Forcefully press the weights back to the start.



EXERCISE	SETS	REPS	DIRECTIONS
Dumbbell incline chest press	3	15	Light weight, smooth reps
180-degree barbell front raise	3	12-15	Naked bar, slow reps
Standing Arnold overhead press	5	10, 8, 6, 6, 4	Pyramid your weight, rest 60 to 90 seconds between sets
Standing partial lateral raise	3	10	Heavy weight, rest two minutes between sets
Seated lateral raise	3	15-20	Moderate weight, rest 30 seconds between sets
Incline bench reverse pull/flye combo	3	12-15	Light weight, rest 30 seconds between sets

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Training



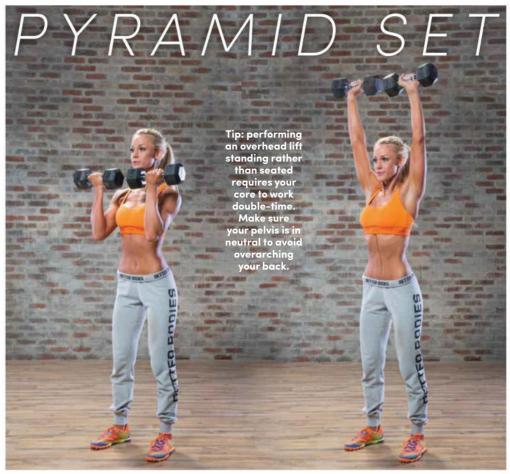
The meaty move of this workout is the standing Arnold overhead press, which hits all three heads of the delts while also working your arms in rotation. Using a pyramid format, in which you build in weight as you drop in reps, means a push toward your 1RM (one-rep max = the most weight you can lift for an exercise) as you move through your sets, pushing your limits in terms of weight. Start with a moderate weight and build to something heavy in sets four and five.

STANDING ARNOLD OVERHEAD PRESS

Set-up: Stand with your feet shoulder-width apart and hold a set of dumbbells at your shoulders with your palms facing rearward, elbows down, core braced.

Action: Press the weights straight up overhead, twisting your wrists as you extend so that at the top, your palms are facing forward. Reverse the steps to

return to the start.



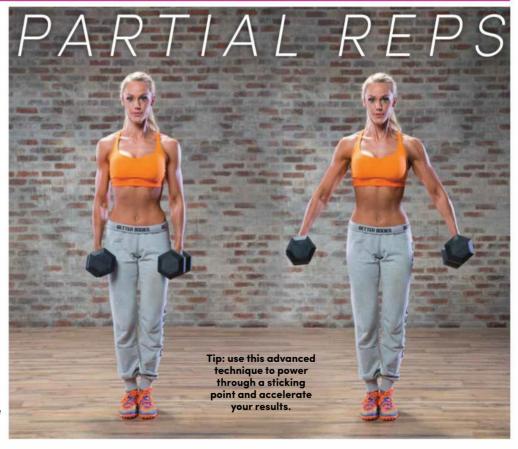


With a lateral raise, the sticking point is in the bottom half of the move — that range of motion where you can't quite muscle it up and are tempted to use momentum for help. Partial reps can build strength in this zone, eventually enabling you to lift heavier. Do these using heavy weights - more than you would typically use for a lateral raise and use slow reps to maintain continual tension. Rest up to two minutes between sets to fully recover.

STANDING PARTIAL **LATERAL RAISE**

Set-up: Stand with your feet together and hold a set of heavy dumbbells at your sides, palms facing inward.

Action: Keeping your shoulder blades anchored and your arms straight, lift the weights up and out to the sides about a third of the way through your normal range of motion. Pause briefly, then return to the start.





Training

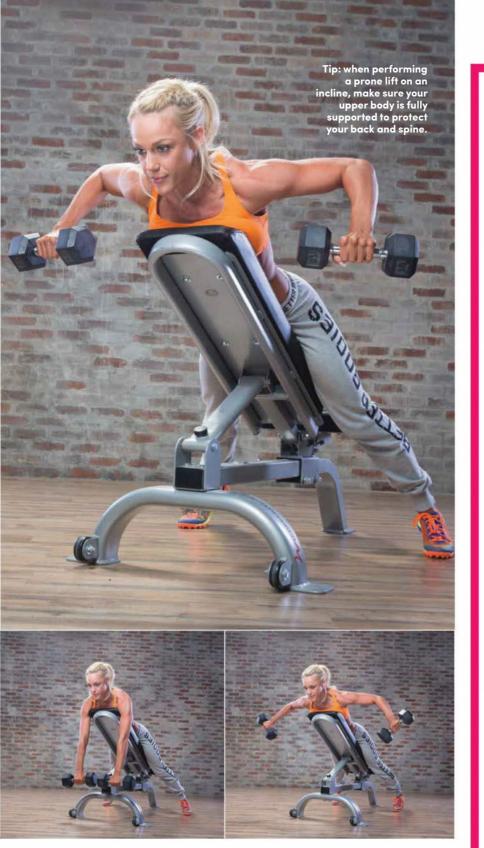




The final two moves in the program are for endurance and hypertrophy (muscle building). Use a more moderate weight for higher reps and good form, and rest less between sets to exhaust the fast-twitch muscle fibres in your and shape. To really empty your tank, do these moves as a superset, performing them back-to-back with no rest in between.

SEATED LATERAL RAISE

Set-up: Sit on the end of a flat bench with your feet flat and hold a set of dumbbells at your sides with your palms facing inward. Action: Keeping a slight bend in your elbows, raise the dumbbells up and out to the sides until they reach shoulder height. Pause briefly, then lower slowly to the start.



INCLINE BENCH REVERSE PULL/FLYE COMBO

Set-up: Lie facedown on an incline bench and hold a set of dumbbells with your palms facing rearward, arms extended. Action: Drive your elbows up and back and squeeze your shoulder blades together to execute the pull. Slowly return to the start, then immediately raise the weights up and to the sides, keeping them in your peripheral vision, until they reach shoulder height. Lower to the start and continue, alternating moves.

360-DEGREE FLEX

The shoulder is a tricky joint because it moves in multiple directions as well as in rotation. Ensuring the joint is mobile both before and after training is key to executing solid lifts and preventing injury. Integrate these moves into your program to improve flexibility and protect your shoulders from all angles.

PRE-WORKOUT

Arm circles

Do 10 large arm circles to the front and 10 to the back with each arm. Repeat twice.

Huggies

Swing your arms open and closed at shoulder height, giving yourself a hug. Change the top arm for each rep. Do 20 reps.

Slow plate opener

Lie on your side and hold a very light weight plate with your fingers through the hole, arm extended along the floor straight out from your shoulder, palm down. Keeping your arm straight, lift and open it to the side and behind you as far as you can go without twisting and pause. Then lift your hand toward your head and pause. Reverse steps to return to the start. Do eight on each arm.

PRE-WORKOUT AND POST-WORKOUT

Banded shoulder distraction

Attach a superband to a pull-up bar and loop one hand through the end. Lunge back with the same-side leg with your arm extended and let the band pull it gently up and away. Relax your shoulder and lat as you slowly rotate your palm upward and then downward while keeping your arm extended.

Pre-workout: Do 30 seconds on each side. Post-workout: Do 60 to 90 seconds on each side.

Distracted twist

Stand up from your shoulder distraction, then turn away from the band anchor toward your working arm so the arm is pulled across your body. Hold and twist toward and away gently, stretching the back side of the joint. Pre-workout: Do 30 seconds on each side. Post-workout: Do 60 to 90 seconds on each side.

Standing lacrosse-ball

Stand in a doorway (or facing the leg of a squat rack). Place the lacrosse ball between the wall and the area where your front delt and pecs meet and lean forward slightly. Roll around until you find an area that is tight, then hold and raise and lower your arm slowly. Pre-workout: Do no more than two minutes per side.

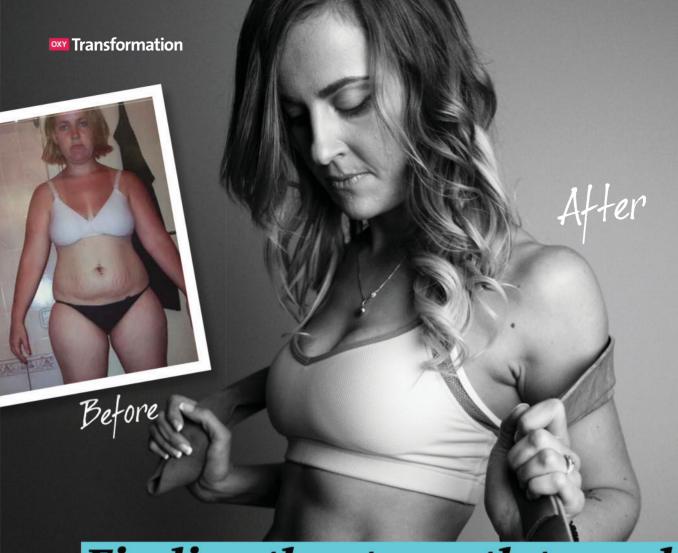
Post-workout: Do two to three minutes, depending on tightness.

Lying lacrosse-ball roll

Lie face-up and place a lacrosse ball between one trap and the floor. Roll up and down, back and forth, pausing when you find tight areas. Move the ball to the area between your shoulder blade and your spine and repeat this process. Do both sides. Pre-workout: Do no more than two minutes

per side.

Post-workout: Do two to five minutes. depending on tightness.



Finding the strength to make

ONCE NEVER WANTING TO LEAVE HER BEDROOM FOR FEAR OF WHAT OTHER PEOPLE THOUGHT, THE BIRTH OF HER SON AND KNOWING SHE WOULD BE A ROLE MODEL TO HIM WAS JUST THE THING AMBER RIDLEY NEEDED TO GET FIT AND HEALTHY.

BY KIRSTIN CUTHBERT | PHOTOGRAPHY BY THE FITNESS PHOTOGRAPHER

Name: Amber Ridley

City: Collie, WA

Occupation: Haul Truck Operator

Age: 28

Height: 169cm

Weight now: 62kg

Weight before: 109kg

t 109kg, Amber Ridley was unhappy. Overweight and diagnosed with depression and anxiety, she lacked motivation and self-

"I would lie around feeling sorry for myself, some days never leaving my bedroom," she

"If I had to go out, I couldn't look strangers in the eve because I felt uncomfortable with anyone looking at my 'ugly' face or double

"I also had no self-control with food. No way could I eat just one chocolate biscuit; if I tried that I wouldn't be able to stop thinking about the rest, so I'd eat them all."

Amber would cover her body with clothing, feeling embarrassed and uncomfortable.

"I always wore this really long, thick, black coat that covered my entire body, even in summer, because I had such bad selfesteem," she says.

While she wasn't a greatly overweight child, she remembers feeling 'bigger' than the other kids.

"Even just being slightly bigger, it was a good tool that school bullies liked to use against me to perhaps make themselves feel better," she says.

"I remember being told no one would ever like me and to 'use a Stairmaster'.

"Some attacks like these would briefly make me try my hardest to change and I'd go on a diet or try some physical activity, but they were always drastic and unattainable and wouldn't last long.

"It seemed from high school I steadily gained more and more weight, tipping the scales at 109kg at my peak."

Amber's turning point came when she found herself a single mother three months after her son was born.

"I thought I could either lie around the house sad, eating my emotions and feeling sorry for myself or I could distract myself and remove myself from the environment where I'll do those things," she says.

"I thought of my boy and how it wouldn't be good for him to have his mum wallowing in selfpity. Kids learn from their parents.

"I thought, 'I'll get out there, I'll get better, and I'll be a role model for my boy'."

And get out Amber did. She began by walking everywhere. As it became easier, she added hills and distance. Her mum had an old crosstrainer and a little stepper, and she used those in spare moments at home.

She kept track of everything in a diary, noting changes, ticking off goals, and looking back at how far she'd come.

Not only did Amber shed 47kg, but she also gained confidence and a love of life.

"Now I feel alive compared to then," she says. "I feel so sorry for that girl, the things she thought about herself and how some people made her feel.

"Now I couldn't think of anything worse than being cooped up inside all day; my body wants to get out and move.

"I feel energetic, adventurous, and just truly healthy all the way to my bones — it's an indescribable feeling to feel strong and healthy!

"I also feel I've learnt so much over the years about taking care of myself and learning to love the person I am."

Amber's life has changed considerably over the past few years — not only with having a child to take care of, but she's also a truck driver at a coal mine! Even though she does shift work (12-hour shifts at that!), she finds time to keep fit and healthy.

"With my shifts, travel, and meal prep each day, there isn't a lot of time to train," she says. "I wake at 4.30am on my dayshifts, 4pm on nightshifts, and we have a makeshift gym in our shed."

Amber has learnt about weight training and has perfected a basic routine, which she tweaks here and there to get stronger or try a new move.

"I try to keep moving as much as possible, especially as my job involves sitting for such long periods of time," she says.

"Any chance I get, I get out of my truck and have a good stretch or walk up and down the truck stairs — the truck is bigger than a house!

"On days off I train or go for walks with my family and we play a lot of football. I also have learnt the importance of the rest day too; that one is just as important as 'leg' or 'back' day.

"I have recently started going to a yoga/Pilates class too, as I feel the mobility this provides complements weight training."

After losing her mother too young after illness, Amber is passionate about learning the healing properties of food and exercise.

"Three years ago my mother passed away from heart disease," she says.

"She was only 58 and she had type 1 diabetes for most of her life, but I feel we lost her way too soon.

"I want to be here for as long as I can and not be sick. My poor mum was on so many meds and, looking back, I wish I knew that health is so important and we often take it for granted."

Through her training and lifestyle change, Amber has found a strength inside of her and feels like she can accomplish anything now.

"It makes you realise what you can achieve — doing things you once thought were impossible but are now easy," she says.

"Does that mean things I think are impossible right now I could perhaps be doing one day too? It does.

"It creates strength to write down some crazy goals, because you know you can do it. It creates hope for great things to come. There are no limits."



"I thought,
'I'll get out
there, I'll
get better,
and I'll
be a role
model for
my boy'."



MAGON

DELIGHT IN CHOCOLATEY GOODNESS!

PHOTOGRAPHY AND WORDS BY NICOLE FRAIN

GLUTEN-FREE | REFINED-SUGAR-FREE | VEGETARIAN

Makes: 8 cookies

Serves: 16 (we recommend half a cookie; they are big!)

PART 1: COOKIES

INGREDIENTS

½ cup coconut sugar	
½ tsp baking powder	

- 1/3 cup coconut oil, melted

 ½ cup almond meal
- 1 tsp vanilla bean paste
- 1 flax egg (1 tbsp flaxseed + 3 tbsp warm water; allow to sit for 5 mins to thicken)

DIRECTIONS

- 1. Preheat oven to 180°C and line a baking tray.
- **2.** Combine dry ingredients in a bowl. Stir in wet ingredients to form a dough.
- **3.** Place dough on to some baking paper, and place another sheet of paper on top. Using a rolling pin, roll out nice and thin (about ½ cm) and use a cookie cutter to make your biscuits. Place on your baking tray.
- **4.** Continue to roll and cut you should get about 12-14 cookies cut.
- **5.** Bake for 15 minutes until turning golden. Remove from oven and allow to cool completely while you move on to the next step.

PART 2: RASPBERRY CHIA JAM

INGREDIENTS

2 tbsp chia seeds

1/3 cup raspberries, mashed	
4 tbsp water	
1 tsp vanilla essence	
¼ tsp sugar alternative sweetner	

DIRECTIONS

 Combine all ingredients and set aside to thicken until ready to use

PART 3: MARSHMALLOW

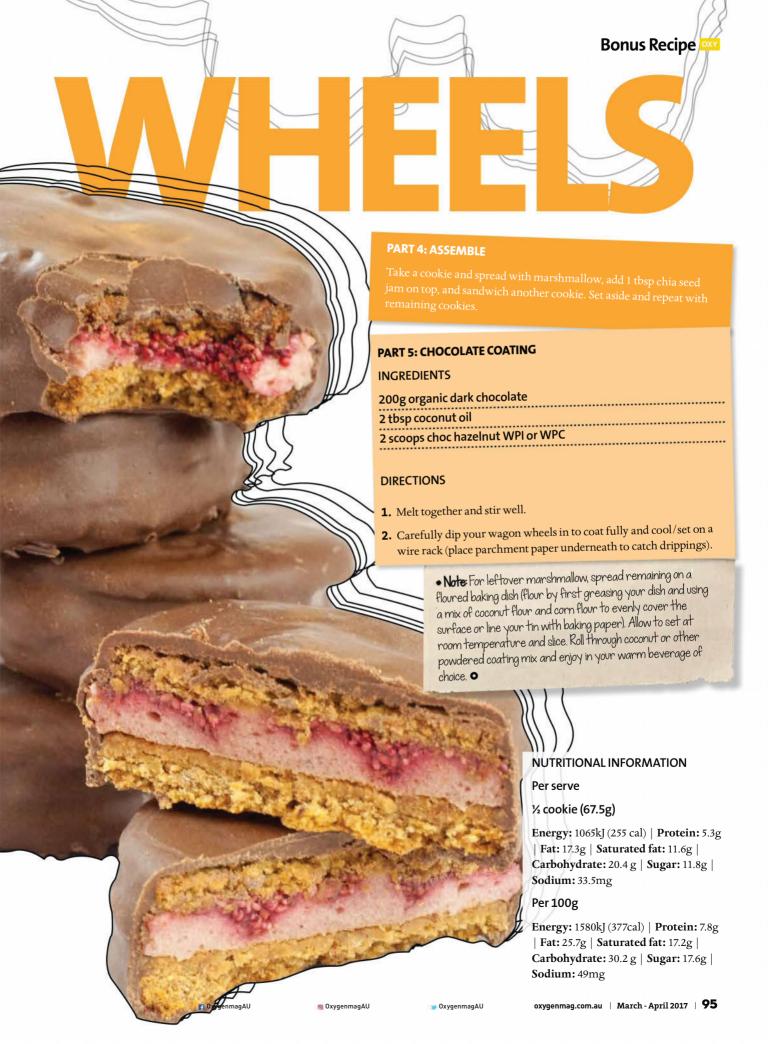
This is about double what you need; see the note on using up the remainder.

INGREDIENTS

160g strawberries
% cup water or coconut water
1 tsp vanilla essence
1 tsp rose water
1 tsp sugar alternative sweetener
2 tbsp gelatine powder
1/3 cup boiled water

DIRECTIONS

- **1.** Combine strawberries, vanilla, rose water, water and sugar alternative sweetener over heat in a saucepan. Cool on a simmer until strawberries are broken down.
- **2.** Push strawberries through a sieve so you have about ³/₄ cup of pulp-free juice. Set aside.
- **3.** Combine boiled water with gelatine and whisk quickly and well to combine and dissolve your gelatine. Work quickly so the gelatine does not set, and then add your still-hot strawberry mix.
- **4.** Use an electric whisk and beat for 5 minutes until gelatine has thickened to resemble lightly shocked egg whites and lightened in colour significantly.
- **5.** You can either place into a piping bag or use a spoon to spread the mix.







HOW ONE YOUNG GIRL USED A HORRIFIC ACCIDENT AS THE SPUR TO CHASE HER HEALTH AND FITNESS GOALS.

BY TAYLAH HEMMING

FAST FACTS

Name: Taylah Hemming City: Forbes, NSW

Occupation: Physiotherapist

Age: 21

Height: 180cm

Weight:: 60kgs

ON BOXING DAY 2013, AT THE AGE OF 19, I WAS BURNT IN A BOAT **EXPLOSION. I WAS AIRLIFTED FROM MY** SMALL HOME TOWN OF FORBES, NSW, TO THE BURNS UNIT AT THE ROYAL NORTH SHORE HOSPITAL IN SYDNEY. **ROUGHLY 25 TO 30 PER CENT OF MY BODY WAS BURNT, INCLUDING MY** LEGS, LEFT ARM, AND FACE.

I received skin grafts to the side of my left leg where the deepest burns were. I spent roughly three weeks in the burns unit, with physiotherapy daily to practise walking and other basic tasks to keep my skin mobile and reduce the risk of tightness.

At some stages during my hospital stay, I was unable to complete the most basic of tasks. I remember it took me 20 minutes to move from my bed to the toilet due to the intense pain shooting into my feet. This also left me physically incapable of walking.

I required ongoing therapy at the burns unit for months afterwards; this was hard at times as I am from a country town approximately five hours away from the hospital. The follow-up appointments were for my scar management. The initial management involved wearing thick compression garments on my arms and legs 24/7 and undergoing strict scar massages morning and night with the aim of flattening my scars.

I suffered with anxiety and post-traumatic stress disorder (PTSD) after the accident and was unable to drive past petrol stations or cook on the stovetop in my home. It was a tough few years trying to juggle studying a physiotherapy degree while wearing compression garments and undergoing psychology; however, I've learnt so much about myself and am motivated to help others.

I turned to health and fitness as a way to decrease my stress and aid my healing. I'd always had a goal of achieving my 'dream body', and it was this event that allowed me to realise life is so precious.

The experience has completely changed my life. I have a different view on life in that I really cherish every moment and I understand the strength, determination, and perseverance our bodies provide us with. I now know how much our bodies can be, and need to be, pushed. I love to challenge this in my training!

I've always been an active person and previously participated in many sports such as touch football, netball, and soccer and had been a dancer since the age of six, but I did not begin specific training until 20.

I started off with basic exercises and high reps and now train specific muscle groups in the gym (or wherever is available) with lower reps, much heavier weights and so much more variety.

I finished my physiotherapy degree at the end of 2016 and am excited to get into the workforce to promote healthy and active lifestyles. I began this degree with the desire to help others return to, or extend past, previous physical capabilities.

I feel that I was given a second chance at life and I'm making the most of it by doing the things that make me feel good. It is so important to me, as we get caught up in all of life's stressors and forget about actually living life. I want to inspire other women to make the change, to not put anything off. If you have a goal, make it happen.

OxygenmagAU



//TAYLAH'S DIET

BREAKFAST: Yoghurt, mixed nuts and seed mix topped with banana or poached eggs served on paleo toast with spinach and avocado a high-protein, low-GI breakfast provides you with the protein to support muscle growth and keeps you fuller for longer.

LUNCH: Tuna and avocado salad avocado is a good fat that really aids my hair and skin.

DINNER: A source of meat (chicken/kangaroo/salmon) with steamed/roasted vegetables and approximately three boiled eggs.

SNACKS (ONE TO TWO TIMES A DAY): Homemade protein bars, protein smoothies, or paleo treats such as sweet potato brownies or protein bread topped with nut butter and banana.

//TAYLAH'S WORKOUT WEEK

Monday

AM: HIIT session (30 mins)

PM: Weighted chest and triceps session

Tuesday

AM: Low-intensity walk/yoga (30 mins)

PM: Weighted back, biceps, and abdominal session

Wednesday

AM: Yoga/stretch session (30 mins)

PM: Weighted leg session

Thursday

PM: Weighted shoulder session +/cardio on treadmill (10-15 mins)

Friday

AM: HIIT session (30 mins)

PM: Weighted arm session (biceps and triceps)

Saturday

AM: Low-intensity walk

PM: Catch-up/abdominal session (or rest day if completed full workout week)

Sunday

AM: Light upper body/lower body session or low-intensity walk



Honestly, getting older itself isn't so bad — spending time with the ones you love, accomplishing your goals, travelling the world ... if only it didn't come with the aging part. But you have in your reach a fountain of youth that is better at combating wrinkles and flabby triceps than any injection or filler around: exercise. But not just any exercise will do — there are three scientifically proven ways to fight the clock and fool Father Time.



YOUR TO-DO LIST

First up on the right fibres.
First up on the docket: engage your fastand super-fast-twitch muscle fibres. These fibres stimulate the release of agefighting agents such as growth hormone and testosterone when trained at a high intensity at or above your anaerobic threshold, such as when sprinting or doing powerlifting-type moves or other high-volume training. Most muscle loss happens when these crucial fibres are not used and your body starts to de-innervate them, making it more difficult for you to develop force and power. So it's in your best interest to keep them lubed up and healthy to preserve your existing muscle mass.

*Load up that barbell!
Of course adding muscle also can help fight the aging process, but in order to best beat the ticking clock, you've got to lift heavy. Heavy lifting has been shown to cause the highest post-workout release of growth hormone in women, and scientists believe this acute spike is responsible for short-term muscle growth as well as longterm cell repair. And a bonus for longtime Oxygen readers: the hormones released post-exercise are said to have a stronger effect on trained athletes than they do on sedentary individuals, so essentially the more you train, the younger you'll feel!

*Speed up your metabolism.
Another bummer about aging: your metabolism slows down; the number of calories you burn on a daily basis drops and it becomes harder to cut body fat. In this instance, high-intensity workouts are again the best Rx for quelling that accumulation of body fat and keeping your metabolism revved as the years tick by.

With all that cool anti-aging science in mind, Oxygen has created three different routines to help you combat the calendar. They all use multi-joint movements for maximum muscle activation and GH release and can be integrated into any training split you've got going. Exercise has been and will always be the best medicine: keep moving and stay young for the rest of your life!

Exercise	Sets	Reps	Rest
• double-kettlebell clean	5	10	60 seconds
• over-the-box jump	5	10	60 seconds
• double-kettlebell squat + overhead press	5	10	60 seconds
• oblique ball toss	5	10	60 seconds
• step-up + reverse lunge	5	10 each side	60 seconds
• barbell press + zombie sit-up	5	10	60 seconds

PROGRAM 2: Heavy weight
This workout focuses on recruiting your fast- and super-fast-twitch muscle fibres with heavy weights. This is best for a strength-/power-building phase of your training program. The clean, oblique toss and sled drive should be done explosively for maximum training benefit and to tap deeply into those fast-/super-fast-twitch fibres. * Use heavy weight (~85% 1RM)

Exercise	Sets	Reps	Tempo
• double-kettlebell clean	3	6-8	EMOM*
• oblique ball toss	3	8	EMOM
• double-kettlebell squat + overhead press	3	6-8	EMOM
• step-up + reverse lunge	3	8 each side	EMOM
• barbell press + zombie sit-up	3	8	EMOM
• sled drive	3	10 steps each direction	EMOM

^{*}EMOM stands for every minute on the minute.



PROGRAM 3: High intensity

Amp up your fat-burning potential with this high-intensity AMRAP (as many rounds as possible) workout for 25 minutes. This is a great workout if you're trying to get lean and fight the sneaky onset of body fat.

Use light to moderate weight (65-70% 1RM).

Exercise	Reps	Weight
double-ketttlebell clean + overhead press	ladder: 10, 9, 8, etc.	light
• ball slam + overhead throw	ladder: 10, 9, 8, etc.	moderate
• sled drive	ladder: 10, 9, 8, etc.	moderate
• over-the-box jump	ladder: 10, 9, 8, etc.	bodyweight
• oblique ball toss	ladder: 10, 9, 8, etc.	light
• step-up + reverse lunge	ladder: 10, 9, 8, etc.	light







• Double-kettlebell clean Set-up: Adopt a slightly wider than shoulder-width stance with your feet turned out about 10 degrees. Position the kettlebells on the floor together in line with and between your feet. Hinge at the hips and knees to drop down into a deadlift position, grasping the inside horns of the kettlebells, arms straight. Your hips should be higher head neutral.

Action: Extend your knees and hips powerfully to clean the kettlebells upward. As they wrists outward so that the kettlebells swing around your hand, and catch them gently on your forearms into the 'rack' position, wrists straight, elbows down.

Tip: Avoid whacking your forearms by generating all the power from your legs, not your shoulders. Practise with a lighter kettlebell until you can perform the move properly.

Over-the-box jump

Set-up: Choose a box about knee height or slightly lower and stand facing the box. Action: Dip down quickly, swinging your arms back, then explode upward and forward, tucking your knees and jumping over the box to the other side. Land softly, turn and face the box, and repeat.

Tip: Use your abs and hips to lift your knees up and gain maximal height. If you're unsure about clearing the box, choose one that's lower or land briefly on top, then immediately jump lightly off onto the other side.

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than your knees, back straight,

reach chest height, rotate your

Should grandma be powerlifting?

Maybe so! Many of the negative side effects of aging are due to hormonal changes, and according to a study published in the Journal of Strength and Conditioning Research, maintaining a healthy body composition as we age is imperative. Researchers measured muscle mass, trunk-fat stores and markers associated with chronic disease in post-menopausal women. After a nine-month strength-training program, the women who gained more trunk fat didn't add as much muscle as those whose body composition remained more stable. Their conclusion: the hormones associated with the accumulation of torso fat were impeding the muscle growth process. The good news is that your body can still adapt regardless of age, so start activating those muscle cells now and stay strong and lean for life!



OxygenmagAl



Double-kettlebell squat + overhead press

Set-up: Hold the kettlebells in the racked position and stand with your feet just wider than shoulder-width apart, feet turned out about 10 degrees.

Action: Keeping your chest up and gaze forward, sauat down as low as you can by dropping your hips and pushing them backward as you bend your knees. Extend your legs explosively, driving up and pressing both kettlebells straight up overhead as you come to full extension. Lower the kettlebells back to the racked position to complete one rep.

Tip: Prevent your back from arching at the top by exhaling forcefully. This engages your internal obliques and provides more stability for your spine.

Step-up + reverse lunge

Set-up: Choose a box about knee height, so when you place your foot on top, your leg makes a 90-degree angle. Hold a set of dumbbells at your sides and stand in front of the box.

Action: Step with your right foot completely on top of the box, driving through your heel to come up on top. Step back down with your left foot, then immediately step backward with your right foot, dropping down into a deep lunge, keeping your knee over your toes and your weight between both feet. Step your feet back together to complete one rep. Perform all reps on one side before switching.

Tip: Maintain a tall posture throughout the move. If you have to lean forward at the waist to step up, then the box is too high.











Oblique ball toss

Set-up: Stand sideways to a wall and hold a medicine ball at your chest with your elbows down, feet shoulderwidth apart.

Action: Turn away from the wall, bending your knees and rotating your hips to load up, then quickly uncoil, turning toward the wall and throwing the ball forcefully forward so it strikes the wall at chest height. Note: vou can either stand close enough to the wall to catch the ball before it lands or wait for it to hit the floor between each repetition.

Tip: Exhale and brace your core with each release to support your spine and increase your power.



Training oxy



Sled drive

Set-up: Load a Prowler sled with several plates and position it in a large open area. Face the sled and take a high grip on the handles with your arms extended. Action: Push through your toes and drive forward at an even, powerful pace, keeping your arms straight, spine neutral and hips low. Drive forward for 10 steps and then turn the Prowler around and return for 10 steps

Tip: Keep your arms locked and your shoulders packed to create a solid base. improving power capacity and helping drive the sled.

Ball slam + overhead throw

Set-up: Pick a heavy medicine ball and stand facing a wall about 2.5 to 3m away. Hold the ball at your chest in both hands, elbows down. Action: Quickly raise the ball overhead, coming up onto your toes, then use your entire body to slam the ball into the floor, squatting down as you release it to generate force. Then pick the ball up, raise it overhead and throw it forward against the wall as hard as you can, stepping into the throw and using your abs and core to generate power. Continue, alternating between the slam and the throw. Tip: For maximum power, follow through with your arms with each throw.





• Barbell press + zombie sit-up Set-up: Lie face-up on the floor with your

lower back arching naturally, and extend your legs along the ground. Have a partner hand you a barbell and hold it just outside shoulder- width apart over your chest with your arms extended.

Action: Lower the bar straight down until your elbows touch the floor. Then press it back up to full extension and hold it there as you roll up into a seated position, levering your body underneath the barbell so that at the top, you're sitting tall with the barbell overhead. Roll slowly back down to the floor to complete one rep.

Tip: Squeeze your glutes as you do the sit-up to keep your feet from coming off the floor. O





The power of protein

Growth hormone is key to staying vital and metabolically young — so how do you make the most of what you've got? Your natural levels of GH spike at night, usually right after you fall asleep, followed by several pulses every couple of hours. However, the usefulness of this GH spike may be dependent on the availability of protein in your system: if you don't have enough circulating amino acids during sleep, there won't be enough building blocks available to use that GH to build muscle. To best use your GH, have a high-protein snack right before bed, such as a slow-digesting protein powder like casein, some Greek yoghurt or even a spoonful or two of peanut butter.











Mindset

COMPARING YOURSELF TO OTHERS IS AN ACT VIOLENCE AGAINST YOUR authentic self.

THE COST OF COMPARISON

We compare ourselves to others in an attempt to make accurate evaluations of ourselves. But at what cost? While comparison can be a valuable source of motivation and growth — for example, Olympic athletes striving for gold — it can also spin us into a tailchasing frenzy of self-doubt. And social media gives us continuous material upon which to compare ourselves. Spending time thinking about how someone else is better looking, has more friends and followers, or is more successful than you is both timeconsuming and ineffective.

When comparing leads you to devalue yourself or others, you've entered dangerous territory. As we don't measure up to these external standards and we become harder on ourselves, this actually zaps motivation and decreases goal completion. Then the added effect of insecurity comes in, because we compare our behind-the-scenes with everyone else's highlight reel.

So how are you being affected with comparison right now? It is important to take time out to note this. Then, when you imagine yourself at the end of your life looking back at what you've done, what will be the experiences and accomplishments that will have been most important to you? What kind of person do you want to be? What kind of relationships do you want to have? What do you want people to remember about you?

TECHNOLOGY AND SELF-ABSORPTION

Developments in technology are amazing, providing information and apps at our fingertips to Uber a ride, plan a holiday and increase connectivity on a global scale. There can be a down side, however, and it was represented by a great picture I saw in the media a little while ago.

It was Melbourne Cup day and all the horses were on the home stretch, everyone, of course, was excited for a successful win. The photo showed just about every spectator using their smart phone to capture the moment, except for one individual who was actually looking at the race. It really stood out to me and highlighted how dependant we have become on technology and, in turn, how it is perhaps reducing our awareness.

When we use technology we share and connect and have people like what we post. After a while our mindset gets used to this new reality we create as it gives us a great feeling. The more likes we get, the better we feel, and, in fact, we can become mini-celebrities.

Not only do we become mini-celebrities ourselves, we also look up to other mini-celebrities on social media. When we wish to look, be like, or have like others, we're not really wishing for everything about that person, but only the idealised aspects of the individual. This idealised and grandiose perception of another is narcissistic in nature. While we've been sitting around loudly fretting to anyone who will listen about disappearing social security and looming retirement, younger generations have been broadcasting every single detail of their lives to friends and strangers alike.

Thirty years ago we would have labeled someone as 'conceited' who always talked about what they were doing, today that's called 'social networking'. So, consider social media and the time you have to develop the real you and what you should change.

MENTAL MODELS

After you have done some work on building your understanding of how you may compare to others, there may be some aspects where you find it difficult to free your mind from obstacles. So remember that it's all a state of mind, and changing your mind can be done very quickly. The way you see the world is based on your mental images, sounds, and feelings. By shrinking the ones you don't want and expanding the ones you do want, you can create amazing changes. So pay attention to what images you make when you compare and make them smaller, move them far away and make them fuzzy and dim. Replace them with more relaxing images, images of the authentic you, and make the new images big, bright, colourful, and vivid. What you are really doing is changing your mental CD.

AN EMPOWERED YOU

The key to success for you is to be the best version of yourself. Once you know more about yourself, it is then about totally empowering yourself. Being empowered is learning that the only real power we have is over ourselves. Being empowered is about the journey to discovering who you really are. As long as you can consciously think, choose, and decide how you want to feel about anything happening in your life — or the world in general — you'll be empowered. You become more empowered by learning to take charge of your thoughts, emotions, and actions.

You are in charge of you; keep your power by keeping your thoughts of yourself your very own. Appreciation is an important part of the empowerment process. We all have strengths, abilities, resources, skills, and special talents or gifts. When you are appreciated, you will develop your full potential, and what you focus on becomes your reality. Focusing on strength and abilities highlights the best of what you already have.

Connection to your authentic self is the foundation for empowerment. When you are able to define yourself, be yourself, and act according to what you truly believe is important to you, you are connected to your authentic self. When you focus on what you feel, think, and believe about yourself and the world around you, you are being aware of self.

Focusing on self is not the same as being selfish without regard to others. It is to be authentic — to be, respect, and act in accordance with who you truly are. Put primary energy into clarifying your own beliefs, values, and life goals.

Moving away from comparison into the authentic you is empowering. involved.

OxygenmagAU



Instagram-worthy!

No-guilt frosty treat

Satisfy a craving for ice cream with this subzero hero. BY MATTHEW KADEY, MS, RD



When temperatures soar, it's likely you'll have an appetite for anything that will help you keep your cool. But dig into too many pints of rocky road and there is a good chance you will emerge from flip-flop season minus your bikini body. Not all frosty treats are off the summer menu, though. These frozen-yoghurt cups play by the nutritional rules and taste great, too. They deliver a source of antioxidants, protein-rich dairy, whole-grain goodness and healthy fats all at once.

BLUEBERRY FRO-YO CUPS

Makes 6 servings • Ready in 20 minutes (not including freezing time)

- 1 cup quick-cooking oats
- ¼ cup finely chopped almonds
- 3 tablespoons honey
- 2 tablespoons meltéd coconut oil
- ½ teaspoon cinnamon
- 1 cup plain 2% Greek yoghurt
- ¾ cup blueberries
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- salt

Nutrition facts (per serving): calories 192, fat 9g, sodium 23mg, carbs 23g, fibre 3g, sugar 12g, protein 7g

- In large bowl, combine oats, almonds, honey, coconut oil and cinnamon. Press the mixture into six standard-size silicon or paper-lined metal muffin cups.
- Place yoghurt, blueberries, lemon zest, vanilla and pinch of salt in blender container and mix until smooth. Top oat mixture with blueberry mixture. Place pan in freezer until blueberry topping is frozen solid, about two hours. Unmold cups and return them to freezer in an airtight container until ready to eat.
- 3. Before eating, let frozen yoghurt cups stand at room temperature for a few minutes to soften.

WHAT MAKES THIS GREAT?

MIND CONTROL: Blueberries are full of potent antioxidants shown to help keep your brain in tiptop shape.

CULTURE CRAZE: On top of its payload of protein and bone-strengthening calcium, Greek yoghurt is home to beneficial bacteria that may aid in your fat-loss pursuit.

TAKE IT TO HEART:

Whole-grain-based snacks may earn you extra birthdays. Researchers at the Harvard School of Public Health found that a daily serving of whole grains like oats can significantly slash the risk for heart disease.

>> FAT CHANCE: Avoid the temptation of using fat-free yoghurt. A little bit of fat makes for creamier fro-yo. Besides, emerging research suggests that dairy fat is not nearly the dietary villain it was once made out to be.



Keep going!

Add nuts, boost your endurance: a study in the Journal of the International Society of Sports Nutrition found that people who included nutrient-dense almonds in their daily diets experienced improvement in endurance performance.



TURN THE PAGE FOR MORE

HOTO: CHRIS NICOLL

Competition calendar





WRFF

World Beauty Fitness and Fashion

Fitness & Fashion Event – QLD

6 May 2017

www.wbffshows.com.au



INBA

International Natural Bodybuilding Association

Rising Star & Rookie of the Year – VIC

5 March 2017

Gladstone Championships - QLD

25 March 2017

Darwin Titles - NT

TBC April 2017

Clash at the Coast - ACT

8 April 2017

All Female Cairns Classic – QLD

8 April 2017

NSW Regional Championships – NSW

TBC April 2017

Tropix Townsville Classic - QLD

22 April 2017

Canberra & Country Titles – ACT

23 April 2017

NSW North Coast Classic - NSW

TBC April 2017

QLD Rookie of the Year - QLD

TBC April 2017

Adelaide Classic – SA

23 April 2017

www.inba.com.au

Would you like to be profiled in Spotlight?

Email us on



Australian Natural Bodybuildina

Central Coast Muscle & Fitness Model Mania - NSW

8 April 2017

Victorian Regionals – VIC

22 April 2017

Coral Coast Classic Championships – North QLD

29 April 2017

www.anb.com.au



NABBA/WFF

National Amateur Body-Builders' Association and World Fitness Federation

Kahma Classic – VIC

2 April 2017

Adelaide Grand Prix – SA

30 April 2017

WFF ALL Female Classic – NSW

30 April 2017

Melbourne International – VIC

21 May 2017

www.nabba.com.au

AWNBS

Australian Women's Natural Body Sculpting

Sydney Showcase – NSW

7 May 2017

Victorian Titles - VIC

21 May 2017

Queensland Titles - QLD

28 May 2017

www.awnbs.com.au



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Recliscovering her love

BY KIRSTIN CUTHBERT | PHOTOGRAPHY BY CHRIS NICOLL

HOW CARA SAUNDERS FOUND HER WAY BACK TO TRAINING, OVERCAME **ANXIETY AND STEPPED ON** STAGE TO BECOME AN IFBB **BIKINI PRO.**

ght kilos heavier, embarrassed, anxious and often sick, Cara Saunders found her life changed significantly within a year of finishing high school.

She participated in swimming, triathlons, cross-country and hockey all for club, rep and state teams through school and did anywhere from two to three hours a day before and after school.

But once she quit all of her sports she lost fitness and gained weight. Though she tried to keep some kind of routine, she found her lifestyle caught up with her.

"I went to the gym very late at night to avoid people and just did cardio and abs," she says, "as well as going for a run every day in an effort to lose weight."

"I lost some weight but what I was eating was far from good for me; I often partied and consequently ate a lot of fast food.

FAST FACTS

City: Brisbane, QLD Occupation:

Age: 24 Height: 169cm Weight: 65kg off-season; 59kg

"I was always at the doctor sick, tired and getting blood tests because I was low in iron and B12 resulting in weekly/monthly injections."

Even though Cara wanted to try weightlifting, she says she felt "quite embarrassed and shy."

"In a gym at peak hour can be really daunting with all the big guys around. Actually I think I was just nervous around anyone," she says.

"I could barely lift little weights and I had absolutely no idea what I was doing exercise-wise or what each machine did."

When Cara was 20 she met a guy who lived and breathed fitness. He showed her how to weight train and slowly got her away from the spin bike.

"He trained me every day; he made me dinners that were healthier and more balanced, teaching me how and what different foods do to help get me to my personal health and fitness goals," she says.

CHANGEABLE." "I spent quite a few months training with the guy before I started learning that his way of training wasn't the most effective way of training for me and for my goals."

Cara soon learnt about exercises, weights and reps that were more specific to the body shape she wanted. One day she went with the guy to watch some friends compete. The event inspired Cara to give it a go too and she started training towards her first show.

Since 2013 she has competed across a number of federations before finding her home with the IFBB. She won the Arnold Classic Australia as a Bikini Junior in 2015 when her only goal was to get there and be competitive, and describes the moment as "a real shock!"

To top it off, she competed twice in Opens after that in 2015 and at her second show she won her Pro card in Bikini Open Tall.

"That year was a big one for me!" she says.

Cara is now in preparation for the Arnold Classic Australia as a Bikini Pro which will be held in March at the Melbourne Convention Centre.

The success she has found in her competitions is but one reward the gym has brought her; it has also helped her overcome her anxiety.

"The gym was the cure to all my anxiety problems. It literally fixed everything for me!" she says.

"I really struggled with anxiety when I finished school and have

> had it bad a couple of times since.

"Everything always seems so much easier to handle if I get outside and go for a walk or get to the gym and do a session.

"It has completely changed me and made me realise how strong I am and how everything is manageable and

changeable."

"IT HAS COMPLETELY

CHANGED ME AND

MADE ME REALISE

HOW STRONG I

AM AND HOW

EVERYTHING IS

MANAGEABLE AND

As a self-confessed nerd who is OCD with numbers, Cara has a degree in Business and Accounting with a minor Forensics. She works as an accountant in the office all day, usually sitting down for at least seven hours, so once she finished work, she can't wait to get to the gym.

"What better way to shake off a lethargic feeling than getting to the gym or outside and getting my heart rate up or ripping some muscle fibres?" she says.

CONNECT WITH CARA Instagram: carasaunderss

OxygenmagAU





Spotlight Profile

"The endorphins it releases really improve my mood, increase my energy levels and give me more motivation towards life.

"The results I get from training on a mental, physical, personal and competitive level are what makes training rewarding; and that is why I will proudly call myself a fitness/gym junkie."

Looking back to her first year out of high school, Cara's life has changed dramatically. She is now fully aware how food, training and lifestyle choices impact how she is feeling on a daily basis.

"I have probably seen the doctor maybe two to three times in the last four years since changing my life. When I've had blood tests done they have come back completely normal," she says.

"I've also found the love I used to have for training — it might be different — but training towards a goal where my heart rate is up and endorphins are flowing — wow!"

After the Arnold Classic Cara is starting a new role in a much larger, Tier 1 accounting firm. That will be her primary focus for the remainder of the year.

"I have set out to make 2017 my year and I'll be working on improving my own life across many aspects!" •

CARA'S WORKOUT WEEK

"My coach and I change my workouts up quite often. We change the weight, reps, exercises, muscle groups and how many times I train a week. I'm currently at the beginning of my prep for the Arnolds and this is what my training program looks like."

// Monday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: Glutes/hamstrings - kickbacks, good mornings, lunges, sumo squats, lying leg curls, lunges, hip thrusts and glute bridges.

PM CARDIO: 20 mins Stairmaster.

// Tuesday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: Shoulders and triceps – machine shoulder press or dumbbell shoulder press, dumbbell side raises or cable side raises, rear delts, front raises with either dumbbells or with cable machine, tricep dips and reverse cable pushdowns.

PM CARDIO: 20 mins Stairmaster.

// Wednesday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: Back and biceps – lat pulldown, barbell bent-over row, V-bar pull-downs, back extensions, cable curls or barbell curls and dumbbell curls or preacher curls.

PM CARDIO: 20 mins Stairmaster.

//Thursday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: *Glutes/hamstrings* – kickbacks, good mornings, lunges, sumo squats, lying leg curl, lunges, hip thrusts, glute bridges.

PM CARDIO: 20 mins Stairmaster.

//Friday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: Shoulders and triceps – machine shoulder press or dumbbell shoulder press, dumbbell side raises or cable side raises, rear delts, front raises with either dumbbells or with cable machine, tricep dips and reverse cable pushdowns.

PM CARDIO: 20 mins Stairmaster.

//Saturday

(Rest day usually, but because she's in prep she does some cardio.)

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM CARDIO: 20 mins Stairmaster.

//Sunday

AM CARDIO: 30 mins walking, 20 mins Stairmaster.

PM WEIGHTS: Back and biceps – lat pulldown, barbell bent-over row, V-bar pull-downs, back extensions, cable curls or barbell curls and dumbbell curls or preacher curls.

PM CARDIO: 20 mins Stairmaster.

CARA'S DIET

banana, peanut butter and Optimum Nutrition Protein Energy — chocolate always! The rest of the meals throughout my day can consist of nuts, steak, chicken, turkey, sweet potato, green vegetables, mixed salads and pumpkin. I drink a Gold Standard Whey Protein Shake before bed





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f you aren't competing in a physique competition in either Bikini, Fitness, or Figure modelling, then chances are you know someone who is. Last year saw Australia set international records in competitor entries for females competing at such events, and the trend is only growing.

As more and more vie for that prestigious first place or tiara, we are also noticing a large number of competitors doing 'whatever it takes' to get onstage. So before you step onstage for your first or 10th competition, let's address what a physique competition involves.

A bodybuilding and/or fitness modelling show is a physique contest broken down into divisions suitable to different physiques. The most common divisions a female competitor will enter are Bikini model, Fitness model and Figure. These classes have guidelines that lend favourably to the competitor depending on muscular development and condition.

Bikini class is fantastic for the first-time competitor or seasoned veteran who prefers to maintain a trained yet not-overlymuscular physique. They are not overly conditioned, yet display fantastic overall proportions and symmetry.

Fitness models are slightly more muscular, particularly in the legs, back, and shoulders and are more conditioned than a Bikini model, usually distinguishable by visible abdominals.

Figure models are more muscular and conditioned. This class is usually suitable to those who have built a strong, muscular physique and have found that they are too big for Fitness, but not to the levels of muscularity to that of a bodybuilder.

On competition day, all the girls line up and comparisons are done; then there is a first call out. Usually, this lineup is the top five girls in the class, and hearing your number called brings an elation and relief only those onstage can relate to. I mean, after all the months of dieting and training for the specific event, her number is what every girl wants to hear when the first lineup is called.

Next, the comparisons take place, and it is every girl for herself. The girls are asked to 'quarter turn to the right', and here

the judges are looking for the best-suited physique within the class guidelines. It's all relative to what they are seeing in front of them on the day. After the comparisons, the competitors take their places back in the full lineup, and the judges deliberate and hand the scores to the announcer.

"Judges, are you happy?" the announcer asks, and if the judges are happy, the decision is made. Every girl is eagerly awaiting her fate. Nerves have kicked in and adrenalin is at an all-time high.

All they can hear inside their heads are their own voices repeating their number, waiting for it to be called. But they don't want to hear their name called too early; they want to hear it accompanying that sought-after first place.

The competition is now over, and after months of dieting and training for an event that lasted five minutes, most can't wait to do it again. What we see on social media are usually professional images that relate to the five minutes of stage time, where hair and makeup is perfect, the tan is dark, yet looks amazing under the bright lights, and the body is presented beautifully in a customised jewelled bikini.

The real truth is that, for many, it was a struggle to get onstage. They or their coaches have put themselves on extremely restrictive diets and trained excessively, only to find out that they were 'too soft', 'too hard', 'need more posing practise', or 'need to smile more'. The list goes on — but even worse is that they did all this thinking that surely they were going to win, yet sadly failed to place. Was the sacrifice and torture really worth it?

We've seen many cases of previously healthy, fit girls being starved, malnourished, and over-cardioed who end up with no trophy, but with eating disorders or, worse, hormonal and serious health problems instead. Suddenly this glamorous competition industry is not so glamorous.

Upon returning to a normal diet, many experience rapid weight gain, which sees their weight return as high as it was prior



Nutrition

to dieting for the show, if not higher than it was, and they struggle to get it back under control. Metabolically, they have been damaged, and to fix it can take much longer than the phase of destroying it took.

Why is it that calorie deprivation and overexercising is so common when preparing for a competition?

Many people think that the only way to look better is to drop weight and that they need to eat less and exercise more to get there, which is only going to set them up for failure. They forget that weight isn't the deciding factor in who wins, but more what the weight consists of.

It is how we look that matters. That is comprised of having enough muscle and being lean enough for your chosen category. The body is highly intelligent and designed to regulate itself and its functions in order to survive its environment, which can be detrimental to someone who is dieting with severe calorie restriction.

What we see far too often is female competitors dieting on less than 1000 calories a day for lengthy periods of time, which, in turn, will have the body use calories from precious muscle tissue to supply energy needed for normal bodily function. The result is that fat loss slows down and can stop, menstrual cycles can be interrupted, becoming irregular or non-existent, the immune system suppresses, increasing the risk of illness, there is an increased chance of anxiety and depression, plus it will also line you up for a severe rebound, setting you up for fat-gain post-competition. The best way to ensure health and long-term success is sustained is by training the body to consume a calorie intake that allows for reduction in order to facilitate fat loss, yet fuel the body for its training requirements.

When the body has become resistant to losing weight, despite the calorie deprivation and over-training, it is primed to rapidly gain large amounts of weight as soon as the overtraining and deprivation stops. So it is not surprising that people often experience weight gain well in excess of

the weight lost after lifting the severe calorie restriction and reducing the training amount!

And, even worse than this, the weight you lost (from the low-calorie diet) will probably include significant amounts of muscle. But the weight you regain will probably be mostly fat. This is why a lowcalorie, high-cardio plan, where the idea is to push harder for longer on less food to break a fat-loss plateau, is a bad idea. As soon as you reduce the training and eat more, you wind up bigger and fatter than when you started.

The favourable option is to condition your body to handle as many calories as possible prior to dieting for an event, so that the body can regulate itself at a higher starting point giving you further to move when the fat loss starts to plateau. My experience has shown that there is no need to reduce calories below 1300 to 1400 at the tail end of a preparation for a Bikini competitor. This then lends favourably to reverse dieting (rebuilding calorie intake) after comp slowly to reduce any chance of excessive post-competition weight gain.

So how do we get to stage without being calorie-deprived and training ourselves into the ground? I am going to keep this simple so everyone can apply it.

Measure your food and training performances and understand the result they have on body composition - with DEXA scans and caliper measurements, preferably, if cost and accessibility permits — on a weekly basis, making necessary changes so that you are constantly progressing toward your goal.

Let's take a recent, real-life example of a 24-year-old girl who is 165cm tall and weighs 63kg at 25 per cent body fat. She is considering her first Bikini competition.

As a coach of many Bikini models, I know that a good target to have her at onstage would be 58kg at 15 per cent body fat. This means we need to gain 1.2kg of lean mass and lose 7.2kg of fat mass.

Now it is the job of the training to build the lean mass. She needs to get stronger, which emphasises the need of a structured weight training program that promotes strength progression. It is primarily the job of the diet to lose the fat and support the training.

Knowing this, it is critical that the competitor builds her physique to a point where the body can handle enough calories to use the diet as a means to get lean and enable her training to facilitate the extra muscle tissue we are after. Given the competitor can safely lose 400 to 500g of fat per week while maintaining a good calorie intake, it would suggest that she would need around 14 to 18 weeks in order to be in perfect stage-ready condition.

Many would agree that there 'are plenty of ways to skin a cat', but when it comes to preparation for a competition, your health and longevity in the industry rely on your ability to maintain health and make continual progression. Low-calorie diets combined with high-volume training plans only lead to a path of destruction.

There is, however, the option to fuel your body appropriately for its needs and also training toward your ideal body composition. Ensure you use a measured, planned approach that promotes long-term success and a higher chance of staying healthy, so that you can lift that trophy above you in your best state of health and shape. Be sure to look after your body, as it is the only one you have.

Stay tuned next issue for part two of three in the 'Fuelling the Fire to Compete' series!





"THE DIFFERENCE BETWEEN WHO YOU ARE AND WHO YOU WANT TO BE IS HOW MUCH YOU LIFT"



Dictating her own DREAMS

IGNORING THE NAYSAYERS WHO TOLD HER A WOMAN SHOULD NOT LOOK STRONG OR HAVE MUSCLE, RACHAEL WHITE HAS SCULPTED THE BODY SHE WANTED AND GONE ON TO BECOME THE 2016 WBFF MISS PRO WORLD FIGURE!

TIRED OF BEING THE 'SKINNY KID', RACHAEL (RACH) WHITE WANTED CURVES. SHE BEGAN TRAINING MORE THAN 10 YEARS AGO AFTER GIVING UP HER BARTENDING JOB FOR A 9 TO 5 DESK JOB. HERE SHE FOUND SHE COULD FOLLOW A ROUTINE AND FOCUS ON HER HEALTH AND FITNESS, AND HER PASSION FOR WEIGHTLIFTING AND BODY SCULPTING WAS IGNITED.

"I settled into a government role so I could focus on routine and enjoy weekends outdoors rather than sleeping through the day due to super-late nights when I was bartending," she says.

Rach started seeing results quite quickly when she began seriously training, and it motivated her to push further.



"I guess in a way I was blessed to have genetics that easily build muscle," she says.

"Don't get me wrong; I trained hard for many years, but my motivation came from seeing results quite quickly. I was persistent."

After six months of solid training, Rach began to plateau. She needed something that would excel her results, so she began researching all things nutrition.

"I educated myself," she says. "I spent all my free time reading into training techniques and nutrient timing — all selftaught.

"Back then, we had no social media and fitness websites were scarce, so I spent a lot of time in bookstores researching the basic fundamentals. Once my nutrition was consistent, I grew!"

Rach began competing and has been doing so for some time now, with her most recent win her highlight to date. She won the 2016 WBFF Miss Pro World Figure and achieved a huge goal of hers.

"Knowing exactly how hard I had worked to get to that point, compared to where I had come from in the past, was an extremely proud moment for me," she says.

"Nothing can compare to that one moment when you know you have achieved absolute success in one massive life goal."

Rach eventually left her 9 to 5 job to peruse a job in the industry she was passionate about. She has been a personal trainer for four years now,

and also provides online consultations, nutritional plans, and coaching.

"I have taken control of my life," she says, "I am content with the steps I hesitantly took to get to where I am today.

"I did not want to 'settle' for a comfortable career and lifestyle, so I built up the courage and stepped out of my comfort zone and focused on making a career out of my passion.

"My only regret was not doing it earlier! You have to take risks in life to really see your full potential."

Competing in the Figure division and sculpting her body the way she wants hasn't come without criticism for Rach; however, she has learnt that the most important person she should do things for is herself.

"I received a lot of negative feedback when I first started about why a woman should not train — apparently a woman should not look strong or have muscles — it was socially unacceptable and almost frowned upon," she says.

"Even when I was winning my competitions, I was still being told how I should look. I would not, and will never, allow anyone to dictate how I should look.

"This not only applies to a fitness athlete, but society in general. You have the freedom to choose how you want to dress, how you wish to live, and who you want to love."

Rach is now focused on expanding herself more as not only a personal trainer, but an online coach and mentor as well. She is also possibly doing a WBFF Pro show in 2018.

Admitting she never planned on becoming a world champion, Rach says she just ended up on the path and it became a priority to her.

"I never intended or expected to become a world champion — at anything!" she says.

"But it's important to me now. As the years pass by, I am realising how short a time frame we have to accomplish our dreams."

And Rach sure is accomplishing her dreams! •

RACH'S DIET

- // Meal 1: 100g steak, 30g nuts, and 100g green veggies
- // Meal 2 (pre-workout): 100g chicken and 100g sweet potato
- // Meal 3: 100g chicken, 150g green veggies, and 5g coconut oil
- // Meal 4: 100g chicken, 100g cauliflower rice, and 30g nuts
- // Meal 5: 100g salmon, 150g mixed veggies, and 5g organic butter

"This, of course, varies depending on my energy levels," Rach says. "I prefer a lower carb/higher fat diet as my body tolerates this much better than higher carbs."

RACH'S **WORKOUT** WEEK

- // Monday: Off
- // Tuesday: Back/shoulders
- // Wednesday: Legs
- // Thursday: Off
- // Friday: Shoulders
- // Saturday: Legs
- // Sunday: Chest

Rach generally does not train biceps and triceps.

CONNECT WITH RACH Facebook: Rach White Instagram: rach_white25





Fitness starts on the inside

BY LATICIA JACKSON

NAME: Laticia 'Actiob' Jackson | **AGE:** 37 | **HEIGHT:** 170cm | **Weight:** 70kg | **CITY:** Pensacola, Florida, USA | **OCCUPATION:** Public Health Officer, United States Navy |

t the age of 28, I went through a domestic violence situation that could have cost me my life. At this time, by the standards of the world, I was successful. The truth, however? My truth was this.

I dealt with abandonment, perfectionism, and rejection issues from my father leaving my family when I was a young girl. I never felt good enough on the inside and was always seeking feelings of selfworth through my accomplishments.

On top of this, I looked for love in all of the wrong places. The pain I felt at this time was so real that I'd often pray for God to end it all. I wanted to be released from not feeling loved or good enough.

Although I saw red flags before I married my ex-husband, I didn't think any man would love me the way he did. In essence, my definition of love was not healthy. After I left this situation, I went back to my first love, and that was competing.

I took all of my negative emotions to the gym, and I cried myself through many of my workouts. I knew I had to get better and only God could heal my heart. As time went on, I forgave my ex-husband and I forgave myself.

On 25 September 2008, I stepped on to the Joe Weider's Fitness Olympia stage for the first time. There I stood, proud of myself — and I stood proud for all of the other women in domestic violence situations who never made it out. Although I had a way to go to heal, I refused to become a victim! On that day, I felt that my life was getting back on track.

The older I become the more I love my body, how I look, and how I feel. After competing for more than eight years, I have built a machine. My body is strong, and it loves how I respect it.

I don't believe there's an off-season. I eat healthy and still exercise five days a week, although I no longer compete. Healthy is a lifestyle for me and I love, love, love it! It's not a chore; it's an honour to be able to allow my body to do what it does.

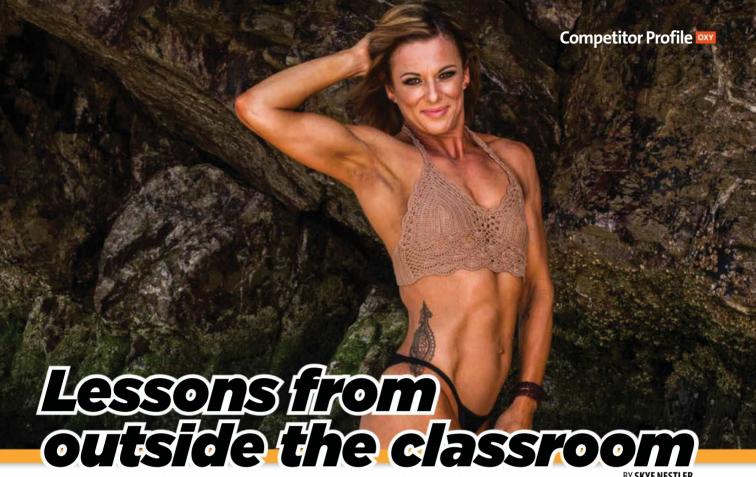
I'm a 2008 Fitness Olympian, three-time NPC State Fitness Champion and top level IFBB fitness professional. Some say I'm an overachiever. I say I refuse to cheat myself and deny the gifts that I have been given to change the world.

I attained many of my accomplishments and qualifications for personal reasons and the others things, such as my education, I attained in order to have the knowledge, skills, and ability to empower people to change their lives by first taking control of their health. Our health is the most precious thing we own, and I am honoured to help transform lives each day.

It is my goal to use my platform as a professional athlete to inspire and encourage women and young girls that being fit starts on the inside first. To help women realise that the most important size they can become is a size 'healthy' — that includes a healthy body, healthy emotions, and healthy self-esteem! •

CONNECT WITH LATICIA

Website: www.laticiaactionjackson.com|Facebook: laticia.jackson & yeswomenlift



nowing that I was an avid stress head, particularly on comp days, my coach Andy encouraged me to do yoga. Challenging positions aside, I discovered how beneficial it is for the mind — the calming, the chanting, breathing, meditating, and learning to be mindful.

At the Arnold Classic last year, I was programmed to walk onstage in the morning, and yet at 2pm, I was still waiting. Andy checked in with me to make sure I was okay with the delay and was shocked at the progress I had made in my reaction: "Yes, I am fine; nothing I can do about this. Getting stressed is only going to ruin me onstage; I'm relaxed."

My coach told me she had noticed a very serious mind shift this season, and she's right.

As a visual arts and photography teacher I had attended two teacher wellbeing units. These led me to leading groups within my school on being mindful and how crap happens every day; it's just in how we approach dealing with it that, in turn, affects our wellbeing. Throughout this time, I was noticing how strong mentally I was becoming, how confident I was, and after the Arnolds and placing third, I felt on top of the world.

And then the carpet was ripped out from under me. Just like that, the universe began to show me that what goes up can, at any time, come down.

First, my personal life spiralled out of control. Once I got my mind around this, and proper leadership, another blow.

I found out that my gorgeous mentor, coach, and friend had passed away in her sleep. The wind literally expelled out of my body, and the normal reaction — "Why, why her? So unfair, a person who gave her life to everything she did, with passion and 100 per cent dedication."

The few days that followed were horrible. My wellbeing course was that Wednesday night; through tears, I was able to present. Then I took another hit: the head teacher who had taught me so much in becoming the teacher I am today also passed away. I felt like my legs were going to cripple under me, and I had honestly reached my point of emotional heartache. These two people dedicated their lives to bettering others, and both had some part in making me the person I am today.

Throughout it all, I kept on with training. I kept on food-prepping. I kept on sticking to what Andy had planned for me, telling

her in my head that I will not give up on this plan she wrote for me. Her husband, Nathan, kept me on track from thereon in, supporting me, understanding that I am the kind of person who doesn't give up.

We got through it. Because that's what I do; I just get on with it. Finding the small things in life to be grateful for and still being able to laugh on a daily basis with my daughter was the best therapy in the world.

With all of the emotional challenges, this felt like an everlasting prep. Everlasting fish and everlasting greens. Finally, the prep was over and comp day arrived. I flew to the Gold Coast to compete in the Queensland All Female Classic, taking the best physique we have created yet.

I walked away from the comp with a first place. That medal is more than just what happened on stage. It's a representation of a win to being passionate, being dedicated throughout the midst of turmoil, and the amount of loss I experienced.

We can overcome challenges and set our sights on to our goals. The win was for everyone who stood by me, and, ultimately, for my Angel Andy. •

in the

AN ANONYMOUS INDUSTRY PROFESSIONAL TELLS ALL ON THE LENGTHS SOME COMPETITORS WILL GO TO TO WIN THEIR TITLE.

tanding backstage at my first overseas show was exhilarating and nerve-racking to say the least. As I looked around and saw the most impeccable physiques I had ever laid eyes on, it was a personal acknowledgement that I had finally reached the plethora of my training goals and could be judged alongside a premium international calibre.

As we were marshalled to grace the stage, we were bustled together and thrust into close proximity of each other as the prestage entrance was quite small and lacked room to even adjust your bikini without bumping into a fellow competitor.

I found myself getting jostled from the front and behind as we all anxiously waited. It wasn't until the girl in front of me nearly knocked me off my feet by accident that I actually spoke to anyone from the other teams.

"Sorry love," she said, in a deep, raspy, somewhat dehydrated voice. "Did I knock you over?"

"That's okay," I chirped, "It's pretty squashy in here." I smiled and was really glad to make my first acquaintance.

"It's just I had to shave my back again before I tanned last night and it's itchy!" my new friend chortled in her monotone rasp.

"Umm haha, that's okay," I laughed sympathetically and took this immediately as a joke and nothing more.

But as she turned back to the front, still scratching her extremely defined back, I noticed that it wasn't just her back that she may be scratching next. Her chin and jawline in the blue-haze backstage lighting made her look like she had a three o'clock shadow.

Finally, we were all hailed individually on to stage for our presentations. It was like waking up on Christmas morning thrilling, exciting, not knowing what to expect, but knowing the experience was going to be awesome.

Unfortunately, I was not in the first, second, or third callout. I was a little disappointed at first, knowing this meant I was not a frontrunner, but it did give me time to soak in the ambiance of the event and see exactly what the judges were looking for.



As I studied the ladies, I noticed a hardness in their faces, a squareness in their jaws and, again, this crazy condition that even now in the sunlight did not wash out any lines or details.

The top three ladies were hard — and I'm not meaning lean. I'm meaning granite hard like mahogany turned wood. I reflected quickly as I was still poised onstage and in view of the judges, but I could not recall ever seeing female condition like this. I put it down to genetics, brutal training and sacrifice, and manipulation of calories.

My category concluded and I was lucky to scrape into eleventh for my first event, but the finals were the next day and I would have to wait to see where my final placing would be.

We all walked off stage, and as we gathered our tan-stained items, rice cakes and pump-up attire, a representative from the host country walked around and offered to take orders for supplies. I thought nothing of this and kept packing up my belongings until my new, deep-voiced friend asked if I was all right for everything.

"What is he asking for? Food or tan?" I naively asked.

"No love," she laughed, "are you right for gear? Diuretics or anything else?" She was serious now and her eye contact laserbeam focused on my reaction.

"Umm, no thanks, I don't use anything," I offered feebly, as I felt embarrassed and awkward about the question.

"That explains a lot," she scoffed, looking me up and down before stomping off.

I sat on one of the steps outside the huge exhibition theatre after the show to reflect on my day. As surreal as it was to be chosen to be here, it was also an eye-opener. Walking around in the brilliant sunshine were well-tanned, almost Tandoori-based, athletes. Men and women bowled by wearing stained tracksuits and very serious looks on their faces, heading to their various destinations of highcalorie intakes or perhaps places of rest.

As I studied the ladies, I noticed a hardness in their faces, a squareness in their jaws and, again, this crazy condition that even now in the sunlight did not wash out any lines or details. The difference between us was night and day. I felt small and vulnerable watching these gargoyles walk around.

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Later into my years as a competitor, it became obvious that the use of steroids or the medical support of pharmaceutical medication was prevalent to obtain this mutant-like condition. Believing 80 per cent of a comp prep will rely on nutrition was as naive as me thinking at my first show that everyone was clean and that we were all competing on the same level displaying our sacrifice and efforts through hard work, nutrition, and dedication to health.

However, health usually has nothing to do with these types of competitions. If you adopt a win-at-all-cost attitude to any sport, you are headed for a disaster, and in bodybuilding, unfortunately, most of the risks girls take are not reversible.

The common use of steroids was previously associated with male bodybuilders, as men were injecting hormones into their bodies that they were predominantly already producing naturally. It provided a boost as a superprotein synthesis protocol that enabled them to train longer and recover faster.

They then offered this to their girlfriends, clients, and peers as a faster way to get the ladies advancing in their pursuits too. Unfortunately, the side effects have been shown to be horrific, and most who use do not stop to think of the repercussions of injecting male hormones into themselves. Their focus is on only the goal at the end a plastic trophy and a title that they could cling to forever.

Doses were often just halved from what the men were taking as a 'rough' guide for women, and it wasn't until the symptoms of enlarged clitorises, female pattern balding, hypertension, and psychological torment became obvious and women started committing suicide that people began to realise the side effects. Even the so-called 'softer' drugs were tried by some women, but the same results became all too common.

There is a reason that steroids are illegal and a Schedule 1 drug; there are laws in place. Steroids are dangerous. They are not intended for recreational use, and that is why, in Australia, if you are caught with any type of performanceenhancing drug, you will be charged, fined, and possibly restrained in custody as the law sees this drug no differently to methamphetamines.

I have worked alongside some of the most renowned coaches and trainers in the past 10 years, in Australia and abroad, and I have been witness to some horrific protocols and watched like a car crash in slow motion as

SIDE EFFECTS OF STEROIDS FOR WOMEN

Clitoral enlargement: The sex organs of males and females are developmentally related in many ways, and so they share the same responses to hormonal activity in the body. Female sex organs are still very hormones, and a dramatic rise in androgen levels via exogenous sources or otherwise penis, the clitoris can eventually enlarge to the point where it resembles a penis and can enlargement during sexual arousal!).

Increased bodily and facial hair growth (hirsutism): Hirsutism is characterised identical to that seen in males (male-pattern hair growth). As with all side effects related with minor signs and symptoms, and is, of course, dependent on the strength of the androgenic anabolic steroid used, and thicker hair growth in undesirable point in development, hair removal might be necessary.

side-effects-women/>



Everyone has different journeys, but I implore you to ask those around you what medical degree they have before administering your next lethal injection. 99

young girls, grown women, and beautiful faces crumble with their bodies as an aftermath of these drugs.

Unless you are so low in testosterone that you can be helped and monitored by a doctor, there is no need to inject anything into your system hoping for glory at the end of a six-week bulk course.

I remember at one show we were all asked to wait inside the extremely hot environment of the tanning tent for our scheduled appointments. It's no secret that some of the Europeans are very confident and have no issues with public displays of nudity, but when you witness a naked lady who can pee standing up, you have to wonder if this is a party trick to shock us or does this lass have a penis?

Even in the past year I have worked with bikini girls and promo girls spruiking of their newly enlisted coaches offering them veterinary medication that horses use for respiratory disease to strip fat! Clenbuterol and ventipulmin are used for horses or cattle with the flu or fluid on the lungs. Olympic athletes in sprint events even use it as it has mild anabolic effects and affects

the central nervous system like a beta blocker. Unlike a caffeine fat burner (which works for approximately one to six hours), this booster is 24-hour active! Sounds healthy, huh? More like the opposite!

People who take these drugs can experience shaking, cramping, dehydration, sweating, increased heart rate, anxiety, paranoia, reduced appetite, and insomnia. Excessive use may cause adrenal problems, chronic fatigue, and heart complications that may lead to a possible heart attack.

People are also stealing their grandparents' medication to help condition them for their next event! Heart medication is being used as a diuretic to drop water weight before comps, and thyroid medication is used to increase metabolism and reduce body fat.

HGH (human growth hormone) is also taken to increase muscle mass. Anti-cancer oestrogen blockers are used to increase the body's natural testosterone production and keep water retention levels minimal.

Sheep footrot veterinary medication is used to increase lean muscle mass while decreasing body fat. People also may use

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water-based suspended steroids that are given to racehorses and mature animals, as well as cortisol-controlling substances that can stop cortisol and the stress hormone. Wow! The lengths some people go to!

And don't think each of these 'enhancers' doesn't come without detrimental and sometimes life-threatening side effects!

Where does the insanity end? How far would you be prepared to go to win a Pro card or a Miss 'Something' title? Everyone has different journeys, but I implore you to ask those around you what medical degree they have before administering your next lethal injection.

And, remember, you can do well in the sport in a totally natural way too, and there are plenty of natural comps where the playing field is more even. Also, everyone who does well in their pursuits isn't necessarily on something either. You can never be sure. You just have to do what is right by you and make decisions you can happily live with. You only get one body after all. •

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If you'd like to feature in Oxygen's future of fitness inspiration page, please email us on editorial@challengermediagroup.com



Samantha Kozuch

HOLLYWOOD, CA, USA
OCCUPATION:

MODEL

AGE: 28

HEIGHT: 178CM

WEIGHT: 61KG

WORKOUT INSPIRATION? Sports and school had been my life, and so I decided I wanted to experience college without having to jet off to practice and games every day. That's when I started going to the gym on campus and educating myself on nutrition and how to work out through books, magazines, and the Internet.

FAVE CHEAT FOOD? I am an 'everything in moderation' kind of girl and I honestly indulge when I crave a certain something. I'm at a point with my body where I'm working out, so I can eat what I enjoy. I don't really like to say I'm 'cheating', because it puts a negative connotation on what I'm eating, and I never want to feel guilty when I'm eating. I will say I do enjoy something sweet daily after dinner and I will drink cocktails at social events on the weekends. However, I eat healthy and clean day in and day out when it comes to my meals.

HOW DO YOU BALANCE LIFE? My

schedule isn't a typical 9 to 5 one. Being a model, actress, host, video producer, and fitness talent is a 24/7 career. Every day is different. I schedule my workouts around my work bookings and, in my line of work, I'm constantly seeing my friends, so I usually don't have a problem making time for them. I recently moved to California, so my family is now in a different state, so I plan trips out to visit them. There are weeks where I'm working every day and some weeks I have completely off, so I just make sure to stay organised and plan ahead to keep a fun and happy lifestyle.



Corina Latimore

NORTH HAVEN, NSW
OCCUPATION:

HOSPITALITY

AGE: 32

HEIGHT: 159CM

WEIGHT: 55KG

WERE YOU ATHLETIC IN YOUR

YOUTH? I have always been into sports. From swimming to tennis to surfing, gymnastics, dancing, basketball, netball, and touch football, I had tried them all before high school. Throughout high school my main focus was touch football, although I still played a number of other sports.

WORKOUT INSPIRATION? Although I have always played sports, I only started really

started aways piayed spot s, rolly started really focusing on fitness about three years ago when I started attending boxing classes. I was suffering from depression and anxiety at the time, so a doctor suggested that exercise may help me feel better inside and outside. And it did. I got addicted to training and ended up training with the boys, sparring, and eventually fighting in the ring.

ROLE MODEL? My mum. She was a great sportsperson herself; she was a state runner in her teens, played basketball, hockey, and netball and played touch football in many representative teams up until her early 50s! Mum always encouraged me to try different sports and to show commitment.

FAVE TRAINING MOVE? Inclined sit-ups on the boxing bags. I like it because you work your abs and inner thighs at the same time.



Trish Barchuk

VANCOUVER, BC, CA
OCCUPATION:

HAIRSTYLIST & PT

AGE: 43

HEIGHT: 168CM

WEIGHT: 53KG

COMP AND WORKOUT HISTORY? I started

lifting weights at the age of 31. I fell in love with it and have not stopped 13 years later. I think I have competed in almost every federation in my province. My placings have always been top five, and I've received two Pro cards as a Fitness model in natural federations. I have been competing on and off for 10 years; I keep saying I'm going to retire from competing and somehow I find myself back on stage.

REWARDS OF COMPETING? Being an award-winning fitness competitor has not only had a tremendous impact on my own life, but has also given me the knowledge and insight to help others achieve similar goals. I consider myself fortunate to be involved in a sport that has not only allowed me to discover a passion for athletic competition, but more importantly has allowed me to understand the inherent synergy

HOBBIES? I have always been an avid road cyclist and enjoy pursuing this passion not only in beautiful British Columbia, but in Europe as well. I have spent many wonderful moments shredding down the mountains in Whistler on my mountain bike as well as my snowboard.

between exercise and nutrition.

BIGGEST SUPPORTER? I have to give credit to my husband for always being there for me and fully supporting my passion of fitness and competing.

ROLE MODEL? I have had many role models in the industry over the years. When I first fell in love with *Oxygen* and fitness it was Monica Brant.



Rachael **Muldoon**

MELBOURNE, VIC OCCUPATION:

PERSONAL TRAINER AGE: 26

> **HEIGHT: 165CM WEIGHT: 60KG**

LIFE BEFORE TRAINING? I was heavily involved with alcohol and drugs and I was very miserable. I tried to impress others with how much fun I was. I placed my worth on other's opinions of me. I have good memories, but I also have a lot of bad ones. I felt very lost and worthless. I became sick with stomach issues and, as a result, had my gall bladder removed. It took me guite some time to recover from it all.

WHAT'S LIFE LIKE NOW? Today I am 100 per cent about self-love and sharing that with others. I love my strong body, resilient nature, and self-discipline. I am the happiest I have ever been in my life.

COMP HISTORY? My best friend stepped onstage for her first Figure competition and I went to support her. I saw the Bikini and Fitness categories and her boyfriend, my trainer, said to me, "You would be good for that." And that's when the penny dropped. My comp highlight was winning the 2013 ANB National Championships in the Bikini category. I won my UFE Pro card and this allowed me to compete for the first time overseas in Canada the next year!

WHAT HAVE YOU OVERCOME? |

had to stand on my own feet, independent from anyone. I had to make decisions based on my own wants and not be influenced by the pull of my social circle. It helped me become a stronger being and find people who are true friends.



Jessica Crome

VANCOUVER, BC, CA OCCUPATION:

CERTIFIED DENTAL ASSISTANT

AGE: 29 **HEIGHT: 178CM WEIGHT: 64KG**

husband talked me into going with him at first, but I was very timid and didn't know my way around and mostly stuck to cardio machines. In 2010, after seeing a documentary called I Want To Look Like That Guy, where a guy trains like he's going to do a fitness/physique competition, it inspired me to see what I could do to my body. After trying out a 12-week fatburning program, I was more comfortable on the gym floor. By 2013, we decided to do our first half marathon! After that I got married and

WORKOUT INSPIRATION? My (now)

training for my first fitness competition. I've done five competitions so far. ADVICE FOR A GYM NEWBIE? Don't be afraid to look like you don't belong! It was my biggest hurdle when I first started in the gym. No one cares what you're doing. Just go

and have fun and ask questions or look it up

wanted to try something else that was going to

really challenge me. I hired a coach and started

BIGGEST SUPPORTER? My husband has been forever supportive! On- or off-season, high-carb and low-carb. My sister has also been really supportive of my choice to compete and has always been there for me even when others haven't really understood my lifestyle choices.



Rhiannon Crispe

KATHERINE, NT OCCUPATION:

OCCUPATIONAL THERAPIST

AGE: 30 **HEIGHT: 165CM** WEIGHT: 55KG

WORKOUT INSPIRATION? I have always been active, but the types of exercise I have enjoyed over the years have changed depending on my stage of life. Growing up, I was always involved in team sports. In my early 20s, I could run all day! I loved training for triathlons and half marathons. When I had kids in my late 20s, I had to reinvent my workouts so I could do them at home in a short time frame, so HIIT workouts were it! I loved plyometric bodyweight intense workouts, which would leave me hot and sweaty! Now I'm in my early 30s and I have a newfound love for lifting heavy weights. I'm still involved in a wide variety of exercises; variety is the spice of life!

ROLE MODEL? I am inspired daily by the everyday women I train. They get up at the crack of dawn, despite their sleepless night from their crying babies, they show up, no complaints, and have all the qualities I admire in an athlete: strong, determined, and fierce. The girls have developed a sisterhood: they empower each other and have each other's backs. This to me is truly inspiring.

GO-TO MEAL? Spicy chicken salad with the lot! I throw everything and anything in it! Baby spinach, coriander, baby tomatoes, cucumber, avocado, fetta, cashews, hard-boiled egg, and drizzle it with macadamia nut oil! Yum!

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Comp News







Danielle Antonellos

Event: INBA Southern Cross

Championships

Location: : Melbourne, VIC

Date: April 2016

Categories and places: 1st in Sports Model Novice and 1st in Sports Model

Open

Lacey Blackman

Event: INBA BrisVegas Supershow **Location:** : Brisbane, QLD

Date: October 2015

Categories and places: 3rd in Bikini Pro Qualifier and earned INBA Bikini

Pro card

Jodie Janczyk

Event: INBA Perth Classic Location: Perth, WA Date: May 2016

Categories and places: 1st in Bikini 30+ and 3rd in Bikini Mumma







Marli Hextell

Event: INBA Sydney Superbodies **Location:** : Wollongong, NSW

Date: May 2016

Categories and places: 1st in Miss Figure International and Miss Figure

Class 1

Lisa Morby

Event: ANB Melbourne Natural Mania

Location: : Melbourne, VIC

Date: May 2016

Categories and places: 1st in Over 50,

Over 45, Open Tall and Overall Figure

Katelyn Bartlett

Event: NABBA Night of Champions **Location:** New Lambton, NSW

Date: May 2016

Categories and places: 1st in Fitness

Model

If you'd like the chance to be featured in this spread, send in your high-res image and competition details to editorial@challengermediagroup.com

Spotlight

CHECK OUT THESE AMAZING GIRLS WHO STEPPED ON TO THE STAGE RECENTLY TO COMPETE!







Nicky Meese

Event: INBA Sydney Superbodies **Location:** Wollongong, NSW

Date: May 2016

Categories and places: 2nd in Figure First Timers, 2nd in Figure Novice and

3rd in Figure International



Rachael Duplock

Event: INBA Brisbane Classic **Location:** Brisbane, QLD

Date: May 2015

Categories and places: 1st in Bikini First Timers and 4th in Bikini Novice

Honni Williamson

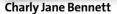
Event: INBA Rookie of the Year **Location:** Moonee Ponds, VIC

Date: March 2016

Categories and places: 3rd in Open, 3rd

in Over 30s and 4th in Momma





Event: INBA Coffs Classic **Location:** Coffs Harbour, NSW

Date: September 2016

Categories and places: 1st in Bikini

Model Open and Overall

Maleah Mier

Event: NPC Battle of the Champions **Location:** Council Bluffs, Iowa, USA

Date: July 2015

Categories and places: 1st in Bikini Novice, Bikini Open and Bikini Overall



Peta Falua

Event: Musclemania Australia

Championships

Location: Gold Coast, QLD **Date:** September 2016

Categories and places: 2nd in Figure Open Class 2 (medium height)





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