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Photography Tane Coffin/Vivien's Art direction Brooke Lyons Styling Jess Pecoraro Hair and make-up Katie Angus/ DLM using M.A.C **Model** Nathalie Darcas/ Chic/Scoop Nathalie wears The Upside tank, \$99; Lorna Jane crop, \$65.99; ASOS bikini briefs, \$32; Lucy Folk ring, \$175.

THE NEXTLEVEL



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fitness

How will you be more adventurous this year?

EDITOR

ante on my hiking

experience."

"I want to ?

learn new

things... but

I don't yet

know what

they are."

"By upping the Samera Kamaleddine

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that aren't jeans

- and I might

wear a dress!"

"Travel to three

haven't been

to before!"

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"I'm going to start tasting I've always assumed I just

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Target zone: adventure

AT THE START OF THIS YEAR, I SAT ON A CLIFF FACE OVERLOOKING THE PACIFIC

OCEAN, fresh journal and pen in hand, getting all life coach-y on myself. I wrote a little list - but not any old demands-from-the-universe kinda list like I've been quilty of scribing in previous years. This one listed all the feels. Specifically, how I want to feel this year. Sitting on top of the list? Adventurous!

It's one of those words that is bound to mean something different to everyone. For me, it doesn't necessarily mean doing something heart-pumping and cray like jumping out of a plane (I'm the girl who went to Queenstown, NZ, the adventure capital of the world, and played putt putt golf after all).

I do see it as chasing thrills though - in the form of moments that make you feel like you're sitting on the edge of a mountain even if you're not (although that is totally acceptable, too!). Think straying from usual drinking holes, taking a handstand class, exploring a new beach, or wearing a daring dress. Because, really, you can find some kind of adventure in literally any area of life, from your plate and wardrobe to workouts and holidays... if you dare to step sideways/backwards/ forwards out of that comfortable zone of yours, that is.

I've always had a "say yes" policy (invitations = opportunities, right?), but expanding on that is my new mantra, "Alter your course often". Try new things. Seek out new experiences. And let's not do it just for

the great Insta pic opps but for the feel-good, eye-opening, (potentially) life-changing internal stuff that matters more than the "likes" and fills your heart with all of the happiness. I can tell you from personal

experience that Adventureland is a pretty cool place to reside (I've even applied for permanent residency).

There's a sprinkle of adventure (my new favourite word) throughout every section in this issue to get this movement off the ground. I encourage you to find what the definition is for you. Once you do, I'll see you on the other side of adventure!

Enjoy the issue!



Samera Kamaleddine, Editor

Follow me: samerak

Follow WF: womensfitnessmag



LOOKING FOR MENTOR The WF Mentorship Program is officially open for business!

Behind the shoots =

Team WF took a little adventure of our own to the NSW Royal National Park for this month's cover and fashion shoots...











LIKE IT'S HOT

Need a HIIT of balance? Follow Aussie trainer and app creator @tanyapoppett for all of the awesome cardio/resistance combo vids your feed can handle.



HORSING AROUND

Crow pose on horseback anyone? Search #equineyoga for plenty of inspo (or just to give your WTF face a good workout).

THE NUMBERS

INSTAGRAM'S 400 MILLION **USERS GENERATE 3.5 BILLION LIKES** PER DAY.

Let's hang out together!

Tag #womensfitnessmag and #WFloves to show us how you're reading Women's Fitness...







WINNING!

Thanks heaps for sharing your snap, @ellebp27, you've scored a Bondi Sands tanning pack, valued at \$69.84. to help extend your summer glow.



Follow us @womensfitnessmag to catch up with the team and for a

feel-good feed every day – promise! And we're pretty great at keeping promises...



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WOMENS

CAN'T TOUCH THIS

We know there are some goodies we shouldn't be eating on the reg (ahem, cronuts and Froot Loops), but ever wondered which foods the health experts refuse to touch? We get some top nutritionists to dish on what they steer clear of - and why you should too.



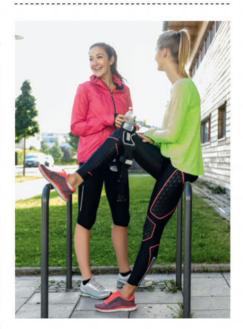
Sweet dreamer

Do you sometimes feel like you could be a zombie extra on the set of *The Walking Dead*? If so, read up on our useful tips for how to get the Best. Sleep. Ever. You're welcome.



Drop the guilt

Feeling bad about yourself because you've got an overflowing inbox and give more love to trashy TV than your BF? Don't be. Embrace the self-lovin' by checking out our list of things you should never feel guilty about.



What's the crucial accessory you need for an epic sweat sesh? Company. So recruit your BFF, put on some tunes and head to our website for partner workout videos.

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Feed Your Vego













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The number of Aussies who feel guilty after dining out*



Try this... Peanut butter dip

Score your afternoon protein hit with this delish spread

You'll need...

½ cup crunchy peanut butter ½ cup Greek yoghurt 2 tbs maple syrup 1 tbs vanilla extract 1 apple

Toss the peanut butter, Greek yoghurt, maple syrup and vanilla extract into a bowl and mix thoroughly. Slice up your apple, top with the spread and eat. Refrigerate the leftover dip for next time. Yum!

Glood bytes

Use these handy apps to plan your next hassle-free adventure



ADVENTURE JUNKY

(free, iTunes & Google Play)

Share your travels with other explorers, search for new activities to try and find nearby tours you can join.



MAP MY HIKE (free, iTunes &

Download this app and map your walks, review detailed stats from every workout and master your hiking goals with the built-in PT.



EMERGENCY + (free, iTunes & Google Play)

Whether you're going for a ride, surf, flight or walk, keep this app on hand in case you run into trouble. You can send a GPS signal to emergency services if you (or your pals) need help.



Culture club

BOOKMARK IT TIFFXO

If you like your workouts with a side of martial arts, sign up to Tiffiny Hall's four-week fitness, meditation and nutrition plan. You'll learn how to 'om' and kick some serious butt.

ADD TO SHELF

The \$50 Weekly Shop by Jody Allen (Penguin, \$24.99)

Save your coin with these nifty grocery hacks from Jody Allen. She'll show you how to plan your meals, fill your trolley and grow your own food for maximum savings. Cha-ching!

PRESS PLAY

Dove Mannequin Challenge

#RealBeauty

What happens when the folks at Dove ask fashion stores to promote more realistic body types? This awesome new take on the Mannequin Challenge. Cue all I the girl power.

TREAT YOUR EARS

Beautiful Stories from Anonymous People (free, iTunes and earwolf.com)

Comedian Chris Gethard invites random people to share their stories of love, struggle and survival for one hour every week. Listen here for serious inspo (and the odd chuckle).







Fit diary Sign up, show up and sweat it out at one of these coming-soon events



19 March Sydney Skinny, NSW

Get out of your comfort zone (and your clothes) in the Sydney Skinny. Set off from Cobblers Beach, conquer the 300m or 900m swim around the Sydney Harbour National Park and raise some coin for Aussie charities. thesydneyskinny.com.au



20-26 March Work With Nature Week. **National**

Whether it's catching up on emails in the park, brainstorming on a nature stroll or crunching numbers by the ocean, spend one hour away from your desk this week and reconnect with the great outdoors. workwithnaturetnc.gofundraise.com.au



1-2 April The Mont 24 Hour Race, ACT

We know that a 24-hour bike race may not exactly be your thing, but why not grab a few mates and give your cheering muscles a workout at this event? Watch as teams of four or six brave (and hella committed) riders tear up the dirt in the East Kowen Forest. selfpropelled.com.au



5 March-2 April Melanoma March, National

This month, help researchers find a cure for melanoma with a short walk or run through your hometown. Held in 17 locations around Aus, sign up and promote awareness for this life-threatening disease. melanomamarch2017.gofundraise.com.au



21 March Flow After Dark, Vic

Picture this: You and your besties getting your bend on while sick beats from DJ James Mack flood your headphones. Sound like your kinda scene? Sign up for Flow After Dark with WF's resident yoqi, Kate Kendall, pronto! flowathletic.com.au



7-9 April Julia Creek Dirt n Dust Festival, Qld

If you like your triathlons with plenty of mud, sign up for the Julia Creek Dirt n Dust Festival. Push through the 800m creek swim, 25km bike ride and 5km run, then check out the live concerts and bog snorkelling (that's right). dirtndust.com



Chocka block

Constantly hungry? Swap your meat for beans or peas. Seriously. According to a study published in Food and Nutrition Research, protein-rich vegetable-based meals are better at filling your tum than those based on meats. After asking volunteers to nosh on both meals (a bean or pea patty vs a pork or veal patty), the scientists noticed that people who scoffed the veggie dish ate less during their next meal. Since veggies like beans and peas are full of fibre, they do a top job nixing hunger, so you're less likely to over-eat (and more likely to keep your waistline in check).

Let it go

If you want to keep your ticker in fighting form, quit worrying about your health. Research published in BMJ Open found that people who spend time feeling anxious about their health are 73 per cent more likely to develop heart disease. If that sounds like you, try journalling to get the thoughts out of your head, practise mindfulness or download an app like ReachOut WorryTime (free, iTunes & Google Play), and put your fears to rest.





Better togethe Besides the gym, what's the one thing you wish there was more time for? According to the Steggles Quality Time Index, that'd be family and friends. Apparently 73 per cent of us aren't clocking up enough quality time with our loved ones, so we've got a solution for you: Why not work out with them? You'll save time, work your bod and catch up with your nearest and dearest all at once. Can't get everyone to the gym? Try these workouts instead: **GET BENDY**: If you and your SO

Netflix. Visit a studio or follow a class online and (actually) laugh out loud when one of you gets the wobbles. **EXPLORE THE OUTDOORS:** Quit texting your BFF and have a chat IRL. Schedule a hike or walk in your local park, and get all the goss while you torch the kJs. TEAM UP: If you can't stop everyone from staring at their phones during family dinner, sign them up for some after-work sport. Nothing bonds a fam better than a game of touch footy... right?

are keen to reconnect, hit up a yoga

class together instead of watching



Acai? Birch water? Teff? They're so last year. According to Yoko Inoue, founder of organic cafe. Shokuiku (shokuikuaustralia .com), the superfoods to munch on in 2017 are:

■ ASHWAGANDHA:

"A herb used to elevate mood and brain function, Ashwagandha contains a chemical substance that stimulates neurotransmitter pathways in the brain. It's a supplement but can also be consumed as a tea."

ASTRAGALUS ROOT POWDER: "[This powder] has antioxidant effects that naturally inhibit free radical production. Best consumed as a supplement, it may reduce the occurrence of colds and upper respiratory infections and help lower both blood sugar and blood pressure." ■ MORINGA: "Native to India, the moringa leaf has

the highest nutritional value of any other leaf. Containing proteins, minerals and vitamins, Moringa [may increase] energy, stabilise blood sugar levels, control acne and assist with sleep and digestion. This superfood is excellent when used in smoothies, but it cannot be cooked as this diminishes the nutritional value."

Open water

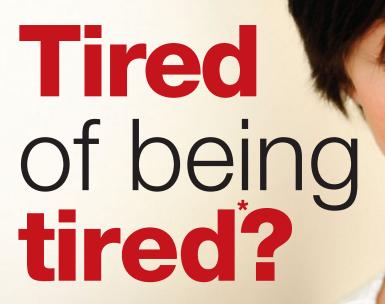
Hands up if you open your eyes in the pool? Okay, what about when you're under the surf? Girl, you might want to rethink your choices. According to Dr Kerrie Meades from PersonalEYES (personaleyes.com.au), both salt and chlorinated water carry a bunch of bacteria and viruses that may cause conjunctivitis and vision loss. Plus, if you wear contacts, the germs could jeopardise the structural integrity of your lenses and cause scratches. Yikes! Keep your peepers safe with these tips: 1 GOGGLE UP: "If you enjoy swimming and are worried about eye

damage, prescription goggles can eliminate your exposure to bacteria."

2 ELIMINATE GERMS: "It's a good idea to replace your contacts with a new pair after you go swimming. Ensure you've washed your hands and brought along some sanitised contact solution to use, too.' **3 SAFETY FIRST: "Sand can**

irritate the eye's delicate tissue. Wearing sunglasses and a hat while at the beach not only reduces your exposure to the sun, but also prevents sand from causing deep scratches on the eye's surface, which can lead to long-term problems." M





Floradix may help maintain energy levels!

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*Iron supplementation may help reduce tiredness and fatigue when the dietary iron intake is inadequate. Always read the label and use only as directed. If symptoms persist, see your healthcare professional.





FREE FROM ALCOHOL, ARTIFICIAL COLOURS and PRESERVATIVES

Take a plunge to discover the wild(er) side of life and unlock your potential

FACT: MAGIC HAPPENS OUTSIDE OF YOUR COMFORT

ZONE. Well, that's what motivational memes on Insta say, so there's gotta be some truth to it, right? According to WF psychologist Dr Lissa Johnson, that's a giant yes, since you're more likely to rise to new challenges, learn, change, evolve and grow when faced with the unknown.

"Remaining doggedly inside your comfort zone can also reinforce anxieties as you rob yourself of the chance to face your fears," Dr Johnson adds. Basically, if you do the same things in the same way every day, you'll deny yourself the chance to experience the world in all its forms, which is why you should welcome a little adventure into your life.

Before you say, "No freaking way" to a get-lost-in-the-wilderness quest à la Cheryl Strayed, chill. When it comes to shaking things up, switching careers, reviving your relationships and discovering your spiritual side can be just as adventurous as a solo hike. Follow these expert-approved steps to add some more spice to everyday life.

Conquer the career minefield

Rather jump out of a plane sans parachute than head into work tomorrow? Sounds like you're in a career funk, and if you can't see any light at the end of the workday tunnel, take a leap and explore other opportunities. It might feel scary at first (because it is), but throwing yourself into a job you like is bound to revive your waning enthusiasm and motivate you to succeed. You'll face new challenges and responsibilities, and if that isn't enough to spike your adrenaline, you'll have a whole new bunch of work mates to mingle with, too.





Before you jump ship, Dr Johnson suggests having an honest conversation with yourself first. Are your expectations of work realistic? Is there room to engage with your job in a more fulfilling way? If you think there's space for improvement, find everyday ways to make your work more exciting. Schedule a meeting with your manager to talk about new ideas you've been mulling over or, as Dr Johnson says, shake up your approach to an old routine by doing things in a different order or tackling a task from a different angle. If you're always silent during meetings, set yourself a goal to speak up and contribute at least one idea. On the flipside, if you usually find yourself running the show, sit back and listen to your colleagues. You might walk out with a fresh outlook on a task you've been struggling with.

If you love your job but feel as though you're simply coasting along, sign up for a course at Open Colleges (opencolleges .edu.au) and learn new skills that will help you in your current (or future) role. Or, ask your boss if you can help out in another department to gain more experience.

Expand your social scene

If Friends taught us anything, it's that you and your besties aren't that close unless you hang out at the same café Every. Single. Day. And while routines can be a good thing (without that long-standing monthly dinner, would you ever see your pals?), they can also suck the fun out of your social life.

As Dr Johnson says, sometimes friendships and relationships can follow such a well-worn path that they start to feel stale. It might be that you're sick of eating at the same pizza joint with your squad every Friday night or maybe Netflix has become more of a conversation blocker than a starter for you and your SO.

Whichever rut you find yourself stuck in, try looking at your relationship from a different angle. "Don't assume you know everything about [the other person]," says Dr Johnson. Ask for their opinion on a certain topic; you could learn something new about them, the world or yourself.

Since a change of scenery is also guaranteed to mix things up, swap your go-to girls' night venue for a new location or sign up for a surprise meal with an events company like Secret Foodies (secretfoodies.com.au). You could also try doing something you wouldn't ordinarily do, tips Dr Johnson, such as planning a date outdoors if you're mostly indoors or scheduling a get-together during the

day if you usually catch up at night.

When it comes to re-energising your love life, start by sharing a new experience together. Head to Virgin Australia (virginaustralia.com) and book a mystery vacation or check out the secret hotel stays on Last Minute (lastminute.com.au). If you don't want to spend too much coin, write down a list of all the restaurants and activities you want to try, cut it into strips, put them in a jar and pull out a different option every time you need fresh inspo.

Embark on a spiritual journey

So you're preoccupied with materialistic buys, looking for your life's purpose, feeling anxious and worried about your social status. Sounds like you need to establish a spiritual practice. If that makes you think of monks and dodgy fortune-tellers waving incense sticks, it's time to open your mind.

According to yoga teacher and health coach Nikki Ayres (nikkiayres.com.au), spirituality isn't just about meditating on a mountaintop. Instead, Ayres notes, it's a connection to something bigger than yourself (such as nature, a religion or a culture) that keeps you grounded and brings you a sense of purpose. Your spiritual practice reminds you that any limiting beliefs are fear-based, which allows you to reclaim your own personal power, helps you make clear decisions, find a balance between life and work and deepens your connection to your intuition.

On top of helping you get back in touch with your desires, uncovering your spiritual side allows you to take time out for yourself, which offers up its own host of benefits. "When we're alone, our minds can wander, taking us to all kinds of possibilities and realities," explains Dr Johnson. "As we daydream, we envision ourselves in different roles, doing different things and tackling life in different ways. This mental rehearsal prepares us to enact new possibilities and identities in reality, helping us to spread our wings."

Keen to start your spiritual adventure? Go for a bush walk or sit by the ocean to reconnect with nature. Learn angel cards, start a meditation or yoga course, reflect on life through daily journal entries or get creative with painting or drawing. Do anything that makes you feel like you're part of a bigger picture, says Ayres. If you're already in touch with your spiritual side, take it to the next level with a silent retreat or become a qualified teacher in a field such as yoga or meditation. And let a fresh adventure begin... M



Don't know the diff between bladder inflammation and urinary tract infections? Let WF's resident GP, Claudia Lee, explain



	URINARY TRACT INFECTION (UTI)	BLADDER INFLAMMATION also called interstitial cystitis (IC)
WHAT'S THE DEAL?	One in two women will experience a UTI in their lifetime, which is an infection of the urethra, bladder or kidneys.	Much less common than UTIs (it only affects 2-3 per cent of the population), it is inflammation and irritation of the bladder wall.
THE TRIGGER	Caused by microorganisms, usually bacteria that enter from the skin in the surrounding area (near the bowel) or friction during sex.	The cause is unknown, but it may be part of a condition that causes inflammation in various parts of the body.
THE NASTY FEELS	An intense urgency and frequency to pee, a burning pain while you pee, discomfort or pain above the pubic bone, blood or pus in the urine (urine appears cloudy) and potentially a fever.	The same urgency and frequency to urinate as a UTI, as well as the discomfort. This is often worse during menstruation and can be associated with irritable bowel syndrome (IBS) and endometriosis.
HOW LONG WILL YOU HAVE IT FOR?	Symptoms clear quickly in five to seven days with treatment.	Symptoms can be prolonged.
TREAT IT	Drinking water prevents the infection spreading up to the kidneys, while cranberries are said to have super-healing and nutritional properties for UTIs concentrated cranberry juice extract can prevent bacteria sticking to the urinary tract wall. Chow down on alkalising foods, fluids, bicarbonate soda or take antibiotics.	Ease inflammation by reducing your intake of highly acid-forming food and drinks, such as coffee and tea, sugar, alcohol and fizzy drinks. Similarly to UTIs, alkalising food and fluids (like cranberries) will prevent foreign particles sticking to the bladder wall. Pelvic floor and bladder training will also help, as will antibiotics (if required).
PREVENT IT	 Drink 2 litres of water every day. Avoid washing with harsh soaps. Empty your bladder after sex. Maintain good bygiene. 	 Stick with the above diet and hydration habits. Maintain good hygiene. Pelvic floor and bladder training.

Bladder soothers

Whip up these DIY alkalising remedies...

#1 Try fresh lemon juice in spring water, or three teaspoons of apple cider vinegar in unsweetened apple juice, mixed with two litres of water.

#2 Make your own naturopathic lemon barley water: Mix half a cup of whole organic pot barley with five cups of water. Simmer for five minutes, and leave overnight. Strain through a sieve, then add a pinch of cinnamon and the juice of at least one or two

#3 Fresh parsley or dandelion leaf can be beneficial, too, as raw foods are alkalising and can strengthen your immune system and aid digestion.

fresh organic lemons.

#4 Steer clear of the commercial cranberry

drinks as they can be high in added sugar, and instead buy dried cranberry powder and mix it with apple juice, or soak cranberries in water or apple juice overnight. Stick with a limit of 300ml daily as more can cause kidney stones or diarrhoea.

Maintain good hygiene:

Wipe from front to back (away from

the urethra) after a bowel motion.

Pelvic floor and bladder training.

Exclude and treat inflammation

in other parts of the body. M



Wf challenge Make March the month you...

Show us how your project is progressing by tagging #WFChallenge on Instagram!

Finish what you started

EVER STARTED SOMETHING YOU WERE SUPER PASSIONATE/ MOTIVATED/OBSESSED ABOUT....

only to leave it half-done like a mediumrare T-bone? Hey, enthusiastic starter, this month's challenge is just for you!

According to life coach Jae Schaefer (jaeschaefer.com), there are generally two main reasons we might start a project and leave it unfinished. The first: our old frenemy, perfectionism. "If we set superhigh expectations for ourselves and don't measure up straight away, we become disheartened and give up halfway through," explains Schaefer. "The thing is, failure is an integral part of the process and no one becomes an expert overnight. The trick is to value progress over perfection, always!"

Add a little resistance to the mix and you have the ultimate recipe for noncompletion. "When we're doing something outside our comfort zone, an inability to follow through can be a sneaky form of self-sabotage," says Schaefer. "Our ego mind knows that finishing a task would mean expanding into a new level of success, and because its job is to keep us 'safe' (i.e. small), it will try everything to prevent us from finishing what we started."

Dabbling in new projects and never fully committing actually stops us from moving forward in any area of our lives, says Schaefer. "By not following through on our goals, we are cheating ourselves out of an opportunity for growth," she adds. "Incompletion also erodes self-trust. By consistently not doing what we said we were going to do, we damage our most important relationship - the one we have with ourselves. How would you feel if your best friend was always bailing on your plans? The great thing is, every time we follow through with an action, we strengthen that relationship with ourselves."

Whether it's writing a novel, learning to speak another language or starting your own biz, break the habit of incompletion and get back in the 'doing' (instead of just 'thinking') phase with Schaefer's tips for getting - and staying - proactive.



STEP ONE: FIND YOUR WHY

"Get clear on why you wanted to finish this project in the first place. 'Because I think I should' or 'Because everyone else is' simply aren't inspiring enough to keep us going when things get tricky. Tap into the feeling behind the goal by asking yourself, 'How will I feel when I've accomplished this?' It's never the external achievement we're chasing but the feeling we think it will illicit. For example, you might want to start a small business because it will make you feel empowered. Really embody those feelings and think of what you can do right now in order to bring them to the surface."

STEP TWO: FACE YOUR RESISTANCE HEAD ON

"If you keep putting off a particular project ask yourself, 'What am I really avoiding here?' Journalling is a great practice for

uncovering any subconscious beliefs stopping us from finishing what we start."

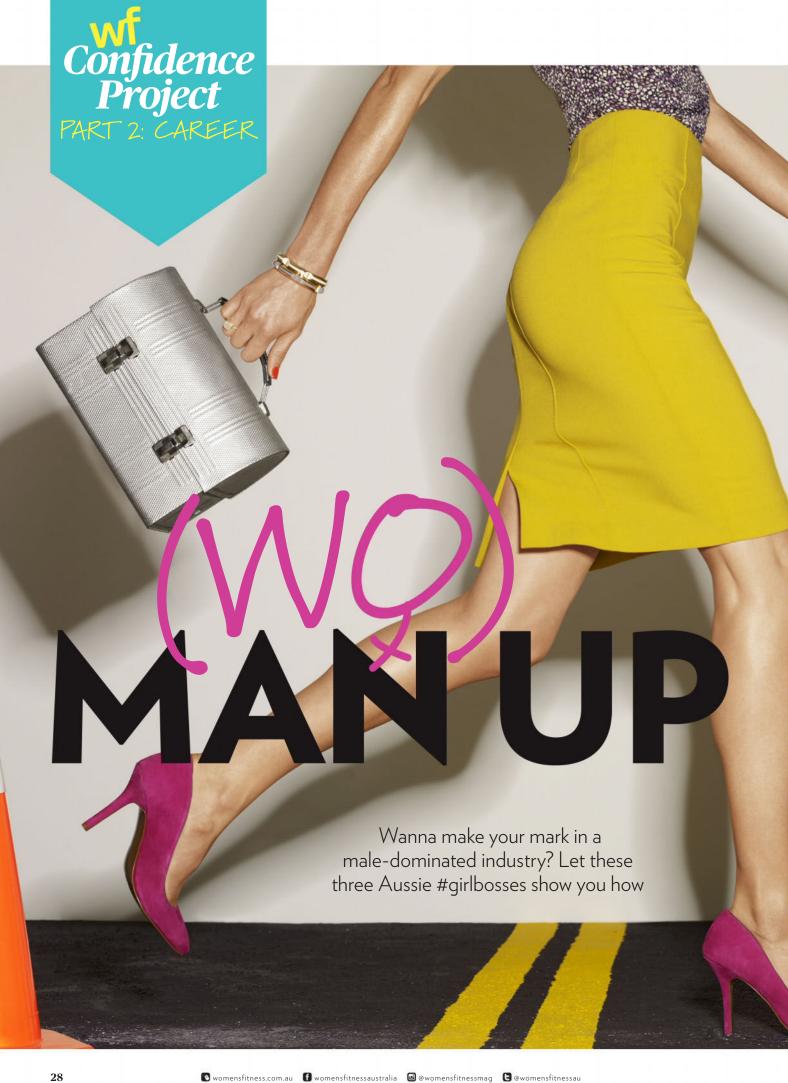
STEP THREE: DEFINE COMPLETION

"Having a clearly defined outcome makes any task seem more manageable, and therefore motivates us to take positive action. If your project is learning to dance, is your goal to take part in a performance or simply to master a routine in your bedroom? Once you have an end point, you can work backwards and break it down into smaller, more manageable tasks."

STEP FOUR: ENJOY THE PROCESS

"Once you have a plan, find a way to make each step fun! Add music, snacks or recruit a friend to do it with you. Even taxes can be a ball with a bit of creative thinking (I have 'Tequila Tax Tuesday' - margaritas and sombreros make everything fun)." M







THE GAME-CHANGIER THE FOOTY SHOW CO-HOST ERIN MOLAN, 34, HOLDS HER OWN IN THE WORLD OF SPORTS JOURNALISM



"My first job in TV was at a little station in Canberra. I went in for an audition and I was crap, but I sent the bloke an email every week for six months until he finally called me back and said, 'If I give you a two-minute segment on our food show, will you leave me alone?' I learnt early on that I had to be persistent.

I worked there for three years hosting sports, political and entertainment shows, then went on to WIN TV in Canberra as a news journo. When I started filling in for the sports presenter at WIN while he was away, I fell in love with sport.

In 2011, I received an opportunity to move into sports full time at Channel Nine. Going from the small fishbowl of local TV to national news was hard, and when I got to Nine there were men everywhere. They were at every press conference I went to, all the professional athletes I dealt with were male, and I was always one of the only women. Back then, I wasn't allowed in the locker rooms because the players weren't dressed, but all the male journos were allowed to go in and get all the good stories. It wasn't a level playing field.

Because I'm a woman, I never have to be as good as the [male journalists] -I have to be better. I always feel a bit more pressure because people assume men love sport but with women it's always, 'Does she actually know what she's talking about?" I've spent a lot of my career convincing others what I'd be able to do if they gave me the chance.

I've put up with a lot of nastiness from people because of my gender - like people [on social media] telling me I belong in the kitchen - but when my boss called to say, 'They're making you [the first full-time female] co-host on The Footy Show,' it was incredible. It was one of the best phone calls I've ever had. It's bizarre that I'm still the first woman to be doing something, but every bit of change is good. I'm the first to say it was incredibly difficult and that I'm very lucky I got a great opportunity, but I tell you what, I earned it. I'm not an ex-player and I'm not an expert, but I study and watch every game and ask a million questions. I know the expectations are higher on me and that I can't afford to have lapses because with football, if I make a mistake it's because I'm a girl, but if the blokes make a mistake it's just funny. Because it's been five years I feel like I'm across it now, but I'm always learning. I'm very familiar with my strengths and very familiar with my weaknesses, which is one of the reasons I've come so far.

We all work hard [on The Footy Show], and now I can say that Fatty, Big Mark and Beau are some of my best mates. If I hadn't strived to be the best, I wouldn't have gotten anywhere, so I was really proud [to land my role], and I still am really proud." >

ERIN'S NON-NEGOTIABLES:

BACK YOURSELF "If you're capable of something,

back yourself. Everyone's got an opinion and if it's constructive. take it on board, but back yourself first and foremost."

V DO THE HUSTLE

"Nothing happens easily. You have to work your arse off even if you're the most talented person in the world."

V BE RESILIENT

"Don't take things to heart. Things will upset you, but you've got to be tough. I'm very emotional by nature, but I've learnt to not take things personally at work."

HE TRAILBLAZE



"I've been working in the fire and life safety industry for 12 years. I'm currently the Queensland state manager for the Australian Essential Services Compliance, which means I physically inspect buildings, provide clients with advice on all aspects of fire safety and ensure all contractors conduct maintenance in line with required legislations. I started as an administration manager after a six-month stint in the army, and during my first interview the manager asked me what I was like around men. He said they dealt with a lot of contractors and tradies, so I knew the industry was going to be male-dominated. Because I'd just left the army, I told him it was fine, but when I physically stepped onto the sites I was only dealing with men, and at times it could be very confronting.

The lack of women in the industry drove me to succeed, and I soon stepped up into a fire-auditing role. In Queensland you need to be licensed to do most of this work so I had to do a lot of courses and found I did it well. A couple of years later, when I was 25, I became state manager, and as a young woman in a senior role, I did experience some push back from the men.

A lot of the guys grew up in the same industry, so in the beginning I'd walk into meetings with CEOs or contractors and they'd query every response I had to their questions. All too often I was seen as being 'emotional' or 'aggressive' when I disagreed with their points, and I had to remember the regulations verbatim otherwise they

wouldn't believe me. There were times when I'd get defensive, but I learnt very quickly that I couldn't be snappy or rude -I had to be on their level. Soon they realised I wasn't there to make their lives difficult, I was there to protect them.

Sometimes I still feel like I need to go above and beyond in order to be seen as capable in comparison to my male peers, and at times my confidence does drop a little (like when I'm running a fire test and am surrounded by 10 to 20 guys waiting for direction), but I remember that I'm capable and know what I'm doing. I also look to my mother for inspiration as she was highly ranked in the army, so I think if she was able to do it, I can too.

Lately I've been asked to speak and present on fire safety for large companies, and having associations ask me for my opinion is really nice. In terms of the future, I'd like to be on more boards and have an input in the industry as a whole. If I know what I'm talking about and am confident enough to sit at a table and have a conversation, there's no reason I can't keep going. There shouldn't be a glass ceiling."

RISTY'S ON-NEGOTIABLES:

FAKE IT TILL YOU MAKE IT

"If you walk into a job thinking you're disadvantaged because you're a woman, then you will be. Pretend to be confident, because if you believe you can do it, you will."

LEVEL THE PLAYING FIELD

"Never think you're above someone else and people will appreciate you more. If you don't play into the gender stereotypes, the guys will forget about them."

KNOW IT ALL

"Knowledge is power. Make sure you understand every aspect of your business, and ask questions. Your skills need to be constantly built upon in order to keep up."

"I might not be the smartest or the strongest, but I'll always get in there and have a go."

HE GIO-GIETTER GETS GRITTY IN THE WEST AUSTRALIAN MINES



"I've always been a hands-on kind of person. I have three brothers, had a soccer scholarship in high school and have always been sporty, so I'm definitely a bit of a tomboy. I've never tinkered away in a shed or anything like that, though, so starting work as an apprentice electrician for BHP Billiton took things to a whole other level.

I started working in the mines 10 years ago as an HR officer who recruited the blue-collar workers, but I got sick of being in the office and wanted to be on the frontline. I really wanted to make a difference, so I decided to move into a maintenance role as an apprentice electrician. Now I'm in my fourth year.

During the first year of my apprenticeship, there were 21 men in my class - mostly 18-year-olds - and only four women, which at times was uncomfortable. Some days I just had to shut up, watch the clock and get things done as it was challenging having a different level of maturity and different values.

Now that I'm on-site at the mines, I'm the only woman in a team of nine, but instead of feeling uncomfortable, I'm more intimidated by the men's knowledge. I don't have a mechanical or electrical background, so being in an environment where the guys have so much experience under their belt is daunting, but they explain things to me and I get in there and have a go.

As well as adjusting to being on the frontline with the men, there's also the physical challenge of the heat, the dust and the long hours. From 6am to 6pm I might be changing out light fittings, investigating faults or getting machinery back up and running. I'm constantly carrying tools, tightening bolts or walking up and down stairs, and at times I'm not confident in my own strength.

As a small-statured woman, I can often get disheartened that I'm not as strong as the boys, but I just do the best I can. Some days are harder than others and I don't want to be the weakest link, so I receive help from a PT and have to get creative about how I do certain jobs. For example, I've got small wrists, so instead of trying to tighten something free-handed in the air like the men often do, I might have to use the floor or wall for leverage.

I work hard, and I think because of that the guys respect me. I might not be the smartest or the strongest, but I'll always get in there and have a go.

It can be hard, but I love being an apprentice electrician. I love making a difference. I work hard to achieve what I set out to do, whether that's in a female- or male-dominated environment, and I'm not going to let self-doubt get in the way." M

NICOLE'S NON-NEGOTIABLES:

JBUDDY UP

"Find a solid support network. When I first started, I realised I couldn't talk to my normal girlfriends about work, so it was important for me to find a network of women who were doing the same thing."

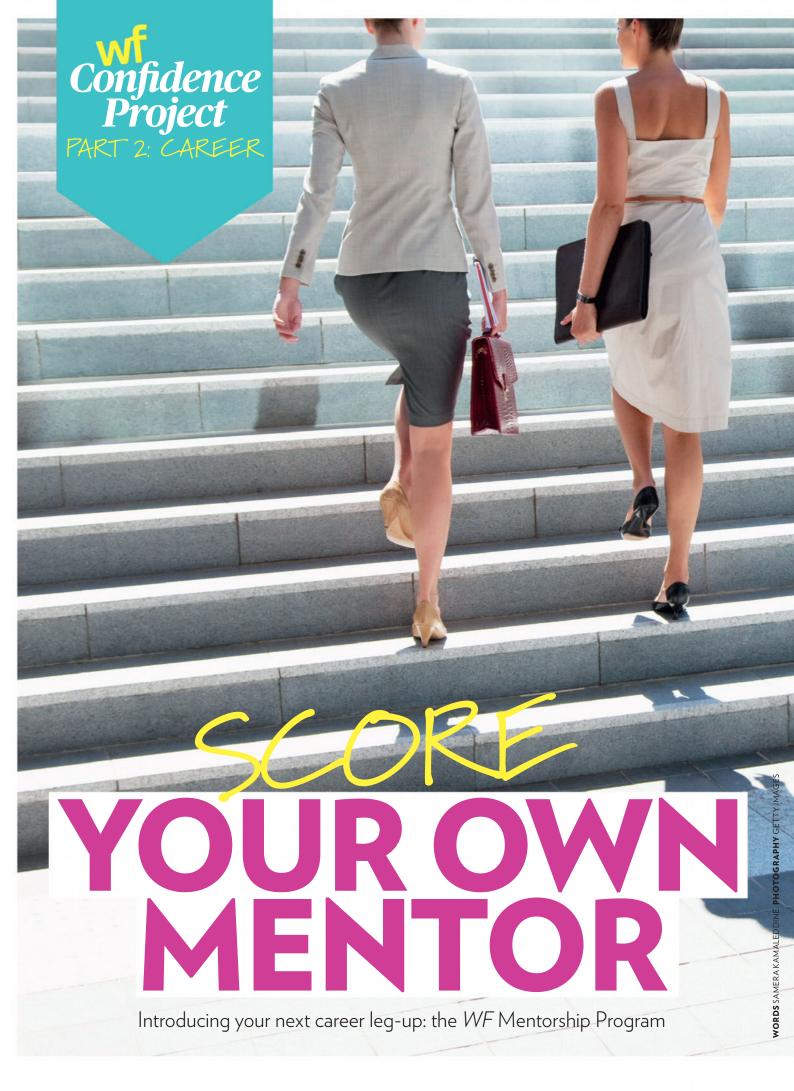
✓ MAINTAIN YOUR MORALS

"If you're not comfortable with a situation or the behaviour going on around you, talk to the person directly or talk to their supervisor."

✓ LIVE AND LEARN "We all make mistakes. Even

qualified tradesmen make mistakes. High standards are important, but some situations aren't going to be textbook, so cop it on the chin, have a laugh and learn from it."

Love this? Search for more like it on womensfitness.com.au KEYWORDS: WOMEN CAREERS



COMPETITION

Stuck on a rung on the career ladder? Need a little inspo to make it in your industry? We'd love to help you define your passions and dreams for the future by giving you the opportunity to win a money-can't-buy six-month mentorship with one of Australia's most successful women, as featured here. Each of them have carved a super-impressive career in four of the country's fastest growing industries (according to the International Career Institute), so who better to chat with about goals, ideas and new ways to thrive?

How it works ...

Following an initial 'consult', you will have access to your mentor over a six-month period, during which you'll coordinate monthly check-ins via Skype or email. Let the dishing out of awesome advice begin!







HEALTHCARE AND MEDICAL

Win a mentorship with...

Dr Marianne Weber, epidemiologist
at Cancer Council NSW

With more than 10 years' experience in cancer epidemiology, Marianne has worked on a number of programs that have impacted the future of cancer prevention and diagnosis.

She is a lecturer in the School of Public Health at Sydney University and has held her position at Cancer Council NSW since 2006. Her current research interests include lung cancer, health-related behaviours, determinants of healthy ageing and cancer-screening use, plus tobacco-related inequities in health.

Marianne participates in fundraising events, in particular physical challenges such as The March Charge.



INFORMATION AND COMMUNICATION TECHNOLOGY (ICT)

Win a mentorship with... Sally-Ann Williams, engineering community & outreach manager for Google Australia

At a company that needs no introduction, Sally-Ann is responsible for a portfolio of programs including leading Google's efforts in Computer Science (CS) and STEM (Science Technology Engineering and Maths) education and outreach, and research collaborations with universities.

She joined Google 10 years ago and now inspires students and connects the community to possible careers in CS, as well as helping to position Australia as a nation of innovators.

In 2016, Sally-Ann was a NSW Finalist in the Telstra Business Women's Awards.



EVENT PLANNING

Win a mentorship with...
Nikki Hunt, owner and founder
of Think PR & Events
(thinkprandevents.com.au)

Nikki discovered her passion for event planning with her first job at cosmetic company Estée Lauder as a personal assistant for the special events and training manager for Australia. Here, she assisted in product launches, conferences and events for different brands under the Estée Lauder Companies umbrella.

In 2011, she started Think PR & Events – an accomplished company that has produced events, launches, weddings and corporate conferences.

Nikki has worked with brands such as Clinique, Dermalogica, Blackmores and M.A.C, and assisted in the execution of a Paris Fashion Week show for Aussie fashion designer Collette Dinnigan.



MARKETING

Win a mentorship with...

Marija Gavran, marketing director
at Stylerunner.com

Marija is a seasoned pro when it comes to the unique marketing challenges of the fashion industry. After managing the marketing strategies for some of the country's top selling magazines, Marija took her career to the next level in London, where she was senior marketing manager across multiple categories at iconic British department store, Selfridges. Following this, she established her own marketing consulting firm in the UK.

She returned to Australia in 2016 to head up the marketing activities at e-commerce powerhouse Stylerunner. She is in a role that requires a unique understanding of the digital landscape in the context of traditional marketing, and it's a space that is constantly changing.



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LIFESAVER

If you can't decide whether to splash your hard-earned cash on a vacay or a new car, researchers from Cornell University in the US say to book the holiday. While the new wheels might make you happy in the short-term, spending your pennies on experiences can do a whole lotta good for your overall wellbeing. According to the pros, people experience more gratitude when they pay for activities (like a nice dinner or luxe hotel stay) than when they splurge on materialistic buys, even when thinking back on past purchases. Why does that matter? Well, gratitude can boost your positive feels and self-esteem, so spending your savings on activities could make you happier in the long run. Not to mention the experts also found that experiential purchases make people more likely to behave generously towards others, which basically means splashing your cash can make you a better person on the whole. Permission to break the bank? Science says, granted. M

PAIN

Got an injury? The way you think about it could be holding you back



WE HAVE A FUNNY RELATIONSHIP WITH PAIN.

Apparently, you can't score gains without it. It also goes hand in hand with both truth and beauty, and we've come to accept it as a normal part of life. Except, of course, when it pays us a personal visit. And overstays its welcome. Yep, pain in the form of a physical injury can be a real downer - but if you treat it like the enemy, you're playing right into its evil hands.

What you might not have heard about pain is that it isn't merely physical it impacts your mind, too. That bit is crucial, because the way you mentally process an injury has a huge effect on your recovery and ongoing health.

RING THE **ALARM**

When you experience an injury, whether you've twisted your ankle at soccer or pulled a muscle carrying three too many shopping bags, the same thing happens in your brain: an alarm is triggered.

"Pain is an indicator that you're doing something wrong, and it puts your body into fight-or-flight mode," says physiotherapist Francine St George, author of The Back Pain Handbook (\$29.99, physioposturefitness.com).

That fight-or-flight response is a good thing, because it stops you from continuing the offending movement and allows your body to immediately get to work on the healing process. But, if you're so freaked out about the pain that weeks later you're still worrying about the injury and moving in an overprotective way, you could keep that alarm system blaring for far longer than is actually necessary.

"When you experience pain, you get physical and emotional representations in the brain at the time of the injury," St George explains. "They're called neural representations or neurotags."

Because everybody's response to pain is different, so are their neurotags, which is why some people will heal and never think about their injury again, while others are bothered by their 'bad back' or 'dodgy knee' for years. For these people, it's likely that a negative emotional response has created oversensitive neurotags that are still triggering their internal alarm system, even if their original injury has healed.

"If you overreact to pain, you're keeping your alarm system activated unnecessarily,"

says St George. "It's sending down messages saying, 'always protect that area,' and then muscle weakness sets in."

Not only will you experience muscle tightness that restricts your movements and causes more aches and pains, but your ongoing fight-or-flight response can contribute to a lowered immune system, leaving you tired and rundown, and strap you into an emotional roller-coaster ride as you enter the realm of chronic pain.

"Understandably, pain can cause people to be irritable, short-tempered and impatient," says Mary Hoang, principal psychologist and founder of The Indigo Project (theindigoproject.com.au). "And a person experiencing chronic pain is more prone to depression and anxiety due to the psychological distress, which can affect mood, memory and concentration."

CALMING STRATEGIES

This doesn't mean you have to swallow your feelings whenever you run into pain. It's natural and totally useful to have an emotional reaction - however, the key is to not let it spiral out of control.

"It's fine to be emotional for 24 or 48 hours - it's fantastic because it slows you down and it lets you heal a bit better," St George explains. "The biggest thing is to spin, like telling yourself you'll seek help for the injury or opting to go for a gentle walk or swim (when you're able) to ease muscle tightness. This will create positive neurotags that help to settle your stress response and support the healing process.

"Positive thoughts decrease [the stress hormone] cortisol and produce [the feel-good hormone] serotonin, creating a sense of wellbeing, which in turn boosts the immune system for improved healing," explains Hoang.

Other simple ways to keep calm and carry on? Consciously taking long, deep breaths throughout the day sends a signal to the brain to relax, while a mindful meditation practice can help to change the way you perceive pain.

"Practising mindfulness is a highly effective skill to ease physical and emotional pain, by teaching people to observe their pain and be curious about it," says Hoang. "Mindfulness meditation has been shown to reduce chronic pain by 57 per cent. Accomplished meditators can reduce it by more than 90 per cent."

Given that mindfulness is about paying attention to thoughts and sensations in your body, it might sound counterintuitive to use it to ease pain, but Hoang says the non-judgmental aspect of the practice is what makes it so effective.

"Generally we judge pain and want it to go away, which not only exacerbates the

"Mindfulness is not about achieving a certain goal - like minimising pain - but learning to relate to [pain] differently"

respect and embrace pain, but turn it into a healthy message, so you don't have the alarm system in your brain staying activated once the injury has healed."

One way to ensure you don't feed your neurotags too much negative info is to observe your inner monologue. The words you use and the stories you tell yourself about your painful experience directly influence the fight-or-flight response, so if you're constantly thinking pessimistic messages like, 'This injury is never going to get better', or 'The pain is driving me crazy' then you're actually activating the alarm system and keeping your immune system vulnerable as well, says St George.

Instead, try to catch those gloomy thought patterns and give them an upbeat pain but can fuel anxiety and depression," she says. "The practice of mindfulness teaches people with chronic pain to be curious about the intensity of their pain, instead of letting their minds wander into negative thoughts. It's not about achieving a certain goal - like minimising pain - but learning to relate to [pain] differently."

As you practise, ask yourself, "What do I notice about my pain?" to foster a sense of curiosity, rather than fear or frustration. You could also try a body-scan meditation, another helpful mindfulness technique, to decrease your reactivity to the sensations.

"We have an amazing capacity to influence what our brain is doing," says St George. So, next time you're injured, use your power wisely for less pain, more gain. M





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who is doing great things in their field what it means to be great and how to achieve greatness.

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WAKE UP PROJECT: INSPIRATION + COURAGE + KINDNESS

Jono Fisher covering subjects like mindfulness, self-belief and getting



Dr Dacher Keltner is a professor of psychology at the University of California, Berkeley, and author evolution, wellbeing and success.

discuss the psychological power of self-acceptance and selfcompassion for emotional health, wellbeing and healing. I love this series because compassion and self-compassion are currently at the forefront of contemporary thinking and research into psychological wellness. They are increasingly supplanting self-esteem as a core psychological pursuit.

GREATER GOOD PODCAST

In this series, a part of UC Berkeley's project 'The Science of a Meaningful Life', a number of respected practitioners discuss leading concepts in the science of psychological health and wellbeing.

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THE MIND MUSCLE **PROJECT**

This health and fitness podcast by Sydney boys Lachy Rowston and Raph Freedman gives the listener an insight into everything to do with nutrition, health, performance and mindset.

BARBELL SHRUGGED

lt's similar to The Mind Muscle Project but works more with a lot of USbased health and fitness specialists, as it's made in America.



PSYCHOLOGY OF EATING

This podcast feels like you're a fly on the wall as one of the world's leading food psychologists sits down and consults with people from all walks of life, with all sorts of issues. So fascinating!

THE TIM FERRISS **SHOW**

I love this guy and his supersmart guests - people who are seriously high performers (think astronauts, metabolic doctors, scientists and business leaders), who I would never normally get a chance to sit down and talk to, but every episode feels like I'm hanging out having wine and chats with them.

THE TONY ROBBINS PODCAST

I'm not sure I'd ever want to actually attend a Tony Robbins event (they kinda freak me out), BUT I love his podcast and every word of wisdom he shares there. Definitely worth a listen.



LOW TOX LIFE

Alexx Stuart and I used to work in a bar together many moons ago, and she has created an amazing online community focusing on low-tox living and sustainability. She has an awesome podcast nutrition, sustainability and so

#MERRYBIZ

These amazing girls – the of podcasts on many different topics including food, business and helping you to always think in a positive way. Their message of sharing happiness and merry inspiring and energising.



RAM DASS

Ram Dass (Dr Richard Alpert) is an American spiritual leader and humanitarian who wrote Be Here Now. His insightful podcasts always inspire something in my own yoga classes that day.

THE YOGAHEALER

Host Cate Stillman talks about yoga philosophy and how we can use it in a contemporary world to be more selfactualised. She also discusses ayurveda (like the sister science to yoga) and how we can use knowledge of it to eat and practice yoga specifically for our own body types. Interesting stuff. She's light-hearted and fun to listen to, too!

START WITH WHY BY SIMON SINEK

I truly adore this man. I love the way he encourages the world to lead with heart and inspires others by being thoughtful, humble and kind. He helps me with my own leadership so much and has had a profoundly positive effect on the way I not only lead a team of yogis and fitness instructors, but also how I lead yoga classes.



INSIDE THE CHAMPION'S MIND

This podcast, hosted by Dr Laurence Tham (with episodes featuring Dr Jeff Spencer), aims to help you overcome mediocrity by destroying mental blocks so you can leave your mark on the world!

BULLETPROOF RADIO

An overall health podcast that factors in body, mind and nutrition, it incorporates the knowledge of more than 120 world-class MDs. biochemists, nutritionists and meditation experts. It aims to help you achieve a state of optimum health and performance, and asks, "What are the simplest things you can do to be better at everything?"

REVOLUTION HEALTH RADIO

Chris Kresser debunks common myths on nutrition and health and provides practical information on how to live a healthy life. While it is a whole health podcast, there are many specific mind-based episodes including ones on anxiety, Alzheimer's, the placebo effect, and the importance of sleep.



TED RADIO HOUR

I'm obsessed with TED talks. These podcasts feature the most inspired and thought-provoking speakers from around the globe.

CRAIG HARPER - AN EXPERT **ON CHANGE**

I'm lucky enough to call Craig a friend and mentor whom I worked closely with in the lead up to the [2010] Olympics. He's a voice of change and has a no-BS approach to health and happiness. wf

66 Value that you can make a choice and be brave in owning that choice

Endurance athlete and corporate speaker, Samantha Gash. 32. runs incredible distances to give others a better shot at life



I WAS ATTEMPTING TO RUN 222KM THROUGH THE HIMALAYAS WHEN I HAD MY REVELATION.

I was 5,800m above sea level, hypothermic and surrounded by a group of people who'd come out just to look after me and I thought, "Why am I asking all of these people to focus their attention on my need to push myself?" It all felt a little hollow, and I realised that I wanted to use running for something outside of myself - not just to learn how physically and mentally strong I am.

I wasn't always a runner. During high school I'd go jogging as a way to keep myself grounded, but I'd never push myself outside of my comfort zone. I was scared of what it would feel like to hurt, but during uni I made friends with people who entered fun runs, so I signed myself up for a half-marathon.

That experience motivated me to register and train for my first full marathon, and although I was close to pulling out after 32km, I shuffled to the finish line with the help of a friend. I'd never felt so strong, so I signed up for my first ultramarathon, a 250km race through the Atacama Desert in Chile. I was hooked, so later the same year, I added races in China, Egypt and Antarctica to the list, making me the first woman and youngest competitor to complete the 4 Deserts Grand Slam.

The 4 Deserts race was about seeing how mentally strong I was, and I tried to reproduce that experience in the Himalayas. When I got to the second mountain pass, though, I thought, "There must be a better reason for doing this," so in 2012, I ran 379km nonstop across the Simpson Desert to raise funds for a Save the Children early education program.

Pushing my body in this way takes me to my rawest state, and for a short period of time, I have an insight into what life may be like for someone living in poverty, where focus is on daily survival. I think I'm very

the barriers around education by running from the west of the country to the east. I began my three-month journey in August 2016, and it was the hardest thing I've ever done. It was hot and humid, very exposed, and I ran on noisy, congested roads, but the project wasn't about me.

Not one day went to plan, but I had the best inspiration: Children who are able to survive in such harsh conditions despite having so little. I got sick during the run, but I thought, "I can keep going because in three months time, I get to go back to all the creature comforts that I have." and

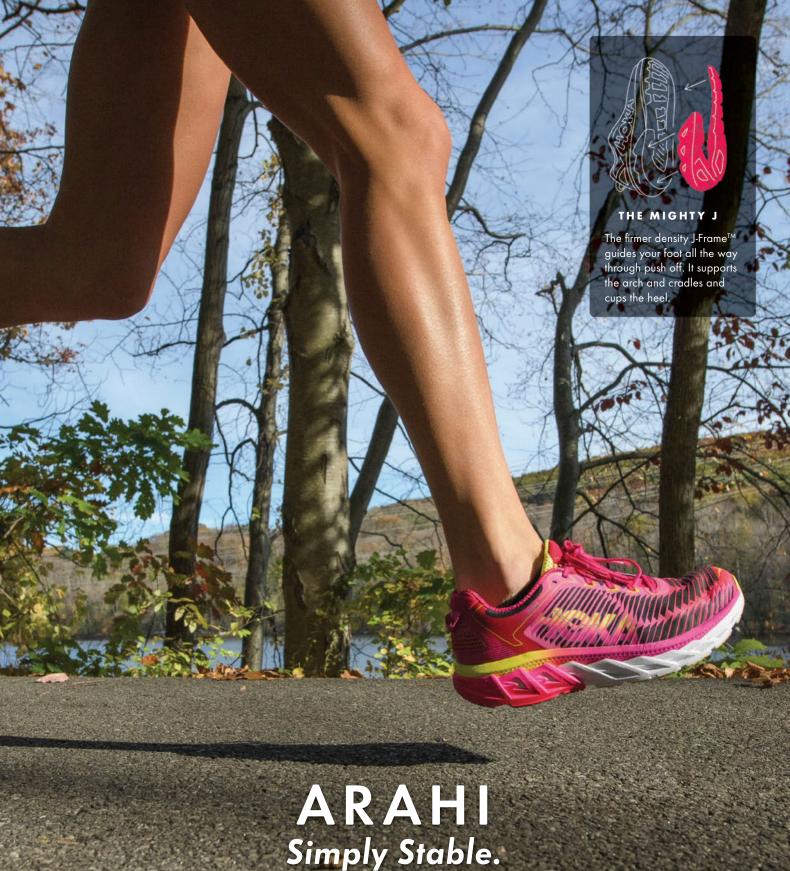
"To me, education is the most important tool for taking someone out of poverty and empowering them"

fortunate to have the life I have, and running to raise funds gives me a greater degree of empathy. It's hard to know what it's like to be a 14-year-old mother in a developing country struggling to decide whether to work or take her sick child to hospital, but pushing myself helps me understand. Their struggle is real, and it's often about life and death, so I try to showcase their stories through my runs.

For my most recent project, Run India, I partnered with World Vision to address

that was a real 'toughen up' moment.

At the end of Run India we raised almost \$200,000 for education programs across the country. To me, education is the most important tool for taking someone out of poverty and empowering them, but it's something a lot of girls don't have a right to based on cultural or societal norms, or political situations. If I can play a role in removing some of the reasons why girls are unable to receive a quality education and assist in empowering them, I'll be happy. M



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MONTH OF mantras

Looking for some daily inspo? These mini motivational hits will do the trick. Cut them out and stick them around your home or work

Escape THE ORDINARY fitness	ILIKE WHO I'M BECOMING fitness	Be all in or get all out. There is no halfway	EVERY WORKOUT IS PROGRESS fitness	THERE IS ALWAYS A WAY
FORGET WISHING, START DOING	KEEP MOVING forward fitness	She looks to the future and she smiles	9 HEAL YOUR SCARS fitness	NEVER LET YOUR FEAR DECIDE YOUR FUTURE fitness
YOU ARE SO WORTH IT fitness	Start your day with a dance party fitness	Be the pilot. Navigate your own way fitness	Never stop looking up	15 Giratitude changes everything fitness
Go for Team YOU fitness	Love yourself more fitness	Don't stop the feeling fitness	Create THE THINGS YOU WISH EXISTED fitness	Train & gain fithess
YOUR VIBE ATTRACTS YOUR TRIBE	Get it	INHALE CONFIDENCE, exhale doubt	Don't lose your fire fitness	TAKE THIS MOMENT
Sleep doesn't help if it's your soul that's tired	It will be better than okay	HUSTLE HARD, GIRL	FOCUS ON YOUR OWN SH*T	STOP SAYING "TOMORROW"
STAY magical	··	e around! Hashtag	# WFloves to show	us all the

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different ways you've gotten creative with these little messages.

fitness



How much iron is your supplement providing?



Body Essential Iron VITAL F+ is suitable For Women, Pregnant Women, Nursing Mothers, Men, Athletes, Senior Citizens and Children over the age of 12 years. (1) Herbal extracts and fruit concentrates are excipients included to give Body Essential Iron Vital F+ its great taste. (2) Helps to restore inner vitality thanks to energy boosting B group vitamins.

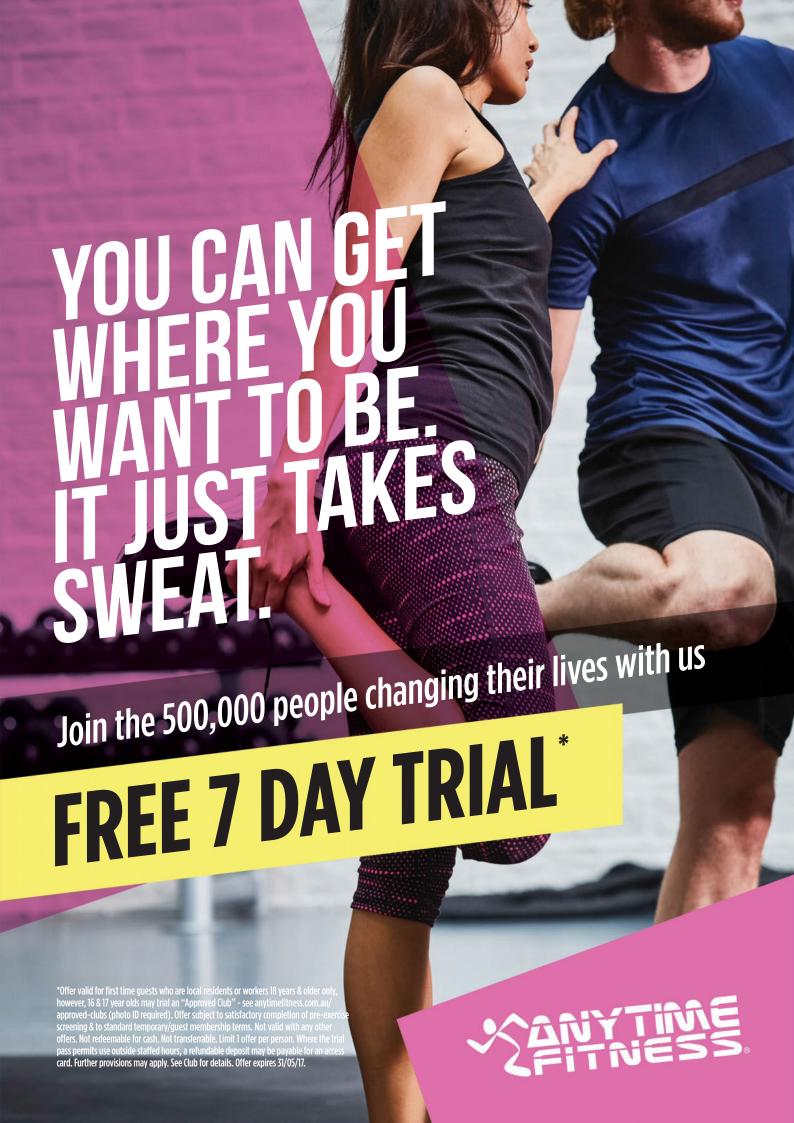


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BeFIT

SMART MOVE

Three reasons you should get your sweat on, ASAP: It'll clear your mind, sculpt you a better bod and, as US researchers say, it might decrease your risk of breast cancer. Before you fist pump yourself for that once-a-week bike ride, though, you might want to pick up your game. According to the experts, you can slash your risk by a whopping 30 per cent so long as you exercise between 10 and 19 hours a week. Wondering where the heck you'll find time to clock up those hours? How about a compromise: While intense exercise delivered the cancer-beating goods, working out at a moderate intensity also decreased people's chances, which means you don't have to go all out all the time to reap the benefits. Jump ropes at the ready! M



Post-summer SHAKEDOWN

Indulged in a few too many piña coladas over the summer? Get back to precocktail shape with this shake-up sesh

SPENT THE LEAD-UP TO SUMMER GETTING INTO THE SHAPE OF YOUR

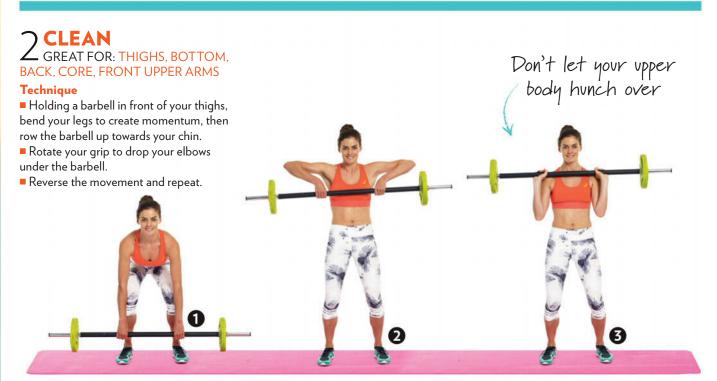
LIFE, then undid it all enjoying yourself in the sun? Didn't we allIllII. But it's nothing hard work and a healthy diet can't fix. This intense workout will get you started in two quick circuits. All you've gotta do is make sure you keep effort at an absolute max throughout in order to keep your heart rate and the intensity up! You might get the workout done and dusted in just over 20 minutes, but you'll be burning kilojoules for hours after you're done. Just the way we like it.

HOW TO DO IT: This workout consists of two circuits. Perform 30 seconds of each move in the first circuit – aiming for as many reps as possible. Take a 30-second rest and repeat the circuit three more times. Rest for two minutes and do the same with the second circuit. Take note of how many reps you manage for each move and try to beat it next time!

YOU'LL NEED: Kettlebell, 2 x dumbbells, barbell, box/bench, stability ball, medicine ball







before going straight into another rep.





Technique

- Hold a pair of dumbbells by your sides.
- Take a large step forward, bending both knees to about 90 degrees with your back knee just above the floor.
- Extend your legs to take another step forward straight into another rep.

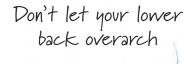
CIRCUIT 2: UPPER BODY AND CORE

RUSSIAN TWIST

GREAT FOR: CORE, STOMACH, SIDES

Technique

- Sit with your feet slightly off the floor and upper body slightly reclined. Hold a medicine ball in front of your chest.
- Twist your upper body to bring the ball towards the floor, then twist the other way, reversing the movement.
- Repeat fluidly.



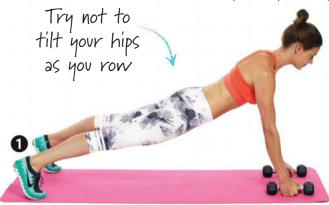


2 RENEGADE ROW

GREAT FOR: CORE, UPPER BACK, FRONT UPPER ARMS

Technique

- Start in a straight-arm plank position with a dumbbell in each hand, keeping your body in a straight line.
- Row one dumbbell up to your side, keeping your elbow in while lifting.
- Lower back to the start and repeat on the opposite side for the next rep.







Z STABILITY BALL ROLL-IN TO PUSH-UP GREAT FOR: CORE, STOMACH, SHOULDERS, REAR UPPER ARMS, CHEST

- Start in plank position on your hands, with your feet on a stability ball.
- Roll the stability ball toward your hands.
- Extend your legs again.
- Bend your arms to lower your chest towards the floor.
- Push back up to the start and repeat.

BURN, BOOTY, BURN

with these top tips...

STEP IT UP

HOLD IT LOW

FOAM ROLL IT



Search for womensfitnessau on Spotify to get this workout's matching playlist!





Want to take your workouts to a new stage? Then these are the three key training methods you need to know about



GET EXPLOSIVE... WITH PLYOMETRICS

Please explain: Plyometrics are dynamic exercises, often referred to as jump training or plyo. These moves help you develop reactions, speed and power - all of which are important components of any fitness program, whether you're an elite athlete or weekend warrior. Not only are they fun to do (we swear!), they also teach your muscles to stretch and contract in a way that no other type of training will do. This form of training helps you move more efficiently and develop better control. Why so good? "We learn to run, jump and change direction when we're young, but explosiveness, reactive speed and power are qualities we rarely develop as we get older," says personal trainer Jean-Claude Vacassin. "They're so useful though, as they teach us to engage our brains, coordinate our muscles as we move at speed, and to load and land during jumping movements, for example. Upper-body plyometric training helps with throwing actions, while all plyometric moves help maintain bone density." Give it a go: Once you've built a base of strength, developing your speed and power is the next stage in creating a mega-fit body. So the strength you've

built from doing those hip bridges and deadlifts is all-important now.

"Your body is made up of fast-twitch and slow-twitch muscle fibres. Plyometric exercises work your larger, stronger fast-twitch muscle fibres, while the slow-twitch type are geared more towards endurance exercise," explains Vacassin. "Using your body weight alone is often all you need for this type of exercise and you should keep the number of reps low and the effort really high for best results."

You can do plyo as a standalone workout or add it to your existing strengthtraining sessions - just don't forget to do a solid warm-up before your plyometric training (and cool down after), to help avoid injury. "And only do plyometrics training once every three days to help your body recover and adapt," adds Vacassin.

Pregnant? If so, Vacassin says to steer clear of plyo. "Your bump will throw off your balance and you could fall or get injured," he says. "Jumping with added weight stresses your knees and ankles, and ligaments that help stabilise your joints grow a little more lax during pregnancy, making injuries more likely."

So, are you ready? Let's jump right in! >

TOP 3 PLYOMETRIC MOVES

1BOX JUMPS

Stand a comfortable jumping distance away from a box, with your feet shoulder-width apart. Drop into a quarter squat, pushing your hips and arms back, before quickly reversing the movement to jump. Extend through your hips, swinging your arms forward, before "softly" landing on top of the box. Start with three sets of five reps. Think quality, not quantity.

2 BROAD JUMPS

From standing, bend your knees and push your hips backwards, while simultaneously swinging your arms back. Then drive your hips and arms forward as powerfully as you can, propelling yourself as far as possible. Land with your feet in the same starting position to complete the movement. Start with three sets of five reps. Try to make your jumps as long as possible.

3 LATERAL BOUNDS

Stand to the side of a marked line on the floor. To start the movement, push off on your outside leg, landing on the opposite one on the other side of the line. Pause for a second, then hop back over the line again, landing on the other leg. The key is to jump as far as you can and land in a controlled way. Start with three sets of six jumps on each leq.



GET DOWN... WITH NEGATIVE TRAINING

Please explain: Negative training, also known as eccentric training, refers to concentrating on the downward portion of an exercise, such as lowering yourself in a squat or chin-up, or lowering a dumbbell during a biceps curl. It's something we do when we perform most exercises, but we often don't pay enough attention to, usually focusing instead on the concentric, or upward, movement. Why so good? We all want to get fitter and stronger, right? That means constantly challenging our body and forcing it to work in a way it's not used to. "Eccentric training is a great way to do this as, not only will it increase the total time your muscles are placed under tension, but studies have also shown that your body is twice as strong eccentrically as it is concentrically," explains Vacassin. "This means you can make the exercise more challenging. So much so that eccentric training has been used in sports injury rehabilitation training for years - as it's a time when quick strength gains are crucial." Give it a go: If you're already fit, eccentric training is a sweet way to ramp up your training, but it's also helpful if you're a newbie to the gym, as it forces you to slow

down your movements and concentrate on

technique. "You need to focus on lowering

the weight or your body slowly," says

Vacassin. "This will help develop good

technique while also strengthening your ligaments and tendons. For those who are more advanced, specific eccentric training where you don't lift the weight up yourself (for example you get someone to help you lift the weight to the top of the move) is a great way to escape an exercise rut and work your muscles in a different way."

Eccentric training works your muscles as they lengthen under tension, instead of when they shorten. "Take chin-ups," says Vacassin. "If you can't do a chin-up, or you

quickly want to increase how many you can do, eccentrics work wonders. Simply start at the top of the movement and lower yourself down. Concentrate on lowering yourself in a slow and controlled manner all the way down. If you can already do this, try adding some extra weight to your waist." He warns, however, that this kind of training can cause some serious post-workout ouch as your body isn't used to these kinds of movements so be careful that you don't overdo it!

TOP 3 ECCENTRIC MOVES

1 PUSH-UP

Start in a tall plank position with abs, glutes and thighs engaged. Bend at your elbows and slowly lower yourself, keeping your body in a straight line and your forearms vertical, until you reach the bottom of the move. Put your knees on the floor, push your arms and legs straight; repeat. Do three sets of five 10-second lowers.

2 CHIN-UP

Start at the top of the movement, by jumping up or having somebody help you up. Keeping your entire body engaged, slowly lower yourself, in control, to the bottom of the movement, until your arms are fully extended. Go back to the top and repeat. Do three sets of three 15-second lowers. Aim for 30 seconds.

3 BICEPS CURL

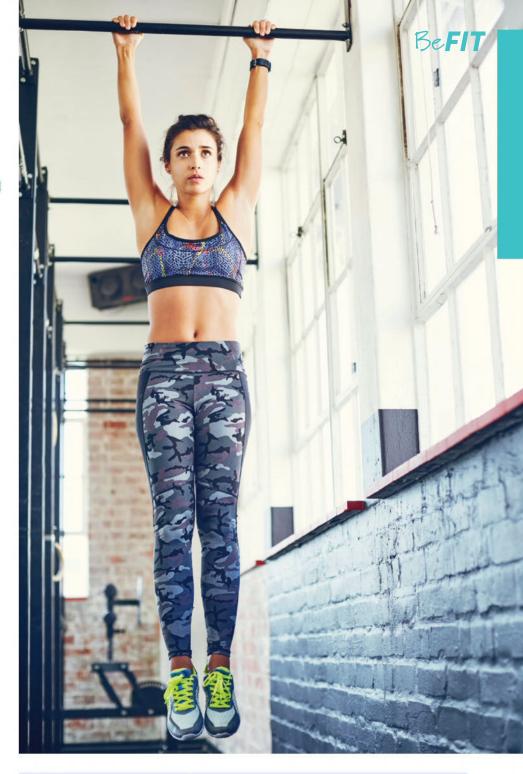
Stand holding a dumbbell in each hand by your sides. Keeping tension in your body, get a partner to help you bring the weights to the top of the move (arms bent, hands in front of shoulders), before slowly extending your arms until the backs of your hands reach your thighs. Do two sets of six 10-second lowers.

GET STRONG... WITH **ISOMETRICS**

Please explain: Isometric exercises are strength-building moves where you create tension, or contract your muscles, without the angle of the joints changing (for example, when you do a plank). Famed strongman Alexander Zass credited much of his great strength to his isometric training as a prisoner during World War I. He would push on the bars and chains that held him captive and quickly saw benefits. He went on to promote this method of training through his mail-order courses. Why so good? Make friends with these movements and you'll strengthen and stabilise your bod and improve your form for more dynamic movements, burning kilojoules along the way. "If you're weak in a certain muscle group, or recovering from an injury, isometrics can strengthen you without the wear and tear inflicted on joints from dynamic exercises," says Vacassin. You can also easily adjust the intensity and duration of the hold to suit your level. Give it a go: Isometric holds can help new exercisers reinforce positions and improve body awareness. "They are also fantastic for getting over a sticking point in a certain exercise," says Vacassin. "Do you lose form or fail at one point in a certain movement? Take chin-ups for example, where there are three common sticking points: at the top, middle and bottom. Try holding yourself, with correct form, in each position for 10 seconds, during your weekly workouts, for six to eight weeks, and you'll notice the movement becomes much more fluid and you're able to do more reps."

You can also add isometrics into your usual dynamic moves to strengthen and reinforce the effects. "Add a thirty-second hold at the top of your bent-over row for example, pulling your shoulder blades together, or pause at the bottom of your squat for the count of three. This helps reinforce technique, ensures you use the correct muscles and, in turn, helps to improve your posture," says Vacassin.

For maximum benefits, he advises you think about actively squeezing all of the muscles involved in keeping you in the position: "So in a tall plank, for example (one of the best isometrics as it uses multiple muscle groups and strengthens your core), you should be squeezing your thighs and glutes, pulling your shoulder blades together and engaging your abs." M



TOP 3 ISOMETRIC MOVES

1DEAD HANG

Grip a chin-up bar tightly in an overhand position, with your hands just wider than shoulder width. Keep your abs engaged think about tucking your ribs in. Squeeze your glutes too, and hold that position for as long as you can. Start with four 15-second holds and work up to a minute and a half.

2 INLINE LUNGE

Half kneel on the floor, one leg bent out in front of you, so that you form a 90-degree angle with both knees. Engage your glutes and abs by tucking your bottom under before pushing into both feet, so that your back knee is an inch or so from the floor. Hold this for 15-30 seconds, before returning to the start. Repeat four to six times.

3 TALL PLANK

Start at the top of a push-up position, arms and legs fully extended, palms under your shoulders and forearms vertical. Squeeze your abs, glutes and thighs and hold that position for as long as you can, keeping your torso parallel to the floor. Start with four 15-second holds and work up to two minutes.

THE BROKE GIRL'S ORKOI

No gym membership? No worries. This simple interval routine won't cost a thing

SURE, A SMARTPHONE MIGHT NOT BE ABLE TO

REPLACE the expert knowledge of your own personal trainer, but offer that bit of guidance when

Take free app Endomondo, which claims to be like a 'personal trainer in your pocket'. It offers up using GPS and accelerometers, so on your performance. While the app won't drag you out of bed in the or shout motivational quotes from Rocky, it can keep you on track to

HOW TO DO IT: Perform the allotted reps of each move in a between moves. Once one set of go back to the start and repeat for



MOUNTAIN CLIMBER GREAT FOR: CORE

Technique

- Start in a plank position with your hands under your shoulders and body in a straight line from head to toe.
- Bring one knee to your chest then switch knees for each rep. The closer you bring your knee to your chest, the harder it is.
- Do 20 reps (10 per side).



CRUNCH - GREAT FOR: STOMACH

- Lie on your back with your feet flat on the floor, knees bent and legs apart.
- Your fingertips should be at your temples but not holding your head up. Tilt your head so your chin touches your chest
- (this is to avoid straining your neck), letting your spine rest in a neutral position.
- Squeeze your abs and lift your shoulder blades off the floor to crunch up.
- Lower back to the start and repeat.
- Do 12-15 reps.

3 SIDE LEG RAISE GREAT FOR: BOTTOM, SIDES, CORE

Technique

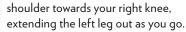
- On your left side, rest only on your forearm, with your feet stacked and your body in a straight line.
- Raise your top leg as high as possible and hold the position for two seconds. engaging your core and ensuring your hips don't drop.
- Lower then repeat without resting.
- Once you've performed the allotted reps, change sides and repeat. Do 10-30 reps (each side).



4 CRUNCH TWIST GREAT FOR: STOMACH, SIDES

Lie on your back with your feet in the air and knees at a right angle, and fingertips by your temples.

Twist your body to bring your left



- Lower then repeat on the opposite side for the following rep.
- Do 20 reps per side.



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Keep your neck long and relaxed



5 HIP LIFT GREAT FOR: BOTTOM, REAR THIGHS, CORE

Technique

- Lie on your back with your feet flat on the floor, hipwidth apart, and knees bent.
- Push through your heels and lift your bottom off the

floor until a straight line forms through your body to your knees, squeezing your glutes as you do so.

- Lower and repeat.
- Do 15 reps.



KNEE RAISEGREAT FOR: BOTTOM, LOWER BACK

Technique

Lie on your front with your head relaxed on your hands, legs bent with toes together and knees slightly apart.

- Lift your knees a few centimetres from the ground then lower again and repeat.
- Do 15 reps.



GREAT FOR: BOTTOM. THIGHS, CORE

Technique

- Take a large step forwards and bend your knees until they're at 90-degree angles, with your back knee hovering off the floor.
- Push up to step back to the start and swap legs. Do 15 reps on each side.



O BURPEE GREAT FOR: BOTTOM, SIDES, CORE

- From standing, bend your knees to crouch down and place your hands shoulder-width apart on the floor.
- Jump both feet back so your body is in a high plank position.
- Jump your feet towards your hands back into the crouch position, before jumping up as high as you can.
- Land softly and go straight down into another rep.

■ Do 12-15 reps. M



You

Ready to be a survivor? This gruelling workout will test your inner strength

YOU DON'T HAVE TO EAT LIVE

SPIDERS, sleep inside an animal carcass or drink your own wee to be tough! Bear Grylls, of Man Vs Wild fame, might be the ultimate survivalist, but we reckon just taking on his fitness regimen is enough. That's why we asked his trainer Natalie Summers to whip together a workout based on what the man himself does to stay in top shape. The press-ups and planks we can handle - the rest of the stuff we'll leave to the adventurers.

"One of the greatest benefits of this workout is that I've designed it to be adaptable to any individual's lifestyle," says Summers. "It's a short, effective workout to minimise the time you spend training but to gain maximum results." And in the short-but-sweet session, you'll be working on whole-body conditioning using functional movements to hit all major muscle groups and targeting your core with every move. "Not only does this workout burn fat rather than lean muscle, but it also gets your heart stronger and improves your endurance

capability by increasing your VO2 max," adds Summers. Let the adventure begin...

YOU'LL NEED:

Barbell, kettlebell



HOW TO DO IT:

Warm up, then complete the number of "blocks" allotted for your level of fitness.

BLOCK 1

Complete the following exercises as a circuit for 20 seconds each. Rest for 10 seconds between exercises.

- Mountain climber
- Reverse press-up
- Mountain climber
- Reverse press-up
- Bent-over row
- Spider side plank (left side)
- Bent-over row

BLOCK 2

Complete the following exercises for 30 seconds each. Rest for 15 seconds between each exercise. Repeat for a second set.

- Kettlebell power plank
- with row (left side)
- Kettlebell military press
- Kettlebell windmill

BLOCK 3

Complete the following exercises as a circuit for 45 seconds each. Rest for 15 seconds between exercises.

- Spider side plank (left side)
- Spider side plank (right side)
- Mountain climber
- Kettlebell power plank with row (left side)
- Bent-over row
- Kettlebell military press
- Mountain climber
- Dorsal raise Cool down

1 MOUNTAIN 1 CLIMBER

GREAT FOR: CORE

Technique

From a plank position, bring one knee in towards your chest as your other stays straight. Keep your back leg straight and front leg bent.

■ Jump to switch sides so your opposite leg is straight and the other is bent. Continue to alternate for each rep. II CIA



DORSAL RAISE GREAT FOR: BACK, CORE, BOTTOM

Technique

- Lie face down on the floor with your arms extended in front of you.
- Relax your body and, as you inhale,

squeeze your glutes and lift your chest and shoulders off the floor.

■ Pause at the top of the movement and lower back down slowly, with control.



Z SPIDER SIDE S PLANK

GREAT FOR: CORE, SIDES

Technique

- Lie on your left-hand side with your legs straight, elbow positioned directly under your shoulder and hips stacked. Tighten through your abdominals and lift your hips off the floor to create a straight line from your shoulders to your ankles.
- Extend your right arm overhead, lift your right leg and slowly bring your right elbow and knee towards each other to perform a side crunch.
- Fully extend your leg and arm in between reps, without lowering your lifted leg.
- Once all reps are complete, switch to the right side and repeat.



GREAT FOR: ARMS, SHOULDERS, CHEST, UPPER BACK, CORE

Technique

Lie down in a bridge position with your knees bent, feet flat on the floor and hands next to your ears, palms down and fingers pointing towards your toes.

Press your hands into the floor and push your hips upwards, lifting your body off the floor, arching your spine and engaging your glutes, core and leg muscles.

Pause for a few seconds to feel a full stretch at the top and then slowly lower back down through a bridge position and then all the way back down to the floor.

This is the ultimate move for spine flexibility and preparation for rough terrain and unexpected impact





KETTLEBELL

GREAT FOR: SHOULDERS, BACK, STOMACH, SIDES, CORE

Technique

- Stand with your feet shoulder-width apart and the left turned out to about 45 degrees. Hold the kettlebell in rack position in your right hand (with arm bent and tight to your body).
- Push the kettlebell overhead and straighten your arm. Keep your arm close to your ear and your gaze on the kettlebell.
- Push your hips and glutes out in the direction of the arm holding the kettlebell.
- Lower your upper torso towards the ground. Keep the kettlebell overhead.
- Pause and then reverse back up to your start position. Do the allotted reps, then switch sides and repeat.



ambassador Bec Tippett put all her muscles to the test with this wild workout

Adventuring has my name written all over it, so I am not surprised that I got to road test this workout. Exploring new places stimulates my mind, body and soul, and so does a new workout!

Fave move: Spider side plank. Normally people cringe when they I really loved the deep burn in my want to look like a spider at the gym?

Toughest part: The reverse press-up is not a position you jump into every day, so not only did I feel a little tell my struggle was a good indication

Final verdict: This was the first as the time increased after every block. You definitely get a whole body

KETTLEBELL

GREAT FOR: SHOULDERS. REAR UPPER ARMS. CORE

Technique

- Standing with your feet close, hold a kettlebell with both hands, your elbows tucked in close to your ribs.
- Brace your abdominals and, with a slight forward lean at the waist, press the kettlebell upwards until your arms are fully extended above your head.
- Slowly bring the kettlebell back down to your starting position to complete the move and repeat.

Pull your shoulders down as you raise the kettlebell



EBELL POWER PLANK WITH ROW

GREAT FOR: CORE, UPPER BACK, FRONT UPPER ARMS

Start in plank position with your hands under your shoulders and a kettlebell under your chest to the right-hand side. Brace your mid-section, activate your glutes and thighs. Focus on maintaining a straight line

from your feet to your shoulders.

- Hold the kettlebell firmly with a singlehand grip and row it up to your side.
- Lower and repeat. Perform the allotted reps then switch sides and repeat with your opposite hand.





O BENT-OVER ROW O GREAT FOR: FRONT UPPER ARMS.

UPPER BACK, SHOULDERS

Technique

- With your knees bent and upper body tilted forward, hold a barbell with both hands, arms extended towards the floor.
- Row the barbell up towards your ribs, squeezing shoulder blades together at the top.
- Lower back to the start and repeat. M



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workout's matching playlist!



POOR POSTURE, TIGHT HIPS AND LESS KILOJOULE **EXPENDITURE**: these are problems most of us are aware of when it comes to sitting at a desk all day or leading an otherwise sedentary lifestyle.

For the most part, it might not seem that bad. A weekly Pilates session to improve posture, a few stretches to loosen up those hips and regular workouts to make up for sitting down all day can fix that, right? Well, according to a new book by US physical therapist Dr Kelly Starrett, Deskbound: Standing up to a Sitting World (Simon & Schuster, \$53), we might not be doing enough to counter the problem.

"Weight gain, loss of mobility, joint pain, compromised breathing, increased risk of chronic diseases, muscle weakening and poor circulation are just a few health consequences associated with sedentary behaviour," Dr Starrett explains. And while it's true that a lot of us do move enough, Dr Starrett reckons that one of the main issues is that we're just not aware of how sedentary we actually are, putting those of us affected in danger without even realising it. "Harvard defines a sedentary lifestyle as sitting for more than a total of six hours a day," he says. Let's just take desk jobs out of the equation for a second. Put together the hours you spend sitting in the car, on public transport, in front of the TV or eating a meal. That could already bring most of us pretty close to six hours without even factoring in our jobs. Scary thought, yes? "The issue is that sitting equals not

moving," adds Dr Starrett. "We're designed to be in constant motion. Our modern world goes against 2.5 million years of physiological evolution."

SITTING DUCKS

Still not convinced at just how much of an effect sitting down can have on the bod? "Think of it this way: Have you ever had swollen ankles after a long plane ride? This is a simple example of how failing to move causes fluids to congest our tissues," explains Dr Starrett. The lack of activity in the extremities when we sit means that the muscles in the legs don't compress the blood vessels that keep our limbs from swelling. And this is just one example of how powerful a lack of movement can be.

More commonly, though, those of us who are deskbound for the majority of the day experience serious changes in the mechanics of our body, with the neck being one of the biggest complaints. "When we sit, many of the supporting structures and tissues of the body are forced to work in compromised ways and positions," says Dr Starrett. "Ever complained of a stiff neck after being on the computer all day? Your neck musculature has been holding your head up for the greater part of 12 hours, trying to counteract the fact that your head has been leading the slouch at your computer." And we know that - since the whole body is connected - it's not just your neck that will pay the cost. Eventually, it'll affect your whole body as well as body composition.

MAKE A MOVE

Yeah, we know, it's super obvious, but Dr Starrett advises getting rid of as much optional sitting from our day as possible. Office workers hit the top of the list when it comes to numbers of musculoskeletal injuries of any group of workers (that includes manual labourers), so it's a no-brainer. And you don't even have to hit the gym to undo the negative effects of sitting. "We're trying to do the right thing, but it's the chair that's disrupting our progress. Switching to a standing workstation is a giant first step," advises Dr Starrett. How's this for crazy: Simply switching to a standing desk will help you burn around 400,000 more kilojoules per year. Mind. Blown. "That's equal to running 33 marathons," says Dr Starrett. Except all you have to do is sit less! "But if you have no choice but to sit, then stand up every 20 minutes to reset your position."

Want to go one better? Dr Starrett recommends taking a one-minute movement break before sitting back down. Whether this is a short walk, bodyweight movements in the office or a casual stretch-out, it all counts. "The idea is to break the idle pattern," he adds. "At the very least, you should stand up, squeeze your glutes a few times, get your back straight and then sit back down in a good position." You might get a few odd looks in the office, but it's a small price to pay. Not bothered by funny side-glances? Then take it further and roll out your glutes and hamstrings using a ball or foam roller. M

■ GET MOBILE ■

Bring on the prevention with these simple movements that test – and boost – your mobility

1 DEEP SQUAT TEST

It measures: Hip flexion, hip rotation, adductor and groin range of motion, and calf and ankle range of motion.

Why? The deep squat is a that everyone should be able

Do it:

- Position your feet straight and slightly wider
- Load your hips and hamstrings and lower into a deep squat. Drive your knees out while keeping your heels in contact with the ground.

2 HIP HINGE TEST

It measures: Posterior of motion, and hamstring range of motion.

Why? Consider this the picking-something to a 90-degree angle while

Do it:

- your hamstrings back and tilt your torso forward,
- Try to keep your legs straight as you tilt.

3 OVERHEAD TEST

It measures: Shoulder flexion and external rotation, lat and shoulder range range of motion.

Why? It captures any arms over your head. Could

Do it:

- externally rotated.
- Point your thumbs back and have your armpits forward.

4 SHOULDER INTERNAL ROTATION TEST

It measures: The internal rotation of the shoulder. Why? If your shoulder comes up off the floor as you lower your arm to the ground, it

Do it:

- upper arm flush with the
- Drop your palm and forearm toward the ground, keeping the back of your shoulder in contact with



1 SQUAT AND I SINGLE-ARM PULL

GREAT FOR: BOTTOM, FRONT THIGHS, SHOULDERS, REAR UPPER ARMS

Technique

- Step on one end of a resistance band, feet parallel and shoulder-width apart with your knees slightly bent.
- Hold onto the band with your opposite hand with an overhand grip, arm extended and band slack.
- Lower into a squat and drop your working arm to your opposite foot.
- Rise out of the squat and pull the band up and out as you drive your elbow open. Repeat.

Starting out? 8-10 reps Need a challenge/Going pro? 16-20 reps





SINGLE-ARM BICEP CURL

GREAT FOR: FRONT UPPER ARMS

Technique

- Step on one end of your resistance band and hold it with your opposite hand.
- Keeping your working arm close to your body, bend your elbow to pull the band in towards your shoulder.
- Hold for two seconds then lower back down with control. Repeat.

Starting out? 3 x 8 reps Need a challenge? 4 x 8-10 reps Going pro? 5 x 8-10 reps

SINGLE-ARM TRICEP PRESS

GREAT FOR: REAR UPPER ARMS, **UPPER BACK**

Technique

- Hold one end of the resistance band behind your back and take hold of it with your opposite hand behind your neck/upper back, both arms bent.
- Extend your working arm up towards the ceiling with control.
- Return slowly to the start and repeat.

Starting out? 8-10 reps Need a challenge? 2 x 8-10 reps Going pro? 3 x 8-10 reps)





TOE TAP GREAT FOR: CORE, BOTTOM, REAR THIGHS

Technique

Lie on your back with your feet flat on the floor, close to your bottom, and lift your hips off the mat. Place your arms either side of you.

the other, tapping your foot gently on the floor with each return. Position your hips and knees at a 90-degree angle. Continue to alternate sides.

The aim is to feel this in your core, not your back





SHOULDER BRIDGE

GREAT FOR: BOTTOM, CORE, **INNER THIGHS**

Technique

- Lie on your back with feet flat on the floor and a medicine ball or Pilates ball squeezed between your knees.
- Lift and peel your pelvis off the mat to make a straight line from hips to shoulders. Press your shoulder blades and arms into the mat as you lift your hips.
- Lower and repeat.

Starting out? 8-10 reps Need a challenge/Going pro? 16-20 reps



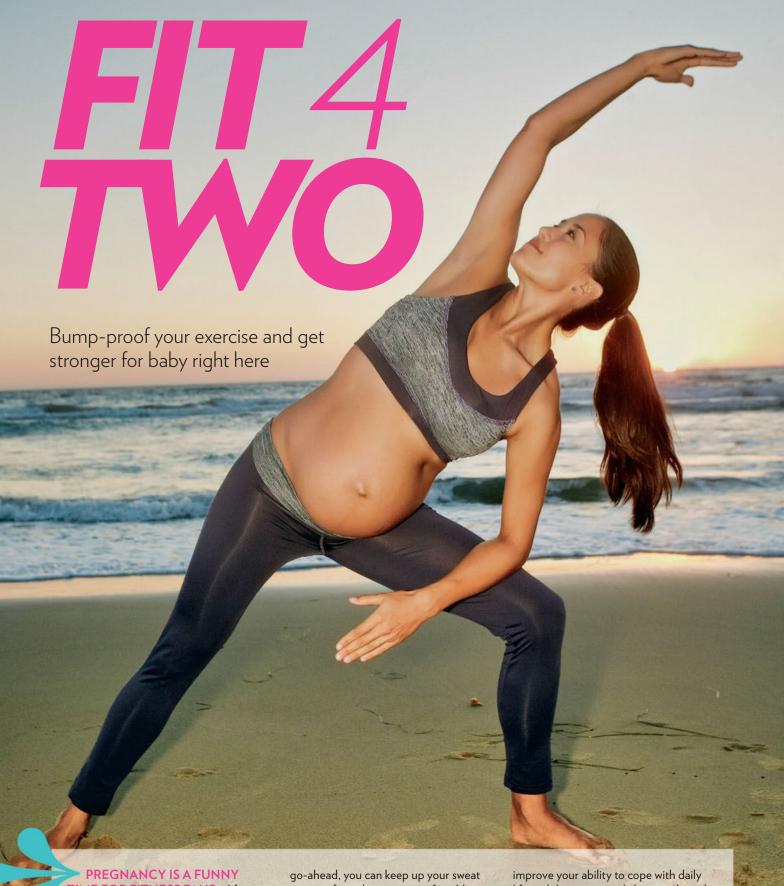
OCLAMSHELL GREAT FOR: BOTTOM, HIPS

Technique

- With a knot tied in the resistance band, wrap the band around both thighs, just above the knees, knees together and a space for two fingers between your legs and the resistance band.
- Lie on one side with your elbow right under your shoulder, hips stacked, knees together and in line with your hips.
- Keeping your feet together, start to lift your top knee up, pulling the band away to open your knees.
- Lower and repeat. Perform all reps on one side before switching sides.

Starting out? 10-12 reps Need a challenge? 20-25 reps Going pro? 30-40 reps M





TIME FOR FITNESS FANS. After years of working hard for a super-fit bod, you're suddenly faced with ditching your race plans, putting those Bikram shorts away and hiding your skis for a year. But just because you're not going to be toning up or running a personal best anytime soon, doesn't mean you can't stay fit and healthy. With the doctor's

sessions for as long as is comfortable.

Professor Greg Whyte, author of Bump It Up (Bantam Press, \$35), can help you get into your prenatal fitness flow. "You can begin exercising at any time during your pregnancy and benefit from all the positive effects associated with a more active lifestyle," he says. "Maintaining muscle strength will

life and the anatomical changes that take place as your baby grows," he adds.

Not sure where to start? In his book, Prof Whyte reveals how following a sensible activity plan, incorporating strength training, core conditioning, aerobic exercise and pelvic floor moves, can keep you fit for birth and beyond. Here are some of his approved moves...

FIRST TRIMESTER (1-13 WEEKS)

Nausea and tiredness could be keeping you out of the gym, but exercise can be especially awesome during your first trimester, as a little movement can help alleviate sickness and perk you up. "In general, you can continue your normal exercise program throughout the first trimester," says Prof Whyte. "Inside your uterus, the foetus is so small at this stage that it's protected in your abdominal cavity. Even traditional sit-up exercises, running and weight lifting are possible."

Obvs, contact and high-risk sports are no-go zones. And women who have a higher-risk pregnancy should check with a healthcare professional before starting a fitness regimen. Take it easy if you haven't exercised for a while. "Never push yourself beyond where you feel comfortable, and stop immediately if you have any concerns," says Prof Whyte.

YOUR FIRST TRIMESTER PLAN

- Aerobic exercise: 30 minutes up to five days per week (think running, swimming or cycling).
- Strength exercise: One or two 30-minute sessions per week.
- Core strength and stability: Two to three 30-minute sessions per week.

STAY WELL

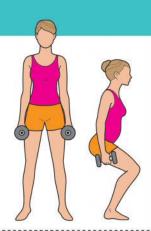
Feeling too sick to work out? These tricks can help you control some of those dud symptoms

EAT UP: Eating little and often will

CURB CRAVINGS: Try not to give into

GET JUICY: Juices and smoothies can nutrients. Try adding ginger, as it has been shown to ease nausea and sickness.



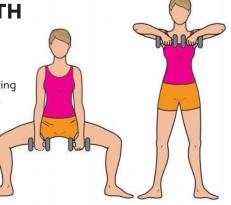


SQUAT

With feet slightly apart and holding dumbbells by your sides, bend your legs to 90 degrees, keeping your back straight. Push through your heels to return to standing and repeat 20 times.

SUMO SQUAT WITH UPRIGHT ROW

Stand with your feet turned out, a little more than shoulder-width apart. Squat with a straight back, your eyes looking forwards. On standing, lift the dumbbells up, elbows high, until your hands are level with your shoulders. Return to the start and repeat 20 times.





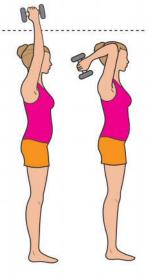
REVERSE LUNGE WITH BICEPS CURL

Start standing with dumbbells by your side, then step back with your left leq. Lift the dumbbells towards your body until your hands are shoulder level. With your torso upright, bend your right knee to 90 degrees, knee over your ankle. Return to the start, switch legs. Repeat 10 times on each leg.

TIP: Keep your shoulders down and elbows as close to your ears as possible

TRICEPS EXTENSION

Holding dumbbells, extend both arms above your head to start. Keeping your core strong and elbows high, bend your arms back until your hands are just above your shoulders. Extend both arms above your head until straight. Repeat 20 times. >



SECOND TRIMESTER (14-28 WEEKS)

The nausea has (hopefully) gone and fatigue is waning - during your second trimester, you're likely to feel, well, pretty good actually. Your interest in exercise might even surge, so now is the time to work towards your strength and wellness goals. After the first 12 weeks, your uterus expands and moves from the pelvis to the abdominals. Your ab muscles might also separate during the sixth month as the uterus gets bigger.

"Weakened abdominals may put additional stress on your back," says Prof Whyte. "For this reason, it's important that you maintain your core strength to prevent chronic back pain." Avoid sit-ups from the start of the second trimester, instead go for planks or standing core moves and avoid lying on your back when lifting weights.

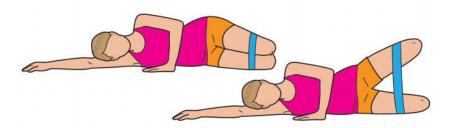
YOUR SECOND TRIMESTER PLAN

- Aerobic exercise: Aim to do 30 minutes at least five days per week (these can be broken up into 10-minute bouts).
- Pelvic floor exercise: Daily. Learn how to do them right at thewomens.org.au.
- Strength exercise: One to two 30-minute sessions per week (or shorter bouts more frequently) is ideal at this stage.
- Core strength and stability: Two to three sessions per week. This will help support your back as the baby continues to grow bigger.



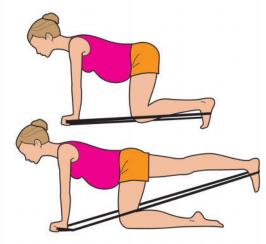
BAND CLAM

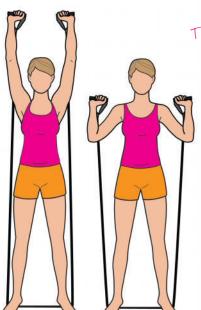
Wrap the band around your knees and lie on your right side. Rest your head on your right arm with your left hand supporting your body. Bend your legs to 90 degrees, keeping your feet together. Lift your left knee high, then return to the start. Repeat 20 times and switch sides.



BAND DONKEY KICK

On all fours, hold the band's handles and place the band in the middle of your left foot. Extend your left leg back and, keeping it straight, lift it as high as you can without turning out your hip. Return to the start, repeat 20 times and switch sides.





TIP: Bend your knees slightly throughout

BAND SHOULDER PRESS

Place the centre of the band under your feet, holding one end in each hand, with your arms bent and hands at shoulder height, elbows down. Extend your arms overhead until they're straight. Return to start and repeat 20 times.



Position the middle of the band under your feet. Bring each end up over your shoulders, keeping your elbows in. Take your feet to shoulder-width, and engage your core, legs and bottom. With a straight back, look ahead and bend your knees to 90 degrees. Return to the start. Do 20 reps.

THIRD TRIMESTER (29 WEEKS-BIRTH)

As D-date gets closer, exercise will keep your mind busy, help you sleep better and strengthen your body as your weight increases. "The benefits of exercise are probably greater in this trimester than in the previous two," says Prof Whyte. "As the growth of your baby (and uterus) accelerates in the final stages, it's important to be as strong and as flexible as possible."

However, you'll need to start changing things up - reducing the speed of activity and weights you lift - and you might need to avoid moves that require balancing skills, thanks to a shifting centre of gravity. "It may also be time to move to non-weight-bearing exercise, for example aqua aerobics, swimming and cycling, to reduce the pressure on your pelvis," advises Prof Whyte.

YOUR THIRD TRIMESTER PLAN

- Aerobic exercise: 30 minutes at least five days per week (split into 10-minute bouts or try fartlek).
- Pelvic floor exercise: Daily. Strength exercise: One to two 30-minute sessions per week (or shorter bouts more frequently).
- Core strength and stability: Two to three sessions per week. See "Stay Strong" box for tips.



CHAIR SQUAT

Holding onto a sturdy chair back for extra stability, draw your belly button towards your back and tighten your bottom and thighs. Keeping your back straight, head up and looking forwards, bend your legs to 90 degrees. Return to the start and repeat 20 times.





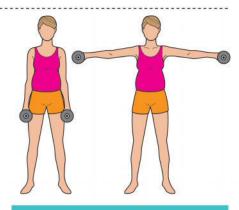
TIP: Use smooth, steady movements when lifting weights

FRONT ARM LIFT

Stand with soft knees, feet apart, palms facing thighs. Keep your back straight, head up and look forwards. Activate your core and tighten your butt and thighs. Raise both dumbbells in front of you until they're roughly level with your shoulders. Return to the start and repeat 20 times.

SIDE ARM LIFT

Stand with soft knees, feet shoulderwidth apart, palms facing thighs. Keep your back straight, head forward and eyes up. Draw your navel to your spine, and engage your butt and thigh muscles. Slowly raise both arms straight out to the sides until they are level with your shoulders. Return to the start and repeat 20 times.



CHAIR SIDE LUNGE

Stand next to a chair and gently hold on with one hand. Pull your belly button towards your spine and tighten your butt and thighs. Keeping your torso upright and looking ahead, slowly step forwards with your right foot, bending your knee to 90 degrees, with your knee over your ankle. Return to the start position and repeat on the left. Repeat 10 times on each side. M

Love this? Search for more like it on womensfitness.com.au KEYWORDS: MUM WORKOUT



STAY STRONG

In trimesters 2 and 3, it's important that you avoid exercises that directly work your abdominals. Follow these tips for core exercise safety:

- #1 Keep your movements slow and controlled at all times.
- #2 Don't lie on your back or tummy.
- #3 Keep breathing while exercising!
- **#4** Make sure to increase the rest period between exercises.
- **#5** Reduce the amount of time you



THE SCIENCE OF ADYENTURE





QUEEN OF THE

Steal a little inspo from Australia's youngest adventurer, Alyssa Azar

THERE ARE FEW PEOPLE WITH A CV LIKE ALYSSA AZAR'S.

She was just a regular girl from country Queensland, that is until she walked the gruelling Kokoda Track alongside her dad, Glenn, at just eight years old. Then climbed the 10 highest peaks in Australia at age 12. Two years later she reached the top of Mount Kilimanjaro. And - no biggie - she fulfilled her dream of climbing the world's highest peak, Mount Everest, in May last year at the ripe old age of 19.

Her prep and dedication is impressive, to say the least. She lives by the rule that she can achieve any goal as long as she has the work ethic to match it...

WHAT DOES THE WORD 'ADVENTURE' MEAN TO YOU?

Adventure is a really broad term but to me it means mountaineering. I love climbing specifically at high altitude. I enjoy pushing my limits and getting to see different places.

DO YOU STILL HAVE VIVID **MEMORIES OF KOKODA?**

I do have a lot of memories from Kokoda. My favourite memory is of successfully crossing the track and walking through the arches at Owers' Corner. I've since completed six Kokoda Track crossings and have gotten something a little different out of it each time.

WHAT WAS GOING THROUGH YOUR HEAD THE MOMENT YOU REACHED EVEREST BASE CAMP FOR THE FIRST TIME?

I was 10 years old and just remember looking at the amazing beauty of the mountains surrounding me.

This year [when I reached the base camp for the fourth time], I thought, "This is the start point. This is where the climb really begins. The trek in is just a warm up."

WHAT'S THE BIGGEST CHALLENGE YOU'VE FACED SO FAR?

My biggest challenges have come from climbs on Ama Dablam in Nepal, Manaslu (the eighth highest mountain in the world) and Mount Everest last year. I think the

lifestyle of being on a long expedition like Everest, mixed with pushing yourself all the time, is the most challenging.

WHAT ARE YOUR TOP TRAINING TIPS FOR OTHER ADVENTURERS?

Train for the activity you will be doing. If you're trekking or climbing get out on some hills and trails with a pack on. Start light and build up a bit of weight and long distances. I also like to supplement and cross train with different sessions in the gym.

AND BEST MINDSET TRICKS?

I'm always very focused when I have an expedition coming up. I ask myself throughout my training how bad I want it and how far I'm willing to go.

I always have music that motivates me, as well as some different notes and quotes that I like. I spend time also just visualising what could happen and being prepared.

ARE YOU ALWAYS TRAINING?

I'm always doing some kind of training, unless I've just returned from an expedition. When I have a climb planned it's more sport-specific. I'll spend weeks and months building up my endurance with pack training and running. I'll even drag kettlebells and tyres on sand because it mimics the snow slopes and the muscles used when climbing.

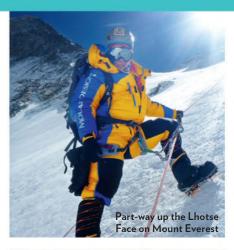
When I haven't got a climb coming up I do a lot of general fitness, including boxing, running and circuit training.

WHAT ELSE IS ON YOUR **ADVENTURE BUCKET LIST?**

I have a lot I'd love to do. Climbs in the Himalaya and the Andes. The Seven Summits is a goal I have, as well as possibly the 8000-metre peaks.

DO PEOPLE EVER TELL YOU YOU'RE CRAZY?

No one's ever said that to me, but I'm sure they've thought it. I understand that what I do isn't for everyone, and it may seem crazy to some people. I'm okay with that. I like having goals and chasing them. This is a lifetime thing for me. It's a passion.)











Read about Alyssa's thrills and setbacks in The Girl Who Climbed Everest by Sue Williams (Random House, \$32.99).

MORDS SAMERA KAMALEDDINE



REGISTRATIONS FILLING FAST!

MELBOURNE 100KM 7-9 APRIL

BRISBANE 100KM | 55KM 16-18 JUNE

SYDNEY 100KM | 50KM 25-27 AUGUST

PERTH 100KM | 50KM 22-24 SEPTEMBER

TACKLING POVERTY THE HARD WAY WWW.OXFAM.ORG.AU/TRAILWALKER

OXFAM TRAILWALKER 100KM | TEAMS OF 4 | 48HRS

It's officially a sport in the next Olympics – and with all its mind and body benefits we're putting climbing on the very top of our adventure must-try list

CLIMBING - AND MOUNTAINEERING IN GENERAL-IS ENJOYING A LITTLE LIMELIGHT

thanks to the International Olympic Committee declaring Sport Climbing a new addition to the Olympics bill.

Making its debut at the 2020 Games in Tokyo, each of the climbing competitors will need skills in three specific disciplines: Lead, where you climb a planned route with ropes using pre-placed "quickdraws" (two metal carabiners connected by a textile sling) in a certain time frame; Speed, where you climb a known, slightly overhanging vertical route using ropes as fast as you can; and Bouldering. which is done with no ropes on short, overhanging routes that the climber can choose - again within a certain time.

But you defs don't need to be an Olympian in order to enjoy the sport or reap its awesome rewards. "It's a full-body workout that builds strength, stamina, flexibility, balance and coordination," says climbing coach Jez Tapping. "You get a cardiovascular workout, plus it's mentally engaging, using and developing analytical skills."

Once you get into climbing, as with all sports, cross training will be your new BFF. "Climbers typically do a lot of core work the TRX is popular for strength training - and running or cycling," says Tapping. "The first thing new climbers need to work on, though, is finger and forearm strength

and grip." How do you do this? Try your hand at chin-ups, and use the fingerboards at climbing centres (trust us, you'll soon get the hang of the lingo, too).

But first, do your research (or, ahem, read the below) for answers to all of your prickly climbing-related questions...

UM. I DON'T THINK I'M FIT ENOUGH...

"Climbing is the most inclusive sport I can think of," says Shauna Coxsey, an English professional rock climber and International Federation of Sport Climbing Bouldering World Cup Champion. "It's accessible for the young, old and people of all sizes and shapes. Whatever your level or ability, everyone climbs in the same place; there's no separation," she says. "I love the fact so many people, especially women, are getting into it and finding a healthy lifestyle. I think it's the best way to get fit. It tones you from head to toe and engages your brain - there's no monotony."

ALRIGHT. SO WHERE DO I START?

If you know someone who climbs, head to an indoor wall with them and have a go, or book yourself a beginner's session, course, private lesson or bouldering introduction. Once you can safely belay (use the ropes), you can sign in and climb by yourself.



If you want something more challenging than the most extreme grade (they're the black holds), join the Sport Climbing Association (sportclimbingaustralia.org.au), and you can start regularly training for comps.

WHAT ABOUT THE **GREAT OUTDOORS?**

Climbing outdoors can be whatever you want it to be: hill walking, tackling craggy rocks, bouldering or sport climbs. "If you enjoy climbing indoors on a wall, the



RIED & TESTED

WF's Jacqui King tested her agility on the indoor rock climbing walls at Sky Climb (skyzone.com.au)

chances are you'll love the outdoors too, and, for many, it's a natural progression," says Tapping. "That said, many just love climbing walls indoors and it's fine to stick with that."

The easiest way to start is to go with someone who's experienced at outdoor climbs, or join a club that can lend you equipment and show you the ropes literally. Instructors at climbing walls and centres around the country will be full of info on places to go and routes to take. Or, check out the Australian School of Mountaineering (climbingadventures .com.au) for a guided adventure near you. It's perfect for indoor climbers taking their first steps outside with different climbing courses that range from one to seven days in duration. Think of all that natural beauty you'll be getting amongst... >

My favourite kind of workout is when I'm having too much fun to notice I'm actually exercising, so this is probably why I've always enjoyed rock climbing. But while the fun factor is high, it is tough. Halfway up my first wall, the sweat was pouring off me (which unfortunately makes things very slippery) and my arms were shaky. Tip: Make sure you use plenty of chalk for extra grip to avoid falling like a sack of potatoes. Fave part: Feeling the accomplishment of being able to successfully climb super-high walls. Once I had tackled and completed my first two, I found I was able to move a lot quicker through them. Take that, Spider-Man!

Toughest part: I'm going to name three. 1) Realising that once I made it to the top, I had to get down by letting go and falling. I'm usually not afraid of heights, but this definitely required a pep talk. 2) It killed my hands (and every other part of me, if I'm being completely honest). 3) Not trusting in my body's ability to pull myself up. At times, I'd freeze part way up the wall and think that if I let go of one jug (climbing hold) to reach another I'd fall. I didn't. (Okay, maybe just once...)

Final verdict: This is something I'd love to do on the reg, not just because it gives me a thrill, but because it's a whole body workout - and when I say whole body, I mean your mind, too. As I was climbing, I had to mentally draw a path all the way to the top and try to figure out the right places to position my feet and hands (I wanted to avoid ending up in the splits position halfway up!). My arms, shoulders and calves were really sore the next day, but I felt ready to get out there again. Now all I need is a partner to race to the top!

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TERRAIN

Spice up your running by hitting the trails

IF YOUR RUNNING HAS YOU YAWNING (and not just 'cause of those early alarm clocks), it might be time to step out of your pavement-pounding comfort zone and onto the dirt track. Sure, off-road running is tough stuff that's why top-level runners consider it a good grounding for road-running success - but there's some pretty great rewards waiting for you at the end of the trail.

"Trail running builds fitness, strength and physical endurance," explains Jo Brischetto, competitive trail runner and coach from Up Coaching (upcoaching .com.au). "It's also a wonderful way to practise mindfulness, connect to nature

and clear the mind. There is a lot of evidence linking the benefits of time spent in nature with good mental health."

While road and trail running require the same striding action - that is, putting one foot in front of the other - the two forms of running are also worlds apart. For starters, road-runners rarely have to deal with slippery hills and technical descents, nor do they often call upon a plethora of miniscule muscles to maintain balance.

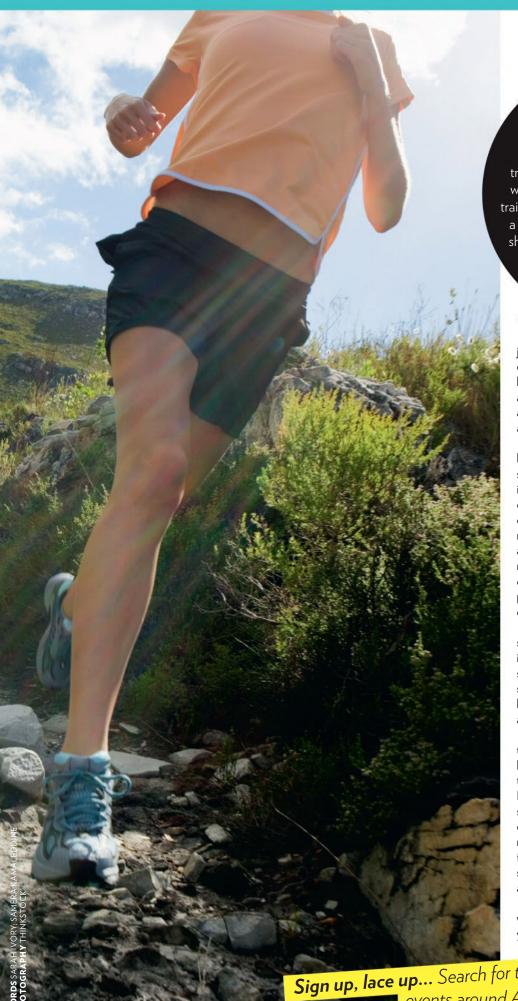
And, notes Brischetto, running on the varying terrain of trails (think rocks, tree roots and creeks) loads the body very differently to road running - in a good way. "Trail running is less repetitively loading on



From road race to trail success in 4 weeks

	TUE	WED	THUR	SAT	SUN
WEEK 1	10 mins fast, 90 secs rest, 10 mins easy	Steady 45-min hilly circuit	10 mins easy, 10 mins very fast (85% of max pace), 10 mins easy	3 x 1km fast with 3 min recoveries	1 hour steady pace
WEEK 2	11 mins fast, 90 secs rest, 11 mins easy	Steady 50-min hilly circuit	12 mins easy, 12 mins very fast, 12 mins easy	4 x 1km fast with 3 min recoveries	1 hour steady pace
WEEK 3	12 mins fast, 60 secs rest, 12 mins easy	Steady 55-min hilly circuit	14 mins easy, 14 mins very fast, 14 mins easy	5 x 1km fast with 2.5 min recoveries	1 hour steady pace
WEEK 4	12 mins fast, 60 secs rest, 12 mins easy	Steady 60-min hilly circuit	15 mins easy, 15 mins very fast, 15 mins easy	5 x 1km fast with 2 min recoveries	1 hour steady pace

Rest days: Monday and Friday



FEET FIRST

According to Brischetto, road shoes still work well for groomed trails and open fire roads, or, you can wear trail shoes designed for 'road to trail'. "These are like road shoes but with a little more grip and toe protection," she explains. "For more technical trail or slippery terrain you need trail shoes with a grippier and stickier outer sole.'

joints than road running, and the nature of the terrain requires and builds all-over body and core strength, balance, agility and mental focus as you leap over rocks, avoid obstacles and navigate through mud and water crossings," she adds.

Feel like your running progress has levelled off? Trail running could be your secret arsenal. "Varying your training is an important part of any runner's development as it builds strength in different areas, ensures an all-round fitness, reduces the risk of repetitive injuries and also keeps running interesting," explains running coach Bud Baldaro. "Switching to cross-country running or trail races is about preparing your body for the different demands that will be placed upon it."

If you've been running on roads all summer long, your main weakness will be interval endurance. Runners who regularly smash 5K are used to a fast, steady pace, so the change of gradient and terrain will be a shock. The answer? Start running up and down hills and over undulating ground.

"Specificity is key when training for trail running. Doing sessions on trails at least 2-3 times a week will build confidence, trail skills, strength and agility," advises Brischetto. "Working specifically on strength and VO2 max [the maximum level of oxygen you use] by doing hill and stair repeats will support and develop trail fitness. It's also beneficial to still include some speed and form work in your program along with a core and strength session."

Prepare to head off the beaten track with our four-week plan (left) and we'll see you behind the trees at the finish line... >

Sign up, lace up... Search for the best trail running events around Aus at adventurerace.com.au.





WF's Jaymie Hooper trials the latest trend on the fitness scene: aerial adventure parks

WHAT IS IT?

What can work your muscles, test your stability, spike your adrenaline and give you a healthy dose of fear? That'd be an aerial adventure park, and if you haven't heard of them yet, prepare to be obsessed.

Whether set high among the treetops or in the middle of nowhere, aerial adventure parks are towering towards skies all around the globe, and they're making a mark with their ziplines, rope climbs and elevated barrel runs. And now you can trial the trend right here in Aus!

Nestled in the heart of Western Sydney, Skypeak Adventures park is a network of cables, pulleys and more than 50 obstacle challenges set as high as 15 metres above the ground. Sign up for a session and you'll find yourself strapped inside a harness, making your way across

tightropes, monkey bars, skateboards (yep, you can ride a skateboard in the air) and strategically placed branches. Since you'll need to leap, climb, pull, squeeze and lift yourself around the course, you'll work every muscle in your bod, plus you'll test your balance and coordination on the tricky stability challenges (hel-lo rickety bridge).

Your core and upper body will work the hardest (again, balancing is tough, you guys) and your willpower and courage will be tested (it takes serious guts to ride a flying fox in mid-air). So, if you're looking for a new way to spice up your workout routine, make a booking, pronto.

Jaymie says...

I'm not afraid of heights. Correction: I'm not afraid of heights when there's a solid chunk of metal between me and a 15-metre drop, but when I started wobbling on a tightrope on level one of the Skypeak Adventures Atmosphere course, my heart tried its hardest to leap out of my chest.

For a few moments all my motor functions seemed to freeze, but since I'd willingly volunteered to trial this new fitness craze for everyone playing along at home, I told myself to get a grip and keep up with my fellow WF pal Jacqui, who was already zipping ahead to the next challenge - a tug-of-war in the sky (*gulp*).

Fast-forward two hours later, and both Jacqui and I had mastered all three levels of the course. Once I'd gotten over the initial shock of being so high above the ground, each obstacle became an adventure I wanted to conquer. I climbed over hanging logs, attempted (*cough* failed) to ride a bicycle along a tightrope and did my best Tarzan impersonation as I swung from a trapeze. Just when my biceps were starting to ache from all the gripping, and my inner thighs were sore from latching onto a tree trunk, it was time to take on the greatest adventure of all: an actual free-fall from the top of the course.

Known as 'Momentum', this challenge gives you access to three bungee-jump-like dives, and as we climbed our way up the stairs to the jumping station, my nerves made a mighty comeback. After re-strapping our harnesses and taking our positions at the very edge of the platform, I made the mistake of looking down and thought about backing out. Climbing is one thing, but jumping off a 12-metre building? That's a whole other ball game! But I decided to put on my big-girl pants and take the (literal) leap of faith anyway.

I'm pretty sure everyone within a 50km radius heard my scream, but when my feet landed back on solid ground I couldn't wipe the smile off my face, so I raced back up to the top and did it all over again.

Once our time was up, I left the park feeling like the next champ of Australian Ninja Warrior, and I also noticed something else: My body hurt. A lot. Turns out running around like a spider monkey is one helluva workout - one that keeps you aching for at least three days, FYI. But hey, it sure did beat the gym. M

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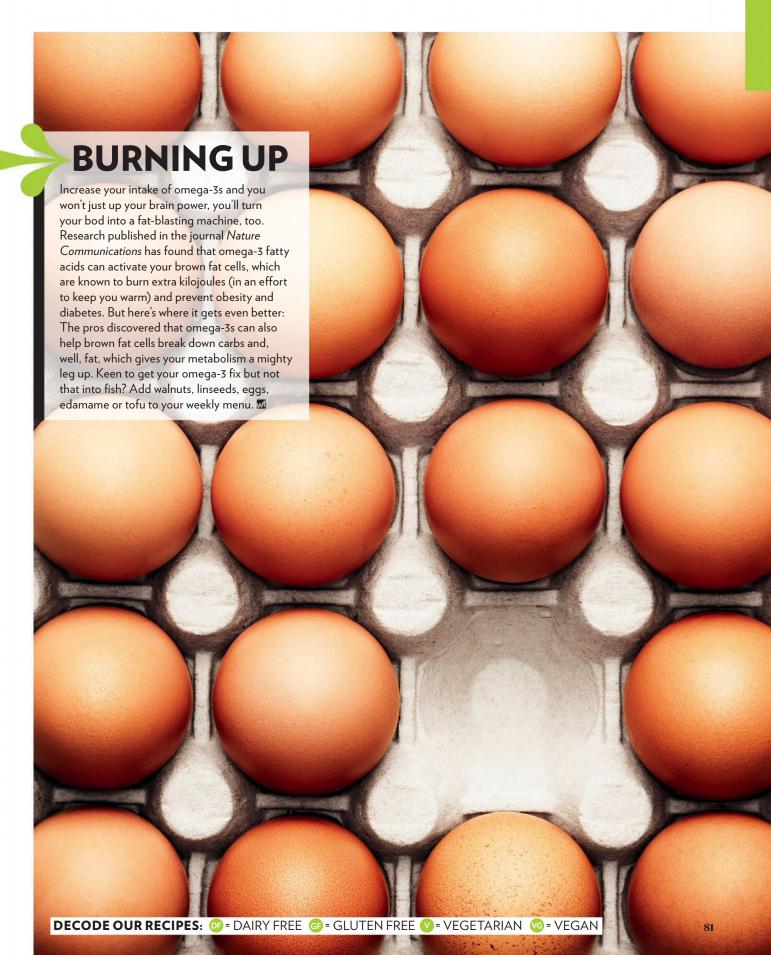
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Eat F







- 4 large stalks of kale
- 2 tbs olive oil
- 1 large red onion, halved then sliced
- 4 cloves garlic, chopped
- 2 long red chillies, deseeded and chopped
- 1 tbs fresh ginger, grated
- 1 cinnamon stick
- 1 tbs cumin seeds
- 2 tbs curry powder or paste 500g butternut pumpkin,
 - peeled and cubed
- 150g quinoa, rinsed and drained
- 1 x 400g tin diced tomatoes, undrained
- 500ml hot vegetable stock or water
- 2 x 400g tin chickpeas, undrained
- salt, to taste
- handful fresh coriander
- lime juice, to taste
- Greek yoghurt, for serving

- 1 Wash the kale. Remove and discard the thick stalks. Chop the leaves and the upper part of the stalk and set aside.
- 2 Heat oil in a large saucepan. Add onion and cook until soft. Add the garlic, chilli and ginger. Cook for about 30 seconds.
- 3 Stir in the cinnamon stick, cumin seeds and curry powder. Cook for a few seconds until fragrant.
- 4 Add the pumpkin and stir thoroughly, then add the quinoa, tomatoes and stock.
- 5 Bring to the boil, reduce the heat, cover and simmer on low heat for about 20 minutes until the quinoa is tender.
- 6 Add the kale and chickpeas. Season with salt to taste, cover and simmer on low heat for another 5-10 minutes until quinoa is completely cooked and the kale is tender. Stir in coriander.
- 7 Serve with a squeeze of lime juice and a dollop of yoghurt.



QUINOA FALAFEL WITH TAHINI SAUCE MAKES ABOUT 24 V OF

150g dried broad beans 150g dried chickpeas 2 tsp bicarbonate of soda 100g quinoa, rinsed and drained 250ml water 6 spring onions, finely chopped 4 cloves garlic, grated 2 tsp ground cumin 2 tsp ground coriander handful flat-leaf parsley, roughly chopped 1 small bunch fresh coriander, roughly chopped salt and pepper 1/2-1 tsp chilli powder sesame seeds extra-virgin olive oil, for deep frying

TAHINI SAUCE

180g tahini paste 150ml warm water 1 tsp brown vinegar 2-3 cloves garlic, finely grated 1½ tsp ground cumin juice of 1-1½ lemons 3 tbs flat-leaf parsley. finely chopped salt and pepper

- 1 Soak the broad beans, chickpeas and
- 2 Add quinoa to a medium saucepan with the water. Bring to the boil, reduce heat Allow to stand for 10-15 minutes then cool completely. Wrap the quinoa in a clean tea towel and squeeze out excess moisture.
- **3** Drain the chickpea and broad beans. Remove the skins from the broad beans.
- 4 Place broad beans, chickpeas, the remaining bicarbonate of soda, spring parsley, fresh coriander, salt, pepper and chilli into a food processor, and process until you have a fine paste that holds its shape when you press it together. Place mixture into a bowl and mix in the quinoa.
- 5 Shape mixture into round patties. Lightly press sesame seeds into both sides and fry the falafel in hot oil until golden brown. Drain on paper towels.
- **6** To make the tahini sauce, place all ingredients into a food processor and process until you have a smooth paste. Season with salt and pepper to taste. **7** Serve falafel with tahini sauce.



LEMON GARLIC CRISPY FISH FILLETS **SERVES 4 GF**

150g quinoa flakes 2-3 cloves garlic, finely grated 1-2 tbs flat-leaf parsley, chopped salt and freshly cracked black pepper 1kg fish fillets 60g quinoa flour 2-3 eggs, lightly beaten

1 Combine the flakes with the garlic,

2 Lightly dust each fillet with some

3 Heat the oil in a large frying pan on the thickness of the fish.

4 Remove fish from the pan and

5 Serve hot with lemon wedges and



QUINOA PRO

Want to be a super chef with this superfood? Cookbook author Rena Patten can show you how



Always rinse quinoa before cooking. Quinoa grows with a soapy outer covering called saponin, which is very bitter. Although when the quinoa is polished and prepared for consumption most of the saponin is removed, there is always a light dust-like coating left. Place the quinoa into a very fine sieve and lightly rub with your fingertips under cold running water for about 20-30 seconds then drain well.

I prefer to cook quinoa by the absorption method as opposed to covering with water then draining, as you don't lose any of the nutrients you would if you were draining the excess cooking water.

Quinoa freezes beautifully cook extra and freeze in individual containers. You can take it out of the freezer. defrost and then make up a healthy salad in no time, or use instead of rice or pasta.

Store quinoa flour in the freezer, especially if you don't use it that often. Because quinoa is usually organic, it can create a lovely environment for some little unwanted guests. By placing it in the freezer, it will remain fresh and quest free. It's best to take it out of the freezer about half an hour to an hour before using.

When using quinoa flakes of for coatings and stuffings, add herbs and spices to flavour. Quinoa flakes can be quite bland on their own. Once you add flavouring to them they take on a more delicious taste.



CHICKEN AND SPINACH AU GRATIN SERVES 4-6 GF

125g quinoa, rinsed and drained 330ml water 500g chicken fillets, thigh or breasts

olive oil salt and freshly ground black pepper

60g butter

4 tbs quinoa flour

1-2 tsp English mustard 750ml milk

90g tasty cheese, grated

2 tbs Parmesan cheese, grated

150g baby spinach leaves

2 tbs tasty cheese, grated for topping $\frac{1}{2}$ -1 tsp ground paprika

1 Preheat oven to 200°C and line a baking tray with non-stick baking paper. 2 Place quinoa into a medium saucepan with the water. Bring to the boil, reduce the heat. Cover and simmer for 10-15 minutes or until all the water is fully absorbed. Leave quinoa to stand

3 Rub chicken fillets with a little olive oil and season with salt and pepper. Place on the baking tray and roast in the oven for 15-20 minutes until cooked.

4 Remove from oven, cover with foil and bite-sized pieces. Set aside.

5 Melt butter in a medium saucepan. for about 1 minute to cook off the raw taste of the flour. Stir in the English

6 Slowly pour in the milk and continue and starts to bubble.

7 Stir in the cheeses and cook for

8 Mix the quinoa, chicken pieces and spinach sauce in a large bowl. Season with salt and pepper then transfer into a lightly-greased baking dish.

9 Sprinkle with the extra cheese and until golden before serving.

PRAWN, AVOCADO AND HERB SALAD SERVES 4-8 @ 00

- 125g tricolor quinoa, rinsed and drained
- 2 large avocados
- 500g cooked prawns, deveined and tails left intact
- 2 Lebanese cucumbers, cut into small pieces
- 4 tbs flat-leaf parsley, finely chopped
- 2 tbs fresh mint, chopped
- 1 bunch fresh chives, chopped
- 1-2 long red chillies, deseeded and chopped

lettuce or baby rocket leaves, to serve mint sprigs, to serve

DRESSING

4 tbs extra-virgin olive oil juice and zest of ½ lime salt, to taste

1 Place quinoa in a small saucepan with the water. Bring to the boil, reduce heat, the water is absorbed. Remove from

- 2 Cut the avocados in half then take a very thin small slice off the bottom of each half for balance on the serving plate. Carefully scoop out most of the flesh leaving a firm shell. Finely chop the scooped out flesh.
- 3 Place the prawns into a large bowl with the cooled quinoa, cucumber, parsley, mint, chives, chilli and avocado flesh, and gently toss to combine.
- 4 Whisk together the oil with the lime juice and zest, and season with salt. Adjust using extra lime or salt to suit your taste.
- **5** Pour the dressing over the salad mix, toss well and allow flavours to combine
- 6 Pile the salad into the avocado on a bed of lettuce or baby rocket leaves. Garnish with mint sprigs.





1 Add oil and butter to a large saucepan

on medium heat until the butter melts.

quinoa is soft and creamy.

Parmesan sprinkled over. 📶

6 Serve with parsley and a little more

by Rena Patten (New

Holland Publishers, \$35).



IF YOU'RE CRAVING AN ADVENTURE, HEAD TO THE KITCHEN. One of the best ways to get out of your comfort zone is to broaden your palate - and a little menu mix-up has good-for-your-bod pay-offs, too.

Researchers from Cornell University in the US proved it when they found that people who are adventurous eaters are often healthier than their picky pals - the study showed they were more likely to be physically active, investigate the health benefits of food and score a lower BMI.

The magic ingredient here is variety, says clinical nutritionist Sophie Manolas, author of The Essential Edible Pharmacy

(Exisle Publishing, \$34.99). In much the same way that travel enriches your mind with new ideas and influences, exploring the world of food exposes you to a buffet of vitamins, minerals and antioxidants.

"It's so important to branch out and be an adventurous eater to ensure you're getting a wide range of nutrients from different sources," she explains.

The Cornell researchers reckon this open-minded attitude towards food is the perfect antidote to dieting. By seeking out new flavours on the reg you can dodge the restrictive feeling of kilojoule-counting and the trap of food boredom, while still enjoying a heap of health benefits.

Bold bites

Because one woman's *drool* can be another woman's *ew*, what does it actually mean to be an adventurous eater? For some, it could be as simple as eating the rainbow. "That can mean adding fresh grated beetroot and carrot to a salad, and eating cherries, pumpkin, lemons and beautiful summer berries," Manolas says.

If you're already a colour cruncher, you might be ready to push your foodie limits. Naturopath and founder of Ovvio Organics (ovvioorganics.com.au), Anthia Koullouros, reckons we should be willing to revisit the menus of our ancestors.



"What we used to eat, reared as nature intended with little intervention, seasonal and prepared in a way that preserves nutrition, may seem adventurous," she says. "Nose-to-tail eating, which includes tripe and kidneys, is an example."

In reality, it's the food we tend to eat now, Koullouros adds, that is the really out-there stuff - and not in a good way.

"I think it's far riskier eating newfangled 'frankenfoods'," she says. In other words, foods that are genetically modified or highly processed and full of chemicals.

If you'd describe yourself as a fussy eater from way back, developing a taste for the wild side is a lot easier than you'd think.

The first mental hurdle you need to conquer is the assumption that the food you studiously avoided as a kid is just as icky to you now.

"What we choose to eat as adults does depend on what we used to eat as kids and whether our association with that food was a positive or negative one," says Koullouros. "But a better understanding of what we are meant to eat as an adult can change what we eat, even if we grew up eating processed food, full of sugar and artificial flavours. A good food education, as well as debunking food myths, is key."

Translation: Learning about the nutritional benefits of, say, brussels sprouts, can make you more excited to revisit them as a grown-up. And it's worth sticking with this experiment, even if you don't love the flavour straight away.

"In my experience, it takes around 30 days of daily or regular tasting of a flavour we don't like to get our taste buds accustomed to it." Manolas tips.

Grab your fork

Here's the fun part: All you need to do to get started on your food odyssey is eat! One of the easiest (and best) ways to explore new flavours is to take yourself out for dinner - and choose something you wouldn't usually order.

"When something you normally don't like is cooked by a professional chef and paired with complementary flavours it makes all the difference in changing your perception," explains Manolas.

Use the same approach for cooking at home, raiding your cookbooks for fresh ideas and unusual flavour combos, and exploring different cultures and cuisines.

"Think outside the box of the typical Western diet," suggests Manolas. "Traditional Mexican food is one of my favourites, but the options are endless! Fresh, vibrant Thai dishes often include lots of gorgeous, healthy ingredients; Korean and Japanese meals use lots of seaweed and fermented foods, which are loaded with beneficial bacteria."

You'll get great inspo from getting hands-on, says Koullouros, who suggests taking a cooking class, visiting a farm to get an appreciation for how the food you eat is grown, or even creating a little herb or veggie gardening yourself. "Real fresh food tastes so delicious," she says.

The only rule to this eating plan is to keep mixing it up. You can do it weekly, choosing new and exciting ingredients to play with every time you hit the shops, or you can let the seasons guide you, adapting your meals to the produce available, as well as the weather. In summer, you might be inspired to eat more raw dishes; in autumn and winter, make warming bone broths or exotically spiced stews your new canvas.

"With so many colours, textures and flavours, why limit yourself?" says Manolas. "Food ought to be an adventure." So go on, be brave and bon appetit!

DO YOU DARE?

Test your taste limits with these weird (but wonderful) ingredients and ideas...

SAMPHIRE: A native coastal plant also known as sea asparagus, it has fleshy fronds and a salty flavour of the sea. Eat it raw, blanched in hot water or steamed.

EGG FLIP: Instead of protein powder, make like Rocky and add a raw egg to your smoothie. "It won't taste so eggy if you add fruit and sweet spices like cinnamon and vanilla-bean powders," says Koullouros.

SEAWEED: Think beyond sushi and try adding edible algae to salads, soups or baked into bread or crackers for a savoury flavour (and loads of nutritional perks).

BUSH TUCKER: Seek out quandongs (a red berry-like fruit with a sour taste), finger limes (small fruit filled with juicy, citrus-flavoured beads) and warrigal greens (a leafy green you can use like spinach).

LAMB'S BRAIN: "Sauté or steam and add to a mashed potato. Because it's high in fats, it adds a creamy consistency and may replace cream, butter and milk in a mash," says Koullouros.

KEFIR: If you're already on board with other fermented foods such as kimchi and kombucha, try kefir - a slightly fizzy, sour milk that's full of probiotics. Add a dash to smoothies or bircher muesli.

CLEAN

Stress less about sweet eating with these zero-quilt recipes by nutritionist Jessica Sepel



Seriously who would have rosemary would make such a fantastic food

SALTED CHOCOLATE & ROSEMARY TARTS

SERVES 4 🕡 📭

100g hazelnuts, skins removed 2 tbs raw cacao powder ½ cup shredded coconut ¼ tsp Celtic sea salt, plus extra for sprinkling (optional) 10 medjool dates, pitted and torn 2 tbs virgin organic coconut oil, melted finely chopped hazelnuts, extra, and rosemary sprigs, to garnish fresh strawberries or raspberries, to serve (optional)

FILLING

3 tbs virgin organic coconut oil ½ cup raw cacao powder 1/3 cup rice malt syrup 1 tbs hulled tahini

1 tbs finely chopped rosemary 3/4 tsp Celtic sea salt

- 1 Place the hazelnuts in a food processor and blitz until finely chopped. Add the cacao powder, coconut and salt and process again to combine. Add the dates one at a time and process until the mixture comes together.
- 2 Tip the mixture into a bowl and add the coconut oil, mixing well with a wooden spoon to combine.
- 3 Transfer the dough to a board lined with baking paper and roll it into a log shape. Cut the log into four even pieces and flatten each piece to form a round.

- 4 Press the rounds into four 8cm tart tins using the back of a spoon - if the mixture is too sticky, place it in the freezer for 5 minutes. Freeze the tart shells while you prepare the filling.
- 5 To make the chocolate filling, melt the coconut oil in a medium saucepan over low heat. Remove from the heat, add the remaining ingredients and whisk together until smooth.
- 6 Remove the tart shells from the freezer. Carefully take the shells out of the tins and spoon in the filling. Place in the fridge for at least 1 hour to set.
- 7 To serve, decorate the tarts with extra hazelnuts, rosemary sprigs and a pinch of salt, if desired. Serve with berries, if you like.



HEALTHY **CINNAMON** SCROLLS MAKES 8 V G DF

2½ cups almond meal 3 tbs coconut flour ½ tsp baking powder ½ tsp Celtic sea salt 3 tbs coconut sugar 3 tbs virgin coconut oil, melted 2 tbs raw honey 2 eggs, lightly beaten 1 tbs vanilla extract coconut oil spray chopped raw almonds, to garnish ground cinnamon, for sprinkling

FILLING

3 tbs ground cinnamon 3 tbs virgin organic coconut oil 1/3 cup raw almonds, chopped

GLAZE

3 tbs raw honey, maple syrup or rice malt syrup 1 tsp vanilla extract

1 Combine the almond meal, coconut flour, baking powder, salt and coconut sugar in a bowl, stir well. 2 Whisk together the coconut oil, honey, egg and vanilla in a jug. 3 Pour the wet ingredients into the bowl with the dry ingredients and mix well. Place the dough in the fridge to chill for 15 minutes. 4 Preheat the oven to 180°C (160°C fan-forced). Lightly spray a baking tray with coconut oil. 5 Using a rolling pin, roll out the dough between two large sheets of baking paper to a rectangle with a thickness of about 1cm. Remove the top sheet of baking paper gently. 6 To make the filling, mix together all the ingredients in a small bowl. 7 Sprinkle the filling evenly over the dough, then carefully roll it up using the baking paper to help you. 8 Cut the roll into eight even-sized rounds using a serrated knife. Place the rounds side by side on the tray. 9 Bake for 20-25 minutes or until

lightly golden and cooked through. 10 Meanwhile, to make the glaze,

they are still warm. Sprinkle with

of cinnamon. Enjoy!

The state of the s

Healthy mind Nutritionist, health blogger and author Jessica Sepel offers up her top ways to nix stress eating



- Always sit down to your meals. Put ■ Never skip a meal or snack. My clients who would skip a meal or snack (thinking they were being 'good') would can't help but reach for food. I talk about the importance of a 4pm snack to reduce emotional eating/bingeing. ■ See a therapist to uncover some reasons you may be turning to food during times of stress or emotional
- When you're feeling stressed create some go-to tools to cope with that feeling of overwhelm. For me, it also love going for a walk in nature or an stressed state – I first rest my nervous system and then head to the kitchen. indulge yourself. Food can't be the only pleasurable thing. Make sure you spend Stock your fridge with wholesome ingredients so when you do eat you know you have something nourishing!





LEMON CURD

3 large eggs 1 tbs finely grated lemon zest 3 tbs raw honey ½ cup freshly squeezed lemon juice 1/3 cup virgin organic coconut oil 1 vanilla bean, split and seeds

finely grated lemon zest, to serve

to prevent the tart from sticking.

Place macadamias, oats, almonds, dates, rice malt syrup and salt in a food processor and blend until combined.

3 Spread the mixture over the base of the prepared tin and press firmly. Place the base in the freezer to set.

4 Meanwhile, to make the lemon curd, place the eggs, lemon zest and honey in a small saucepan and whisk over low

heat and whisk until bubbles start to appear and the curd is creamy.

Pour the curd into the tin, covering the base mixture as evenly as possible. Any leftover curd may be stored in a jar in the fridge for up to 5 days. 7 Place in the fridge to set. This should take about 3 hours, but if you can, set it in the fridge overnight.

8 Serve scattered with lemon zest. M



kicking health-boosting goals with every soft white block

WHEN YOU THINK OF TOFU, YOU PROBS THINK OF SOYA.

This isn't wrong, but most soya products (such as soy milk or meat alternatives) are highly processed and should only be consumed in moderation, say the experts. Our old friend tofu, however, is produced with significantly less processing and is much closer to the whole-food category, so it has a heap of health benefits.

It's chock full of folate, vitamin K, calcium, magnesium, iron and fibre, as well as a wide variety of phytonutrients, which are all important for good health and help protect cells from damage.

Tofu also contains something called bioactive peptides, which, when broken down further in the body, have been found to have antioxidant, anti-inflammatory and blood pressure lowering capabilities.

One of the main reasons tofu is great for vegetarians or vegans is that it's a rich source of protein, containing eight essential amino acids. And you totally know that protein is essential for rebuilding and repairing muscles after exercise, not to mention supporting our energy levels by helping to stabilise blood sugars. Plus,

consuming tofu instead of meat or fish can actually help lower cholesterol levels and protect against heart disease, as it contains significantly less saturated fat.

On the medical side of things, tofu is thought to provide some protection against cancer, again possibly thanks to its high phytonutrient levels and certain phytoestrogens called isoflavones.

Isoflavones have a similar structure to the hormone oestrogen and therefore mimic the action of oestrogen in the body, potentially reducing the risk of breast cancer in particular. If you have oestrogenrelated health problems (such as fibroids), however, just be careful with how much tofu or soya products you consume as these foods could make symptoms worse.

Fermented tofu goes one better, as the fermentation increases the amount of nutrients absorbed when consumed. Fermented foods are also excellent for supporting the good bacteria in our digestive system, which in turn aids both our immune system and our memory. So if you're looking for a cheap and cheerful meal topper (with nutritional bonuses thrown in), give tofu a try! M

3 tasty ways with tofu

Cut a drained block of tofu into small chunks. Then make a marinade using 3 tbs soy sauce, 2 tbs sesame seeds, ½ tsp grated ginger and 1 tbs sesame oil. Marinate the tofu for an hour or so before spreading on a baking tray and roasting in the oven at 180°C for 25-30 minutes, until it starts to crisp. This can then be chilled and thrown into salads or used in a stir-fry.

2 PUY LENTILS WITH TOFU

Cook 250g puy lentils. Spray a non-stick pan with rapeseed oil and add 1 diced zucchini, 100g drained and diced tofu, 1 diced red capsicum and ½tsp paprika. Cook for a few minutes then stir in 11/2 tbs balsamic vinegar. Reduce and set aside. In a separate bowl, add the cooked lentils and 1 finely chopped red onion. Add the tofu and veg, and mix well. Serve.

3 TOFU AND WATERCRESS SOUP

Place 500ml water in a saucepan and bring to the boil. Remove the leaves from 2 bunches of watercress and chop the stem. Add stem to water; simmer for 5 minutes. Remove from heat and add 300g tofu. Blend until smooth and bring to a simmer. Add leaves and simmer for 3 minutes. Stir in 2 tbs soy sauce and season to taste.

Policious taste of OCOFN in a Healthy Crispbread



Breaking up with

Thinking of going vegan? Make the change the healthy way

VEGANISM HAS COME A LONG

WAY. Once reserved for hippies and animal-rights campaigners, a plant-based diet is now more on-trend than ever with better foodie choices and less judgy looks.

It's no longer a fringe lifestyle especially in Australia, which is the third-fastest growing vegan market in the world (following China and the United Arab Emirates, interestingly). The booming trend has seen V-friendly café menus pop up in urban hubs, while ingredient-conscious supplements - and even vegan beauty products - are taking pride of place on supermarket shelves.

Whether you've been recently toying with the idea of embracing a meat-free life, or have been a certified vegan for as long as you can remember, there's never been a better time to get veg-ucated...

NO-MEAT AND THREE VEG

Eating a plant-based diet (more veg, wholegrains, legumes and less meat) is now recognised as not only nutritionally sufficient, but it is also a way to reduce the risk of many chronic illnesses such as obesity, heart disease, type 2 diabetes, high blood pressure, high cholesterol and even mortality. This could be because such diets are lower in saturated fat, contain fewer kilojoules and more fibre and phytonutrients/phytochemicals (which can have protective properties) than non-vegetarian diets.

A well-planned vegetarian diet can definitely be nutritious and healthy - with "well-planned" being the key, says dietitian Elaine Allerton. "A healthy diet includes a wide variety of fruits, vegetables and wholegrains, so swap saturated fats from animal produce for unsaturated fats found in nuts, avocado, olive, rapeseed and hemp oils," she advises. "A diet of sugar, artificial convenience and junk foods may be low on meat but won't be good for you. Only by following the recommended nutritional guidelines can you reap the benefits of plant-based eating."

GET IN THE MIX

Without the right nutrient mix, a vegan diet can have its pitfalls. Studies have shown both vegetarians and vegans are prone to deficiencies in B12, calcium, iron, zinc, the long-chain fatty acids EPA and DHA, and fat-soluble vitamins such as A and D - all nutrients necessary for physiological function.

And let's not forget protein - studies

amino acids are acquired," says Allerton. "You don't need to combine proteins at each meal, just make sure you consume a variety throughout the day."

Vegans can also be low in the antiinflammatory omega-3 oils ALA and its derivatives EPA and DHA. Flaxseed oil, chia seed oil, hemp seeds, walnuts, soybeans, seaweed, tofu and linseeds are all good sources of ALA, but it's EPA and DHA (found in oily fish) that are most beneficial to our health.

The body can convert ALA to EPA and DHA but not that effectively, meaning some vegans are low. So it's important to eat as many of these omega-3-rich foods as possible. It may also be worth taking a DHA supplement, derived from algae rather than fish. "While there are no

"A well-planned vegetarian diet can definitely be nutritious and healthy with 'well-planned' being the key"

show that many vegan diets are too low in this nutrient. Of the 22 amino acids that make up protein, nine (called essential amino acids) can only be acquired through your diet. Animal sources of protein are considered 'complete' protein because they contain all these essential amino acids.

Plant sources such as beans, lentils and nuts are labelled 'incomplete' because they lack some essential amino acids. They're also less easily digested. However, a few plant sources do offer complete protein: soy, quinoa, amaranth and spirulina. "As other plant proteins are not as complete, [it's important to] eat a variety of sources (for instance, bean sprouts, raw spinach, lentils, sesame, tahini, oats and millet) to ensure all essential

recommended daily amounts, your omega-3 intake should be greater than omega-6 intake (omega-6 oils are found in vegetable oils and spreads)," says Allerton.

It's often assumed that a dairy-free diet won't offer enough calcium but there are loads of non-dairy sources, from chickpeas and tofu to leafy greens. As long as you focus on plant foods, there's no reason why a vegan diet shouldn't supply plenty of calcium. Just make sure you're choosing sources that will be well absorbed.

You can get your iron elsewhere too - from leafy greens, lentils, beans, almonds and seaweed. They might be less wellabsorbed by the body but, by including vitamin C-rich foods with each meal, you can improve absorption.)



BWISE

It's all sounding pretty sweet so far, but there's just one teensy key nutrient you won't be able to gain from a vegan diet - and that's vitamin B12, which is needed for your nervous system and production of red blood cells (so it's kinda important).

While some vegan foods (such as sea vegetables and fermented tofu) have been credited with containing B12, these only contain inactive forms that can actually block the activity of true B12, so shouldn't be used as a reliable source. This means, if you're going vegan, be sure to chow down on plenty of vitamin B12-fortified foods or take a B12 supplement.

Ultimately, it's about choosing your foods carefully. Dietitian Heather Russell at The Vegan Society (vegansociety.com), says a carefully balanced vegan diet can meet all your nutritional needs. "Make sure you learn how to eat a balanced plant-based diet, including the roles of fortified foods and supplements," she says. Here's how to make veganism work for you:

1 TAKE IT SLOWLY

Going from full-blown meat eater to completely animal-free overnight could be a tall order. Even going from vegetarian to vegan can be quite challenging, so be realistic and take baby steps. "Work on one meal at a time and build a core selection of three to four options to rotate before working up to a wider selection," suggests Allerton. You can also gradually reduce your meat consumption by transitioning to a vegetarian diet before you convert to a fully vegan diet.

2 WHAT'S YOUR MOTIVATION?

Ask yourself why you're adopting this way of eating. Are you concerned about what goes on in the meat and dairy industries, animal-welfare issues or the environmental impact? Maybe your motivations are rooted in perceived health benefits, weight loss or simply vegan-curiosity. Take time to think about what's driving you because the stronger your conviction, the more likely you are to stick to it. At the same time, however, avoid shaming or judging others for their choices. Remember this is your decision and it's unlikely everyone will share the same opinions.

3 DON'T BE LAZY

A vegan diet can be rich in healthy foods and fibre as well as being low in saturated



Supplement smarts

The four essential nutrients vegans need to know about



Calcium

Eat it: You need three



B12

Eat it: Consume two to



Iron

Eat it: Combine legumes,



Vitamin D

Eat it: Food sources of



fats, but it's still possible to be an unhealthy vegan. "Avoid convenience foods or filling up on sugar-loaded snacks - the body doesn't distinguish between good sugar or bad," warns nutritional therapist Eve Kalinik. "Forget about meat substitutes, which are loaded with additives and artificial ingredients. Focus on whole plant foods packed with nutrients - real foods in their most natural states. Plan ahead and prepare foods to ensure your meals are nutritious, tasty and support your body."

4 PREPARATION IS KEY

Staying healthy is not just what you eat but how you absorb it. Getting into the habit of soaking nuts, seeds, legumes, pulses and grains to improve their absorbance is important, especially when they're a significant source of your protein.

These foods contain a compound called phytic acid, and repeated exposure can create damage in your gut," explains Kalinik. "Phytic acid can also impair the absorption of calcium, iron and magnesium. So soak these foods and rinse them thoroughly before prepping them, which might be cooking or dehydrating. Investing in a good dehydrator is worthwhile if you're vegan."

5 SMILE AT THE MENU

Eating out doesn't have to be crazy-hard just because you're vegan. Be flexible and open-minded with the menu (side dishes are a good place to find meat- and dairy-free options), and don't get hung up on minute traces of dairy (as long as it's not the main ingredient). Plus, it never hurts to be super friendly to staff when asking for a variation (like a pizza topped with spinach instead of cheese). "It's more important to sit and enjoy yourself than sit there stressing out," says Kalinik. "There should never be a fear about food."

6 DON'T SWEAT IT

Choose animal-free foods wherever it's reasonably possible so that it becomes a lifestyle choice that you can enjoy rather than dread. Whether that means relaxing your dietary restrictions in social settings or eating vegetarian rather than vegan when on the road, it's up to you to decide. Be confident, adaptable and create your own boundaries without guilt. That way you'll be able to reap all the benefits of your animal-free diet, without any of the unnecessary pressure. M

Love this? Search for more like it on womensfitness.com.au KEYWORDS: VEGAN FOOD



ABOVE Quit slicing your

A CUT

camembert with a butter knife. If you want to up your style cred (and look fancy as heck), invest in these too-glitzy-tohandle cheese knives. Warning: Excessive Instagramming ahead. Williams-Sonoma

Marble Cheese Knives, \$40,

williams-sonoma.com.au



SECRET KEEPER

Nab yourself this kitchen organiser and keep your fave recipes safe. Complete with a weekly meal planner and a recipe for Swedish meatballs (score!), this organiser also comes with customisable tabs so you can arrange your dishes via food group or cuisine. It's so cute we could cry.

Kikki.K Recipe Organiser: Food Lovers, \$39.95, kikki-k.com.au

Power players

Give your bod a helping hand with these nutrient-packed blends



MUSCLE UP

Loaded with high-quality whey protein and less than one gram of sugar per serve, this mix makes for the perfect pre- or post-workout shake. **LUXE Fitness Fat** Burning Protein Powder, \$66, luxefitness.com



BODY BOOST

Sprinkle this coconutflavoured protein powder over your brekkie for a hit of probiotics, omega-3s and hunger-curbing sprouted grains. Activated Nutrients Coconut + Protein. \$44.95.

activatednutrients.com



NOURISH NOW

Brimming with protein, vitamins, probiotics and antioxidants, this powder also includes matcha to keep your immune system ticking. The Beauty Chef

Body Inner Beauty Powder, \$69.95, thebeautychef.com



Ice it

What's low in fat, loaded with gut-loving probiotics, full of calcium and tastes defreaking-lish?

These snack-sized tubs of frozen yoghurt! They're made from real fruit and are free of gluten and artificial colours, so the only trouble you'll have will be deciding which yummy flavour to scoff first. Twisted Frozen Yoghurt 4 Mini Tubs, \$7.99, twistedyoghurt.com.au

WRAP IT UP

Watching your salt intake? Make friends with these delish wraps. Given they have loads less sodium, you won't have to worry about sabotaging your healthy lunch or dinner. Team them with your fave fillings or use them as a guilt-free (yet

tasty) pizza base. Helga's Traditional White Wraps and Helga's Mixed Grain Wraps, \$4.99, woolworths.com.au

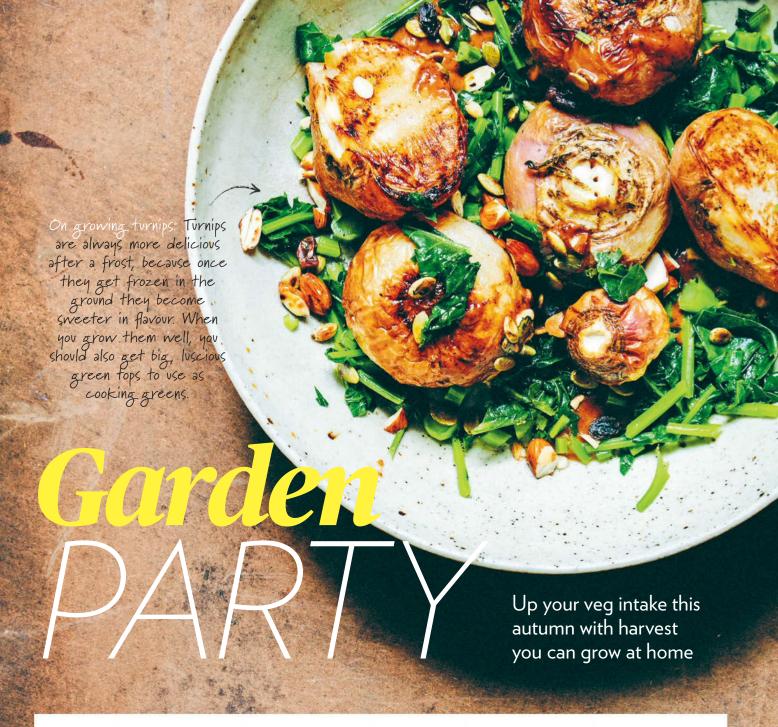


VORDS JAYMIE HOOPER **PHOTOGRAPHY** GETTY IMAGES

Policious taste of OCOFN in a Healthy Crispbread







SWEET & SPICY TURNIPS

SERVES 4 GF DF VG

600g small to medium turnips, and their tops extra-virgin olive oil unrefined salt

REDUCTION

/3 cup sultanas
45g prunes, pitted
1 tsp unrefined sugar (e.g. rapadura)
1 dried chilli
juice of ½ a lemon
juice of ½ an orange
1 clove
1 star anise

TO SERVE

3 tbs toasted almonds, roughly chopped

3 tbs toasted pumpkin seeds handful of sultanas

- 1 Preheat the oven to 180°C fan-forced.
- 2 Cut any medium-sized turnips in half and leave smaller ones whole. Add them to a saucepan of boiling salted water (salty like the sea!) and boil for 8-10 minutes until just tender.
- 3 Drain, pat dry, place on a baking tray and bake for 5 minutes. Coat the turnips in oil, season with a pinch of salt and roast for 20-30 minutes until soft and golden.
- 4 While the turnips are cooking, make the reduction. Place the sultanas, prunes, sugar, chilli, lemon juice, orange juice and ½ cup of water in a blender and process until smooth. Tip the mixture into a

- saucepan and add the clove and star anise. Bring to the boil then reduce the heat to low. Cook, uncovered, until the mixture thickens (about 20 minutes).
- 5 About 5 or so minutes before the reduction is ready, strip the leaves from the stalks of the turnip tops. Cut the leaves coarsely, and slice the stalks finely. 6 Heat a big splash of oil in a frying pan over a medium heat. Add the turnip tops and sauté until wilted. Add a splash of water and season, then cover and cook until the tops have softened.
- **7** To serve, add the cooked turnips and tops to a large bowl and spoon over the reduction. Sprinkle the almonds, pumpkin seeds and sultanas on top, and finish with a splash of oil.

HONEY, FIG. BACON & **ZUCCHINI PIZZAS**

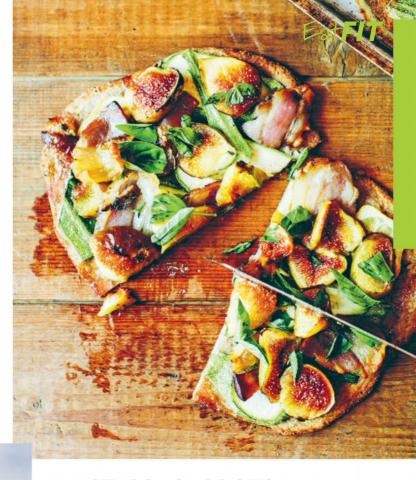
SERVES 4 00

4 wholegrain pizza bases extra-virgin olive oil 4 garlic cloves, crushed unrefined salt ground black pepper 2 zucchinis, finely sliced 200g bacon, finely sliced 10-15 small figs (600-800g in total), sliced thickly or cut into quarters 1 tbs unprocessed honey ½ bunch of basil, leaves picked

- 1 Preheat the oven to 250°C fan-forced
- 2 Place the pizza bases onto

greased baking trays. To each, add a good glug of oil, some garlic and a pinch of salt and pepper, and spread out across the bases. Layer with the zucchini, bacon and figs, and finish with a drizzle of honey. Bake for about 12 minutes until everything is just starting to brown and look caramelised.

3 To serve, transfer the cooked pizzas to wooden boards and sprinkle with freshly torn basil leaves. Cut into slices and enjoy!



MUSTARD, CARROTS, CAULIFLOWER & LENTILS

SERVES 4 AS A SIDE OR 2 AS A MAIN @ 00 V

½ head of cauliflower (about 400g) 400g Dutch carrots (or larger carrots cut to a similar size), trimmed to leave 1cm of stem 120g mustard greens, coarsely chopped 1½ cups cooked puy lentils

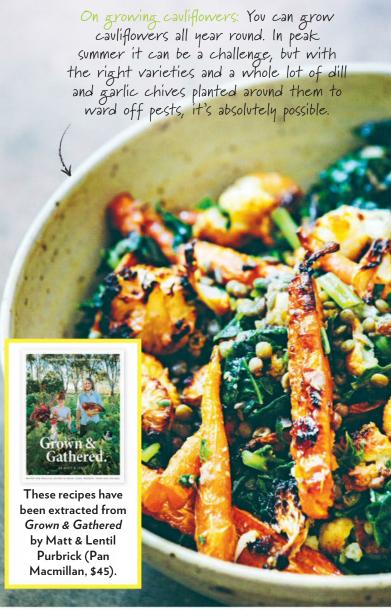
MUSTARD DRESSING

1 tbs yellow mustard seeds 2 tbs extra-virgin olive oil 1 tbs unprocessed honey ¼ preserved lemon, finely chopped

VINAIGRETTE

- 2 tbs extra-virgin olive oil juice of 1 large lemon unrefined salt ground black pepper
- 1 Preheat the oven to 180°C fan-forced.
- 2 For the dressing, grind the mustard seeds using a mortar and pestle until about half are ground and half are just cracked. Add the remaining dressing ingredients and continue to grind gently until combined.

- 3 Cut the cauliflower into rough 4cm florets and 1cm-thick slices of stem and add to a bowl with the carrots. Add the mustard dressing and combine thoroughly with your hands. Spread the vegetables out on a baking tray in a single layer and roast for 1 hour, or until the vegetables are super tender on the inside and just beginning to blacken around the edges.
- 4 Meanwhile, for the vinaigrette, place the oil and lemon juice in a jar, season to taste, seal with the lid and shake well.
- 5 Place the mustard greens in a serving bowl, pour over the vinaigrette and roughly massage the greens with your hands to bruise the leaves. Add the lentils and toss gently. Set aside so the flavours soak in and come together while the vegetables continue to roast.
- 6 When the vegetables are ready, add to the greens and lentils, and gently combine. Serve immediately. M





Think all wraps are created equal?
When it comes to salt levels, you should probably think again...



average, Aussies consume
waaaay more sodium than they
need for good health. The
average daily intake of sodium
from food among Australians
aged 19 and over is 2,430.5mg*,
even though the Australian
Nutrient Reference Values
recommend that dietary
sodium intake preferably be
less than 1,600mg/day for
adults**. Eek! Often it's the
foods we consider 'healthy'
that are upping the sodium
levels in our diets – think
everyday grocery items like

processed meats, crispbreads, snacks and even some wraps. To keep your salt and artificial preservative intake in check, it's time to get clued up on what's going into your food.

CHECK IT OUT

When aiming for a balanced diet, it's super important to read the nutritional labels on packaged foods. Like a homemade lunch for work? Before you add anything to your shopping trolley, check the ingredient list for artificial preservatives – such

as potassium sorbate (200), calcium propionate (282) or sodium propionate (281) – and sodium content, and ensure it's the better choice.

SMART SWITCH

Salt content can vary between brands of wraps, but the good news is Helga's Traditional White and Mixed Grain Wraps have 40 per cent less salt than the market leader*** and no artificial preservatives. Your lunchtime choice just got easy.

Visit helgas.com.au

IT'S WHAT WE'VE LEFT OUT THAT MATTERS



- ✓ LESS SALT THAN THE MARKET LEADER*
- NO ARTIFICIAL PRESERVATIVES



IT'S NOT JUST BREAD, IT'S HELGA'S.

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Seed is the only period tracker app that gives you natural health tips to improve symptoms, delicious recipes, a hormonal health quiz and supplement suggestions, along with all the naturopathic and nutritional advice and support you need for general health, better periods or preconception.

Using this information packed, naturopath-created app, discover simple and natural methods to make real improvements in your health – just like having a personal naturopathic consultation at your fingertips!

Visit **theseedconcept.com** or Download on the App Store







107

these fast-working beauty heroes and you'll stay fresh-faced all year long.

1 SOFT FOCUS If your eyebrows are on fleek, you're well on your way to #nofilterneeded, so what are you

to #nofilterneeded, so what are you waiting for? Treat yourself to the 1000 Hours Eyelash & Brow Dye Kit, \$18.95, for DIY bold, natural-looking arches.

2 SMOOTH CONTROLLER

What can hydrate your skin, erase fine lines and brighten your complexion in just 15 minutes? The new Charlotte Tilbury Instant Magical Facial Dry Sheet Mask, \$35, of course.

3 GLOW EXTENDER Keep

the post-vacay look alive with the Napoleon Perdis Auto Pilot Bronzing Skin Primer, \$39. Rich in moisturising algae extract and vitamin E, this lightweight tinted gel will keep your base looking sun-kissed and flawless.







Wild Card

Get lost in your own fashion adventure

















STEALING THE (reality) SHOW

WF's Samera Kamaleddine chats to this month's adventure-seeking model, Nathalie Darcas

even when you're a world-travelling beauty with French and American parents, you're not immune from the pressures of social media. For models like Nat, it's the pressure to bring the content, or as she puts it "to look busy" because that's what us followers want to see.

"I think it's a really important topic. I've thought about this a lot as I've had a lot of complexes about it in the past. You have to be able to detach yourself from it, as it's very easy *not* to live in the moment," says Nat, who views her Instagram account as more of a moodboard rather than a platform to record every single moment of her life. "You can get sucked into a bit of a dark hole with that stuff, so you have to be aware that people are putting their best selves forward. They're smiling all the time, they're at the beach... moments they want people to see."

She's intent on avoiding that trap – the one where you compare your life to everyone else's feed – and staying Insta-sane amongst the chaos of un-reality.

"I post photos that I like, shoots that happened a couple of months ago. I try to integrate a bit of my personal life, although that doesn't come as naturally," she says. When she's eating, working out or hanging with friends, she likes to be in the moment, not documenting it. "I don't really think to whip out my phone and be like, 'Everyone, stop, let's take a photo!" she adds.

With her playful personality, she hopes by putting out that energy and vibe that it will in turn attract like-minded people and brands. "From there I see it as a bit of a domino effect: The more you associate yourself with like-minded people, the clearer your message becomes and you find your stride," she says.

And she has found her stride all around the world – from shooting campaigns with swimwear brand Roxy to becoming a regular fixture in window displays at Bras N Things. "When I walk past [a Bras N Things window display] I try not to make eye contact with myself. My friends and I laugh about it. I see myself as a dork. I'm not the most sexy person in real life!" admits Nat, which is what she attributes to staying so grounded. That, and her love of the green outdoors. "I love going on hikes. It's such a good way to get active but also really enjoy yourself. It brings you back down [to Earth]."

As an advocate for adventuring (she doesn't even like going for the same run two days in a row), her definition of adventure is a clear and simple one: "It's about completely shaking yourself out of your comfort zone. Injecting a bit of excitement into your life. Seeing things through a new set of eyes. Which is so important – it's so easy to get stale in life."







Everything you need to know about treating irritated skin

MUCH LIKE THE KALE-TO-FRUIT RATIO IN YOUR MORNING SMOOTHIE.

maintaining a happy, healthy complexion is a delicate balance. Toss in too much green stuff and you'll be left with tangy, bitter goop (blech!), and miss one too many bedtime cleanses and you might wake up in Zit City (sad but true). And while avoiding acne, dry spots and an oily T-zone is a tough enough feat as it is, sometimes we're faced with an even bigger issue: sensitive skin. Not to be confused with sensitised skin – as in, skin that's been roughed up by the weather, poor diet, stress or harsh cleansing products - sensitive-skin conditions, such as eczema, psoriasis and rosacea, are often the result of immune or genetic disorders and can be tricky foes to beat. Lucky for you, though, we asked the pros for the lowdown on these common skin sitches and how to treat them. Here's what they said...

THE ISH: Rosacea

WHAT IT LOOKS LIKE: If you're always flushed after a glass of champers, a stressful convo or exposure to the sun (and if that flush lasts for a prolonged period of time), Fiona Tuck, nutritionist and skincare expert (fionatuck.com), says you might be in the early stages of rosacea.

Visible blood vessels, small red bumps across your chin, cheeks, nose, forehead and neck may also pop up and, as Emma Hobson, education manager for the International Dermal Institute and Dermalogica, adds, the more frequent and intense your facial flushing becomes, the more likely you are to develop long-lasting redness, swelling, papules and pustules. WHY IT HAPPENS: While the exact cause of rosacea is unknown, Hobson says its top triggers are sunlight, emotional stress, hot weather, wind, heavy exercise and irritants found in skincare products and hairsprays. "There are also many scientific links between rosacea and poor digestion, hormonal imbalances and the overgrowth of skin mites," notes Tuck.

HOW TO NIX IT: Before you get stuck into your skincare routine, it's a good idea to ditch alcohol and spicy foods from your menu (since they're known to irritate), and pay a visit to your doc or naturopath to ensure your digestive system's in good working order. Once that's done, Tuck suggests clearing your vanity of any prods with over-stimulating ingredients, such as hydroxy acids, retinols and heavy creams. What do you re-stock it with? According to Hobson, first you'll want to reach for a creamy soap-free cleanser that's enriched with anti-inflammatory ingredients. Use the 1 Sukin Sensitive Cleansing Lotion, \$9.95, to wash away grime, then apply a serum containing raspberry seed oil, like 2 Sunday Riley's Juno Hydroactive Cellular Face Oil, \$132, which will help strengthen your skin's capillary walls. Next, follow with a moisturiser rich in chamomile, evening primrose oil or shea butter to nourish and repair your skin barrier. We love 3 The Jojoba Company Redness Reducing Balm, \$29.95.)







THE ISH: Eczema

WHAT IT LOOKS LIKE: Also known as dermatitis, eczema shows up as dry, itchy red patches on the skin, which sometimes crack and weep. The spots usually pop up around the crooks of the elbows and the backs of knees, says Tuck, but they can also spread all over the body. WHY IT HAPPENS: When your skin's natural defence barrier (aka, the epidermal lipid layer) is in tip-top shape, it's pretty good at locking in moisture and filtering out irritants, microbes and allergens. If you're stuck with a malfunctioning lipid layer (like those with eczema), though, nasties can creep in, water can seep out and irritation and dehydration can occur.

Often seen in people with allergies, asthma and hay fever, Hobson says eczema can be sparked by internal factors (like stress and foods such as dairy, wheat and citrus fruits), as well as external factors (such as pollen, dust mites, cleaning products and cosmetics). **HOW TO NIX IT:** Keep a diary of

your meals and eczema flare-ups, Tuck

recommends, as this way you'll be able to pinpoint which particular foods may be aggravating your symptoms.

When it comes to topical care, Hobson advises you wash your skin with a milky or oil-based cleanser for a softer, smoother complexion. The 1 Bareminerals Oil Obsessed Total Cleansing Oil, \$44, will melt away grime without stripping the skin of its natural oils, and if you're keen to dissolve dry patches, try a gentle rice- or lactic-acid-based microfoliant, such as the 2 Vanessa Megan Prebiotic + C Brightening Exfoliator, \$54.95, but only as long as your eczema isn't weeping.

To revive dry, tired skin, treat yourself to a face mask loaded with soothing ingredients such as oat extract, rosehip oil, vitamin E and panthenol, or massage an anti-inflammatory serum into your face after cleansing. For a winning combo, team the 3 Dermalogica UltraCalming Serum Concentrate, \$81, along with the 4 Edible Beauty & Coco Bliss Intensive Repair Mask, \$57.

THE ISH: **Psoriasis**

WHAT IT LOOKS LIKE: "Psoriasis can occur anywhere on the body and appears as red patches of raised skin," explains Tuck. The inflamed spots are usually covered by a flaky build-up of white or silver-looking skin and can be mostly found covering the face, arms, back, chest, elbows, legs and nails. Since psoriasis is the result of a chronic autoimmune disorder, you may be stuck with it for the long haul, but the pros say its symptoms are defs manageable. WHY IT HAPPENS: According to Hobson, healthy skin cells mature and replace themselves up to every 30 days, but with psoriasis, the skin cells mature in less than a week. Because your bod can't shed its old skin as rapidly as it appears, a build-up occurs and raised patches are formed.

Psoriasis tends to be more severe throughout your 20s and 30s (thanks to fluctuating hormones), if you have low vitamin D levels, and during periods of stress. It can be irritated by extreme weather, cuts and allergies, too.

HOW TO NIX IT: "Avoiding alcohol and high-sugar foods is beneficial," says Tuck, as is keeping your vitamin D levels within a healthy range. UV light therapy may also help keep your skin under control, so pay a visit to your nearest skin therapist and ask if you can go under the light.

To slough away that dead, scaly skin, ditch the physical face scrubs (as they can actually cause further damage) and opt for a chemical exfoliant, such as the 1 Ella Baché Revealing Fruit Enzyme Exfoliant, \$73, instead.

After your exfoliation or cleansing sesh, follow with a serum or moisturising cream loaded with vitamin B3 and oatmeal (to reduce redness and itchiness), avocado and sea buckthorn oils (to help maintain your lipid barrier and promote tissue regeneration) as well as ginger, lavender and chamomile extracts (to soothe inflammation). Try the 2 QSilica Nutrient Boost Face & Neck Moisturiser, \$24.95, for a nourishing hit of vitamin E and soothe painful patches with 3 The Beauty Chef's Beauty Fix Balm, \$24.95.





Sensitive issue

What to do (and what not to do) when irritation strikes

VDo read the labels

Steer clear of products with alcohol, artificial fragrances, witch hazel, menthol, peppermint or eucalyptus oil, as they can further irritate angry skin. And bypass glycolic acid, microdermabrasion and retinol (unless you've got the go-ahead from your derm).

XDon't go too hard too soon

"Overloading sensitive skin with a variety of products will result in further sensitivity," says Tuck. "Stick to one or two basic products first and, as the skin becomes more tolerant, slowly introduce more."

VDo take it easy

If your skin is extremely inflamed, tender or itchy, Tuck advises that sometimes it's best to do nothing at all until it settles - or at least until your dermatology appointment.

X Don't be overcautious

"People have a tendency to opt for bland formulas that don't do anything," warns Hobson. "Go for products with active calming and anti-inflammatory ingredients." M

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INNER BALANCE

Treat sensitive skin from the inside out with tips from The Beauty Chef's resident naturopath, Alison Cassar

BELLY UP

A healthy gut equals a healthy immune system, and since the majority of sensitive-skin disorders are the result of impaired immunity, up your intake of probiotics. Cassar recommends lactobacillus rhamnosus, lactobacillus acidophilus and bifidobacterium lactis, so nab yourself a supplement that lists one of these guys as their main player.

FUEL STOP

"Reduce inflammation by eating omega-3 essential fatty acids," says Cassar. Think salmon, flaxseeds, walnuts, almonds and eggs, and nosh on avocado and green leafy veg for your omega-7 and -9 fix. On top of this, she also suggests you reduce the breakdown of your connective tissue by munching on protein at every meal.

DETOX ZONE

According to Cassar, "The skin is one of the major pathways of elimination in the body, so if the liver or kidneys are under-functioning, the accumulated wastes and toxins can worsen the condition of someone already [dealing] with irritated skin." To keep your liver on the right track, minimise alcohol, caffeine, sugar and processed foods.

LEGGINGS



HOR DAYS

Make your bottoms work hard for the money



Beauty

The prettifying products worth your coin!

EASY RIDER

How to beat knots: Grab the **Lady** Jayne Tanglepro Detangling Hair Brush in White Metallic, \$16.99, run it through your wet or dry tresses and let the dual-length bristles untangle stubborn strands. Thanks to its handy travel-friendly size, you can slip it into your gym bag, handbag or desk drawer to freshen your mane on the go.



Base perfector

Score a lit-from-within glow with these buys



THE ENERGISER Trefiel Brightening Lace Anti-Aging Hydromask, \$9.95



THE SHINE **BOOSTER** Estée Lauder The Illuminator Radiant Perfecting Primer + Finisher, \$50



THE FINAL TOUCH Huda Beauty Liquid Matte Lipstick, \$35



GIOLDEN HOUR

Stay sun-kissed all year round with the Bondi Sands Self Tanning Foam in Ultra Dark, \$24.95. Simply exfoliate, ditch the deodorant and moisturiser, pump a dollop of foam onto a tanning mitt and use large, circular movements to blend it in. Rinse off in the shower after an hour (or six for maximum glow), then tell your pals you just got back from the Bahamas.



SMOOTH MOVES

Buddy up to the Pure Hair Food Rest Your Hair 100% Luxurious Silk Pillowcase, \$38.90, and say goodbye to dry, frizzy and damaged hair. While you're at it, treat yourself to the Shhh Silk Silk Eye Mask, \$39, and you'll stop the delicate skin around your peepers from creasing.

New hue

If you like your polish with a side of nail-strengthening keratin and up to 10 days of chipresistant wear, nab yourself the Sally Hansen Complete Salon Manicure in Freedom of Peach and Society Ruler, \$14.95 each.



GOOD **VIBRATIONS**

What can nix acne, brighten your complexion and soften fine lines all at once? That'd be the double-sided Skin Physics Dermasonic, \$99. Use it with

your go-to cleanser to buff away everyday grime, then flip sides and massage in your fave serums and creams for smoother and more radiant skin. M



WORDS JAYMIE HOOPER PHOTOGRAPHY THINKSTOCK -OR STOCKISTS, SEE WOMENSFITNESS.COM.AU

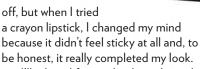


CALL OF BEAUTY

I ASKED MY BFF TO change her beauty habits

Or more specifically, I asked her to actually form some beauty habits, says WF's Jaymie Hooper





I'll admit, I forgot that lipstick needed to be reapplied, so the maintenance was annoying (and I smudged it a lot), but I'm certainly not against wearing it anymore."

She's that friend who'll text you on a Sunday while you're elbows-deep in meal prep and be all, "Want to go jet skiing?" She's jumped out of a plane and she spends her weekends mountain biking in remote places without internet unless she HIKES TO THE TOP OF A MOUNTAIN. She's pretty great. And pretty fearless, except for one thing: She's scared of lipstick.

MY BEST FRIEND, JESS, IS

ALWAYS UP FOR AN ADVENTURE.

Whenever I suggest she give it a shot, she shakes her head and pleads, "No way! It's too bold!" She's suspect of eye creams and face masks, too, so it seemed only natural to force (I mean, ask) her to tackle a one-week beauty challenge in the name of adventure. Here's how it went:

MISSION: USE THREE NEW SKINCARE PRODUCTS

JESS SAYS: "I usually just use water to remove my make-up and only moisturise when I remember, so this beauty challenge sounded like a lot of effort.

I'd had eye cream in my drawer for ages, so I gave that a try, and despite using way too much the first time (i.e. not a

pea-sized amount), it made a noticeable difference to my skin.

After that, I moved onto day and night creams and my skin felt really refreshed, so I guess moisturising does work. I also used a face mask, which really cleaned my skin. I definitely know how important it is to properly remove my make-up now."

MISSION: TRY SOME BRAND **NEW HAIR STYLES**

JESS SAYS: "Before the challenge, I straightened my hair every day and pinned my fringe to the side, so coming up with new styles was super tricky... until I jumped on YouTube. I tried a few braid tutorials, but they kept coming undone, and I also played around with loose waves, which turned out to be my favourite style.

Overall, I quite liked mixing it up, and I didn't mind the compliments I got, either."

MISSION: LEARN TO APPLY LIPSTICK WITHOUT GRIMACING

JESS SAYS: "I've never liked lipstick. It feels thick and sticky and irritates me, not to mention it's a pretty bold thing to wear. I didn't think I had the confidence to pull it

MISSION: MASTER A **BASIC CONTOUR**

JESS SAYS: "I love that you used the word 'basic' in front of 'contour' like that exists. This one was always going to be difficult for me because it seems so strange to put a dark colour over my foundation, but, after watching a lot of YouTube videos and blending, blending, blending, I eventually got there and I loved how it gave shape to my face."

THE VERDICT: So, what did my mountain-biking bestie learn? "That I'm lazy when it comes to looking after myself, but putting in some time and effort really is worth it. By pushing myself out of my comfort zone, I've become more confident. I have a fair amount of make-up at home, so this was the nudge I needed to use it. I still need to master contouring, but I'd probably try just about anything now because, really, how bad could it be?"

I'm so glad she said that. Be right back - just teaching Jess how to cover regrowth with glitter... M

How bizarre

Beauty treatments so weird they shouldn't exist

Vampire facial

The doc withdraws some of your blood and then reinjects it into your skin to boost collagen production. WTH? rating: 3 nopes

Gold facial

Apparently 24k. gold can improve your skin tone and texture - but wouldn't you rather, like, wear it?

WTH? rating: 2 nopes

Fire facial

Yes, you read that right -Chinese beauticians drape a towel over your face and set it on fire to combat dullness. WTH? rating: ∞ nopes



Head to womensfitness.com.au to view Jaymie's how-to beauty videos.

Clémence®

Enhance beauty without compromising health



Award winning organic skincare made in Australia clemenceorganics.com

Better brows, 1000 of 1000 of

Everything you need to know about dyeing your brows at home

What can slash your beauty routine in half and save you serious coin? That'd be the 1000 Hour Eyelash & Brow Dye Kit. Thanks to its smudge-proof and waterproof formula, this at-home tint will keep you looking photoready all through your gym sesh - no matter how much you sweat. Since the dye lasts for up to six weeks, you can say goodbye to those time-consuming (and pricey) brow fillers. Oh, and before you freak out about the mess, relax. With the easy-to-use applicator, you can score fuller, natural-looking brows hassle free.

Keen to give it a try? Follow these five simple steps and sculpt your best brows yet.

Step one

Remove any make-up, dirt or excess oil from your brow area using a make-up wipe or non-greasy face cleanser.

Step two

Grab the tinted cream and squeeze a small amount into the mixing cup. Follow with 10 drops of the developer liquid and mix together thoroughly with the wand provided.

Step three

With a Q-tip, add a thin layer of Vaseline to the areas around your brows so any residual dye doesn't stain your skin.

Step four

Using the mixing wand, apply the dye to your brows just like you'd apply mascara, then leave the colour to develop for six minutes.

Step five

Dampen some cotton wool and gently sweep it across your brows to remove the dye. Done!









Want more? Jump online and head to womensfitness.com.au to watch 1000 Hour ambassador Tegan Martin's quick and easy brow-tinting tutorial!





health

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DOWN TO EARTH

Hike glaciers in Patagonia

What do you get when the southernmost tips of Chile and Argentina merge into one? Patagonia – a thrill-seeker's heaven on Earth. With a mixed bag of rocky plateaus, windswept fields and balmy thermal waters, you're guaranteed to be in for a wild ride. And, if you track west towards the Southern Andes, you'll find a bevy of fjords, icefields and mountains begging to be explored.

While it might be tempting to clock these natural wonders from inside your cosy tour bus, dive headfirst into the thick of it with an ice hike. Schedule a trip with Big Foot Patagonia (bigfootpatagonia.com) and you can plant your crampons in Grey Glacier in the Torres del Paine National Park on a walk you'll never forget. It might take five or six hours to complete, but all those unhindered views of glacial lakes, rivers, tunnels and surrounding snow-tipped mountain peaks are totally worth it. Up for more? Skip the ice and trek through La Leona Petrified Forest on the Argentinian side of Patagonia. nationalgeographicexpeditions.com



For the HRILL of it

Make your next getaway the most adventurous one yet



Ride through the Aussie outback

Dominating a giant chunk of the Australian continent, the Northern Territory is a vast blend of rugged mountain ranges, plunging gorges, ochre plains and blow-your-mind waterfalls and watering holes. And while you could sun it up in tropical Darwin or drive your way around the national parks, why not score your adventure fix with a spot of quad biking instead?

Travel down south to Watarrka National Park and book a tour with Kings Creek Station (kingscreekstation.com.au), and you'll spend your days riding over sand dunes, passing through cattle (and camel) country and weaving through the spindly mulga scrub. If you're after a post-sundown adrenaline buzz, sign up for an overnight ride, and sleep under the stars before you race through the golden spinifex fields on your way back to base. Up for more? Swap your quad for a dirt bike and explore Kakadu National Park, Arnhem Land or the Katherine region on two wheels. southerncrossmotorbiketours.com.au



Climb Canadian mountains

Sitting pretty on Canada's western coast, British Columbia is home to ancient trees, turquoise streams, towering pines and 10 spectacular mountain ranges (including the Rockies), which make it the ultimate alpine adventure playground.

Take a walk through this undulating terrain and you'll find overhangs, cliff faces and boulders a plenty, so if you're looking for a nerve-racking (but totally fun) activity, add rock climbing to your holiday itinerary. Visit Stawamus Chief - one of the largest granite monoliths in North America – and test your footing on some of the 1,500 climbing routes, ranging from easy scrambles to nail-biting sheer drops. Or, if you prefer your inclines with a side of ocean vistas, make your way to Vancouver Island for more than 150 picturesque routes at Strathcona Provincial Park. Up for more? Test your mental and physical agility with the aerial ropes course at Myra Canyon Adventure Park, and soak up views of Okanagan valley while you're at it. myracanyon.com



Bike over the Swiss Alps

Chances are, when you think of Switzerland, you think of snow - but if you ditch the powder for the gravel in springtime (March to May), you'll have a bounty of biking adventures at your fingertips. So, after you've sampled all the chocolate in Lucerne, work off the kilojoules with a multi-day ride through the Alps.

Follow the winding single tracks from Scuol to Vaud (and snap a few pics of Lake Geneva along the way), and take on the rocky trails at the foot of the Matterhorn (a soaring peak straddling Switzerland and Italy). Or, if you're just starting out, head to the Moos Trail in Zermatt for a mix of smooth turns and forest panoramas. Whichever trail you choose, you'll be left feeling out of breath - either from the rolling wildflower fields, sweat-spiking ascents or the tummy-flipping descents. Up for more? Give your legs a break from cycling and test out your lung power (via screaming) as you fly down the 736-metre-long toboggan ride at Grindelwald. pfingstegg.ch

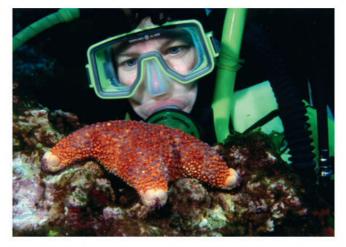


Go horseback in Mongolia

Keen to get out of your comfort zone and embrace your inner nomad? Swap your sofa for a saddle, and book a trip to Mongolia. Tucked between China and Russia, and riddled with mountains, lakes, deserts, sand dunes and kilometres of steppe (unforested fields), Mongolia is as pretty as it is remote - which means it's a country best explored on horseback.

Once you touch down in the capital city of Ulaanbaatar, join the crew at Visit Mongolia (visitmongolia.com) for a multi-day horse-trekking tour. Away from the skyscrapers and into the wild, you'll pass through emerald plains, windy valleys, icy lakes and snow-capped mountain chains, not to mention you'll meet friendly nomads, sheep herders and local families along the way. Oh, and you get to sleep in a ger (aka, a Mongolian tent), too. Up for more? Give your horse a well-deserved break and ride a camel through the Gobi Desert where you'll visit Khongor sand dunes, the tallest dunes in Mongolia. adventuretours.mn)





Dive for coral in New Zealand

New Zealand's landscape boasts everything from glaciers to mountain ranges, valleys and subtropical forests, so it comes as no surprise that it's often named the adventure capital of the world. If you follow the jaw-dropping terrain of the mainland all the way to the sea, you'll find that it's also a water-sports haven.

Trek to the coast and you can get your heart pumping (while taking in the views) with a little stand-up paddle boarding, kayaking or sailing, but if you're after something more out of the ordinary, book a diving tour instead. Wander over to the Poor Knights Islands or the Bay of Plenty and delve below the waves; swim with dolphins; and explore shipwrecks, drop-offs, coral reefs, kelp forests and the world's largest sea cave, Rikoriko. Up for more? Take a dip in Lake Wanaka and learn how to wakeboard, wakesurf or waterski. wakewanaka.co.nz



Surf Australia's east coast

With first-class swells and breaks that last (almost) all year round, the east coast of Australia is one of the greatest surf destinations in the world. There are so many beaches (from the sunny Gold Coast to Victoria's broody oceans and Sydney's iconic Bondi Beach) that you'll have no trouble finding a wave to carve. And if a one-day stint hanging 10 won't cut it, why not sign up for a surf safari and push yourself (and your board) to the limit?

Whether you're a veteran barrel chaser or you're just starting out, book a Surfari tour (surfaris.com) in Crescent Head (between Sydney and Byron Bay in NSW) and explore national parks, back beaches and river mouths over five days. **Up for more?** Schedule a snorkel at Julian Rocks Marine Reserve in Byron Bay and swim with turtles, manta rays and wobbegong sharks. byronbaydivecentre.com.au



Try a jet-ski tour in Fiji

Surrounded by the Southern Pacific Ocean and brimming with white-sand beaches, quiet rivers and tranquil waterfalls, you'd be forgiven for thinking Fiji's only good for one thing: relaxation.

Look a little deeper (and past your poolside cocktail), and you'll find this island paradise has a smorgasbord of adventure activities up its sleeve - and we're a fan of its jet ski tours. Yep, they're totally a real thing, and if you ask the folks at Adrenalin Fiji (adrenalinfiji.com) for a group or private jet ski session, you'll spend hours ripping up the surf around the Mamanuca Islands and basking under the tropical sun. Never ridden a jet ski before? Don't sweat it - the pros will train you up. Up for more? Take a day trip to Cloud 9 - a floating adventure and party hub in the middle of the picturesque turquoise sea -

and try your hand at parasailing. cloud9.com.fj



Tackle Madagascar's white water

Sure, you can climb, swim, sail, kayak and drive your way through Madagascar's beaches and rainforests, or you can head straight to the highlands and conquer the rapids. If you're pining for a hair-raising getaway, hike to the Mangoky, Matsiatra, Mazy or Manankazo rivers and ride the white water till you're out of breath. The rivers vary in difficulty, so do your research first!

To make the most of the rapids and keep things safe (and to steer clear of crocs), book a multi-day tour with Pioneer Expeditions (pioneerexpeditions.com) for a race down the Sahatandra River. You'll pass by bamboo groves, work your biceps and maybe spot a lemur in the trees.

Up for more? For a change of pace, sail around the Madagascan coast on a fishing excursion and cast a line in the Indian Ocean. madagascarfishingadventures.co.za

UP IN THE AIR

Bungee jump in South Africa

This just in: There's a whole lot more to South Africa than safaris. Between all the hiking trails, mountain biking tracks, canopy tours and abseiling routes, the only problem you'll have is choosing which adventure to take on next - but we've got to say, bungee jumping is where the real action's at.

After you've wandered through the natural playground in the Garden Route National Park, drive over to the Bloukrans Bridge – the tallest single-arch concrete bridge in the world – and get in line for a 216-metre bungee jump (the highest leap off a bridge you can do) with the champs at Face Adrenalin (faceadrenalin.com). You'll scream, you'll laugh, and you'll want to do it allll over again.

Up for more? Set off in a hot air balloon and score a bird's eye view of those incredible golden South African plains. airtoairafrica.co.za







Float through the sky in Nepal

Next-level thrill-seekers might flock to Nepal to scale its tallest peak (hello, Mount Everest) or float along its sapphire lakes, but if you really want to send your heart rate through the roof and score the Best. View. Ever, try paragliding.

Once you've trailed through the multi-coloured streets of Kathmandu, zip over to Pokhara – one of Nepal's most famous paragliding hubs - and take to the skies. Fly with Blue Sky Paragliding (blue-sky-paragliding.com) and you'll jump into a steady thermal (an upward current of air) then soar past Himalayan peaks, Phewa Lake and the postcard-worthy rice fields below. Talk about an adrenaline rush.

Up for more? If you consider yourself a ski whiz or snowboarding pro, add a heli-skiing trip in the Annapurna mountain range to your to-do list. heliskinepal.com



Go cave rappelling in Belize

Picture this: You, in a harness, free falling into space. Okay, so you're not exactly 'free falling' since you'll be connected to a rope, but you will be descending into the depths of a deep, dark cave. Sound like your kinda thing? Head to Belize. Uh-huh, the country famed for its Great Blue Hole (the giant sinkhole under the sea) can offer as much fun in the air as it does underwater.

With a busy cave system, Belize has a bucket load of precipices for you to rappel down, but if you're up for a real challenge, call Ian Anderson's Caves Branch Adventure Company & Jungle Lodge (cavesbranch.com) and try 'The Black Hole Drop'. You'll start 90 metres above the rainforest canopy and float down into the Actun Loch Tunich sinkhole. Up for more? Give your tired feet a rest and fly through the jungle on a zip-line that's over 60 metres high. discoverbelize.bz



Skvdive in Hawaii

From drool-worthy dinners and cocktails by the pool to volcano hikes and jungle expeditions, Hawaii and its palmfringed beaches have all your adventure-vacay needs sorted especially if you've always dreamed of jumping out of a plane.

With clear skies, warm temps and pinch-me-now landscapes (think green peaks, iridescent seas and kilometres of white sand), the only thing better than exploring this tropical archipelago on foot is soaking up its views from above. Stay on Oahu and join the team at Pacific Skydiving Honolulu for a tandem dive over the North Shore (pacificskydivinghonolulu.com).

Up for more? If you're after a view but would rather not jump out of an aircraft, take a helicopter over Kauai and stop at the out-of-this-world Manawaiopuna Falls. islandhelicopters.com



Zip-line through the United States

Look past Cali's world-famous Hollywood glitz and shopping strips and you'll find more spine-tingling activities than stars on the Walk of Fame. Move inland to the largest alpine lake in North America, Lake Tahoe, and not only will you have a host of water and snow sports to choose from, you'll also have a bunch of electrifying zip-lines to swing from, too.

Visit Heavenly Mountain Resort (skiheavenly.com) in the summer and fly down the Hot Shot or Blue Streak zip-lines at speeds of 65-80km/h. As the wind whips through your hair, you'll get views of Mount Tallac, Pyramid Peak and the water below. Up for more? The only thing better than base jumping off a cliff is leaping from a hot air balloon, so scoot over to the foothills of Sierra Nevada and get to it. skydrifters.com M

MORDS SAMERA KAMALEDDINE

ON THE MOV

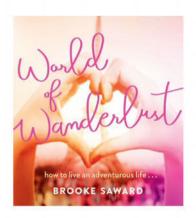
Get out there and explore the world!



PETS ON HOLIDAY

BY GARETH BROCK (Hardie Grant, \$34.99)

Don't take your furry friend on vacay without checking out this curated guide of the best petfriendly accommodation (from luxe cottages to campsites), cafés (where the doggie treats at?) and activities (allIIII the things you can do once you get there) around the country.



WORLD OF WANDERLUST

BY BROOKE SAWARD

(Penguin Random House, \$39.99)

What do you get when you cross beautiful pics of travel faves like Paris, London and New York with tips from a pro traveller on how to score holiday feels without leaving home? A whole lotta inspo to make life an adventure, that's what.

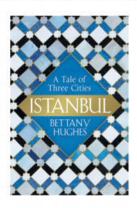


HOLD BACK THE STARS

BY KATIE KHAN

(Penguin Random House, \$32.99)

A love story set in outer space? Why the heck not?! Carys and Max are adrift in space after leaving a world where love is banned - and they have just 90 minutes of oxygen left. Find out how it ends while you're chilling on the beach.



ISTANBUL: A TALE OF THREE CITIES

BY BETTANY HUGHES

(Hachette Australia, \$32.99)

Planning a trip to the land of hammams? Go on a cool historical journey first through the great city of Istanbul. From the Qu'ran to Shakespeare, it's a place with a helluva lot for historians and travel enthusiasts to get excited about.



I DON'T HAVE TIME

BY EMMA GREY & **AUDREY THOMAS**

(Exisle Publishing, \$29.99)

If you're slotting a little self-help into your holiday itinerary, I Don't Have Time is definitely worth a look. Full of stories, theories and 15-minute practical exercises, it will help you ditch the old "saaaah busy" excuse and get the most from your life.



BRADT TRAVEL GUIDES

(Hardie Grant, from \$19.99)

Love to explore the world but not sure where to go next? This collection of guide books is sure to inspire you to visit some of the more unusual destinations (Uzbekistan, Bratislava, North Cyprus or Zimbabwe, anyone?). Your next holiday just might surprise you... M



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fitness

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YOU MEDITATE EN ROUTE TO

WORK, dab your pulse points with lavender essential oil and sneak in some gratitude journalling on your lunch break. In theory, you're the ultimate #zenboss so why do you find it impossible to unwind when you're at home? According to Jane Langof, founder of Feng Shui Concepts (fengshuiconcepts.com.au), it might have something to do with your house's qi.

"Qi – pronounced 'chi' – is defined as life-force energy," explains Langof, and it can have an impact on your body, mind and overall prosperity. "Positive energy within a home creates a supportive environment and helps you feel more balanced, while negative energy creates

an environment where stress and anxiety can easily manifest," she continues.

If you feel as though your crib's overflowing with the bad vibes, it might be time for a little feng shui. Known as the art of balancing elements within a space to promote the optimal flow of energy, feng shui can help rid your home of negative qi and up your zen feels. Keen to give it a try? Here are the expert-approved tips to get you started.

RULE #1: KEEP IT CLEAR

If you're about five years overdue for a spring clean, it's time to ditch the mess.

"Clutter reflects worry, ties you down, prevents energy from flowing freely and leaves little room for new opportunities," says Langof. And while hanging onto your fave magazines is one thing (WF isn't clutter, FYI), storing love letters from your primary school boyfriend does nothing but boost bad juju.

"Hoarding too many items increases stress in the home, so make a plan to remove the mess," advises Langof. Start with one drawer at a time and ditch the items you no longer need, use or love, and break out the surface spray while you're at it. "Unclean living spaces increase anxiety, so keep on top of your chores to up your wellbeing."



WITHLOVE Your mum might get hella mad if you take down that hideous painting she gifted you last Christmas, but your stress levels will thank you. "Avoid displaying things that arouse negative thoughts or decorating with things you don't like," says Langof. Spotting unwanted items will only spike your cortisol, so keep calm and surround yourself with things you love. "Think

RULE #2: DECORATE

Hot tip: If you can, avoid items with the colour red, since they can stir up

as these promote calmness and relaxation."

peaceful imagery, your favourite colours,

beautiful plants, fresh flowers and music

"Positive energy within a home creates a supportive environment and helps you feel more balanced"

stress-inducing energy. Instead opt for more calming shades (such as blue) or neutral tones (like beige and cream).

RULE #3: FIX WHAT'S BROKEN

What can zap your tranquillity faster than your neighbour's car alarm? That'd be a leaky tap or a broken toaster basically anything that isn't working the way it should. According to Langof, leaving broken items, uh, broken, invites neg feels into your home (since you're more likely to get annoyed at the objects that aren't working), which can in turn increase stress and anxiety. To keep your abode (and therefore, you) in a constant state of serenity, fix the things you can and replace those you can't.

RULE #4: BE HOUSE-PROUD

If the first thing you see when you pull into your driveway is a messy yard, give the front of your home a little more love. "Ignoring the street appeal of your home or having an untidy front entrance brings negative energy into the house," warns Langof, not to mention it'll have you feeling on edge from the get-go.

To create a more serene space, spend one weekend reviving your front garden (if you have one), get that door painted and put out a welcome mat. If your hallway's looking more like a thrift store than a grand entrance, invest in some baskets or drawers to pack the mess away. "A welcoming front entrance with beautiful artwork or flowers also helps you to feel good and brings positive energy into the home," adds Langof.

RULE #5: GO WITH THE FLOW

Up your living room's zen factor with a splash of H2O. Nope, not talking about an indoor sprinkler – just get a water feature. "The soothing sound of water can bring a sense of relaxation and calmness into your home," explains Langof, and the negative ions water produces can also help you feel refreshed. Since water can amplify energy, the more relaxed you feel, the more relaxed you'll become - so buy a fish tank, stat!

RULE #6: GET SOME (FRESH) AIR

When you find yourself feeling tense 24/7, open a window. "Stale air is stagnant energy, so open windows and doors daily to bring fresh air and natural light into the home," suggests Langof. To banish anxious feels even more, grab yourself an indoor plant such as a peace lily or place fresh flowers on your countertop. As Langof points out, they'll help recycle the air and up the presence of calming negative ions, plus they're pretty to look at. M

Bedside manner

Follow Langof's dos and don'ts for bedroom styling and prepare to unwind

SLEEP SOUND(ER)

"Position your bed so that its head is along a solid wall, diagonally opposite the door. Since you're able to see who's entering the room, this position provides you with support and protection and allows you to feel more calm and secure."

DITCH THE TECH

"Minimise the use of electrical equipment in the bedroom. Clock radios and mobile phones have high electromagnetic fields and should be placed away from your head, since these fields can adversely affect sleep quality."

KEEP IT SIMPLE

"Avoid placing objects such as mirrors, plants, TVs and water features in your room as they encourage active yang energy."

Spring

Why you need to retreat to your nearest hot springs, stat

LOVE A LITTLE NATURE TO **BRING ON A LOT OF CALM? Swap**

your spot under the trees for the earth's best relaxation offering: hot springs.

"Hot springs are natural geothermal water sources that exist all over the planet, including under the oceans," explains Professor Marc Cohen, chairman of the Australasian Wellness Association. "They have been revered by all cultures as places of healing and rejuvenation."

The paybacks of hot springs bathing are a-plenty, says Prof Cohen. "Benefits include the direct effects of heat on the circulation and metabolism, the specific effects of different minerals that naturally occur in the water, and the relaxed social interaction that hot springs bathing facilitates," he says. But the therapeutic bonuses don't stop there. "The most documented is related to musculoskeletal pain and injury along with mental health benefits associated with reduced stress and anxiety and improvements in sleep."

While a single dip can certainly offer up the above goodies, Prof Cohen recommends multiple visits to really reap the health benefits. "In Europe it is common for people to visit hot spring facilities for one to two weeks at a time."

While hot springs can be found in almost every country, Australia is home to the biggest artesian system in the world. So have your bathers at the ready to hit up these homegrown hot spots...



PENINSULA HOT SPRINGS

WHERE? Mornington Peninsula, Vic THE EXPERIENCE: Ditch the hustle and bustle of Melbourne and take a 90-minute road trip to the coast where thermal mineral waters flow into pools and private baths at this rejuvenating haven. The zen-factor comes courtesy of a cave pool, reflexology walk, Turkish steam bath, massaging thermal mineral showers and hilltop pool with 360degree views of #nature. Oh, and a complimentary meditation class in a Moroccan tent.

AAAND GO: Peninsula Hot Springs offers spa packages with local accommodation providers, ranging from super indulgent to simple stay-andbathe options, so all the budget boxes are ticked here. peninsulahotsprings.com



HEPBURN BATHHOUSE & SPA

WHERE? Hepburn Springs, Vic

THE EXPERIENCE:

Getting people chill since

1895, this historic bathhouse is an icon in Victoria's spa country. You can soak up the region's mineral waters in a warmed communal pool, salt therapy pool or private mineral bath; or spoil yourself with a reviving treatment at the award-winning spa. Then, rest your head at one of the retreat's glam five-star villas (the serene bushland views come free).

AAAND GO: Just want a few hours of bliss? Book in for a day retreat package. Or go the whole hog (complete with accommodation) with a weekend or midweek package. hepburnbathhouse.com



MATARANKA THERMAL POOL

WHERE? Elsey National Park, NT

THE EXPERIENCE:

Nestled beneath a canopy

of tall, shady palms, this spring-fed pool bubbles up to a toasty 34 degrees. It's the perfect way to soothe those aches and pains after a long drive on the highway. But be warned: Although it may be located 100km south of Katherine in the middle of nowhere, it's on the radar of pretty much every traveller in the area. So if crowds aren't a wanted feature on your checklist, head to the nearby Bitter Springs thermal pool in Elsey National Park, which is quieter, deeper and boasts eco-friendly toilets. **AAAND GO:** Mataranka is open 24 hours with free entry. However, be careful if visiting between the months of November and April when there may be flooding. northernterritory.com



DALHOUSIE SPRINGS

WHERE? Witjira National Park, SA THE EXPERIENCE:

How do you fancy a swim on the edge of the

Simpson Desert? That's what you'll be treating your bod to once you fire up the 4WD, venture into the western edge of the desert and jump into one of the 60 mineral-rich artesian springs. The water temps in this outback oasis range from 38 degrees to a scorching 43 – but the good news is, if you get too steamy in one pocket, you can move to a cooler one, as the heat varies in different spots of the pool. **AAAND GO:** For an extra piece of desert delight, set up camp here post-swim. Entry fees for day visits and camping are payable at a self-registration station at the springs (bring the right cash as change is not given). environment.sa.gov.au



BLUE **MOUNTAINS SPARADISE**

WHERE? Blue Mountains, NSW THE EXPERIENCE:

Clear blue lakes, fresh

crisp air... and a unique bathhouse set in a Japanese garden. Hello, heaven in the Blue Mountains (just 30 minutes west of Katoomba). Get down and pampered in a relaxing herbal steam bath (consider dead skin cells exfoliated and lungs cleared), or take a dip in the outdoor hot-spring bath or indoor spa, where the water is derived from natural underground springs. Relax even more on a recliner in the zen garden, and don't forget to tack on an invigorating massage for an extra spirit lift. **AAAND GO:** A single entry fee will score you use of the baths and garden for up to three hours, or, better yet, book a stay in the cabin-style or Tudor House accommodation and make a weekender of it. japanesebathhouse.com.au 🜃

HOT

Hot springs are the basis of the world's most sustainable business model with two hot springs in Japan continuously operating for more than 1200 years - one of which has been run by the same family for 52 generations!



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