



Female health supplement for all ages*

Primeve Plus provides the following nutrients

- Evening Primrose Oil
- Magnesium
- Vitamin B6
- Vitamin E
- Zinc

^{*9} years and older

Believe

in your well-being

Success Feel good Grandmothers Daughters Mothers
Healthy hair Glowing skin Daughters Healthy hair Healthy nails
Daughters Healthy nails Glowing skin Success Feel good
Grandmothers Mothers Daughters Glowing skin Healthy hair
Menopause Night sweats Tired Trouble sleeping
Trouble sleeping PMS Swollen breasts Anxious Emotional
Night sweats Emotional Irritable Feeling tired Trouble sleeping Feeling tired



SA's No.1 Evening Primrose Oil Supplement¹



RUN YOUR WAY FASTER AND TRAIN FASTER

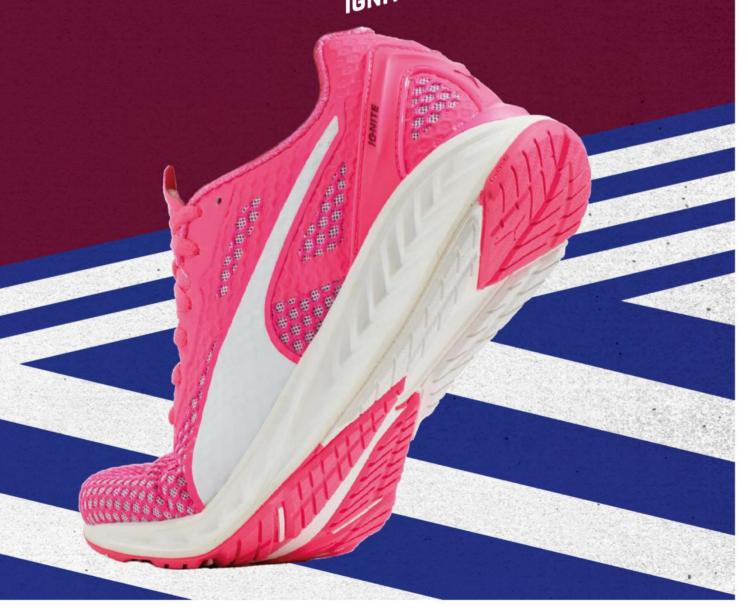




BUY A PAIR OF SPEED 600 IGNITE V2 AND GET A PAIR OF IGNITE V3 OFFER AVAILABLE FROM 1 FEBRUARY 2017 AT PARTICIPATING RETAIL OUTLETS,

WHILE STOCKS LAST, EXCLUDES PUMA RETAIL STORES.





March 2017









STYLE & BEAUTY

38 Numbers Game

Eight wardrobe staples, 16 work outfits sorted

42 The White Shirt Update

Feminine touches give a modern spin to the white shirt, plus tips on shopping for the right fit

45 Best 20 under R200

Our beauty ed's top wallet-friendly bargains

50 Brow Wow

Shape up with the perfect toolkit for *your* brows

FITNESS

53 Straight To The Punchline

The true grit behind Gigi Hadid's perfect smile

58 Scared? Bring It On!

Why thrill-seekers win at life

60 I Support Women In Sport

Feel like you just can't anymore with those 2017 goals? Prepare to change your mind

62 15-Minute Workout

Zero energy? Find it on the yoga mat. Seriously

63 Back To Basics

Tighten up your lower half with one boss move

71 Pimp Your Porridge Brekkies so good you'll want to eat them all day

74 WTF Do You Do With Cassava Flour

Say hello to the healthy flapjack stack. Yum!

HEALTH

64 Check It Out

Harmless mole or melanoma? Spot the diff

66 Is Tech Breaking Your Body?

More importantly, is it making you look old...?!

68 Your Body On... A Phone Call Hey, texting queen! Here's what happens when

you (eek) make a call...

78 Do You Speak Health?

Quiz time: find out if you're really a health nut

LIFF HACKS

82 Hey Student Debt, Bite Me!

Break free of debt with these experts' advice

85 Own Your Awesome

Silence the haters in three quick steps

86 Find Your Organising **Spirit Animal**

Your personal plan for decluttering that room



SFX & LOVE

88 Sexual Healing

Headache? Stress? Give yourself a hand;)

130 What Men Think

We catch up with rugby player Jesse Kriel

WEIGHT LOSS

75 You Lose, You Win

How a reader ditched cravings... And 24kg!

76 Hormones Gone Wild

Hormones sabotaging your weight? Rein'em in

FEATURES

94 Can You Exercise Your Demons? Why running could be the new psychotherapy

100 Jump Around!

Ultimate all-in-one workout for busy women

106 Perfect Imperfections

The surprising truth about freckles

112 Work It

Athleisure for the office: looks so slick no one will guess how comfy they are

120 Let's Do Lunch

Fresh from Jess Sepel's new book: these healthy dishes were made for sharing

126 Are Your Feelings Making You Fat?

Quit emotional eating for good with expert cheat-proof strategies

IN EVERY ISSUE

Letter From The Editor

12 Tell WH

Ask Anvthing 18 **Guy Next**

Door

20 WH Social 23 **DISCUSS!** knibi KAJKJUPERNOVA, TIGHTS BY NIKE AT TOTALSPORTS, CROP TOP FROM COTTON ON). SS. R629, ZARA: OPTICAL FRAMES, RS 875. ALEXANDER MCQUEEN AT SDM EYEWEAR; SUNSPLASH WATCH. : JAMES GARAGHTY: OPPOSITE PAGE: JACQUES WEYERS.



Womens Health

Not one member of Team WH feels naked without their leggings #awks... Turns out, we feel naked without...



Danielle Weakley

(danielle.weakley@media24.com, [60] @danweakley)

Accessories - heels; earrings; a pile of bangles... The list is loooong, but the look is finished.



CREATIVE DIRECTOR **Robert Cilliers**

(robert.cilliers@media24.com, @ @robdcilliers) My diving watch. I can't function or even sleep without it.



DEPUTY EDITOR Wanita Nicol

(wanita.nicol@media24.com. @@wanita.nicol) A spritz of fragrance. Mamma always said a lady should wear perfume.



FOOD & MANAGING EDITOR Amy Hopkins

(amv.rankin@media24.com, @@amy hoppy) Red lipstick.

FEATURES



HEALTH & BEAUTY EDITOR Gotlhokwang Angoma-Mzini

(gangoma@media24.com. [6] @gotangoma) A hairdo



FASHION EDITOR Anja Joubert

(anja.joubert@media24.com, @@anjajoubert) My favourite sunnies ever. Lost my Saint Laurents: (My backups are not cutting it!



COPY EDITOR Leigh Champanis-King

(leigh.champanisking@media24.com, @leighchampanisking) My eyeliner.

ART



ART DIRECTOR Michelle von Schlicht

(mvonschlicht@media24.com, @ @wh_michellevs) My wedding ring



SENIOR DESIGNER Leigh Cann

(leigh.cann@media24.com, @@whleigh) Mascara

EDITORIAL



FASHION & BEAUTY ASSISTANT Marilize Uys

(marilize.uys@media24.com, @ @marilizeuys) My earrings.



IUNIOR WRITER Michelle October

(michelle.october@media24.com, @ @michelle_october) My iPhone. Without it, I'm not just naked, I'm amputated.



INTERN Zinhlezonke Zikalala

(zinhlezonke.zikalala@media24.com, @zitchzikalala)

My handbag - yes, even when I'm broke. Just for control...

WOMENSHEALTHSA.CO.ZA



MANAGING EDITOR: DIGITAL Susan Barrett

(susan.barrett@media24.com, @ @susanjbarrett) My paddle!



DIGITAL EDITOR Gina Beretta

(gina.beretta@media24.com, [6] @gina_dionisio) My dad's silk pocket square... I carry it with me wherever I go.



DIGITAL INTERN Alice Paulse

(alice.paulse@media24.com, @@allypaulse) A good pair of sneakers.

CONTRIBUTORS Juan Algarin, Emma Anderson, Gemma Askham, Jen Ator, Garreth Barclay, Natasha Burton, Tudor Caradoc-Davies, Jessica Chia, Rachel Meltzer Warren, Gabrielle Nathan, Siobhan Norton, Rob Palmer, Jessica Powell, Paul Samuels, Nadia von Scotti, Jessica Sepel, Melissa Shedden, Ricardo Simal, Rachel Sturtz, Jacques Weyers

SHARED SERVICES PRODUCTION MANAGER (HEALTH AND SPORT) Kerry Nash RODALE HEAD OF DIGITAL Jason Brown ADVERTORIAL COORDINATOR Amy Mostert IN-HOUSE PHOTOGRAPHER James Garaghty









MARKETING AND PUBLIC RELATIONS PUBLISHING MANAGER François Malan

021 408 1228 (francois.malan@media24.com)
MARKETING COORDINATOR Lise Coetsee 021 443 9833 (Lise.Coetsee@media24.com)

PUBLISHING SALES TEAM
COMMERCIAL MANAGER: Kylee Robertson
01 322 0799/076 263 914 (kyleerobetson@media24.com)
DIGITAL SALES MANAGER: Ben Pretorius
011 217 3054/076 878 9150 (Ben Pretorius@media24.com)

01217 3054/016 Bry 8150 (Ben.Ptetorius@media24.com)
JHB: Kathryn Molyneaux (Booth)
01217 3197/083 395 3442 (kathryn.molyneaux@media24.com)
Milli Mahlangu 01127 3051/078318 8132 (Milli Mahlangu@media24.com)
CT: Myles Kelsey 021 445 9475/082 613 8498 (myles kelsey@media24.com)
Lameez Raizenberg 021 408 3960/082 909 9696 (lameza raizenberg@media24.com)
Hannes Burger 021 408 3078/076 152 4605 (hannes.burger@media24.com) nedia24.com)

MEDIA24 CENTRAL SALES
GENERAL MANAGER ADVERTISING CENTRAL SALES David Hay Oli 217 3034 (david.hay@media24.com)
JHB AND CT: Tammy Holtshausen
011 217 302 (038 44 348) (1 (ammyholtshausen@media24.com)
DBN: Theresa Lavery 031 566 2442 (theresa.lavery@media24.com)

MEDIA24 MAGAZINES DIGITAL CPT: 021 468 8299; JHB: 011 993 8050; DBN: 021 468 8070

GENERAL MANAGER, LIFESTYLE Ishmet Davidson CFO, LIFESTYLE Raj Lalbahadur GENERAL MANAGER, LEISURE Louise Meny-Gibert

CIRCULATION SALES AND SOLUTIONS
HEAD OF CIRCULATION Leoni Volschenk
HEAD OF RETAIL Andreiline van Tonder 021408 3936
CIRCULATION MANAGER Riaan Weyers 021443 9964
SUBSCRIPTION MANAGER Jenny Marinus (jennymarius)
PRODUCT MANAGER George van Biljon 021443 9824

FOR ANY QUERIES, PLEASE PHONE 021 406 2121; SUBSCRIPTION ENQUIRIES: TEL: 087 740 1039. FAX: 086 437 5943; EMAIL: WOMENSHEALTH_SUBS@MEDIA24.COM SMS: WOMENSHEALTHSUBS TO 32511 (R1 PER SMS), WEB: WWW.MYSUBS.CO.ZA/MAGAZINE/WOMENS-HEALTH CALL CENTRE OPERATING HOURS: 8AM-5PM (MONDAY TO FRIDAY)

All subscription payments to: Women's Health, PO Box 16428, Vlaeberg, 8018

Reproduction Media24; Printing Paarl Media Cape; Distribution On The Dot 011 402 1205

Copyright @ 2009 Media24 (Pty) Ltd. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or be transmitted in any form or by any means, electronic or mechanical, without prior permission by Media24 (Pty) Ltd.

Women's Health does not endorse the use of chemical or related slimming products that promise instant or long-term results. Slimming products should not be used as a substitute for a healthy diet and/or exercise. All prices recommended retail selling price.

RODALE INTERNATIONAL RODALE PRESS INC, 33 EAST MINOR STREET, EMMAUS, PENNSYLVANIA, 18098, USA

SVP, GLOBAL BUSINESS DEVELOPMENT Robert Novick EDITORIAL DIRECTOR, RODALE INTERNATIONAL John Ville

EDITORIAL

EDITORIAL DIRECTOR, WOMEN'S HEALTH

AND MEN'S HEALTH Laura Ongaro

EDITORIAL DIRECTOR, PREVENTION, RUNNER'S WORLD,
BICYCLING AND BOOKS Veronika Taylor

SENIOR CONTENT MANAGER Karl Rozemeyer

ASSOCIATE EDITOR Samantha Quisgard

INTERNATIONAL EDITORIAL AND CONTENT

COORDINATOR Natanya van Heerden

BUSINESS

BUSINESS
EXECUTIVE DIRECTOR, BUSINESS DEVELOPMENT
AND GLOBAL LICENSING Kevin LaBonge
DIRECTOR, BUSINESS DEVELOPMENT AND
GLOBAL LICENSING Angela Kim
DIRECTOR, GLOBAL MARKETING Tara Swansen
GLOBAL DEVELOPMENT AND MARKETING
COODINATOR Erica Mazzucato
INTERNATIONAL FINANCE MANAGER Michele Mausser
ADMINISTRATIVE ASSISTANT Shoi Greaves

GLOBAL EDITIONS / EDITORS-IN-CHIEF

GLOBAL EDITIONS / EDITORS-IN-CHIEF
AUSTRALIA Jacqueline Mooney
BRAZIL Camila Borowsky
CHINA Vivi Hu
GERMANY Angela Meier-Jakobsen
GHANA Godfred Akoto Boafo
GREECE Angeliki Gourni
LATIN AMERICA (CHILE, COLOMBIA, COSTA RICA,
DOMINICAN REPUBLIC, EL SALVADOR, GUATEMALA,
HONDURAS, MEXICO, NICARAGUA, PAMAMA, PERU,
PUERTO RICO, VENEZUELA) Cesar Perez
MALAYSIA Sueann Ghong
MIDDLE EAST YI-Hwa Hanna
NETHERLANDS MIJOU Turpijn
NIGERIA Osagie Alonge
POLAND Aneta Martynów
RUSSIA Maria Troitskaya
SOUTH AFRICA Danielle Weakley
SPAIN Cristina Mitre Aranda
SWEDEN Erika Kits Gölevik SWEDEN Erika Kits Gölevik THAILAND Nitra Kitiyakara TURKEY Sibel Yeşilçay
UNITED KINGDOM Claire Sanderson UNITED STATES Amy Keller Laird

WOMEN'S HEALTH* IS A REGISTERED TRADEMARK OF RODALE INC. ©2009 RODALE INC. ALL RIGHTS RESERVED. PUBLISHED UNDER LICENCE FROM RODALE INC.



Virtually flawless, clear, luminous skin. It's not your genes—it's your dedication.

Commit to a simple ritual with our Infinite Bright™ technology and bright, even-toned skin is yours. With soothing Gyokuro to help counter the irritation that can perpetuate dark spots—and the brightening power of our gold-standard serum with CL-302 Complex—surface dark spots fade. Future darkening is averted. And ever brighter, virtually flawless skin is born, every day.

Even Better Clinical™ Dark Spot Corrector & Optimizer

clinique.co.za #evenbetter

CLINIQUE

Allergy Tested. 100% Fragrance Free.

Available at selected Edgars, Red Square, Foschini, Truworths and Stuttafords stores and online at www.clinique.co.za

YOU GOTTA BE STARTIN' SOMETHING

So, you know on Facebook when it kicks up those "Today a trillion years ago you were making questionable life choices in stone-washed denim dungarees and a Salt-N-Pepa crop top..." I get those. A lot. And I ignore them... Like any sane, selfrespecting human being should. Because who wants to be reminded of a time when your social-media feed was a fun place for your friends to tag you in dodgy pictures rather than a psychotically vetoed version of your best self #blessed?

That was until the day Facebook flung up a group shot of my first yoga class. There I am with my artfully rolled yoga mat posing with a serene smile, unaware of: A) how it was going to kick my arse and B) how much I was going to love it. Until my unicorn leggings found their way to yoga, I was a dabbler. I frog jumped from one exercise discipline to another with - dare I say it - looooong breaks in between. Like, for recovery and planning, obvs.

You can then imagine my delight when I realised that for the first time ever, I had consciously stuck to a routine - and am all the better for it. When Beyoncé decided to go vegan, she took it up for 21 days - and, I swear, this is the only reason why I know that it apparently takes 21 days to form a habit. It's a myth, by the way (and with

apologies to the Beyhive), but the idea is pretty solid. Here at WH, we are often asked how to go about getting fitter, getting slimmer, getting stronger... Turns out, no matter who on the team you ask - and I include our amazing You Lose You Win readers in this role call of honour - the answer is the same: just start. But here's the important bit (I hope y'all are sitting down): don't stop. Not before 21 days. And not after either. Don't stop.

I've lost count of the times I've started something (Hello Monday, my old friend), but I can tally on one hand the number of times these virtuous starts haven't come to a grinding halt. Just keep rolling...

If the women we've featured in this issue are anything to go by – and they are goddesses, trust me, you'll want to listen – then it's okay to be kind to yourself. It's okay to cut yourself some slack, to have a crap day, to smash your cheat day like you've been living like Vegan Beyoncé... But come back. And don't wait for Monday.



🔰 @DanielleWeakley 🔀 @danweakley



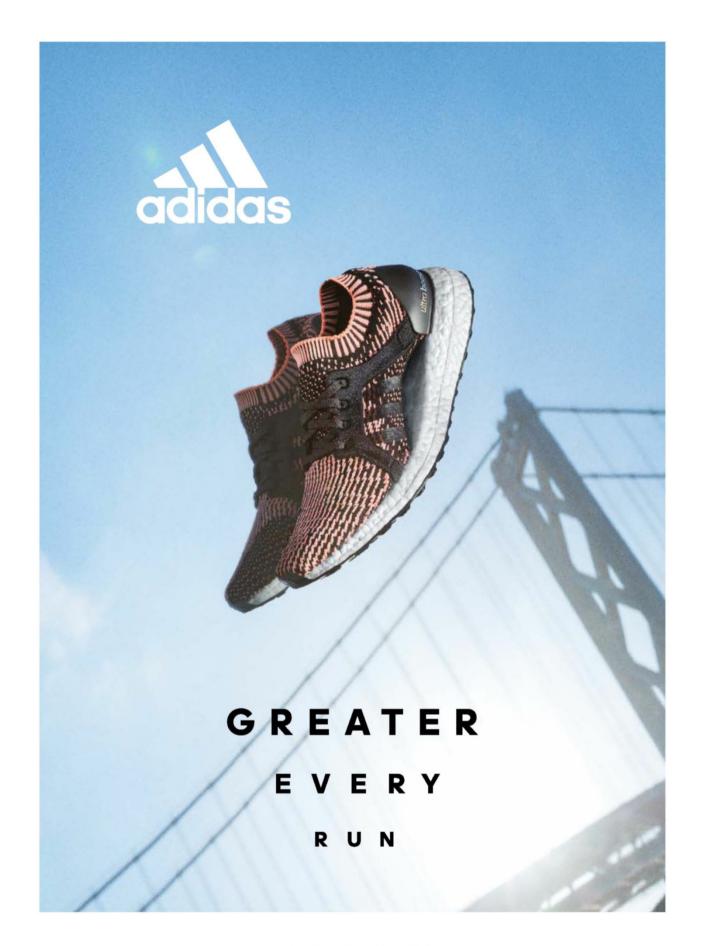
What the team did this month at WomensHealthSA.co.za







GO ENTER THOSE RACES, LIKE MANAGING ED AMY, WHO RAN THE HILLY KLOOF NEK CLASSIC 21KM. GET OUR RUNNING PLAN ONLINE.





We're for everyone

I was always the lady who would look but never dare to read your mag - I always thought it was for super-fit and healthy ladies, until one day I took the leap and bought a copy. I have never looked back. You have helped me with low self-esteem and depression. I was challenged by others sharing their stories, so I did the Muddy Princess [obstacle run] and now I belong to a boot camp. I've also dropped five dress sizes. I have taken what I have learnt through Women's Health and now I go into safe houses for abused women and human trafficking victims and do the workouts with them. Thank you for changing my life! Never in my wildest dreams did I ever think I would be training others to be healthier and fit. You touch so many people's lives!

- Bianca Kensley, Cape Town

Team Awesome

I've been buying WH mags for a while now without ever really reading them. I've been through a lot the last two years: I went into depression due to the trauma I witnessed as a nurse and my sleep and health took a knock. This year my boyfriend came home with a Women's Health for me and a Men's Health for him. We both sat for a few hours reading our stacks of WH and MH, cutting out exercises and tips and making a folder to use daily for

fitness. My boyfriend and I are well above the average BMI and we are so grateful to WH and MH for giving us the tools to change ourselves, not only on the outside but on the inside too. I am feeling emotionally and physically stronger in just the last few days. Keep up the amazing work and I so look forward to the next WH magazine.

Thank you all! - Amber Troutman, Durbs

Big Overseas

It's amazing how every time I go to buy a magazine or am standing

in a queue looking for one, I end up going back to what I know - Women's Health! I absolutely love the different articles. which cater for all ages and stages of life, from medical issues to other informative topics, like what to do about varicose veins, ways to improve your sleep or just food and diet tips. Even though not necessarily relevant at the time, it's always interesting to know. Lend up reading it cover to cover every time. I once took an issue overseas with me while on holiday. My aunt got hold of it and now every year when I travel there that's what she asks for! So well done on keeping up to date with every woman's lifestyle at one stage or another and making it a hit with people living abroad.

- Clare Neumann, Joburg

Fitter Ever After

When my gym contract expired in December 2015, I decided not to renew it. I browsed all my old WH mags and cut out all fitness plans, healthy eating plans and health tips. I made a collage of them and followed them. In a month's time my clothes were a bit loose and my colleagues started to comment about my complexion. My BP became normal and my cholesterol dropped. I went from size 42 to size 38. Thank you, WH, for encouraging me to live a healthy lifestyle and for saving me time and money because I no longer go to the gym. I recommend Women's Health to all the people who ask me about my well-being. I feel so confident and I am going to keep it forever!

- Nozintombi Nombewu. Port Elizabeth

- Paul Slot, president of DCASA

Get super-fit, page 60

"Don't overdo the weights you use to train your upper body, start off light and work your way up as your strength increases. This will help you avoid injury." - Shelley Russell,

SA Hockey player

Make kettlebell swings your BFF, page 63

"KB swings can be done almost every day as they aren't as taxing as heavy dead lifts, for instance. They recruit your fast-twitch muscles, which will get you toned faster than conventional weightlifting."

- Casper van Heerden, personal trainer at 360 Specialized Training

Drop us a line at TellWH@WomensHealthSA.co.za. Please include your full name and the city in which you live.

WRITE IN AND WIN!

This month's winner receives a SKNLogic hamper, including a 200ml Cleanse Cream, 15ml Eye Cream and 75ml Exfoliate Enzymatic, valued at R2 500.





Whether you're an adventure junkie or an urban thrill-seeker, Nissan has a crossover that is built to adapt to your lifestyle. With intelligent technologies* such as Nissan Connect, All Mode 4x4-i and Around View Monitor, you'll enjoy a premium driving experience while sporting a sleekly crafted bold exterior design under the protection of the Nissan Safety Shield philosophy. For more information, search Nissan Crossover or book a test drive at Nissan.co.za

Intelligent technology features and specifications may vary depending on product model.

Nissan Assured: 24-hour roadside assistance. 6-Year or 150 000km warranty. 3-Year or 90 000km service plan. Free vehicle health check. Competitively priced parts. Call 0800 NISSAN (6477 26) or visit www.nissan.co.za for more information. Terms and Conditions apply.



ASK US ANYTHING





MOZZIE BITES ITCH?

Gabi, via Facebook

When mosquitoes (and BTW it's only the lady mozzies) bite us, we encounter their saliva. We all develop an allergy to that saliva, but the degree of reaction varies in all of us. The allergic reaction is a classic one - our bodies release stacks of histamine, which causes inflammation, and with that comes itching. As long as the mosquitoes aren't carrying any nasty viruses, bites will itch and disappear in a few days. Try a dab of one percent hydrocortisone cream to reduce the itching; an antihistamine tablet can also help.

All The

Carbs

What 51 percent of you rate is your number one food frenemy. Sure, you shouldn't have pizza all day, but carbs can be good, especially after a workout when your body needs extra fuel. Stock up on the butternut.

ITHINK ABOUT MY FOOD A LOT. DO I HAVE **AN EATING** DISORDER?

Laura, via Twitter

ANSWER Conflicting advice from friends and experts can make it tough to figure out whether you're a "healthy eater". And even if you aren't starving yourself, bingeing or purging, your relationship with food can still be disordered. Which thoughts get stuck on repeat? Are you worried about weight gain? Whether everything you eat is organic? Those types of thoughts can get out of hand if they go from flexible (I'm trying to eat this way) to rigid (I must always eat this way). Food isn't a moral choice. Its only purpose is to nourish you, so if you feel guilt after eating a doughnut, you're giving it too much power. If eating healthily is taking over your life - eg you skip events that won't have your "safe" foods - talk to a professional. RecoverySpace.org is a great resource with links to find help.

DO WHAT YOU LOVE LOVE WHÁT YOU DO! What a whopping 54 percent of " you said is your main fitness goal for 2017. We've 🥻 come a long way from wishing for washboard abs. The best way to up your game? Find something you love - you'll only want to get better.

When it comes to your SO, how important is it for him or her to be into fitness?

MY SO'S HOT, SO I DON'T CARE **PRETTY NB** 'CAUSE I'M FIT 40% ABS DON'T MATTER TO ME

go to WomensHealthSA.co.za for ways to stay in shape together.

TRYING TO REEL THEM INTO YOUR SWEATY WEB OF BURPEES? Try our WH-approved couple's workouts your SO will actually like -

The number of minutes it takes most of you (44 percent) to apply your make-up everyday. Anything for 10 more minutes of sleep!

A workmate is constantly asking me for help. I don't mind helping but how do I manage it?

Sindile, via email

ANSWER Voice your concerns to the most appropriate person. Go equipped with specific examples and if you can think of solutions, make sure you voice those too. It's not personal, it's business and it sounds like you have your company, team and customers' best interests at heart.

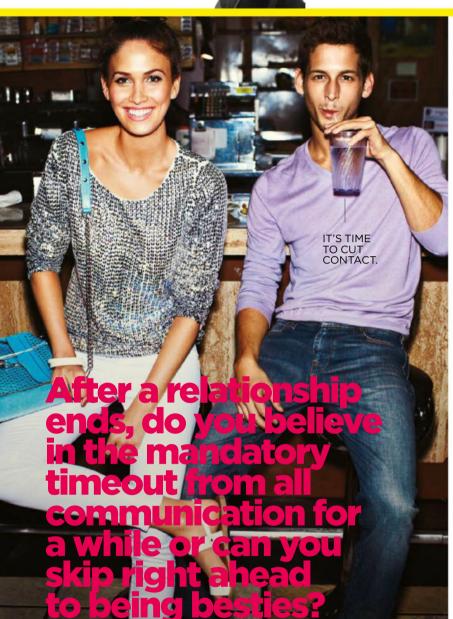
smooth away skin-ageing pollution

NEW! daily superfoliant™



Remove pollutants with this superfine powder exfoliant powered with anti-pollution technology that helps to ward off accelerated skin ageing for firmer, healthier-looking skin.

dermalogica



ANSWER Look, I've tried that and I don't think it works. Maybe it does for a very short relationship, but if you were together for any decent length of time, trying to be friends after a breakup is neither easy nor advisable in my opinion. Regardless of whether you are both equally totally over each other and want nothing more from each other in the romantic sense - you still have ways of being around each other that can stunt your growth. Even if you have the best of intentions, both you and your ex need space, even if you think otherwise.

Much more importantly, a serious timeout or a complete cut-off and moving-on period opens up space for someone else to come into your life, someone who could be the one. Now how likely is that to happen when your life is crowded by exes who are now friends? Put it this way, if you get together with the guy of your dreams, but he has his ex lurking "as a bestie", how secure would you feel?

WHAT ARE THE FIRST-DATE RED **ALERTS THAT** IT'S TIME TO BOLT?

Treating people in service jobs like crap may mean that one day he assumes you will take his same crap in service as his partner. Also, look out for his manners. No "please", "thank you" or attempts to pull your chair out? Manners may seem old-fashioned but there's a reason they've lasted so long. Does he say things that don't gel with you on a fundamental level? It could be something about race, sex, supporting Trump... Sure, there are all types in the world, but if you can't see eye to eye on important issues, you won't work. If all he can do is talk about his terrible, past relationships, run for the hills. An inability to recognise that relationships are a two-way street and that maybe, just maybe, he had a part to play can be a red flag that he does not take responsibility when things go bad.

I FOUND OUT MY BF HAS ARGUMENTS ON INSTA WITH PEOPLE HE DOESN'

KNOW. I CAN'T TAKE HIM SERIOUSLY NOW. AM I A FREAK OR IS HE?

Who argues on Instagram? I'm not normally one for saying anyone is a freak, but this is the strangest place to pick a fight. That's where you go for idyllic sunsets, butt selfies and food photos. Twitter and Facebook are where the trolls dig deep and rage against the injustices they feel at other people's brain farts and vice versa. wasting the best years of their lives till they die. There are a few facts he needs to come to terms with: 1) People are seldom won over by an argument on social media. All nuance, tone and subtlety is lost and vou come across as self-righteous and/or whiny. 2) Life is too short to waste time fighting with people online. It makes him tense, them tense and you tense. Put down the phone and live a little. 3) If things really upset him, encourage him to do something more constructive. Become an activist, write a blog, join a campaign... Whatever it takes, rather than the echo chamber of social media conflict. Lastly, tell your BF to catch a wake up and sort his Instagram game out. Hint: more

pics of you. ■



ZOOM-ZOOM

Mazda 3



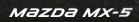
The Mazda3 Astina Plus is miles ahead of the curve. With SKYACTIV Technology, G-Vectoring System, Adaptive LED Headlights and 18" alloy wheels, the agile Astina Plus is equipped with state-of-the-art technology for supreme handling and a responsive drive using minimum fuel. Trust Blind Spot Monitoring, Lane Keep Assist, Smart City Brake Support and Lane Departure Warning to keep you safe while you sit comfortably in the beautifully styled Astina Plus that's designed with Mazda KODO Soul of Motion.

















#WHFITFLUENCER

WHO: Roxane Hayward

@roxanehayward on Instagram, this actress and model lives fitness and health. When she's not doing Muay Thai with Quentin Chong in Cape Town, she's in action on set. "One month I was hanging upside down in a car while shooting Accident (look out for the film this year!), the next month I was flying through the air doing crazy stunts for the Hahn Super Dry campaign in Australia, then I was off playing golf in the dunes of the Kalahari Desert. The madness never ends!" she says. But her health always comes first. "The more demanding my work gets, the more I realise how important good nutrition is... It always comes down to eating real, organic, wholefoods." We're with her.

Hello world!

At Women's Health we don't just dig documenting our healthy, active lifestyles - we love it when you do too! Check out our social stars this month, as well as our highlights on social media

#WHONTHEGO



- > The team had some fun in the sun shooting SA sportswomen for our "I Support Women In Sport" series. Look out for the amazing pics and interviews throughout the year!
- > Deputy Ed Wanita Nicol stayed active all summer long with hikes and trail runs in Matroosberg.
- > Editor Danielle Weakley hung out (a lot!) at the new Virgin Active Collection Silo District gym at the V&A Waterfront in Cape Town, where they've got suspension yoga classes! It's definitely worth a try.



Suzettestraussbotes on Insta-"Fuel food after a late workout!" Looks yum!



Tannaghalice on Insta-"What summer is all about." Aaah, can we join you?



#WHLOVES Readers walking the talk

KeziahSearle on Insta-'Reading my favourite mag @womenshealthmagsa." You're our favourite kinda reader ;)



CarolinePule on Twitter: "Beat that rope! Pain or no gain!" Get those gains, girl!



EACEROOK

Facebook.com/ WomensHealthSA



INSTAGRAM @WomensHealthMagSA



TWITTED @WomensHealthSA



DINTEREST Pinterest.com/ WomensHealthSA



SNADCHAT womenshealthsa

BAUSCH+LOMB

See better. Live better.



When it comes to your vision, you shouldn't compromise



Endorsed by Ophthalmologists, Optometrists, General Practitioners and Pharmacists through all stages of life. Ask for a Bausch + Lomb product that is right for your needs.

References: 1. Data on file. EUROMCONTACT, MAT Q2 2016 vs MAT Q2 2015. 2. Impact Rx. Script data - October 2016.

Biotrue Multi-Purcose Solution, Ultra lenses & Biotrue ONEday Lenses Marketed by: Nova Pharmaceuticals (Ph) Ltd. 1/a Bausch & Lomb (SA), Rea. No.: 1952/001640/07.

Scheduling status: Proprietary name and dosage form: Busch & Lomb ReNu MultiPlus Solution. Composition: Each ml contains Polyaminopropyl biguanide (Dymed^[M]) 00010 mg, Hydrogyskyphosphonate 030 mg and Disodum edetale (preservative) 011% m/k. Pharmacological classification: A 34 Contact lens solution. Applicant: Nove Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/00164/017. Proprietary name and dosage form: David Composition: Each ml contains fish of his In District Fishory mg of which DHA 180 mg and total omega-3 300mg, Lutein 5 mg, zeascanthin 1 mg, vitamin C 90 mg, vitamin E 15 mg, zinc 7,5 mg. Applicant: Nove Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/00164/017. Proprietary name: Articlas@ Splash Eye Drops: Contains 0,24% hydronic acid (as sodium hydroniche). Preservative free Applicant: Nove Pharmaceuticals (Pty) Ltd. Reg. No.: 1952/00164/017. ISE Riky Road, Bedrorview, Gauteng, South Africa, 2007. Tet. +27 11 087 00000, www.inovepharmacozaf/www.bausch.coza @ 2003 Bausch & Lomb Incorporated. @/I^M denote trademarks of Bausch & Lomb Incorporated.

WINI SMS BAUSCH+YOUR NAME

to 41076 to stand a chance to win 1 of 2 Sunglass Hut vouchers to the value of R2000 (incl. VAT).

T's & C's apply.** Competition ends 31 March 2017.





^{**}SMS' charged at R150/SMS. Free sms' do not apply. Errors billed. Sender must have bill payer's permission. We may contact you with future offers via SMS until you ont out



juicy news. shareable stats. convo starters.



PHOTOGRAPH BY SEAN LAURÉNZ

Make Me Blush

Hit pause on that contouring tutorial: the quickest, easiest way to get sculpted cheeks is to adjust your blush, says make-up artist Katey Denno. Here, her top tips for different face shapes.

1/LONG

Apply pigment in a circle on the apples of your cheeks or just above them. Shimmery formula? Keep the luminosity on the highest point of the cheekbones for a lifted effect.



2/ROUND

Sharpen your cheekbones by sweeping the formula on diagonally, following a line from the side of the mouth to the ear, like a permanent smile, and blend. But choose matt: "Shine can make a round face look even rounder," says Denno.



3/SQUARE

Play against an angular jaw by sweeping a rounded shape just below your cheekbones, blending out. This brings the focus up to the width around the cheeks, not the jaw.



10-SECOND TEST

Pluck a clean strand and drop it in a 250ml glass of water. If it floats, your hair is in good condition. If it plunges, you've got "high porosity" issues. Porous strands, which will sink because water is able to push through the cuticle, lead to frizz and quickly fading colour (colour molecules escape more quickly from porous strands). Your fix: a weekly nourishing mask with keratin to boost your hair's outer layers and smooth the cuticles. Try TRESemmé Keratin Smooth Deep Treatment Masque, R75, at Dis-Chem.



Fun-Sized Beauty

Last year, we weren't all that shocked when women started using their silicone bra inserts as make-up applicators. True story. And now, we're loony for itty-bitty blenders with multifaceted uses. There's the Essence heart-shaped make-up sponge (R46, Clicks) that you can separate into a nifty drop for tricky applications. Urban Beauty United's Sponge Cakes (R55, Clicks) are made from hydrophilic foam that absorbs water, not oil, while BeautyBlender blessed us with a BodyBlender (R575, Placecol.com), a flatter, larger egg that's ace at covering everything from shoulders to shins. Tiny tricksters, never leave us!

THE NUMBER OF OIL GLANDS IN YOUR LIPS, **MAKING THEM** ONE OF THE AREAS ON YOUR FACE MOST PRONE O DRYNESS. PERK UP YOUR POUT WITH THE BOBBI BROWN ART STICK, R400. IT'S A CREAMY, SHEA **BUTTER-INFUSED** LIP PENCIL THAT **DOUBLES UP AS** A LIPSTICK WITH A MATT FINISH.

Source: Dermatologist Dr Anne Chapas

TINY

SPONGES

ARE A GO!





IUD UPDATE

Long-lasting birth control is trending: the Centers for Disease Control and Prevention in the US reports that the use of intrauterine devices has increased fivefold in the past 10 years. Here, an update on the T.

INSERTION: Researchers from India and Stanford University have created a tool that lets you insert the contraceptive yourself. The IUD is pre-attached to an applicator so you can place it inside the uterus without touching it, lowering your risk of infection. It's not available just yet, but it could slash one more trip to the gynae.

REMOVAL: IUD self-removal stories are popping up on YouTube, but don't try to DIY. "The IUD can become embedded in the uterus or cervix and if you pull it too hard, you could break off the string or damage the tissue,' savs Dr Diana Ramos, an ob-gyn and professor. So seeing the doc is non-negotiable.



Come Clean

Clean up with healing salt: "It's antibacterial, encourages healing and soothes the gum," says Marelize Maree, dental hygienist at Christo Brecher Incorporated. Find it in Olgani Sage and Spearmint Mouth Wash, R61 at Faithful-To-Nature.co.za.

WEIRD STUFF THAT WORKS

Consider it the healthiest investment. Research from the University of British Columbia found that people who spent around R500 on someone else had lower blood pressure than those who shopped for themselves. Warm a heart (and possibly save yours) by using ForGood.co.za, an online platform that connects people with needy organisations. Click through what you can give (time, money or otherwise) and connect with a wide variety of charities in SA. Easy-peasy.

Soothing Swaps

Some healthy eats can make your digestion worse if you're sensitive to FODMAPs, a group of carbohydrates that can cause bloating, constipation and diarrhoea. Rude. Try these alternatives from dietician Kate Scarlata to subdue your stomach.





MRlackherries

Blackberries contain polyols, which are incompletely absorbed by your gut. Strawberries are low in polyols, so you'll get that tart berry bliss (and vitamin C) without the eina.





Cashews

Pecans

Cashews house galactooligosaccharides (say that three times fast), which our bodies can't break down easily. Pecans lack the problematic carb, so you can munch easy





■Wheat crackers ■Rice crackers The fructans in wheat aren't readily digested. Rice crackers are fructanfree - so you'll be fart-free.





Follow us on Facebook and Instagram to find out about these great products and many more!

Buy any Supashape products to the value of R200 or more on www.juniva.com/supashape and get 10% OFF

USE COUPON CODE **SUPASHAPE 10** AT CHECKOUT

THICK & THIN

When slimming down, the key is consistency – literally.
A thick 400-kilojoule smoothie can make you feel fuller than a thin 2000-kilojoule shake, a study has found. Here are some yummy ways to bulk up your blend:

1/ 1 TBSP DIY NUT BUTTER (397KJ)

Grind almonds, cashews and peanuts to fill up your tum with healthy fats and up to four grams of protein.

2/ 100G GREEK YOGHURT (409KJ)

Add about 10 percent of your recommended daily calcium quota with this guy.

3/ SMALL FROZEN BANANA (373KJ)

Three grams of fibre help to ward off hunger pangs, plus it'll sweeten the smoothie naturally.

4/2TBSPHEMP SEEDS (376KJ)

It's nutty and gives you

a balanced dose of omega-3 and omega-6 fats.

5/ ½ AVOCADO (334KJ)

Think velvety texture, fibre and good fats for stomach staying power.

6/ 1 TBSP CHIA SEEDS (263KJ)

The super seeds expand in liquid, making your blend more substantial.

7/ 30G COCONUT FLOUR (296KJ)

Not too coconut-y and it absorbs a ton of moisture so you get a richer shake, plus extra fibre.

Source: Registered dietician Keri Gans, author of *The Small Change Diet*



Umami, the rich, savoury flavour we love, could actually curb your appetite, according to a study by the University of Sussex. The study found that the taste of umami helped to reduce the amount of food eaten by participants. Harness the power with natural umami foods, such as Parmesan and tomatoes, or pimp your burger with the soya-free and gluten-free Denny Mushroom Burger, R39 in stores.





THE NUMBER OF CENTIMETRES YOUR
WAIST COULD EXPAND OVER NINE YEARS
IF YOU DRINK DIET COOLDRINK EVERY DAY,
ACCORDING TO ONE STUDY THAT FOCUSED ON
PEOPLE AGED 65 AND OLDER. SURE, YOU'RE
WAY YOUNGER, BUT IT'S THOUGHT THAT
ARTIFICIAL SWEETENERS CAN MAKE YOU
OVEREAT IN OTHER AREAS. AVOID THE GAIN
BY SIPPING ON FILTERED WATER FROM
THE NIFTY BRITA FILL AND SERVE CARAFE,
R500, TAKEALOT.COM.

Source: University Of Texas





Western Herbal Medicine. Use according to the principles of this discipline. FOR BEST RESULTS, USE HERBEX DAILY FOR AT LEAST 3 MONTHS. To achieve and maintain your goal weight you must adjust your lifestyle. A kilojoule-controlled diet and healthy exercise programme are essential.



Avoid The Burn

satisfaction. Go on, give it a go.

a third had previously 'had a go'. Up for it? Ask your partner what weirdness they're into in the bedroom. The study found that when couples were more willing to try new things, it led to more relationship

Cystitis? Ouch. It affects up to half of all women, often due to friction during shows what triggers the painful bladder infection. It bacterium E. coli can defy the force of urine flow by hooking onto a protein in the urinary tract, then travelling up the urethra, according to research by the University of Basel and the ETH Zurich. If you're prone, nibble on some cranberries. cure an infection, but a study found that a small handful of dried berries daily helped to reduce future attacks. So you can get all the friction

WITH 6 PERCENT REPORTING A RISE IN STRESS-RELATED SPOTS AND ECZEMA. CALM YOUR SKIN AND MIND WITH A POST-DATE, CORTISOL-LOWERING BLACK TEA. Source: eHarmony UK

THE PERCENTAGE OF WOMEN WHO

EXPERIENCED HEIGHTENED FEELINGS OF ANXIETY AFTER A BAD DATE -

Future-Proof Your Sex Life

Hooray! Sexy times will get better through the first year of a relationship. The bad news? It'll decline pretty rapidly after that. Researchers at Ludwig Maximilian University of Munich studied 3 000 people between the ages of 25 and 41, who were in committed relationships, and found that the turning point comes at 12 months. A rise in arguments can cause lovers to be less likely to learn about each other's needs. Keep the climaxes coming by making time for foreplay – a study published in the Journal of Sex Research looked at couples who'd been together for at least three years and found those who received more oral sex retained their passion. Sounds good to us.



Healthy bones

Vascafem supplements calcium - vital in the prevention and treatment of osteoporosis.

A healthy blood circulation system

Vascafem can contribute to healthy blood flow - vital in cardiovascular health and general well-being.

A strong immune system

Vascafem supplies the body with antioxidants – vital in helping the body ward off infections and combat ageing.

Pain relief

Vascafem can help relief pain related to arthritis.

Can prevent blood clots

Vascafem can help to keep your blood thin.

An iodine-free version, Vascafem SK, is also available.

Available from all pharmacies, Dis-Chem and Clicks.





his

A healthy prostate and urinary tract

Vascamen contains ingredients to keep your prostate healthy and increase urine flow.

A healthy blood circulation system

Vascamen can contribute to healthy blood flow - vital in cardiovascular health and general well-being.

A strong immune system

Vascamem supplies the body with antioxidants – vital in helping the body ward off infections and combat ageing.

Increased sexual desire and performance

Vascamen could contribute to invigorating your sex life.

Can prevent blood clots

Vascamen can help to keep your blood thin.

Available from all pharmacies, Dis-Chem and Clicks











As media darling Pearl Thusi springs from her shuttle, all happy smiles and effortless beauty, it's difficult to believe that she is struggling with iet lag. Back in South Africa while Quantico the television series she is currently filming in New York - takes its Christmas break. she's still on NY time. I've had a good eight hours of sleep and I'm not sure that I'm going to be able to match her energy.

> This abundant energy is how Pearl has achieved so much in her 28 years. Not only has the mom from Durban forged a successful modelling career, starred in movies, hosted TV and radio shows and now landed a role in internationally acclaimed television drama, Quantico, she has also carved out a career as a successful business woman with the launch of her own haircare range, Black Pearl Hair, and is a dedicated advocate for wildlife and domestic animals.

Believe it or not, last year got off to a slow start for the actress. This didn't last long, however, as she started work on two shows, Lip Sync Battle Africa and a talk show. "How 2016 flipped for me and my career was just unbelievable... It was only right that it led up to an international stage at some point. But I didn't expect it to happen so quickly," she says. "I was considering having a baby. That was my plan. I wasn't going to leave my career as such, but just start building a family." Being a working parent can be difficult without the right

this industry, and life in general, you've got to roll with the punches, you know? I like to say roll with the blessings. You can have a plan, but things will change."

MEETING HER MATCH

Her role on *Quantico* came from a fortuitous Google search that resulted in series creator Joshua Safran asking to see her tape. Pearl was wrapping up Catching Feelings, her first drama-comedy movie, when she got the news. "I taped [my audition video] over and over again because I wanted to get the best one," she recalls. "I would sleep at 3am, doing it again and again until I just couldn't do it anymore."

As a former model and an actress, she's used to the pressure of auditioning for jobs, "I'm never ever stressed about a gig,' she says. "But because Quantico contacted me, I just felt like if I mess this up, I'm giving it all up, I'm over this because, I mean, what else do I want? I had sleepless nights being like, 'They found you, they asked you to audition, this means that they are willing to do what it takes to take you there. If you mess this up... There's no hope!" she laughs.

Of course, she didn't mess it up and now plays the part of Dayana Mampasi, a Type-A Zimbabwean lawyer who is being recruited by the CIA. The character is a good match for Pearl because "I always hear that I would've made a good lawyer from friends because I'm very quick to state my case." The show features a diverse cast with actors of all nationalities, from former Women's Health cover star, Priyanka Chopra (Indian) and Yasmine Al Massri (Palestinian-American) to Blair Underwood (American) and Russell Tovey (English). "It's really incredible because we are learning so much - not just about each other, but about the world because everybody's got these interesting opinions and the way we think is different," she says. The cast have bonded together really well and Pearl attributes that to the fact that they are all in similar situations. "What really binds us together is that most of us are away from our families," she explains. "I think that's why we embrace each other so much – because we're in the same boat." For Pearl, the cast has fulfilled an important role in her life while she's been in the States, "They're my family," she says. "I enjoy being at work more than being out because I feel like my friends and family are at work – the people I want to be with are at work," she explains. "I work with phenomenally amazing, kind, giving, funny and extremely talented people," she says.

FINDING PEARL

It's only understandable that Pearl's life has changed since she joined *Quantico*, but one of the most important changes goes way beyond just fame and fortune. "For the first time, I'm alone. I've never really had the opportunity

"It's the type of love I wished for when I grew up and thought I'd never find and can't believe that I've actually found now."

support structures, but Pearl knows first-hand that it's possible to do it. Her plan was to climb Mount Kilimanjaro in July and then fall pregnant in August. But she's always wary about making plans. "I think in to be alone," she explains. "I would say that I really needed this. When I left home, I went straight into a relationship, had a child, then I was always with a nanny or a family member. I've never been one woman able to think about



who I am and what I want,' she says. "I've really had to look in the mirror and learn more about myself and what I do with my time. I've realised that I'm not really sure what I like... I'm learning about myself now at the age of 28 - who I am, what I want, what I don't like. I'm figuring these things out now that I'm finally on my own."

Since she started working on the drama series six months ago, the actress has spent little time in South Africa, popping down for a week or sometimes even just a few days here and there when she can. With her daughter, Thando, her fiancé - respected sports journalist and media personality Robert Marawa - as well as the rest of her

Pearl knows that exercise isn't the only element to a healthy lifestyle. "Just how active you are alone isn't good enough. You've got to ingest the right stuff so that your body can have the right output." However, being on set for long hours every day makes it difficult to make the right food choices all the time. "When you've been in the same place for 16 hours or even 12 hours and those doughnuts have been staring at you the whole day, it becomes very difficult to make the right choices," she says. (According to the actress, doughnuts are 'do nots'!) "That's the hardest part really and that's where I've struggled because you get really tired and weak

"I miss dumplings, steamed bread, the ghetto beef stew. I miss home-cooked food."

family here in SA, it's difficult for her to be away for such long periods of time, "It's not been easy, but I'm coping just because they're amazing and I love them and it's worth it."

Pearl and Robert kept their romance quiet for a long time, but now the actress is open about their relationship, "I'm completely obsessed with him. He's the most amazing thing. We've been dating for a while - people found out late - but he still makes me feel like we just met last week," she says. "He's so kind, he's so generous, he spoils me, he just loves me. It's incredible," she says. "It's the type of love I wished for when I grew up and thought I'd never find and can't believe that I've actually found now."

KEEPING FIT AND EATING RIGHT

Back in SA, Pearl loves hitting up S.W.E.A.T. 1000 classes, but her busy and sometimes unpredictable schedule, combined with icy New York City weather conditions over the winter has forced her workout plan to evolve and become a lot more innovative. So, seizing every opportunity, she sneaks in what she can when she can. Her room in New York sits at the top of a long flight of stairs, so when she comes home with lots of bags, she gets in some cardio. "Sometimes I leave stuff behind and just run up and down the stairs to divide the load," she explains. A jogging enthusiast, she's learnt the hard way that in New York winter, running is more of an indoor sport. "It's too freezing to try jog now – I literally couldn't feel my legs. My skin was in pain it was so cold." While her schedule has made it difficult to plan exercise, the uncertainty appeals to the actress. "I enjoy the consistency of the inconsistency in my life," she says. "I really like the fun aspects, the spontaneity aspect of exercise. My career has forced me to enjoy those types of things because I never know what's coming next," she says.

and frustrated when you've been waiting three hours to shoot. That has been my weakness and it's something I'm slowly overcoming."

In an effort to avoid the temptations that set life throws at her, Pearl sometimes brings her own food to work. She also drinks a lot of fresh juices, water and teas. "I love concoctions! My latest concoction is cayenne pepper, green tea, ginger, honey and lemon," she explains. "It's like wine, it's an acquired taste!" she laughs. "Sometimes I add apple-cider vinegar because it's got cleansing properties." When it comes to the food she's missing from home, nothing beats traditional Zulu meals, "I miss dumplings, steamed bread, the ghetto beef stew. I miss home-cooked food."

2017 AND BEYOND...

"If I can continue entertaining people and inspiring people, including myself, with what I do and learn more about who I am... That's my plan," Pearl says. Kalushi: The Story of Solomon Mahlangu, a film about Solomon Mahlangu and his role as an icon of South Africa's liberation after the events of 16 June 1976, is set for release this month. "I'm really excited for this project to come out because I think some of my best work is in that film. I'm like Lupita [Nyong'o] in 12 Years A Slave - you don't see much of me, but when you do, I'm kicking ass!"

Last year was undoubtedly a big year for Pearl and it's obvious that she's headed towards big things in the future. The actress, however, is philosophical about the year ahead: "What I've planned is to continue working on the projects I'm working on, I'm going to continue to fight the great fight for wildlife and domestic animals, continue trying to be a great mother and, as far as work goes, continue applying myself as best I can to the opportunities I receive. I love my work so whatever comes, comes."

Rapid-Fire with Pearl.



Cardio or weights? A combo



Worst exercise move? Burpees



Favourite exercise move? Camel pose



Smoothie bowls or smashed-avo toast? Smashed-avo toast



Espressos or ginger shots? Ginger shots



JOCKEY.

Product will be available in All Jockey stores and selected retail stores from Mid-March.

© 2017 Jockey International, Inc. All Rights Reserved. Jockey is a registered trademark of Jockey International Inc. Made in South Africa.

0800-562539, www.jockey.co.za, JockeySA, OJockeySA, JockeySA





BY ANJA JOUBERT // PHOTOGRAPHS BY GARRETH BARCLAY



EIGHT ITEMS,

16
DAYS



Boyfriend shirt, R750, Phi Casa at *Mememe*



Black blazer, R599, Cotton On



White T-shirt, R349, Polo



Black slip dress, R349, Cotton On





Black trousers, R3 899, Day Birger et Mikkelsen

Black pencil skirt, R529, *H&M*

Pretty Ballerinas

Mix and match accessories for even more looks.

SHOULDERS

The seam should be on the edge of the shoulder where the arms drop down. There should be a corner there, even if somewhat rounded.

You can check this by putting your arms straight out from your shoulders (like a T) before bringing your middle fingers together in front of your throat, keeping your elbows in line with your throat. The sleeves should end at the wrist bone when your arms are in this position.

reach both arms forward as if reaching out to hug someone. The fabric should be completely taut against the back, not stretching or pulling, but it shouldn't be baggy either. This indicates a good tailored fit there's room to move but also not too much fabric behind the shoulders and arms.

The White Shirt Update

Everyone has their own favourite style when it comes to a classic white shirt. There are, however, a few key points you need to check off when you shop. We chat to expert shirtmaker, Elizabeth Kading, owner at five8ths, to get her top tips

BY ANJA JOUBERT

Make sure that the shirt is not too tight across the bust - you don't want gaping or pulling between buttons. The buttons should be arranged so that one sits just between your breasts - this will keep the shirt from gaping, even if it's quite fitted.

TORSO

You should be able to grab about 2.5cm pinched (so 5cm total) on each side of the torso. An extra 10cm in total around the waist is enough tighter than that and the buttons will gape when you sit down.

R999. Polo

Embracing the femme Feminine details are the perfect update to the white shirt this season



HOW TO CHOOSE A COLLAR SHAPE TO BEST SUIT **YOUR FACE**

The collar of your shirt can help to balance the proportions of your face. no matter its shape

ANGULAR:



If you have a thin or long face, look for a collar with a wide spread (this means that the points of the collar are far apart from one another). A spread of 7.5cm or more is a good start. A pointy collar will make your face look much longer than it actually is.

OVAL:



Having a face that is longer than it is wider, i.e. an oval shape, means that you can wear pretty much any collar shape, although you might want to stick to one with a medium spread, so that you don't mess with the equilibrium.

ROUND:



If you have a round face, you'll want a more pointy collar with a narrow spread. If you do the opposite and match a collar with a wide spread with a round face, you will only emphasize your face's shape.

Signature Shirt,

R1699, Rich Mnisi at Spree

SUBSCRIBE + SAVE BIG!









Healthy!

Short Cuts To Party-Proof Your Body!

EXCLUSIVE: SUMMER SKIN DETOX

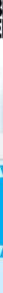
SAVE 45%







R253 FOR THE YEAR*
(SAVE R132 ANNUALLY)







R297 FOR THE YEAR*
(SAVE R88 ANNUALLY)

4 EASY WAYS TO SUBSCRIBE:

DIGITAL:



Goto: mysubs.co.za

PRINT:



Call: 0877401039



womenshealth_ subs@media24.com



(SAVE R341 ANNUALLY)

*11 MONTHS FROM STARTING MONTH ISSUE

SMS

"WHMAR" and your name to 32511 and we'll call you





LA ROCHE-POSAY THERMAL SPRING WATER (R150)

Long summer days can lead to redness and irritation. Calm any flushed skin with this antioxidantrich spray. The only shine you'll have will be coming from your sparkling personality.

CETAPHIL GENTLE CLEANSING LOTION (R180)

If your face is acting up, say overstimulated or irritated, try this gentle cleanser. Its nonfoaming formula will leave your skin soft without feeling stripped.

YARDLEY STAYFAST PRESSED POWDER REFILL SHEER MATTE FINISH (R120)

Set your make-up beautifully with this matte oil-controlling powder for coverage that can last up to 12 hours. That means school run, a busy office day, late after-work drinks – and no touchups required!

COLAB GLOSSING HAIR FRAGRANCE (R130)

Stop spritzing your precious perfume. Rather try this feather-light hair fragrance that adds a subtle gloss too! A fab step to add to your nightout routine.

RIMMEL THE ONLY 1 LIPSTICK IN CALL ME CRAZY (R120)

The perfect balance between high-impact colour, moisture and all-day staying power, this lippy has a pretty sheen without being too slick. We just love the super-bright orange-red colour!

JOHNSON'S DAILY ESSENTIALS REFRESHING FACIAL CLEANSING WIPES (R50)

With skin-loving minerals that gently sweep away even waterproof mascara, these wipes are a beauty cupboard must-have. Plus they are dermatologically tested and suitable for sensitive skin.

LIPIDOL AFTER SHAVE OIL (R80)

Razor burn? Not today! Fragranced with petitgrain essential oil, which helps restore natural oils and moisture, this oil will soothe your skin after shaving.

KIEHL'S LIP BALM #1 (R105)

Protect your pout with this classic number-one bestseller. It's infused with soothing wheatgerm oil and vitamin E.

The product most recommended by doctors for scars & stretch marks.

Ipsos, 2016



"I typically don't contact companies regarding their products, however, I thought in this case I simply had to. From my early teenage years, I had heaps of stretch marks all over my hips and legs. Since using Bio-Oil, I have started seeing pretty noticeable results and I wanted to thank you for such an amazing product. Without trying to sound too dramatic, Bio-Oil has changed my life. I raved about your product to all of my family, who struggle with the same thing, and they all love it just as much as I do!" Tamara Archer



ESSENCE CONTOURING EYESHADOW SET IN MAUVE MEETS MARSHMALLOWS (R55)

This crowd favourite palette (a standout for green, brown, blue and hazel eyes alike) is easy to blend and will give a refined look. Go heavy - the darker the sexier!

THE CARIBBEAN **COLLECTION PINK GRAPEFRUIT AND** MANDARIN EXFOLIATING SUGAR SCRUB (R80)

This scrub hits all the right notes: it polishes away dead skin and the oily finish will keep your skin feeling smooth for days! Plus it smells like a fresh bowl of fruit - yummy!

ENVIRON ORIGINAL BALANCING MASQUE (R185)

Wanna quench your skin's thirst? This masque will do just that: polish tired skin, unclog pores and hydrate dry skin. Use it weekly as a face masque or micro-exfoliator.

CATRICE DELUXE GLOW HIGHLIGHTER (R93)

A blend of highlighting powders in three luminous shades. Apply to your temples and across the high points of your cheekbones for facial definition and your Cupid's bow for sexier lips.

INVISIBOBBLE TRACELESS HAIR RING (R80)

Never stop mid-Tabata workout again - these ties keep your hair in place without pulling.

CATRICE BROW LIFTER & HIGHLIGHTER (R80)

The perfect duo to make your eyes pop. The matt highlighter is applied beneath the brow to lift it, while the shimmering

highlighter is applied to the waterline and inner corners of the eyes.

DENMAN BENDY ROLLER SET (R200)

Bench your flatiron and blow-dryer! Super-flexible rollers will add waves, give curls and create great volume with no heat! They come in four different sizes, eight rollers per size.

MAX FACTOR CRÈME

PUFF BLUSH IN NUDE MAUVE (R140)

We love multi-tonal pigmented blush that you can share with your bestie - it complements many skin tones

VICHY NORMADERM DEEP CLEANSING PURIFYING GEL (R179)

Your skin revs up oil production in warmer weather. Fight it with this purifying gel that's perfect for clearing excess sebum and impurities without over-drying.

18

CARIBBEAN TAN TANNING WIPES (R60)

Ideal for tanning touchups, face tanning and travel, it's streak-free, natural-looking and easy to apply. Definitely on the list of must-haves.

MORGAN TAYLOR NAIL LACQUER (R149)

This is the time of year for brights! Experiment with these so-hot-right-now shades in Watt Yel-lookin At and Street Cred-ible?

TRESEMMÉ EXPERT SELECTION VOLUME & SOFTNESS HAIR MAXIMIZER (R70)

Take your strands from scrawny to brawny with this polish. It contains Fleximax Volumizers which give flat hair body. Apply a small bit to damp hair, focusing on the lengths, and blow-dry. ■



Try oil overnight. Oil creates an invisible facemask to help nourish the skin during its overnight rejuvenation. To learn how Lipidol is using oil to pioneer a fresh new way to look after skin, visit lipidol.com. Available at selected Clicks stores at the recommended retail price of R79.95.



Brows more Frida than Cara? Time for a tidy-up - here's how

Perfectly groomed, filled and shaped brows (i.e. on fleek. Yes, you were thinking it too!) are still a thing. In fact, it turns out those little hairs are a big deal. "Research found that changing and removing eyebrows from pictures results in 46 percent less recognition of famous faces," says Javid Sadr, a psychology professor at the University of Lethbridge in Canada. Yep, brows are a sort of building block for your look. "Your facial features form a distinct pattern," says Sadr. Getting them wrong won't only age you, it will do a disservice to your face. Here are tips on how to keep your brow game strong.



CLARINS

YOUR BROWS ARE...

UNRULY

To get them in line, shape them every three to four weeks. Groomed brows make you appear younger and more polished, says make-up artist Napoleon Perdis. "A defined arch can help achieve a more youthful look as it opens the eye, but the aim is to keep it looking natural. Avoid a blocky, opaque finish as it can look unrealistic." (6) Clarins Perfect Eyes & Brows Palette (R495) (7) Rimmel Brow This Way Brow Styling Gel (R90) (8) Bobbi Brown Dual-Ended Brow Definer/

- Groomer Brush (R475)
- (9) Bobbi Brown Long-Wear Brow Gel (R350)







GET BACKIN SHAPE!

Women's Health brings you LEAN BODY BLITZ

The 12-week weight-loss programme for women that works

- 12 weeks of workouts and meal plans developed by experts
- Complete shopping lists
- Easy-to-follow video tutorials
- Weekly mailer with additional expert tips to help and support you on your journey
- Suitable for women of all ages, body types and fitness levels

SIGN UP TODAY!

LeanBodyBlitz.co.za







your body Straight To The Punchline Gigi Hadid has some of the most enviable abs on the planet - we flew to New York with Reebok to find out how someone who spends a third of her life in airports stays in such hot shape... March 2017 / WOMEN'S HEALTH 53



Competitive horseback rider, volleyball player and foodie - perhaps not the first three terms that come to mind when referencing 2016's Model Of The Year, Gigi Hadid, but this Reebok global ambassador is fitness personified. "My mom wanted me to be a volleyball player and ride horses so that I had this confidence in myself that had nothing to do with what I looked like. So that I knew I was a hard worker," explains Gigi. And this confidence is exactly what she falls back on when the going gets tough in the body-obsessed world of modelling.

And her current exercise obsession? Boxing. "For me, mentally, boxing gives me the community aspect and I like getting better and getting stronger. Working out isn't just about how you look, it's about what makes you proud on the day and what you've gotten better at. It has a huge impact on your mental stability and your ability to find self worth in other things," explains Gigi.

EMERGENCY

We asked Gigi's trainer Rob Piela (right) how to slim down and tone up in just two weeks...

- a nutritionist to work out how to reduce your
- hours that you all about input
- cardio for the simple fact that you burn more running is not for everyone. I think skipping is great your legs up a bit more. Rowing is you like that brings your heart rate up to a certain level."





FUEL UP ROB'S ADVICE ON WORKOUT NUTRITION

PRE WORKOUT:

"Go for carbs, something like oats."

POST WORKOUT:

"If someone is looking to build lean muscle, they must take in some sugar afterwards and some protein to help rebuild the muscle. A smoothie is pretty ideal because it's an engineered balance of carbs, fat and protein. I don't personally like smoothies because I like to actually eat, so I would have a quinoa salad with salmon, for example."

YOUR BODY

She's been training with Rob Piela – founder and creator of Gotham Gym in New York City - for threeand-a-half years and her absof-steel, lithe, toned arms and serious self-defence skills are testament to the programme's success. But for a globetrotter of this level, staying healthy and fit is not always easy. When Gigi is in NYC, she trains for an hour every day with Rob and his team. "You have to find people that motivate you," says Gigi affectionately of her Gotham "big brothers". "I want to go to the gym because I want to be a better boxer, to improve on what I'm doing - to be proud of my athletic ability. That's what motivates me."

Depending on what Gigi needs at the time, Rob tailors the focus of the training sessions, but in between all the boxing fundamentals are bursts of callisthenic and functional moves. "At the moment she isn't looking to lose any weight, so we don't do too much cardio. But it all kind of goes according to how she's looking and feeling. A typical strength-training programme - I imagine - would bore her. She's very athletic and likes to be challenged." And Gigi affirms this: "I think it's really important to change your diet and workout because when you get static, especially bodywise, muscle memory at the end of the day turns into your body not changing."

The irony behind those abs? When asked if Gigi struggles with any part of the training, Rob says "She doesn't baulk at much, but if I had to pick something, abs are probably the toughest for her."

Rob's top workout move? Donkey kicks because they work your legs, butt, core and lower back! And when it comes to applying your boxing know-how in the real world of self-defence, Rob recommends using your elbows. "If you punch someone, you're likely to break your hand, but your elbows are pretty safe and you can really hurt someone."

And, not that it's something we haven't heard before (although we can always do with a reminder), Rob is

an advocate for consistency. "Don't push yourself too far or too hard. Stay in the groove. The people who are always in the best shape are the ones who are consistent with their training. Being consistent gives you good awareness of your body and the more aware you are, the less likely you are to get injured. And with boxing or any type of exercise, if you're not doing it with good form, you can be at risk of getting injured. Unlike people who go really hard, killing themselves, and then you don't see them for three weeks. Understanding your body is the most important." And don't forget to stretch! ■

RCISE **on the go**

If you're a jet-setter like Gigi or struggle to get to a gym, here are Rob's top exerciseanywhere moves for your abs, arms and butt...

BEST FOR ABS:

Bicycle crunches

"They're the best bang for your buck," says Rob. Studies have shown that the bicycle crunch is a lot more effective than the basic crunch because it targets your lower abs as well as



Crunch from your abs. not your neck!

Lying on your back, bring your knees up to form a 90-degree angle and keep your hands at your temples, elbows out (A). Crunch up and twist to touch your right elbow to your left knee, while extending your right leg straight in front of you (B). Reverse the movement and repeat on the other side. Continue alternating.

BEST FOR ARMS:

Curl-ups with resistance bands

"Resistance bands are so easy to travel with," says Rob.

Stand up straight with your feet hip-width apart, knees slightly bent. Place the band securely under your feet and hold it down by your sides, palms facing forward (A). Brace your tummy muscles and curl your arms up towards your shoulders without swinging them (B). Make sure you keep your elbows tucked in at your sides. Return to start in a slow and controlled manner.



BEST FOR BUTT:

Donkey kicks

This move tones all three of your butt muscles: gluteus maximus, rectus abdominis, latissimus dorsi. "They're very good for your glutes and they don't build your quads too much, the way squats do," says Rob.



Get on all fours so that your hands are directly under your shoulders and your knees are in line with your hips (A). Bracing your tummy muscles and keeping your knee bent, lift your right leg up behind you until your thigh is in line with your body and your foot is parallel to the ceiling (B). Lower back to start and repeat with the other leg. Continue alternating.



HOW GIGI SURVIVES SOCIAL MEDIA

Gigi made the decision to delete the Instagram app - not her account - off her phone for a month after New Year's to give herself a healthy break. "I do love the social media aspect of connecting with people and what's so hard is that the negative people on

social media don't realise that they're taking away from what could be so positive." Dealing with unwarranted negativity is a constant reality for someone with 28.9-million followers.

"There are people that say 'Gigi sucks on the runway'; 'Gigi is not as pretty as this' - I would never say that to anyone... And I'm not saying I'm the prettiest or the best model, but I try to be better every day at what I do and I think it's so important to be kind."

In reference to playing the role of model as well as who she is as a person - an athlete, someone

with opinions - Gigi says, "The world doesn't always let you be good at both."

Like all of us, she gets nervous and has to deal with social media taunts about her voice shaking after interviews - "That happens when I get anxious." But here's how to rise above it...

WHEN THE GOING GETS TOUGH...

1/ FORGET ABOUT THE WORLD AND BE HONEST WITH YOURSELF. "I sit myself down and go, 'If it wasn't for the world's opinions, do I think I did a good job? Did I work hard enough? Did I perform to my standards?'

2/ DON'T LISTEN TO WHAT EVERYONE SAYS - ONLY THOSE THAT REALLY KNOW YOU.

"It's so important to take time for yourself to think about whose opinions really matter to you. Think about your parents, your friends, people who actually know you... That's who you should listen to."

3/ GET PERSPECTIVE.

"Nothing is ever as big a deal as it feels."

4/ BELIEVE IN YOURSELF. "Tell yourself: 'I'm badass, I deserve to be here!"

5/ BE KIND TO YOURSELF AND OTHERS.

"I make a conscious effort every day to be someone that people like to work with, that people like to be around. And that has helped me more than I could ever tell you."



Why We're Afraid

A person can be born with innate fears - of falling, loud noises or snakes, for example - and the rest we gain through experience or cultural gender norms. Although women excel at adventure sports all around the world, research shows that parents continue to teach young girls to avoid risk. One study found that parents happily egged on toddler sons to slide down a playground pole unassisted, yet cautioned safety and physically helped their daughters do the same. With no encouragement to try new challenges, girls miss out on the confidence and visual-spatial skills (things like hand-eye and foot-eye coordination) that will help them in sports such as skiing or skateboarding.

That risk-taking reticence is hard to shake. So if you're introduced to a "scary" activity for the first time as an adult (when you're mature enough to understand the hazards), anxiety takes over. Men instinctively combat that feeling with a fight-or-flightbased skill called internal mediation - using their mind to control the fear, like recalling a time when they were afraid and succeeded.

Women, however, rely on encouragement from other women, a phenomenon called "tend and befriend". Our brains release the bonding hormone oxytocin in high-stress situations, which reduces fear, enhances relaxation and turns on our nurturing side. That's why women-only classes, retreats and races, which encourage inclusivity, are crucial - most traditional beginner lessons are structured around the way men learn, says clinical psychologist Dr Shawn Worthy. Instructors demonstrate how to do something and then ask clients to mimic it - a teaching style rooted in spatial awareness, a skill set that men tend to have more experience with,

says Worthy, who has worked with ski instructors in the US. showing them how to better teach novice female skiers. No matter the sport, he says, women may not be able to "watch and learn" as efficiently as men, but we have a stronger kinaesthetic sense. "We found that having an instructor physically place a female skier's body in the correct position can be a better way for her to understand."

How to Embrace Fear

You can learn to manipulate the feeling with a bit of mind control, says Worthy. Start with these six tricks.

Take baby steps. Instead of jumping into a sport, sit and observe for a few hours or even a day. You'll see what it requires in terms of fitness, spirit and equipment, says Dieffenbach. Plus, the repeated exposure will lessen your imagined fears and normalise the aspects that may have freaked you out before. "Interview" your coach. Most teachers at any club or lodge will have experience in advising beginners, but some can still be intimidating. Before your lesson, "Ask your instructor how they've handled clients freaking out or tell them about a time when you reacted negatively to help," says sports psychologist Dr Stephen Graef. Making sure your studentteacher personalities mesh will ease anxiety.

Remember how to play. "As adults, we're used to working out with a goal to get fit, lose weight or keep cholesterol down," says Dieffenbach. "But if you look at a new activity as playing, there's no pressure to do well and, thus, not as much to be afraid of. The only purpose is to have fun." Taking off on a kite? Pretend you're flying and that your only goal is to land safely.

If you crash out, try again but quickly. One study found that you can rewrite the

FIND YOUR THRILL

These all-women adventures give you the adrenaline rush plus a healthy dose of gees



Muddy Princess

Always thought muddy obstacle-course races looked like fun. but vou're just ever so slightly poep-scared of making a fool of yourself? These women-only events combine a manageable

five-kay run (walking totes acceptable) with obstacles just tough enough to challenge beginner racers without being too terrifying. A muddy fun day out. MuddyPrincess.co.za



Bush Babes

Sign up to this Jozibased women-only adventure club for experiences ranging from 4x4ing to skydiving. BushBabes.co.za



Trail Girl 2 Day Run

This two-day trail running event for women starts at Wilderness on the Garden Route and takes you through forests, up mountains and along the coastline. Check the website for

women-only triathlon and mountain bike events later in the year. 8 to 9 April, Trisport.co.za

"emotional component" of an unnerving experience if you get out and relive it while it's still vivid. So if you trip during a trail run and skin your knee, get back out there the next day. The memory won't get logged in your brain as "dangerous sport - don't do it again." Use positive self-talk. Even if you're a rookie, you're never going into a sport with zero useful background skills. "Make a mental tally of your strengths: great endurance to carry you through an uphill mountainbike ride or even flexibility to

help you on tougher stretches of a climb," says psychologist Dr Lisa Lewis. "You'll ramp up your confidence instead of focusing on what you aren't great at yet." Focus on mindfulness. Many activity camps lead sessions on this skill because, as a beginner, it's especially important to stay in the moment (for safety, but also for max learning). "Instead of thinking, I shouldn't be nervous, accept that you're doing something that's taking you out of your comfort zone and that it's okay to be uncomfortable," says Graef. ■





Limitless

Feel like you're ready to give up on your 2017 goals? Let Olympic hockey player Shelley Russell school you on pushing your limits

> BY MICHELLE OCTOBER PHOTOGRAPHS BY PAUL SAMUELS

Watch a few episodes of the American TV series Ballers and you'd be forgiven for thinking that athletes who've hit the big leagues can sit back and enjoy their success. You'd be wrong though. In fact, once you've gone pro, you have to keep improving vourself and beating your best. "We put in hours and hours of physical intensity," says Shelley. She's been a hockey player for ten years, has more than 250 caps for her country and is an Olympian - but she's always pushing herself. "There's a discipline and dedication to the tasks at hand that is crucial to being successful in an international career," she says.



Get Competitive

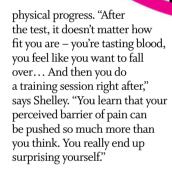
Shelley grew up in a family passionate about sport. Naturally, it rubbed off on her – but it also made her more than a little competitive. "I can recall my two brothers [one of which is ex-Bok player, Brent Russell], although five years apart, having epic sporting battles of cricket or soccer in the garden. In fact, we turned anything into a game," says Shelley.

Have Faith

In the crucial few months before the 2008 Beijing Olympics, Shelley had a pinched nerve in her lower back. It meant she needed to take time off from hockey - something she couldn't afford. "I could see my life's dream of going to the Olympics in serious danger of slipping away," she says. But somehow she managed to start training in time to make the team. "I've learnt that life has a funny way of working itself out. It's best not to stress about the things you can't control."

Push Yourself

Want to learn more about yourself? Try training for a sport. In Shelley's case, training could mean hours in the snow, hail, mist, scorching sun or wind. And that's not including fitness tests, where athletes do rigorous exercises to evaluate their



Be Ready

"I've always believed that you mustn't practise until you get it right, practise until you can't get it wrong," says Shelley. It's the kind of unrelenting dedication that means you're ready for anything. "Hockey is a very unpredictable game so you want to be able to control the 'controllables' - in this case, it's fitness and physicality," she says.

Teach Someone

Shelley's the general manager at the Investec Hockey Academy, an initiative that provides mentorship and highperformance hockey training to young girls. The goal? To develop women's hockey in SA so that we can become the best team in the world. And for Shelley, it's been a rewarding experience. "I'd love to see the natural-born talent, which is in abundance in this country, be directed in the correct way so that we can grow the sport," she says. And isn't that a goal worth pushing for?



Want to get seriously ripped? Use these tips from Shelley to up your gains

HOLD YOUR SQUATS

"The longer you hold the resistance on your muscles, the more strength you can build."



RECOVER FASTER

"Between sets, keep your rests to 20 to 30 seconds. The shorter they are, the speedier your recovery for the next workout."



RUN MORE

The easiest way to get fitter? Running. "Do a series of short-distance sprints, running for about 30 minutes in total."



FIND YOUR FUN

"Join a social league or your local hockey club and have fun!" ■

MINUTE WORKOUT

FIND YOUR ZENERGY

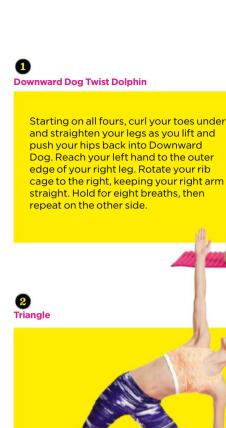
If you're crashing and need to pump vourself up fast, this voga sequence is as serious as it gets

Still looking for your second wind after your third cup of coffee? Girl, namaste. Sounds counter-intuitive, but one of the best ways to get amped is to slow things down. Way down. "One bout of yoga can dissolve physical tension and regulate your breath enough to have a profound effect on your spirit," savs voga instructor Kathryn Budig, author of Aim True.

It's legit: a recent study in the Journal of Alternative and Complementary Medicine found that a single yoga sesh can instantly temper attention problems, that general "dragging" feeling and even PMS-related bitchiness. How. exactly? "When we're depleted or agitated, we subconsciously stiffen our bodies to protect ourselves and we tend to be shorter on breath," says Budig. "Relaxing your body and opening your chest helps you breathe deeper and easier, so you feel, simply, less stuck."

This sequence, created by Budig, targets those tense spots - your hips, hamstrings, shoulders and chest - and closes with an inversion (Camel Pose) that stimulates your central nervous system for a hit of energy. Use it whenever you need a pick-me-up, moving through the poses in order, three or four times.

You'll need: A yoga mat, some floor space



Starting in a straddle, turn your left foot out to point to the left, then shift your right hip back. Reach your left arm forward and place your hand on your ankle or foot. Raise your right arm overhead as you lean your torso back. Hold for eight breaths, then repeat on the other side.

GOOD INTENTIONS For extra-strength mood boosting, begin by setting an intention (like "stay calm" or "be present") and adding

in a few sun salutations - flow from standing to high and low plank to Downward Dog



Start on all fours, then lower your forearms onto the floor shoulder-width apart. Curl your toes under and lift your knees to straighten your legs. Walk your feet in as far as they'll comfortably go without shifting your shoulders past your elbows. (Feel free to flow into forearm stand.) Hold for eight breaths.





Kneel with shins hip-width apart, hips stacked over your knees, hands on your lower back. Drop your tailbone, lift your belly and curl your chest open. Roll back your shoulders and release your head back as you press your chest towards the ceiling. Reach your hands to grab your heels. Hold for eight breaths.

MASTER THE MOVE

THE KETTLEBEL SWING

Score a tighter tush, better posture and a leaner look with this one move

Bv Michelle October

Things that will make you look like Quasimodo: high heels (your posture shifts forward, arching your back), stooping over your desk and (gasp!) texting. A study published in the journal Surgical Technology International found that texting adds up to 22 kilos of weight to your spine, depending on the angle at which your head tilts. Put those kilos to better use with the kettlebell swing, which will actively work to fix that hunched look you've got going on. That's because it targets the posterior chain - the string of muscles running along the back of your body. "Those muscles are neglected in most of our workouts." savs Shona Hendricks. head of sports science at the High Performance Centre at the University of Pretoria. "Loading and deloading the back of the body as you swing the kettlebell is vital for your posture," says Hendricks. It's also an amazing way to fire up your core. "KB swings will teach you how to use your core in its entirety," says Casper van Heerden, a personal trainer at 360 Specialized Training in Cape Town. "And when I say core, I don't just mean your abs! The core encompasses all the muscles between your limbs, which includes your abdominals, back and glute muscles." To fire up properly, focus on snapping your hips at the top of the move and keeping your back straight - you'll feel the burn.



MIX IT UP

Keep things interesting with these pro-approved combos 2/

1/ **TABATA SWINGS**

Max out your energy for more gains. Go for 20 seconds full-on, rest for 10 seconds. Repeat eight times.

> Shona Hendricks. sports scientist

ALTERNATING SINGLE-ARM SWINGS

Swing up with your left arm and, at the top of the move. switch arms to come down. Repeat, starting with your right hand. Do 10 on each hand.

Casper van Heerden, personal trainer

3/ **DOUBLE SWING WITH CLEAN AND PRESS**

Make it a full-body workout. With a kettlebell in each hand, do two kettlebell swings. As you finish the second, squat down and lift the kettlebells up, then press them overhead as you stand. Do six reps.

Sanchia du Preez, boxing trainer (pictured above)

SIGNS -**YOU'RE DOING IT WRONG**

BACK TO BASICS

1/ You're Śquatting

"Your hips need to move forward and back, not up and down," says Hendricks. Focus on hinging from the hips.

2/ You're Úsing Your Arms

To get the 'bell up, vou need to drive with the hips, not your arms.

3/ Your Back Is Arched

From the bottom to the top of the swing, your back needs to be straight. Look forward - it encourages a straight spine.



GO EASY IF...

You've got a lower-back injury. Be safe and choose a lighter weight. If you're pregnant, check with your doc. "This move will start to feel uncomfortable given your limited range of motion as the baby gets bigger," says Hendricks.



The sun is shining, the weather is sweet... Even though every woman knows the rules - wear (and reapply!) sunscreen, avoid prime sun hours and cover up with sunnies and a hat - rates of melanoma are still on the rise. According to The Cancer Association of South Africa's (CANSA) 2010 skin-cancer fact sheet, when it comes to skin-cancer incidence. SA ranks second only to Australia - which, unlike the cricket rankings, is a position we'd be happy to drop. Before you throw your hands up in despair, here's the good news: more than 90 percent of melanomas can be cured if detected early enough. "When we find melanoma early it's no problem, we treat them beautifully," says dermatologist Dr Pascale Guitera. The mantra she wants you to live by? "React guickly if you have something new or changing on your skin." Here's how to up your prevention and detection expertise so you can enjoy the last of summer free of worry.

WHERE TO LOOK

Give your skin a fraction of the attention you give your Insta feed and regularly check it. That means self-checks every three months and an annual appointment with a pro - your GP or dermatologist - who will recommend personalisedvisit frequency depending on your risk factors. If your risk is high, don't skip a follow-up appointment, urges CANSA. Here's where to look...

BUM AND LEGS

For women, the most common site of melanoma is the legs so check all sides from ankles to thighs.

FEET, SOLES AND TOES

Yup, even your nail beds need a once-over.

HEAD, SCALP, NECK AND EARS

Make like a grooming chimp and use your hand or a mirror, or get someone to look for you.

TORSO

Hands up! Check your front, back, then right and left sides with your arms raised

ARMS, HANDS, FINGERS AND NAILS

Sounds like a primaryschool rhyme, but it could save your life. Look carefully at your forearms and upper underarms.

WHAT IS IT?

Melanoma is cancer of the cells ('melanocytes') that give skin its colour. It develops when these cells change and reproduce aggressively.

PROTECT YOUR NECK

And more with these risk-slashing, UV-blocking buys



TRILLBE SUNGLASSES

R1 690, Oakley at Luxottica Not only do we love the futuristic styling, the new Trillbe sunglasses from Oakley also sport 100-percent UV protection and increased peripheral visibility.

NATURAL INSTINCTS STEEL UMBRELLA

R525, Sportsmans Warehouse Nearly two and a half metres across, it's big enough for the family, the dog and the cooler box. while a UV-protective coating of 30+ offers added insurance.

EXPLORER TALUS FLOPPY HAT

R299, K-Way at Cape Union Mart Wide-brimmed and made from 100-percent nylon with a UPF factor of 50+, it also has a towelling sweatband and an adjustable chin strap. Take it on a game drive.



WOMEN'S EXPLORER **SERALA SHIRT**

R550, K-Way at Cape Union Mart The ultimate hiking companion, it's moisturewicking, lightweight, quick-drying and won't rip easily. Plus it offers UPF 40+ protection.

LEARN YOUR ABCDEs

These guidelines will help you get top marks for skin monitoring, which will help you detect the early signs of melanoma. Notice any of the following? Seek expert advice pronto.







IS FOR ASYMMETRY

One half of a mole or birthmark does not match the other.







IS FOR BORDER IRREGULARITY

The edges are irregular, ragged. notched or blurred.







IS FOR COLOUR VARIATION

The colour is not the same all over, but may have differing shades of brown or black, sometimes with patches of red. white or blue. Be aware, melanoma can be pink too.







IS FOR DIAMETER

The area is larger than 6mm (about the size of a pencil eraser) or is growing larger.







IS FOR EVOLVING

Changes in size, shape, colour, elevation or another trait, such as itching, bleeding or crusting (this is likely the strongest of all of the warning signs).

Is Tech Breaking Your Body

Sure, it's given you unlimited opportunity to stalk your ex and his new GF, plus every Evil Kermit meme you never knew you needed, but technology can be a (literal) pain. Use these tips to stop the hurt without giving up your Instagram addiction...

BY SIOBHAN NORTON



LAZY BUM

CAUSE The m

reel Uscle Uthree CURE



screen hosts the volume and breadth of bacteria floating per square centimetre, to be precise. "Phones are germ sponges and one of the worst parts of your body is CAUSE Sadly, your phone ot tub - around 161 000

contact (try Dettol Hygiene Personal Care Wipes, R13 for 10, Clicks). ace when the phone mak ith an antibacterial wipe the wipe is non-alcoholic, so it doesn't dry out your **CURE** Wipe your phone wice a day – make sure

eye department. "Staring

at a screen tends to redu your blink rate by about

CAUSE The unfortunate

SCREEN EYE

(e) (I)

RACING HEART

users experienced "phantom sleep poorly because of blu light and are always "on call with the constant demands **CAUSE** Besides Facebook induced FOMO, you hold our breath reading emails vibrations" - thinking ther of email and social media notifications. In one study 68 percent of smartphone was an incoming text or nothing there. Spooky.

20 seconds and do some exaggerated blinks," says

CURE Try the 20/20/20

look at something rough 20 feet away (six metres rule. "Every 20 minutes

> phone and allows you to set your poor, overly stimulated **CURE** You just need to give ualityTime for Android) alerts to limit your usage. t's always good to know a usage monitoring app attached to your phone o get a handle on how try Moment for iOS or



SCATTER BRAIN

CAUSE Constantly flipping resulting in a shorter

of The Art of Concentration no stalking your ex's now ex-girlfriend for at least **CURE** "Turn off anything concentrating when you

your blood pressure.

GAUTENG, WE ARE PROUD TO PRESENT THE GLACIER CRADLE TRAVERSE!





4 - 7 MAY 2017

Join Glacier by Sanlam and Dryland Event Management as we bring you the inaugural Glacier Cradle Traverse Mountain Bike Challenge.

The trails of the Avianto Lifestyle Estate and the Cradle of Humankind will come to life in a mountain-biking celebration like never before.

ENTRIES NOW OPEN!

For more information, please visit: www.glaciertraverse.co.za or contact us on: 044 279 1013 or info@dryland.co.za

TOTAL INSPIRATION!



Recently finished *Shrink Your Sugar Belly Vol 1* and looking to take your wellness journey to the next level? We've got you covered! You'll find advice on how to reintroduce some sugar without backsliding, recipes to stop cravings, treats to keep you satisfied and workouts to help you lose even more centimetres.

ON SALE NOW!

For other inspirational books and DVDs, visit FitShop.co.za and click on WOMEN'S HEALTH



food now

Pimp Your Porridge

Back-to-work brekkies don't have to be a bore! These souped-up bowls of goodness are just the thing to get your day started!



CARDIO-KICKIN' QUINOA

SERVES 2 / 1609KJ / 1G SAT FAT / 25G SUGAR / 35MINS

- 100g red or white guinoa 200ml water
- Pinch sea salt 2 Medjool dates, pitted
- 250ml almond milk 1/4 tsp chia seeds
- ¼ tsp cinnamon Seeds from ½ vanilla pod

Topping: • ½ banana, sliced • 15g pecans, crumbled • Pinch cinnamon

Bring the guinoa, water and salt to the boil, then simmer for 12 minutes. Turn off the heat and cover with a dry tea towel for 5 minutes. In a separate pan, cook the dates in the almond milk. Add the quinoa, chia, cinnamon and vanilla and cook until nice and gooey. Add the toppings and serve hot or cold.

Bowl up Both guinoa and chia seeds are high in magnesium, which may help protect your heart.



POWERHOUSE MAPLE OATS

SERVES 2/1378KJ/2G SAT FAT/9G SUGAR/30MINS

- 500ml water 80g steel-cut oats
- 2 generous pinches sea salt ½ tsp maple syrup • 1/2 tsp chia seeds

Topping: • 40g almonds, skins on, roasted and chopped • 1 tbsp maple syrup • 1/4 tsp sea salt · Chia seeds (optional)

Bring the water to the boil. Add the oats and salt, return to the boil, then reduce heat and simmer for 20 to 30 minutes until creamy. Stir in the maple syrup and chia seeds. For the topping, toss the almonds with the maple syrup and sea salt and spoon on top of the porridge. Sprinkle on extra chia seeds, if you wish.

Bowl up Steel-cut oats are simply chopped - rather than steamed, rolled and roasted which means they have a lower GI. So long, sugar spike.

SKIN-SAVING VERY-BERRY FLAXSEED SERVES 2 / 1672KJ / 2G SAT FAT / 24G SUGAR / 25 MINS

- · 200g strawberries · 100g blueberries
- 100g raspberries 300g plain yoghurt
- 100g ground flaxseed 2 tbsp goji berries

This is a cinch. Simmer the berries in a pan until soft and juicy (saving a few of each for a garnish), then mash them together roughly with a fork. Combine the yoghurt and flaxseed, then serve drizzled with the smashed berries. sprinkled with goji berries and topped with the spare raw fruit.

Bowl up Blueberries are bursting with antioxidants. In a study by the Harvard School of Public Health, women who had three portions of blueberries and strawberries a week had a 32 percent lower risk of heart attack.



FOOD NOW

EYE-POPPING PESTO POT

SERVES 2 / 3 389KJ / 8G SAT FAT / 2.5G SUGAR / 45MINS

- 150g brown rice 1 tbsp olive oil
- 1 tsp sea salt 650ml boiling water

Pesto: • 1 garlic clove • 250g kale leaves

- 2 tbsp olive oil 40g basil leaves Juice of 1 lemon • 50g pine nuts, plus extra
- · 2 pinches chilli flakes · Salt and pepper

Topping: • 1 avocado, sliced and grilled

Fry the rice with oil and salt for 7 to 10 minutes. Add the water and simmer for 20 to 25 minutes. For the pesto, fry the garlic and kale in olive oil for 2 minutes. Place in a blender along with the basil, lemon juice and pine nuts; pulse until smooth. Season with chilli, salt and pepper, then stir into the rice and top with avocado and extra pine nuts.

Bowl up Kale is full of carotenoids, which help protect against eye diseases.



FACE-FRIENDLY FRUITY AMARANTH SERVES 2 / 937KJ / 0.1G SAT FAT / 10G SUGAR / 30MINS

• 100g amaranth • 375ml water • 2 pinches sea salt • 2 Medjool dates • ½ mango, sliced

• ½ peach, thinly sliced • 50ml water • Juice and zest of 1 lemon (save some for garnish)

Topping: • 1/2 mango, cubed • 1/2 peach, sliced • 125ml soya yoghurt • 10g fresh mint

Add the amaranth, water and salt to a pan and bring to the boil. Cook on a low heat for 15 minutes, then remove from the heat, cover and leave for 10 minutes to thicken. Meanwhile. in another pan, bring the fruit and water to the boil, then simmer for 15 minutes. Allow to cool, then add the lemon juice and zest. Mix the fruit compote and porridge together and serve warm or chilled with the topping.

Bowl up Which vitamin is key for glowing skin? A. What's high in A? Mango. Easy A.



HUNGER-BUSTING NUT CRUNCH

SERVES 2/1802KJ/8G SAT FAT/9G SUGAR/1HOUR*

- 80g steel-cut oats 2 big pinches sea salt • 300ml water • 200ml almond milk • 3 tbsp almond butter, divided
- Topping: 50g flaked almonds and chopped hazelnuts, pecans and walnuts, roasted 1 to 2 tsp raw honey

Add the oats and salt to boiling water and simmer for 3 to 5 minutes, stirring. Add the milk, bring back to the boil, then remove from the heat. Allow it to cool for 1 hour, then store it in the fridge overnight. Slowly reheat the oats, adding a bit of water and 2 tbsp almond butter. Serve with nuts, honey and 1 tbsp almond butter.

Bowl up A study in Obesity shows that the humble walnut is super satiating. Fill 'er up.



RECOVERY PUMPKIN DYNAMO

SERVES 2/2058KJ /9G SAT FAT /8G SUGAR /45MINS

• 1 tbsp olive oil • 75g quinoa • 175g pumpkin, grated • Pinch nutmeg • 1/4 tsp ground coriander • Pinch ground cardamom • 2 garlic cloves, diced • 450ml vegetable stock

Topping: • 20g sunflower seeds, toasted • 20g pumpkin seeds, toasted • 10g fresh coriander • Pinch nutmeg • Sea salt and black pepper

Heat the oil in a pan. Add the quinoa, pumpkin and spices. Cook for 3 minutes, then add the garlic and cook for 1 minute. Add the stock and simmer, uncovered, for 25 to 30 minutes. If the guinoa starts sticking, add a little water. Sprinkle on the topping. Voila.

Bowl up Keep muscles functioning efficiently with healthy, refuelling potassium. Pumpkin's loaded with it.



BRAIN-PEP MISO

SERVES 2 / 1 491KJ / 2.4G SAT FAT / 19G SUGAR / 15MINS

- 1 to 2 tsp white miso paste 700ml water
- 120g oats 1 tsp tamari (or soy sauce)
- 1/4 tsp sesame oil

Topping: • 1 tsp black or white sesame seeds, toasted . Spring onion, diagonally sliced into thin pieces • 2 baby radishes, thinly sliced • 1 egg, poached • Sea salt and black pepper, to taste

In a pan, melt the miso in the water. Add the oats and bring to the boil, then simmer for 6 to 7 minutes - stirring constantly. When cooked, add the tamari and sesame oil. Serve topped with seeds, spring onion, radishes and egg. Season.

Bowl up Not your average porridge paste, miso is high in flavonoids, which protect your brain from damage.





MATCHA-COCONUT FAT FIGHTER

SERVES 2 / 2 205KJ / 21G SAT FAT / 12G SUGAR / 15MINS

- 100g porridge oats 300ml water Pinch sea salt • 100ml oat milk • 1 tsp matcha • 1 to 2 tsp agave nectar • 100ml coconut yoghurt • 4 tbsp desiccated coconut
- Topping: 2 tbsp coconut chips, toasted
- · 15g pistachios, crushed

Combine the oats, water and salt over a medium heat. Bring to the boil, add the milk, matcha and agave nectar. Cook for 3 to 5 minutes on a medium heat, stirring. Add the yoghurt, then mix the desiccated coconut into the porridge. Add topping to serve.

Bowl up EGCG is a catechin shown to help fend off cancer. And matcha boasts 137 times more of it than you'll find in green tea, reports the *Journal of Chromatography*. Boom!



CELL-BOOSTING CURRY MILLET

SERVES 2 / 2 041KJ / 8G SAT FAT / 18.5G SUGAR / 35MINS

- 100g millet 1 to 2 tsp green curry paste • 600ml vegetable stock • 150ml coconut milk
- 1 tsp fish sauce
 1 tsp honey
 200g asparagus, trimmed
 and sliced
 100g broad beans,
- cooked 50g peas, cooked

 Topping: ½ bunch chives,

chopped • 1 lime (wedges and zest) • 1 red chilli, seeded and diced • Sea salt and black pepper

Toast the millet in a pan for 3 minutes. Add the curry paste and cook for 2 minutes, then add the stock and coconut milk and simmer for 25 minutes. Stir in the fish sauce and honey, then add the asparagus. Cook for 3 minutes. Throw in the broad beans and peas to warm through, then serve garnished with the topping.

Bowl up Millet's full of iron, which helps ensure your cells get enough oxygen.

PLANKING MADE EASY

From personal trainers



building contractors



and so much more.

Connecting you.



Yellow Pages

Local Reliable Results









www.yellowpages.co.za





On the hunt for a naturally gluten-free flour that is nut-free (Hey, allergen sufferers!), grain-free (Hey, Crohnies!) and actually easy to use as a substitute in wheat-flour recipes? Meet cassava flour. Made from the root of the same name (sometimes also known as manioc), Health Riot Cassava Flour is now available countrywide from online stores such

as WellnessWarehouse.com and Faithful-To-Nature.co.za.

A more well-known flour extract from the same root is tapioca. The difference between the two is that tapioca is essentially a pure starch extraction, while cassava flour contains protein, high amounts of calcium and is a good source of fibre. It is an ideal gluten-free

baking substitute as it maintains great texture and crusting (Hi, perfect pastry!), so you can make Ouma's short-crust pastry recipe gluten-free without any hassle.

Whip up a batch of crepes or flapjacks (see recipe) and serve with a mix of seasonal berries and honey for a sweet treat or salmon and avocado for savoury.

BANANA CASSAVA FLAPJACKS

1 cup cassava flour 1 tsp baking powder 2 large bananas, mashed 2½ cups water (or almond milk) 1 tsp coconut oil 100g blueberries 100g raspberries Handful of strawberries Drizzle of honey 1 lime

1/ Place the flour and baking powder in a mixing bowl. Stir in the mashed banana.

2/ Add water or almond milk until it reaches a runny consistency.

3/ Spoon tablespoons of batter into a large frying pan greased with a little coconut oil – the flapjacks should be similar in circumference to a coffee mug.

4/ Cook until golden. Stack up and serve with berries, honey and a squeeze of fresh lime juice.

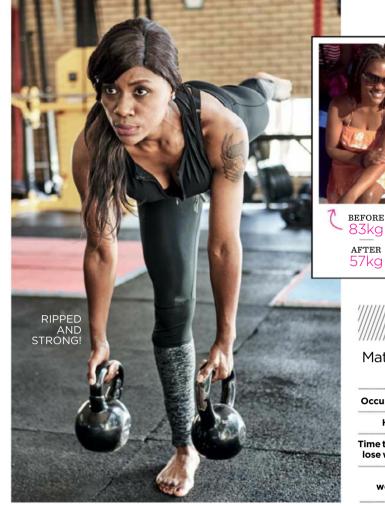
MAKE CASSAVA PASTRY!

Blitz 1½ cups cassava flour, 1 tsp xanthan gum and ¾ cup butter in a food processor until the mixture resembles breadcrumbs. Place in a bowl and add 2 large egg yolks, a pinch of salt and 1 tbsp water. Combine with your hands, adding a little extra water if necessary. Work the pastry until it forms one smooth ball. Wrap in cling wrap and refrigerate for 3 to 4 hours before using.



GET IT!

Health Riot Cassava Flour, R99 (450g), WellnessWarehouse.com



// Vitals

Matshediso Modipane. 29. Pretoria

Occupation Editor

Height 1.5m

Time taken to lose weight > 6 months

Secret

weapon Power-circuit training

YOU LOSE, YOU WIN

"I feel sexy - and it's a really good feeling!"

Losing weight isn't just about dumping unwanted baby weight or slimming down for an event. Sometimes, it's a process of food discovery - the kind that leaves you nourished, happy and inspired. Here's Matshediso's journey.

THE GAIN

"At first, the weight gain was gradual, but by the last trimester of my pregnancy, I had moved from 58 kilos to 83." Matshediso admits. Even though she was relatively active at the gym, being pregnant meant that she had a huge appetite and strange cravings. "I ate all kinds of junk food. I'd have vetkoek for breakfast, cookies and chocolates for snacks and pap for supper. I'd then have more cookies and chocolates," she says. With this high-sugar, high-carb diet, she gained a large amount of weight.

THE CHANGE

In April 2014, Matshediso attended a friend's wedding and didn't recognise herself in the pictures. "I looked more like her aunt than her best friend," she says. "I was uncomfortable and I didn't want to go out after that - my self-esteem was really low." In that moment, she made the decision to change her lifestyle to something fitter and healthier.

THE LIFESTYLE

"The starting point for me was being active - I jogged for half an hour three times a week," she says. She changed her diet too and swapped out vetkoek for the Special K diet. To stick to her fit resolution, Matshediso combined her running with power-circuit training and other high-intensity workouts at the gym. She also evolved her eating habits and moved towards wholefoods.

such as fruit, eggs, tuna, chicken and avocado - and she found the variety endless. But she admits it wasn't easy. "I relapsed a few times along the way, which set me back," she says. "But I told myself that I would keep going to the very end - until I reached my target. And that's what I did."

THE REWARD

People started to notice her transformation and she began to get requests from other mothers to help them lose their baby weight. "I started FitMomz SA, a lifestyle brand that's dedicated to motivating, educating and supporting other mothers who are looking to get in shape," says Matshediso. To her, that's the biggest reward. "Now, I'm able to give 100 percent of myself to all other parts of my life."

MATSHEDISO'S TIPS

- > Set a goal. "You don't need to get to a size 30, but set a goal and commit to it."
- > Push yourself. "When it looks like nothing is changing, you need to keep going."
- > Be consistent. "To get results, you always need to eat healthily and exercise."

... Pesto Princess

Good



BASIL PESTO Per 100g: 1922kJ, 7.48g protein, 46.95g fat, 1.21g fibre, 685.6mg sodium

Better



CORIANDER& **CHILLI PESTO** Per 100g: 1661kJ, 3.0g protein, 40.7g fat, 1.7g fibre, 204mg sodium

Best!



RED PESTO WITH ROASTED RED **PEPPERS**

Per 100g: 1373kJ, 6.86g protein, 20.81 fat, 5.23 fibre, 990.66mg sodium

Pesto is traditionally made with olive oil, which is a heart-healthy fat. They're all herby and good - but which is best? Registered dietician Nathalie Mat recommends the Red Pesto. "It has the most flavour for the fewest kilojoules," she says. But use caution: pesto can be high in salt, so use sparingly.



Gone Wild

Trying to slim down? Beware the hormones: they're sneaky little buggers. Tame the beasts (and drop the weight) with our handy field guide

Rachel Meltzer Warren

Speak to anyone about their weight and hormones will come up. And rightly so. The rising and falling levels of these chemical messengers control your appetite, cravings, where your body stores fat and more - rendering them critical players in diet success (and failure). As scientists make cutting-edge discoveries, we're learning more every day about how these gremlins operate. And once you understand their natural behaviours, you can make them your allies.



CORTISOL

aka Ms Hangry **NATURAL HABITAT:** The adrenal glands, located above your kidneys.

BEHAVIOUR IN THE WILD:

Can go feral in the presence of stress or when you feel threatened - even if only because a jerk cut you off

in traffic - providing a burst of energy so you can react. Once the danger has passed, this baddie jacks up your appetite so you can replenish the energy you just expended (even if you didn't expend much at all). Net result? Weight gain, especially around your middle.

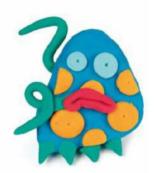
TAME IT: First, cut off her main energy supply: caffeine. As anyone who's ever had a double-shot anything knows, the stimulant can increase cortisol secretion. Then whip her butt with a funny video. Laughter - or even just the anticipation of a giggle - can decrease cortisol levels by 39 percent, according to a study from Loma Linda University.

The Chemical Connection

Remember when we all went BPA-free? Studies had identified bisphenol A (BPA), a compound used in plastics, as an endocrine disrupter that mimics the effects of oestrogen. It can throw your entire system out of whack, with weight gain as one noted side effect. Well, now it looks like alternatives may not be any better. The chemicals bisphenol F and S (BPF and BPS, respectively), which frequently replace BPA in plastic products, show hormonal effects similar to those caused by BPA, according to a study in Fertility and Sterility. Bottom line: if you want to be on the safe side, avoid food containers and water bottles made of any type of plastic and don't microwave anything in them.

New Species Discovered! Meet Spexin

Hundreds of hormones are thought to affect body weight in a minor way, but scientists have recently been zeroing in on spexin as perhaps a bigger player. Low levels of the hormone have been linked to obesity in adults and it may be key earlier in life as well - teens who produced the least were over five times more likely to be obese as those who produced the most, suggesting spexin may play a role in who becomes overweight in the first place. Research is ongoing; expect to hear more about this newly identified species soon.



TESTOSTERONE

aka Mr Mojo **NATURAL HABITAT:** The ovaries and adrenal glands

BEHAVIOUR IN THE WILD: This dude is best known for his tendency to help pump up your muscles, your energy and - rawr! - your sex drive. So when he's AWOL, your muscles (along with your libido) may atrophy, leading to a sluggish metabolism and, bingo, weight gain. He starts to fade in your twenties or when you take certain forms of birth control

TAME IT: Coax him back to his former glory with resistance training, such as a barre class or other weightbearing exercise (aim for a minimum of 30 minutes, three times a week), which revs up your testosterone production. Cutting back on sugar may also help him thrive - research has found that eating too much of the sweet stuff can turn off the gene that regulates the amount of active testosterone in your body.



LEPTIN

aka Ms Couldn't Eat **Another Bite NATURAL HABITAT: Adipose** tissue (fat tissue)

BEHAVIOUR IN THE WILD:

She normally has your back, regulating appetite by signalling when you're full and should stop eating. But if the fat cells where she hangs out start disappearing - that is. if you successfully lose some weight - she makes herself scarce as well. And when leptin dwindles, you don't get the "Okay, you're done now" message, so you keep eating, making this gal one of the main drivers of yo-yo dieting. Lugging around extra kilos for too long can also wear her out and cause her to stop working, a condition known as leptin resistance.

TAME IT: Avoid fad diets that encourage quick weight loss - and the inevitable regain that leads to leptin resistance - and instead take a steady approach to cutting kilojoules. Also, make sure you're getting plenty of zinc - low levels have been linked with decreased leptin output in healthy people, say researchers. Load up on zinc-rich foods such as beans, beef and cashews to keep this heroine hormone happy and don't rush through meals. Slowing down gives leptin more of a chance to do her thing.



GHRELIN

aka Mr Munchies **NATURAL HABITAT:** The gut

BEHAVIOUR IN THE WILD:

Working in tandem with leptin, this hungry fellow regulates appetite. When vour stomach nears empty. he bellows to your brain that it's time to chow. Stat. After you've munched your lunch, he chills for about three hours. But when you lose weight, your body thinks it's starving and tries to reinstate its "set point" (hey, it doesn't know you're doing this on purpose). So it ramps up ghrelin production, increasing hunger to make vou plump back up. One study found that overweight adults who lost an average of 13 kilograms had 20 percent higher levels of ghrelin than they did prior to slimming.

TAME IT: A full stomach will send ghrelin packing, so load up on bulky but low-kilojoule foods such as produce, popcorn and broth-based soups. And while you're at it, try tucking yourself in a little earlier. Even low levels of sleep deprivation can increase your ghrelin levels and lead to more body-fat storage.



OFSTROGEN

aka Ms Temptation **NATURAL HABITAT:** The ovaries

BEHAVIOUR IN THE WILD:

Like her sister sex hormone progesterone, this seductress is responsible for the roller coaster of cravings that accompanies your menstrual cycle. She's a complicated creature: when she's the least active, just before your period starts, you're most susceptible to binge eating. And when she rises to the height of her power, right before ovulation, appetite is suppressed. But, paradoxically, if this lady gets too strong she can overpower her sister progesterone and the resulting condition, called oestrogen dominance, can make weight loss extremely challenging, if not impossible.

TAME IT: To keep her in proper balance, make sure you're getting enough fibre, which binds to oestrogen and moves it out through vour bowels so it doesn't go back into circulation. Aim for 500 grams of vegetables per day - it sounds like a lot, but a green smoothie, a salad and a broccoli-and-pepper stir-fry will ensure you hit your target.

Do You Speak Health?

Take our quiz to find out if you talk the talk when it comes to the latest better-body innovations

BY JESSICA POWELL AND GABRIELLE NATHAN



NUTRITION

What's your superfood IQ? Match each of these to the body part it's good for:

(a) Charcoal

(b) Black rice

(c) Moringa powder

(d) Canihua















(2) Stomach



(3) Muscles



ANSWERS: (a) = (2) Activated charcoal's benefits include binding to toxins and relieving gas - however, it remains unproven as a supplement. (b) = (1) Black rice is "packed with anthocyanin antioxidants, which are proven to help prevent heart disease and attacks," says Dr Michelle Braude, founder of The Food Effect.

(c) = (4) Moringa "boasts skin-boosting nutrients, such as vitamins A and K, iron and calcium," says nutritional therapist Eve Kalinik. (d) = (3) Canihua (or kaniwa), also known as baby quinoa, is "higher in antioxidants, iron, zinc, calcium and fibre than regular quinoa," says Braude. Add to a salads or stews.

Q2 What do the following have in common?

- (a) KOMBUCHA
- (B) KIMCHI
- (C) KEFIR

ANSWER: Nope, they're not disinherited members of the Kardashian clan. They're all fermented foods or drinks. Kombucha is a fermented tea, claimed to cure everything from baldness to chronic fatigue and packed with protein and amino acids to aid muscle-tissue repair. Kimchi, a Korean dish made from fermented vegetables, usually cabbage, is great for the gut and possibly even fights cancer. And kefir is a fermented milk full of probiotics. Fermented foods are not only on trend, they also stimulate the production of hydrochloric acid in the stomach, aiding digestion, says nutritional therapist Vicki Edgson.



Coffee? Puh-lease. The next big buzz drink is...

- (a) Beetroot espresso
- (b) Brewed cacao
- (c) Toasted guinoa tea

ANSWER: (b) Aka "choffy", it swaps normal coffee for antioxidant-rich cacao beans. To make it, roast raw cacao nibs at 150°C for 30 minutes, then at 180°C for 10 minutes. Blitz in a blender, then brew.

Q4 Turns out the new kale is... Kale. But which of these kales isn't real?

- (A) BABY KALE
- (B) CURL-FREE KALE
- (C) KALETTES

ANSWER: (b) Curl-free kale. Baby kale boasts all the goodness of regular kale, but with a sweeter taste. Kalettes (aka flower sprouts) are a new kale-sprout hybrid packed with vitamins C and K.

Q5 Fill in the blanks. The drinkable collagen **booster Gwyneth** swears by is...



ANSWER: Bone broth made from boiled beef bones to release gelatin from collagen-rich joints is great for skin, hair and teeth. Time to consciously uncouple from Milo.

We're so over rice milk. What's steaming up our oats this year? (Pick two answers)







(a) Donkey

(b) Almond

(c) Goat

ANSWER: (b) and **(c)** Almond milk is not only lower in

Q7 We can't wait for these international trends to hit SA! Can you guess what they are? Fill in the blanks using the following words:

> VIKING HOT PUNK

(a) A mix of rope jumps and drills. Rope is a skipping-based class for grown-ups. No slacking!

(b) Barre workouts are aettina It helps you to stretch

deeper and release tension. Take a towel.

Method is a combination of HIIT, functional training and plyometrics. Nicole Scherzinger is a fan. Meow...

ANSWERS: (a) Punk (b) Hot (c) Viking

Q8 Want to up your energy? You've got to start working out your...





(b) Liver





(c) Colon

(d) Kidneys

ANSWER: (a) Lungs. Just Breathe is a new lung workout that can lower your blood pressure and heart rate, "Inhale through your nose, then slowly exhale through your mouth with a hiss until your lungs are empty; hold for a few seconds before inhaling again," says creator Caroline Kremer, "Breathe normally for 90 seconds. then repeat five times."

FITNESS

Which of these might you overhear in the gym change room today?

(a) My IT band is tiahter than a pair of Spanx

(b) Ooof my fascia is acting up again

(c) Mv feltoids are killing me!

ANSWER: (a) + (b) If you're going to get iniured, at least be cutting-edge about it by whining about one of these: **Iliotibial** band syndrome: "Your IT band is a ligament that runs from your hip to your shin," savs fitness coach Andy McTaggart.

through overuse. Stretching, foam rolling and deeptissue massage will all help to ease it." Fascia injury: "Fascia is connective tissue that covers all your muscles. It's being

the human body," McTaggart says. "If vou don't stretch properly after exercise or sit at a desk all dav. it can tighten up and cause pain. Try bathing with Epsom salts to loosen it up." And feltoids? They don't exist.

Joein Jout more or estarting to Letter understand

SPEAK HEALTH.

SPEAK HEALTH. "It can get injured APAGE 'HEALTH' SPEAK, WEALTH' SPEAK,

The resident trendsetter at your gym is reaching into her bag for a drink. Which of these waters is she going to pull out?

(a) Artichoke

(b) Watermelon

(c) Maple

ANSWER: Any of them. Artichoke water has bioflavonoids to reduce muscle soreness. Watermelon water has high potassium and magnesium levels. While maple water contains abscisic acid (ABA), a compound that can help stimulate immune function. Get a point for each you ticked.



Gym obsessive? Match the new "it" kit to the research-backed body benefit:

(a) Kettlebells

(b) Battle ropes



(1) Supercharged metabolism



(2) Off-the-chart kilojoule burn (c) Plyo box



(3) **Ultra-efficient** running

ANSWERS:

(a) = (2) "Do 30 seconds kettlebell swings, 30 seconds rest, 30 seconds goblet squats holding the kettlebell at your chest, then 30 seconds rest. Repeat six times," says McTaggart. Burn, baby, burn. (b) = (1) "For 20 seconds, use both arms together to flick the ropes, creating waves. Rest for 10 seconds. Do alternating arm waves

for 20 seconds. Rest for 10 seconds. Jump up with the ropes in hand, then slam them on the floor, creating bigger waves for 20 seconds." McTaggart says. "Have two minutes active rest. then repeat."

(c) = (3) "Do eight reps of these moves: squat jumps onto the box, single-leg jumps onto the box, lunge jumps onto the box (start from a lunge and explode up)," suggests McTaggart.

WEIGHT LOSS

Q12 Which of these activities is a toning and cardio workout in one?









(a) Rebounding

(b) Pound

(c) Krav Maga

(d) S.W.E.A.T. 1000

ANSWER: All of them

Rebounding - aka trampolining - recruits major muscle action as you bounce up and down on the unstable surface while simultaneously spiking your heart rate. Pound is a high-energy dance workout, inspired by drumming, that uses weighted drumsticks called Ripstix to tone you up as you jump around.

Krav Maga, the self-defence system developed by the Israeli Special Forces, combines explosiveness and strength through throwing opponents around. S.W.E.A.T. 1000 has you switching between the treadmill and the functional floor in a class that keeps you going flat out for a full 60 minutes - who knew planking could be considered "rest"?

Q13 Which of these acronyms could help you slim down?

(a) MCTs (b) MGMT (c) MCAT

ANSWER: (a) MCTs. "Medium chain triglycerides are a type of dietary fat found in the likes of coconut and palmkernel oil," Pedrick says. "They may also enhance metabolism. Try adding one teaspoon of coconut oil to your morning brew." (FYI: MGMT is a band, MCAT a party drug; neither

have a proven or legal

slimming effect.)

Big fan of those artisan sandwiches? Answer this: are the kilojoules in bread and butter equal?



ANSWER: (b) "They're metabolised very differently." Pedrick says. "The carbs from the bread are quickly converted into glucose and can generate an insulin response, promoting fat storage. The fat from the butter, however, slows digestion, balancing glucose levels and lessening this reaction." The upshot? Fat is actually the least fattening of the two.

Q15 Your PT is always chatting about EPOC, but how long does it last?

(a) <8 DAYS

(b) <45 MINUTES

(c) <38 HOURS

ANSWER: (c) Excess post-exercise oxygen consumption (EPOC) is what you might know as post-gym "afterburn". "When you work out, your muscles fill with lactic acid, your body temperature rises and you create an oxygen deficit," says Stephen McKirgan,

PT at Equinox. "Post exercise, your metabolism rises as you take in oxygen to bring your body back to its resting state - this is EPOC. High-intensity resistance training has been shown to elevate EPOC for up to 38 hours. Bring the weights!

Q16 Match the stat to the fact:

(a) The trillions of bacteria claiming squatters' rights in vour body.

100 (2)

(b) The grams of sugar in 100ml of chutney.

(3)

(c) The percentage of your immune system that's in your gut.

(4)

(d) The amount (mg) of calcium in kale per 100g.

ANSWERS: (1) = (c)(2) = (a), (3) = (d),(4) = (b)

Turmeric: the health tonic du iour. But which of these can it NOT help you with?

(a) Improving your partner's sexual PB

(b) Saving your arteries from the lamb spit

(c) Erasing the memory of that time you accidentally boob-grazed your boss

ANSWER: (a) There isn't any hard evidence turmeric can help his brief performance. But it can reduce the fat in your blood and erase bad memories. Mix one teaspoon with a nub of ginger and one tablespoon of honey as a tea, says nutritional therapist Hayley Pedrick.





SO... DO YOU SPEAK HEALTH?

(b) = 2 This petite sports watch has

built-in apps to track your progress

on the road, bike or in the water.

There's a point per right answer (caveat: some questions have more than one answer).

0-14 **FIT FAIL** Oh dear, Oprah is still your fitspo, isn't she? Fear not: this will have furnished you with all the intel you need to pass yourself off as a bona fide fitness fundamentalist - for now. To future-proof your health cred, follow us on Twitter @WomensHealthSA.

(d) = 1 You never need to take your TomTom

Touch off - track your sleep, workout and

body composition, even in the shower.



15-24 **NOT BAD**

Like an enthusiastic French exchange student, you're not fluent but you get what's going on. Can't remember it all? Start a health bucket list. If you hear of a trend, note it down - vow to try something new once a fortnight. Enjoy! The taste of goat's milk is not easily forgotten.

25-34 **NICE WORK**

You talk the talk, sister. As long as your aim is to be healthy, not get a PhD in it, then you're doing just fine.

HOLY MOLY!

All hail the queen of health. But don't forget that sometimes the simplest things in life are the best. So occasionally run naked (without gadgets that is, not clothes), sleep late and do a slow voga flow class. The world won't end. Promise.



Whether you're team #FeesMustFall or not, there's no denving the numbers: graduates are on the hook for a debt amount that soars into the billions - the National Student Financial Aid Scheme (NSFAS) alone is owed a fair value of R7.2 billion. Experts have ways to get out of the hole before, y'know, your 80th birthday

By Natasha Burton and Michelle October

"The whole of 2017 is just going to be about sacrifice," says Billie-Jean Demas, a 24-year-old graduate. After earning around R7 000 a month for three years, Billie-Jean is going back to school and stands to incur about R53 000 in new student debt. Why? She needs to pay off her initial student loan, which stands at a much smaller R12 000. After graduating with a bachelor's in film and media production (largely paid for by multiple bursaries), Billie-Jean struggled to find a job in her chosen line of work. When she eventually found employment (not in her industry) she realised her income wasn't nearly enough to cover her month-to-month expenses - even though she was still living with her parents - let alone allow her to pay off her loan. "I think I've paid back R2 000 in total, but because it's taking me so long, I've incurred interest," she says. By studying again, Billie-Jean hopes to get a degree that will give her better salary prospects.

Generation Debt

Billie-Jean is one of millions of South African graduates struggling to make ends meet. But in their defence, they didn't get there alone. Matriculants leave school with society preaching that to be successful you need a university degree. But at what cost?

While the exact number of graduates with loan debt isn't known, historically, loan institutions, such as NSFAS, have struggled to recover their funds. Sure, it could be down to shoddy admin on the part of those giving out the loans, but there are two other factors kicking around: the first affects women in particular. It's no secret that a gender pay gap exists in most industries, meaning women earn less post-varsity, so their loans take longer to pay back. The result is that women struggle to advance, perpetuating the cycle of male dominance, and student loan bodies have to wait longer to get their money back.

The other factor? More of SA's current graduate crop are first-gen grads and, as a result, are more likely to come from low-income

families, which forces them to finance their own educations if they can't secure enough grants or scholarships. It also means that they are more likely to divert funds towards family and other expenses, instead of paying back their debt. Regardless of the reason, the debt they accrue negatively impacts nearly every life decision, even decades after they clinch those degrees.

We put less income towards retirement and big purchases and a study published in Demography even found that women with outstanding student loans are more likely to delay marriage than those who are debt-free. The researcher suggests one cringe-worthy reason: men are still more likely to propose, so they may be less inclined to pop the question if their GF is deep in debt. The situation is grim, but not hopeless. Use these methods to help erase that debt – for good.

Weigh Up Your Debts

Many graduates are juggling more than one loan. It may be tempting to bundle them all into one by getting yet another loan to pay them all off so in

the end you're just left with the

one repayment, but it's best to

avoid that. As neat as it sounds,

that kind of strategy - called

debt consolidation - can be

over your head, you may find it difficult to secure a consolidation loan in the first place - someone who's struggling to stay afloat in a sea of debt isn't exactly an attractive prospect for a creditor. If you own property, you could get around that by bundling your debt with your home loan – but unless you increase your monthly repayments, you're once again looking at a majorly long-term repayment period for what should be a short-term loan. Whatever you do, don't rack

up additional debt. "Probably the most important consideration to make is to borrow only what you really need and resist the temptation to just take up finance because it's available," says Corne Jordaan, head of credit at FNB Personal Loans. That SMS offering you a loan if you "reply with yes"? It's a trap. The money may get you out of a sticky situation in the short term, but sooner or later you're going to have to pay up with interest.

Strategise

The rule of thumb is that you shouldn't be spending more than 35 percent of your salary on loan repayments,

but according to Reinhard Pettenburger, CEO of debt counselling company Debt Therapy, the research suggests South Africans are forking out up to 75 percent of our salaries

take a job in an industry other than the one you qualified in, don't disregard that hardwon qualification as a white elephant just yet. Take Jenna Drew. While working full-time as a research and information specialist for a financial firm, she tapped the Mind-Body Fitness and Personal Fitness Chef certifications she'd earned to launch her own health coaching website, through which she offers tips and wellness programmes. "It started with an extra R350 toward my student loans each month, but as my business has grown, I've been able to increase that amount to an average of R1 400 a month," she says.

Bonus brilliance: since her site utilises network marketing (she employs reps, similar to the Avon model), Jenna makes money around the clock. "If I just chose to become an Uber driver, I would be making



CUT THE SPONTANEOUS DRINKS

You're going to have to cull your expenses - and that means no more G&Ts or fancy coffees. Having a moment of weakness? Dying for a latte? Remind yourself that this, too, shall pass. The sooner you pay those suckers off, the sooner you get your life - and your coffee habit - back.

DREAD THE DEBT REVIEW

Consider this rock bottom; you'll be babysat until every cent gets paid - and even then, you don't get to release yourself. You're not able to take on any further debt or use credit cards and will need to stick to a very strict repayment process," says Sibiya. Eep.

money only while I was physically working," she says. "This way, sometimes I wake up and I have an extra R2 800."

As Andrew Iosuweit, CEO and founder of Student Loan Hero in the US, points out, even putting an amount of R1 400 extra a month towards repaying your debt can make a big difference. If you're looking for work on a less frequent basis, take on projects that give your CV a boost, says personal finance expert Kimberly Palmer, author of Generation Earn. For example, if another department at your company is looking for a contractor to work on a fixed-term project, offer to take it on in your spare time at a competitive freelance rate. Just make sure any additional income doesn't push you into a higher tax bracket and negate the extra funds you're bringing in. (Check out TaxTim.com/za to estimate your tax rate.)

Avoid the credit card debt trap

Trying to pay off plastic prevents many women from making a dent in their student loans. And the start of the year is an especially tough time for credit card balances. According to stats released by FNB, its customers spent 26 percent more on credit over the festive season than during the rest of the year. Ouch. Plus, says Pettenburger, a survey of SA consumers found that nearly 59 percent are struggling to pay off credit card debt.

The first rule of paying off debt is always to ditch the debt with the highest interest rate first. And plastic usually tops the list, slurping up cash that could be going towards your student loan. Stop. Swiping. Now. While a monthly repayment plan is a start, lump sums are going to be your silver bullet in slaying that beasty before it grows into a monster. Resist the temptation to direct any windfalls that come your way (annual bonus, birthday spoils) towards that looming student debt behemoth and pay off the credit card first. Even if the amount is smaller, compound interest can be terrifying when it's working against you.



AWESOMENESS

It's damn hard not to let others' words and actions dampen your confidence – and your health. Vishen Lakhiani, CEO of well-being company Mindvalley, explains how to have a rock-solid inner core

When I was 14, Vanilla Ice's "Ice Ice Baby" was at the top of the charts. One day during break, I spotted a group of cool kids sitting around, rapping the song. It was my chance to prove I was hip. I jumped in. Loudly. With my rap face on. But I sang the wrong line. The other kids stopped and stared. And then the coolest girl in the group said: "Jeez, what a nerd." Her words haunted me for years.

It's funny in retrospect
(especially given Vanilla's
musical track record), but the
truth is that we let others impact
our self-worth all the time –
when your spouse doesn't greet
you the way you expect him
to, you feel rejected. If your
boss doesn't praise your ideas
– boom – the feeling of "I'm not
enough" creeps in.

In rare instances, seeking external validation can be an asset (for example, my drive to prove I was enough led me to turn a hobby - personal growth - into a publishing and technology wellness company that now has two million subscribers). But most of the time, it robs you of the ability to control your life and harms your health. Low self-worth has been linked to stress. depression and anxiety conditions that, in turn, can contribute to a bevy of chronic illnesses including diabetes, heart disease and Alzheimer's.

My top tip to override the tendency to seek outside approval? Every day, create a list of three to five things (small or large) that make you proud to be who you are. I do this as soon

JUSTIN POLKEY, MODEL: KATE TACHIE-MENSON/SHINE MODELS

as I wake up to set the mood for the rest of the day. Then crib the below tricks taken from my interviews with confidence gurus.

Ask: Is this really true?

Say a guy doesn't call you back after a first date. You might conclude: I'm not funny or I'm not pretty. But ask yourself: Is this really true? says life coach Shelly Lefkoe. Maybe your date lost his phone or had a tough week. Or maybe he's just a douche, who isn't worth your time.

Look with love

When Silicon Valley entrepreneur Kamal Ravikant realised that his depression was rooted in a lack of self-worth, he decided that every day, he'd look in the mirror and tell himself: "I love you." Sounds silly, but research shows that staring into someone's eyes – even your own – can trigger feelings of love. Try it daily – you should feel more self-secure within a week.

Be Present

The next time you feel insulted or hurt by someone, stop and notice the details of a nearby object (for instance, a leaf on a tree). Or, like Arianna Huffington, focus on the rising and falling of your breath for 10 seconds. Either exercise will put you in the moment, which helps take your mind off whatever judgment you're feeling.



*Adapted from The Code of the Extraordinary Mind by Vishen Lakhiani, available wherever books are sold.



THE NUMBER ONE REASON I CAN'T GET ORGANISED IS...

Guilt! I have a hard time letting go of anything.

My perfectionist streak. I need an entire day to ensure it's done right.

Ugh, I just can't seem to get in the right mood to rally.

Honestly? I'm a creative type - the mess is my muse.

So Who's My **Spirit Animal?**

These guys are rich in symbolism, but that alone won't rearrange your cupboards. That's why we paired each one with an organising guru, whose approach we think is tailored to your animal's defining trait. Crib a few key tips from their latest books to get started.



Your spirit animal: The Sentimental Bear

In human form: Marie Kondo (author of Spark Joy)

When you look around your place, you don't see stuff, you see memories and what-ifs, which makes it really tough to separate the things you love and/or need from the things that are simply taking up space. Instead of letting your emotions inhibit the process, Kondo's decluttering method teaches you to go through your possessions category by category and zero in on one feeling in particular to achieve lasting order. You'll hold every item in each group separately (no, we're not joking; yes, it'll take a while) and ask yourself if it sparks joy in your heart. Anything that gets a "no" is thanked (aloud - it helps keep guilt at bay) and either donated or thrown away. For objects that don't tug at your heartstrings but that you actually need (think cleaning equipment), it's about shifting your perspective to feel grateful for the work they do. In the end, your place will still be filled with warm fuzzies, but less junk.



Your Spirit Animal: The Zen Swan

In Human Form: Karen Kingston (author of Clear vour Clutter with Feng Shui)

You're all about going with the flow, so if you're not itching to tidy up, it ain't gonna happen. Still, you can't help sighing when you come across one of those serene, perfectly arranged interiors on Pinterest. Channel those vibes for yourself by tapping into the age-old wisdom of feng shui, which will not only help you get in the right mindset to spruce up your space, but will also unleash beaucoup energy in other aspects of your life. Once you find out that a particular area of your home is related to sensuality - the book explains how to determine this - you're gonna want to clear that space up fast. Walk through your house and make a list of the clutter zones in each room. Circle the ones that bug you the most and start there, working from the smallest to the largest jobs. That'll give you an immediate sense of accomplishment and create the positive momentum to keep going.



Your Spirit Animal: The Determined Hawk

In Human Form: Dan Charnas (author of Work Clean)

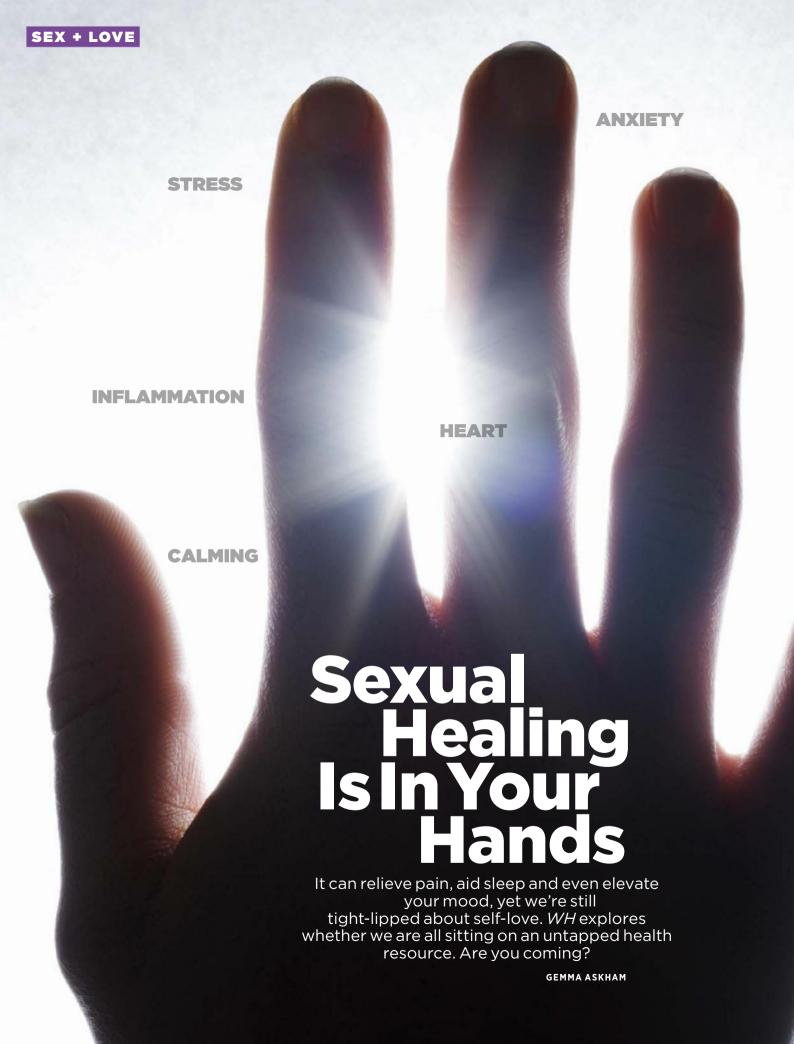
An entire day? Nah, you just need mise en place, the culinary prep philosophy that means everything in its place. Chefs begin each shift with a list of assignments, all of which get divided into subtasks to help them prioritise and stay productive. Jot down 10 goals, then outline the microsteps. To tackle everything in the right order (and prevent your ambitions from getting the best of you), Charnas recommends posing questions like: how many things can I do in the time I have? What tools do I need to accomplish these tasks and do certain actions need to happen before others? Where can I place things so they require the least amount of time and energy to reach when I need them? You want them accessible, but not chilling on your dining-room table and getting in your way. Instead, place objects on the proper shelf or in the section of a closet where they take minimal effort to retrieve.



YOU ANSWERED D **Your Spirit Animal: The Artsy Owl**

In Human Form: Fay Wolf (author of *New Order*)

We get it. You want to play your guitar, paint - anything that taps into your imagination. But the less time you spend searching for your instrument or those watercolours you swear you just saw, the more time you'll have to engage your brain in creative pursuits, says Wolf. (She didn't inspire this story, but how appropes is her name?) Since organising seems painfully tedious and mundane, make it more enticing by infusing Wolf's back-to-basics point of view (using just 10 or 20 minutes to handle one area) with your fave music: three Beyoncé anthems for taming your overflowing bookshelf, two Tay-Tay tracks for wrangling your leaning tower of WH mags. Embrace sorting bins to work more quickly (donate, recycle, shred, trash), then make sure the supplies for your craft are together, but in plain sight. Perch that guitar on a stand instead of in your cupboard and gather all your brushes in a pretty vase next to your palette and easel.



PAIN

Should I ever have to PR my own health routine, I shall totally be going with that most ubiquitous of annoying marketing phrases: 'three-sixty'. Because, to be fair, it is pretty 'multiplatform' (urgh, another one). There's yoga (for the mind), 10 minutes of post-sleep stretching (for the spine), weekly spinning (legs), Pilates (core), a little dedicated supplement taking and juicing in more colours than Nike does Air Max (skin and insides sorted). But now, not solely for the purposes of this feature, I'm adding another well-being activity into the mix. And I don't even have to get out of bed to do it.

As an ever-increasing field of scientific research proposes to propel masturbation from pleasurable pastime to bona fide health habit, I've committed to making self-pleasure a priority. You know, for the sake of my health and all.

Now, before we all write this off as the most dubious health claim since we declared a postwork pinot the elixir for a long life – let's look at masturbation's health credentials.

"We know that orgasms typically from masturbation, as these studies are done in labs where it's hard to bring in partners - can improve pain tolerance and lower physiological markers of stress and anxiety," explains Dr Tierney Lorenz, a visiting research scientist at The Kinsey Institute. She specialises in unravelling sex's impact on immune response and has noticed a correlation between regular masturbation, living longer, better cardiovascular health and lower levels of inflammation.

A study published in Psychosomatic Medicine had a group of women watch a series of documentaries as well as an erotic film, during which the women were required to pleasure themselves until orgasm. The results showed a significant decline in the women's cortisol levels a marker of inflammation.

(Interestingly, the difference in physiological response

between solo orgasms and partnered ones is currently only an emerging field in sex research and, as such, there isn't really any data or a prevailing school of thought. The general agreement, though, is that orgasms from masturbation are more consistent and subjects tend to climax faster and easier.)

Which means Lorenz goes as far to "recommend thinking of masturbation as a health behaviour, just like getting to sleep on time and avoiding smoking".

While I can imagine that orgasming your way through life may well result in it being longer and healthier, I do wonder how a little alone time will fare as an on-demand health fix. For all its calming, pain-relieving credentials, is it really going to compare to popping a paracetamol or using my meditation app? The first opportunity to find out presents itself when I wake up early one Saturday morning, musty-mouthed and grappling for relief in the midst of an acute hangover. Instead of scrambling to the bathroom for water and painkillers, I stay under the duvet - and begin to venture south.

HANDS SOLO

Initially, masturbating to order feels like streaming on-demand TV: blissful moments of content, interrupted by the

wrong kind of shuddering - buffering in a TV sense or arm ache in a masturbatory one. Given that my body already feels like it's hanging together by threads, I'm tempted to call it quits – until, five minutes before climax, I notice that the ache in my arm has vanished and my head pain has dulled. By the time I hit orgasm, everything feels blissfully, miraculously numbed.

Interested in whether my orgasm-induced relief was merely a placebo effect of my elation at having achieved something that day, I contact Rutgers University professor Dr Barry Komisaruk, coauthor of The Science of Orgasm. He's devoted his career to studying MRI scans of women's brain responses to sexual stimulation, so is well placed to confirm what's at play here neurologically.

"Vaginal self-stimulation does reduce pain," he confirms. "The pain-reducing effect (analgesic) starts immediately upon pressure stimulation, increases in intensity if self-stimulation feels pleasurable and is strongest at orgasm." In one study, where women self-stimulated while a machine gradually compressed their fingers, Komisaruk found vaginal pressure alone increased pain tolerance by 50 percent - rising to 100 percent at orgasm.

Thought to facilitate childbirth, the vagina's paracetamol-like function

SEX + LOVE

occurs because it blocks the release of the pain neurotransmitter (substance P) into the spinal cord. How? Say you stub your toe. "The nerve from the foot releases substance P into the spinal cord, which stimulates the relay pathway up to the brain, thereby producing a pain response," explains Komisaruk. Stub your toe while pleasuring yourself, however, and "vaginal stimulation deactivates the nerve where it enters the spinal cord and prevents it from releasing substance P." It's such a powerful pain-blocker that Komisaruk is working towards developing "a novel painrelieving drug".

There's a variable time frame as to how long this orgasmic relief lasts - "minutes to hours, depending on the type of pain and individual pain sensitivity," he says. This is not a mere hangover tool. Research by psychologist Dr Carol Rinkleib Ellison found that almost one in 10 women who reported masturbating in the previous three months did so to relieve menstrual cramps, while a German study on female migraine sufferers discovered that 70 percent achieved moderate or complete relief when they engaged in sexual activity during an attack.

From a personal perspective, I can get on board with selfpleasure as a period-pain alleviator. As for aiding the migraines that leave me bedridden every few months, despite accounts that orgasm's analgesic effect kicks in faster than medication, masturbating mid-attack is about as appealing as attending a laser light show and standing next to a subwoofer. Luckily, I didn't suffer from one during the course of this experiment in order to compare.

UNDER PRESSURE

One area I am interested in exploring first-hand is orgasm as stress relief. In 2014, Dr Breanne Fahs, associate professor of women and

gender studies at Arizona State University, released a study on female masturbation that overrode popular stigmas by revealing that some women selfpleasured daily - and purely as a release tool. "Masturbation was routine, normal, relaxing, a stress reliever," she says.

Lab-based evidence is harder to come by, simply because it hasn't been studied in depth. While some suggest stress plummets because of oxytocin (and high levels of oxytocin correlate with lower instances of anxiety), Komisaruk says there's only lab evidence to

show that oxytocin is released at orgasm into the circulatory system (where it stimulates uterine contractions), not in the brain. While it is also "probably released into the brain, we don't know what perceptual effects it may have on the human brain," he says. "Nor is there research evidence as to the mechanisms by which orgasm results in relaxation or sleepiness." In other words, we know the end result, we just don't know how we get there.

But anecdotal evidence, like that of Fahs, definitely points to the effect's existence; 39

percent of Ellison's research panel also masturbated specifically to relax. And so, one day, aggravated by workmen digging up the road, I slip into my bedroom for a solo afternoon delight. I'm worried the noise will distract me, but once down there, everything drifts away, lulling me into a calm so tranquil I can't even recall when the drilling stopped. During yin yoga later that evening, usually my main source of meditative calm, I feel frustrated that I'm wasting 90 minutes on it when I scored my orgasmic calm in about 19.





PROMOTION

MAKE THIS YOUR FITTEST YEAR EVER!



WE'LL HELP YOU GET THERE! TRAINING PLANS AND MOTIVATION HERE

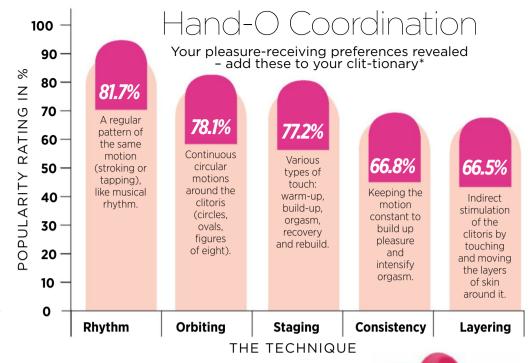
CHALLENGE.RUNNERSWORLD.CO.ZA

CAN YOU FEEL IT?

"Well, it's not the craziest idea I've ever heard," says Dr Cynthia Graham, editorin-chief of *The Journal of Sex Research* and professor of sexual and reproductive health at the University of Southampton, when I propose the idea of daily scheduled masturbation as a health tool.

But, above all, she sees benefits for women's emotional health - given the stark differences in why men and women masturbate. Men are hormone driven: they start at puberty and masturbate more when sexual activity decreases - using it as a substitute. Women are the opposite: we masturbate more when we also engage in lots of other open-minded sexual activity - suggesting it's tied to confidence. A Journal of Sex Education and Therapy study confirmed the link, finding married female masturbators had significantly greater self-esteem and relationship satisfaction than married non-masturbators.

It's also why the first thing addressed in sex therapy is to encourage masturbation. And, as someone who has upped her masturbation game to almost schedule-interfering levels, what I've discovered is a new level of comfort, interest and excitement in my body.



It's true that masturbation science isn't yet allencompassing. "It's a chicken and egg situation," admits Lorenz. "No one will fund the research to see what the health benefits of masturbation might be, so healthcare providers don't think of it as a health behaviour, which means funders are reluctant to invest in research."

I also appreciate Fahs' concern when she explains that promoting masturbation as a must-do health behaviour "could (paradoxically) result in women feeling pressured to masturbate to feel 'normal". Which makes me think that the best principle for good health – 'everything in moderation' – is the perfect principle for healthy masturbation. You might not want to do it every day, but when you do, your body – and your mind – will probably thank you. In fact, even your hand won't grumble for long.

DOUBLE THE PLEASURE

Looking to make selflove even better? We've got the key with the We-Vibe Nova (R2 894, Matildas). It does double duty with both clitoris and G-spot stimulators and the nifty We-Connect app gives you seamless remote control. Now we're talking!

Feminine Hygiene Mastered



Ladies, you wouldn't use toothpaste to wash your hair, so why use just any soap to care for your vagina? Ordinary soaps can cause vaginal irritation and a pH imbalance, causing dryness and irritation. GynaGuard's range of products are specially formulated by a gynaecologist to take care of your vagina and support a healthy, ideal pH balance. Take on every day with a face that's flawless, full-body that's fabulous and Ms. Foo-foo that's fresh.

DAILY ROUTINE.

For more info visit www.gynaguard.co.za or join the conversation on our Facebook page.



CAN YOUJ EXERCISE YOUR DEMONS?

IN TIMES OF EMOTIONAL TURMOIL, MERELY GETTING OUT OF BED IS AN ACHIEVEMENT – BUT IS GETTING ACTIVE THE WAY TO WORK THROUGH THE WORST SORT OF STRESS? ONE GRIEVING WRITER TOOK A FEW BRAVE STEPS TO FIND OUT

WORDS: AMELIA JEAN JONES / PHOTOGRAPHS: PETER CROWTHER

There was a time when I used to think that describing an emotion as gut-wrenching was melodramatic. But as I emptied the contents of my stomach into the toilet bowl after my father's funeral, I realised it was spot on. After a four-year battle with cancer, my lovely dad died in hospital as my mum, sister and I sat there helpless to say or do anything to bring him back. He hadn't done a lot of the things he'd wanted to do - walking me down the aisle, meeting his grandchildren and making the most of his retirement are deeds he'll never tick off the bucket list. Grief is a sucker punch to the stomach that leaves you fighting for breath and feeling empty inside - both literally and figuratively. Fittingly, people brought food: lasagne, sandwiches, cakes. As if filling your stomach will fill the gaping hollowness that person has left in your life. It helped. At first, the thought of eating makes your mouth water in the bad way, but gradually, bite by bite, your appetite

to want to. Having already been a health and fitness writer for three years, I knew that exercise triggered the release of neurotransmitters - endorphins, serotonin, dopamine - all the chemical mood boosters that would do me good. But for six months, just getting out of bed and into the office every day left me the kind of exhausted that makes your entire body ache. I caught any bug within sneezing distance and I had migraines three times a week. In an attempt to ease myself back in, I tried a gentle yoga class. I had to leave during shavasana because my sobbing was disturbing the Zen of the guy on the mat next to me.

returns. What didn't come back

I wanted to. Or at least wanted

was my impetus to exercise.

I've never been the type of person to talk about my emotions. "I'm fine" is my go-to response when asked how I'm feeling - even as I stood eating sandwiches at the wake. My family members had sought help through medication or counselling for the emotional toll a terminal illness takes during those

difficult last few months. But the thought of sitting opposite a concerned-looking therapist and telling them my problems while they thought about what they fancied for dinner was horrific. So I just kept saying it: "I'm fine."

Like nuclear waste, I thought the toxicity of my sadness would decay and decrease with time. But 12 months on, I was still tearing up at the supermarket, crying in the shower and having to sleep with the TV on to avoid panic attacks. I needed help.

And being the pragmatic type - the lack of movement was showing in the extra six kilos I was carrying - I thought, why not kill two birds with one stone? "Science shows that light exercise is essential to problem-solving

> and thinking through pressing issues in your life such as grief," says Linda Gask, psychiatrist and author of The Other Side of Silence: A Psychiatrist's Memoir of Depression. I had heard of Dynamic Running Therapy (DRT) - a new form of treatment devised by William Pullen, a London-based psychotherapist – and as

I was living in the UK at the time, I decided to see if something active would work for me.

Pullen describes DRT as a "proactive therapy that can help unite mind and body" for those suffering from anxiety, depression or following an emotional trauma - such as bereavement. A 50-minute session combines running with integrative psychotherapy (a combination of cognitive, physiological and behavioural levels of therapy). "It's all about emotion in motion," he explains. "My experience has taught me that feelings surface when you're active and I'm there to guide you through them."

The idea for the format came to Pullen as he went through a difficult breakup and took up running with a friend who was going through something similar. "Running side by side, with a friend or a professional such as myself, means you know that person is





Walk It Off

In a study, students were asked to come up with solutions to problems while either sitting or walking, or having just stopped walking. The walkers came up with the most creative ideas.



Go Fast

Running sprints has been shown to increase vocabulary and attention in adults, says Dawson.



Time Yourself

Just one 30-minute aerobic workout done three to five times a week slashed depressive symptoms by 50 percent in young adults, UT Southwestern Medical Center, US, found.



Strike A Pose

Yoga nidra, which taps into the state between waking and sleep, is an effective treatment for depression and other mood disorders, according to a University of North Texas study.



Make It **A Lunch Date**

You can regulate sleep cycles by exercising at lunch or five hours before bedtime, says Dawson.



taking every step with you - literally and figuratively," he says. "The secret ingredient is the hormone oxytocin. Exercise triggers its release and it forms an openness and a bond between therapist and client the way a session confined within the four walls of an office doesn't."

While DRT hasn't yet made its way to South African shores, it's not just Pullen who's realised the benefits of active therapy. "There is ample research showing that exercise can be as effective as antidepressants in mild to moderate depression," says Dr Siobhan Dawson, an integrative psychiatrist based in Cape Town. Walk and talk therapy is a movement that's sprung up internationally, which sees patients and their therapists going for a stroll while talking through issues.

"I have occasionally gone on trail hikes with clients or introduced some dancing in session," says Dawson. She says most clinics also offer accompanied walks and gentle movement therapy.

"Many people believe that they need to feel better before they get out there and get active, but forming these patterns first can alleviate negative emotions and speed up the recovery process," says Gask. Something that, as I meet Pullen at 6pm on a grey Tuesday, I desperately want.

As we walk towards the bustling park, we stop by a tree to "check in" (a form of mindfulness). With almost biblical timing and significance, the heavens open. Pullen is unfazed. "Some of my clients have completely lost touch with the world around them," he

explains as droplets hang from the end of his nose. He's onto something too. Researchers have discovered that being active in nature gives people more self-awareness and less concern about what others think. Next, Pullen tells me to stand with my hands on a tree, be mindful of my surroundings and then explain to him how I feel physically and emotionally. I feel nervous, self-conscious and cold and am very aware that the group of men in their early twenties playing soccer nearby might think this was some kind of community outreach programme. But, doing my best to listen (and appear sane), I notice I can hear the clank of scaffolding somewhere in the distance, the movement of the trees above me and the sound of a leaf being dragged down the path by the wind.

"Before we start, I want you to put your emotions within the context of here and now," he says. "Moving forward physically through that facilitates moving on emotionally. It sounds like it's simple, but it's actually very powerful." I'm not so sure, but agree to start jogging anyway - it's bloody cold and I'm sure I recognise the goalie on the pitch. We run in silence for a few minutes before he begins asking questions about my dad, his illness and the effect it had on me. "So what was your relationship like with your father?" he asks. "Yes, good," I reply. Vague, I know, but I'm worried I might say the wrong thing and, to be honest, talking about me - and just me is something I've rarely done outside of this alien scenario.

As the pace picks up, the questions do too, coming in a steady rhythm, which seems to fit well with the pace of our progress around the park. Despite being in a public place, the conversation - touching on highly sensitive and personal subjects flows. As an integrated psychotherapist, Pullen uses

his broad experience and training to steer the conversation seamlessly into areas he thinks need to be touched upon - in my case, losing my dad and the thought of going through important life events without him. We may not be facing off in an office, but Pullen can tell a lot from my gait alone. "A client might say something isn't bothering them, but if their pace increases and they begin to lean forward, it's probably something we need to explore further. They're either running away from that or keen to tackle it. Either way - it's something we need to look into." In my case, I slow down when questions home in on a future without my dad.

"This can indicate a moment of peace, but for you, it was definitely more about being weighed down by sadness you hadn't opened up about before," Pullen explains later. As we progress, I find myself relaxing more, being more honest and amazed by my willingness to talk. But when he asks if I miss my dad at 3km, I start to cry. "Do you want to stop for a minute?" Pullen asks. "No, let's carry on," I reply. "I feel like we're getting somewhere." Turns out, talking while running makes me better at both. The aim of this type of therapy is to reduce the defence mechanisms that I and others use to protect ourselves via multitasking. It also helps to bring subconscious thoughts and emotions to the fore in order to deal with them. This sudden acceptance of an emotion I'd been avoiding is what chokes me.

Cape Town-based yoga-therapy practitioner Nicole Panzer sees a similar process with her clients. "Our emotional traumas, feelings and experiences are all stored in our cellular memory and held in our muscles, brain stem and spinal cord," she explains. "Often through trauma, various parts of our body shut down and we feel restricted and trapped." Panzer combines breath work with gentle postures to help clients relax and get back in tune with

> their bodies - including those areas where stress is unconsciously being stored. "Even the gentlest movement combined with breath and focus on the specific area being worked on releases blockages and stored negative emotions," she says. This is often expressed during the session or sometimes after a class with a bout of

anger, sadness or other emotions. It's a very natural response in the process of healing, done without judgment of what arises, as this process is very important, allowing the body the freedom of expression." But it's not just my mental health that has taken the hit in the past 12 months. My immune system is battered too. The Old English word for grief is "heartsarnes". Or, as your gran might say, "heartsore". That, alongside the words "hurt" and "pain" used to describe emotions we feel when we're depressed, shows that our forefathers knew that emotional pain could make you ill. "You know when you hear about an older couple dying in quick succession? That's not coincidental," explains professor of behavioural medicine, Anna Phillips. It transpires that older mourners had reduced

function in their neutrophils, a white blood cell that's used to fight off infection. The immune-suppressing effects of the stress hormone cortisol are usually tempered by a hormone called DHEA. But at age 30, DHEA levels gradually begin to decline, meaning the further you get from that age, the more at risk you are from infection. The good news is that light exercise can help here too.

Aside from the endorphins making you feel more upbeat, it can also help rebuild your physical defences. One study by the Fred Hutchinson Cancer Research Center in the US found that people who exercised for half an hour each day were three times less likely to get colds. "This isn't about exercising to get fit," explains Gask. "For people who struggle with traditional talking therapies, movement can alleviate symptoms of depression. But going too far with exercise can sap the little energy you have – it's all about getting the right balance." Pullen asks clients to see him on an ongoing basis for up to two years. Panzer sees clients weekly for a month and reassess their needs after that. But my breakthrough at 3km was like pulling off an emotional plaster. I didn't feel the need to beat my body to exhaustion in the gym, but instead endeavoured to walk home three times a week. "I suggest my patients begin by simply learning to appreciate the way their bodies move without setting ambitious goals," says Dawson. "How does your body feel when you walk around the block? Could you sprint the last 30 seconds? What would it be like if you ran through the waves like a child? Could you swim in icy cold water? Our bodies are not designed to be sedentary. Exercise should make you feel invigorated, energised and happy."

My walks helped me sift through the emotional crap in my head on a regular basis - and six months on from starting therapy, I was also back in the gym and it's been keeping me sane. I'll never be over it - you never are but I am moving forward.

"MOVEMENT **CAN HELP ALLEVIATE DEPRESSIVE** SYMPTOMS."

STRESS RESPONSE

These therapies go beyond the usual therapist's couch

Yoga Therapy

Nicole Panzer operates in Cape Town Lila-HealthAnd Wellbeing.com For a full list of alternative therapists, check out Holistica.co.za

Integrative Psychiatry

An integrative psychiatrist will use traditional psychiatric treatment in combination with a wide variety of other treatments to create a multifaceted, holistic treatment plan.

Cape Town:

Dr Siobhan Dawson Capetown-Psychiatrist. co.za

Pretoria:

Dr Nazmeera Khamissa PureMind.co.za



Take the never-done energy of the Duracell Bunny, throw in the playful bounciness of Tigger, add sculpted abs and you get Nikki Metzger - the 31-year-old trainer who took the US Women's Health Next Fitness Star title in 2016. She's animated, high-spirited, yet sweetly encouraging. And her brand of fitness is built on well-tested fundamentals (functional athletics), designed for efficiency (no slaving for hours) and delivered with upbeat intensity (you'll drip with sweat - and love it). That's one hell of a trifecta. Now it's yours: the following moves are a taste of the fatblasting, kilojoule-torching method that scores her clients amazing results. Sprinkle a few of them into your routine for an extra kick or string them together for a total-body circuit. Start with the first exercise (1A) and complete as many reps as possible in 30 seconds; then do the same with the

second exercise (1B), without resting in between. Repeat twice more (for a total of three rounds), then rest for one minute. Move to the next round (2A and 2B) and follow the same pattern. Continue until you've finished all eight exercises. It will take just 15 minutes – wham-bam-thank-you-ma'am!

1A CHEST PRESS WITH LEGS EXTENDED

Lie on your back, holding a dumbbell in each hand, legs extended. Bring your elbows out to the side and raise the weights above your chest, palms facing forward, so that your upper arms are on the floor and your elbows are bent at 90 degrees; lift your legs into the air, feet together (A). Keeping your core tight and lower body still, press the weights directly above your chest until your arms are fully extended (B). Pause, then slowly lower back to start. That's one rep.

WHY IT ROCKS

"You'll build a stronger upper body while tacking on a major core challenge with every rep – and don't be surprised when you start cranking out stronger push-ups!" (FYI: you can make this move easier by bending your knees or putting your feet on the floor. Make it harder by holding your legs closer to the floor.)



1B LATERAL BEAR CRAWL

Get down on your hands and knees in tabletop position, arms and thighs perpendicular to the floor and your knees bent 90 degrees. Without allowing your lower back to rise or round, brace your abs and lift your knees a few centimetres off the floor (A). Keeping your hips parallel to the floor, slowly step your right hand and foot to the right (B); followed by your left hand and foot. Repeat to the other side and continue alternating back and forth.

WHY IT ROCKS

"There is something I just love about primal moves, yet they're often underutilised. This one exercise works your entire body – a reminder that it doesn't have to be fancy to be effective."



NEXT-LEVEL TRAINING TIP

Going all out at the gym is tough. It's near impossible when you're trying to go non-stop 24/7 in every area of life. "I prefer being turned up, but I need downtime too," Nikki says. "It's using that 'off switch' that ensures that when I'm on, I'm on." For amped workouts, find ways to conserve fuel during your day (like allowing yourself 15 minutes to chill on the couch rather than reorganising the fridge).





3A LATERAL SHUFFLE WITH REACH

Start with your feet about shoulder-width apart, knees bent, chest upright and hands in front of your chest (A). Keeping your feet parallel, take two or three quick shuffle steps to the right, then rotate your torso to the right as you reach your left hand toward your right foot (B). Reverse the movement to return to start, then immediately repeat on the other side (C). Continue alternating as

quickly as possible.



3B BURPEE WITH SHOULDER PRESS

Standing with a dumbbell in each hand, arms at your sides, sit your hips back and bend your knees to lower into a squat, placing the weights on the floor in front of you (A). Quickly step or jump your feet back into push-up position (B). Reverse the movement to return to standing and curl the dumbbells to your shoulders, keeping your elbows close to your body (C). Press the weights directly overhead until vour arms are fully extended (**D**). Reverse to return to start. That's one rep.







4A WOOD-CHOP JUMP

Hold a dumbbell at arm's length with both hands and stand with your feet slightly more than hipwidth apart. Hinge forward at the hips, chest lifted and knees slightly bent, letting the weight hang between your legs (A). Keeping your arms straight. thrust your hips forward and jump your feet together as you swing the dumbbell directly overhead (B). Reverse the movement to lower immediately into the next rep.



NEXT-LEVEL TRAINING TIP

If you only exercise solo, you're sitting on serious untapped potential. Training with a partner can really accelerate your fitness gains," Nikki says. "Make a verbal commitment to each other that you're going to give it all you've got and push each other through it."

4B STARFISH CRUNCH

Lie on the floor with your arms and legs extended so that your body forms an X (A). In one movement, lift your left leg and torso off the ground while rotating your upper body to the left, reaching your right hand toward your left foot (B). Slowly reverse the movement to return to start and repeat on the other side. Continue alternating.

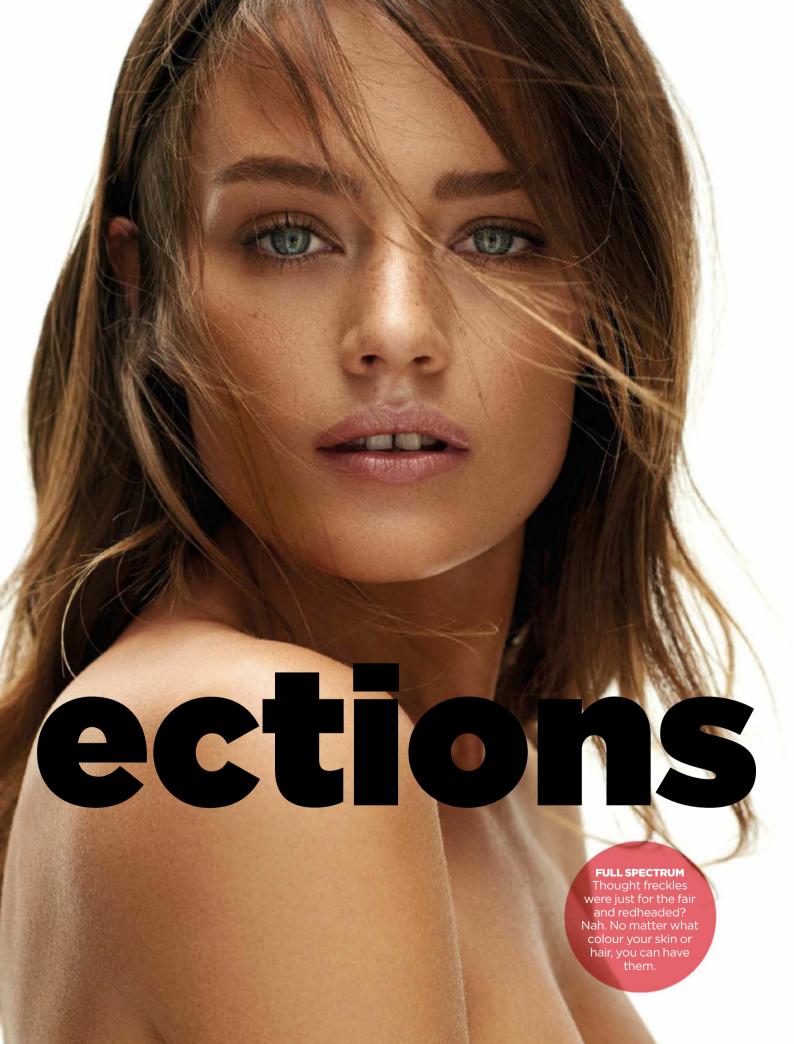


NEXT-LEVEL TRAINING TIP

While there are perks to buddying up, keep this caveat about group sessions in mind: zeroing in on the class rock star may actually drag you down. "You don't gain anything from comparisons," says Nikki. "I remind people all the time that your workout is all about you; it doesn't matter how that stacks up to anyone else." If you're feeling frustrated instead of motivated, put on the blinders and focus on your effort. Can you push harder? Can you do one more rep?



Skin is in, always has been. But the freckled variety got thrown a lot of shade for being undesirable, unsophisticated and, more seriously, a sign of poor sun-care habits. Finally, that's all changing. As runway shows, celebrities and artists showcase the uniqueness of our spots, genetic researchers are digging deeply into their diverse origins. The result? Women of all complexions are losing the thick foundation and wearing their freckles with pride. And those not born with natural pigment are flexing serious make-up muscle to keep up. Join the club.





WHAT ARE FRECKLES, REALLY?

If you have ephelides, as they're known medically, you've got Mom and Dad to thank. Freckling is a recessive trait, so both parents have to be carriers and pass the tendency on for it to show up, says dermatologist Dr Amit Sharma, who researches dermatologic genetics. The so-called gene for freckling is actually a benign mutation of the MC1R gene, which regulates pigment.

While it's true that such a mutation in people of Celtic heritage causes the stereotypical dotdot-dots in fair redheads. variations of the MC1R gene lead to freckles in Chinese, Japanese, French, Mediterranean. Israeli and certain African ethnic groups as well, Sharma explains.

See Spot Develop

A baby with freckles? Cuteness overload! Except it's never happened. Moles and other birthmarks can be there from day one, but not freckles, says skin cancer surgeon Dr Dendy Engelman. Freckles appear and multiply - with exposure to light, usually making their debut around the time you're seven or eight. This is where the "freckles equals sun damage" myth comes in.

Yes, we said myth. On a cellular level, sun damage means messed-up DNA - the nitrogenous base pairs that make up each rung of the double helix's ladder don't match up properly, possibly leading to tumour growth and the breakdown of skinfirming collagen and elastin, savs dermatologist Dr Alicia Barba, Freckles, though, are "just your skin type," she says. "You can do everything perfectly and you're still

going to have freckles. If you're being sun-smart, you should never be told that your skin is damaged or feel ashamed that you didn't take care of it.

Use Protection

That said, if you have pale skin and freckles, vou're at a higher risk of developing skin cancer than someone of vour same skin tone without them. So stay vigilant - get checked twice yearly by a dermatologist and never skimp on protection. Use broad-spectrum UVA/UVB sunscreen with SPF 30 or higher on all exposed skin. all year round, says clinical professor of dermatology. Dr Francesca Fusco.

Aren't sure how to tell a freckle from a sunspot, aka lentigo? "Healthy freckles, with no underlying damage, should intensify when you're getting more rays and fade - even disappear - when you're in the sun less," Fusco says. "Sunspots, on the other hand, are going to be darker than your freckles and stay dark no matter how much exposure you get." Depending on where you live (or holiday), this ebb and flow of freckle hue will vary. Aside from colour, other signs a spot is a lentigo include size (a pencil's eraser instead of its lead point) and shape (it may have a more well-defined border than most freckles), Barba says.

If you do have a lentigo. don't freak - many are benian and mean nothing for your health. You can treat the discolouration with over-the-counter brightening ingredients (Fusco recommends kojic acid or liquorice root; try Dermalogica Multivitamin Power Recovery Masque. R840). If your doctor suspects the spot is a lentigo maligna, she will do a biopsy and treat if needed.



Melanin Masterpieces

Freckles are a thing of beauty - just ask London photographer Brock Elbank, who has photographed more than 113 freckled faces and plans to exhibit all 150 portraits in the series (many of which you can check out on his Instagram account, @mrelbank) this year.

Q: What inspired you to start the #Freckles series?

A: My soccer teammate's son Eddie, who was 10 at the time, had this incredible face full of freckles like I'd never seen before. I asked John. his father, if I could shoot a portrait and that was the start of it. I then became obsessed with the subject matter, searching out the most diverse mix to document.

Q: Why do you find freckles so arresting?

A: No two freckled faces are the same - even identical twins. They're also found in such diverse faces. Past subjects' backgrounds have been mixes of Scottish, Jamaican, English, Sierra Leonean, Chinese, Kuwaiti, Peruvian and West Indian nationalities, to name a few.

Q: How has the public responded, especially on social media?

A: Scores of people have contacted me to tell me of their struggles growing up with freckles and other pigmentation types. Feeling alienated, bullied, teased and even verbally and physically abused simply for their unique appearances. What they were teased for - standing out - is what draws me to a subject.

SPECKLE-FRIENDLY MAKE-UP

The tweaks you need to get flawless, but stay freckled

First Up: Foundation

If only there were a Tinder for foundation - it would make things so much easier! Throw freckles into the mix and meeting your base mate is even trickier. Let us offer some auidelines

The shade: Match the overall tone of your skin, not your spots. "I've had so many make-up artists try to apply foundation the colour of my freckles, not the surrounding skin, and it looks dark and mask-like," says Stephanie Vendetti. co-author of How To Be A Redhead.

The brush: Work your formula's applicator or a flat-top brush, such as a MAC 130SH Short Duo Fibre Brush (R550), in small, quick, circular motions for a thin layer that lets your freckles shine through, says make-up artist Jamie Greenberg, who plays up frecks on herself and client actress Rashida Jones.

The formula: Sticks and powders create an overly opaque finish. Go with a light-coverage liquid or cream, such as the sheer standouts on the right. (Or make any formula more sheer by mixing it with untinted lotion.)

For oily skin: Max Factor Ageless Elixir Miracle 2-in-1 Foundation + Serum (R255). The coverage is medium to full, however it allows skin to breathe because of its silky texture.

For normal skin:

Lancôme Teint Idole Ultra Cushion Foundation (R499) is a liquid buildable base that'll leave your skin hydrated and refreshed. With one gentle tap this clever compact releases enough product onto the cushion to give the entire face an airbrushed finish. The puff applicator provides even and buffered coverage that'll hide any redness and the scars of acne past, but not your freckles.

For dry skin: Estée Lauder Double Wear Nude Cushion Stick Radiant Makeup in Bronze (R525) dispenses a single drop of foundation onto a built-in buffing brush so you'll never OD on coverage again.



It's the colour cosmetic most likely to sit right on top of a swath of spots, so yeah, it's key. To flatter them, choose a cream or gel with a gauze-light finish in a hue that complements your skin tone.



Medium: Warm Peach Try Maybelline Master Blush in Peach Pop (R110)







Spot Me

The innocent-looking specks bring out all the feels. Here women give us the range of emotions



love mv freckles and can't imagine

myself without them."

I started getting freckles when I was about six years old. When I first started taking note of them I got really excited - at the time I thought they were just beauty spots. I remember my aunt would draw a beauty spot on top of her upper lip and I was always fascinated by it. So when I started getting dots all

over my face I thought, wow, I finally have beauty spots on my face like my aunt! I definitely think it's a trend. I've seen many people online with faux freckles. I know @nyanelebajoa, a wellknown influencer, is currently in love with the faux-freckles trend. As much as I can't imagine myself without a nose or eyes, I feel the same about my freckles. I hardly ever cover them up; my freckles are my foundation! Zoliswa Mbadu, Zolfreckles, 22, JHB



"I've grown to love mv freckles."

I've never hated them, I have just accepted that they are a part of me. I quess. My freckles started appearing at the age of 10, when I was in grade four. They just weren't "a thing" when I started getting them so I was always nonchalant about them. As a model, they definitely separate me from the bunch because I have these spots on my

face. I guess in the sense where a client is looking for someone different and unique, it does give me that advantage because I fall under that category. I have never tried to cover them, but with photo shoots make-up just sometimes does that. If I'm going out to an event I might do a full face beat, however, I don't wear heavy make-up often, so half the time you're able to see them. I guess they're "cool" to an extent to people without them. Sisi Shirilele,

frekface, 22, JHB ■

















Ahead of the Curve

Want to show off your figure? Choose an active-style bodycon dress - it's ultra feminine and ultraversatile, so it can be worn to after-work drinks or on a long flight (go for a creasefree fabric).

Dress R699, Mango; Superstar 80s sneakers with cork detail, R1 999, Adidas Originals; Vivofit 3, R1 799, Garmin



LUNCH With these easy, healthy recipes from Jessica Sepel's new book, Living The

Healthy Life, you can do it all - no need for your guests to bring a thing!

Photographs by Rob Palmer

Salmon and Quinoa Cakes WITH LEMON AND TAHINI YOGHURT

When I was growing up in South Africa, I became a little obsessed with a gorgeous patisserie that served the best salmon fish cakes. I've never forgotten them so of course I had to make a healthy version to satisfy the craving! These are so delicious for lunch or dinner and. as a bonus, they're gluten-free too.

















GRAPEFRUIT, **GINGER AND CHILLI VITAMIN** WATER

1 large grapefruit, halved and thinly sliced 1 tsp grated ginger 1 tsp chilli flakes, or to taste 1 tsp stevia granules 750ml filtered water or coconut water

1/ Place the ingredients in a large serving jug, along with the filtered water or coconut water, and stir well. Don't feel like you need to add everything - just use whatever you've got. For people on the move, you can add this combo to mason jars.

SALMON AND **QUINOA CAKES** WITH LEMON AND TAHINI YOGHURT

55g quinoa, rinsed 2 salmon fillets (180g each), skin and bones removed. roughly chopped 35g almond flour 2 spring onions, thinly sliced 1 egg, lightly beaten 1 tsp fennel seeds, crushed 1 garlic clove, crushed 1½ tbsp finely chopped dill ½ tsp chilli flakes (optional) Sea salt and ground pepper 1 thsp virgin organic coconut oil Lemon wedges Sliced baby fennel, sliced radish or rocket leaves

YOGHURT

Finely grated zest and juice of ½ lemon 75ml Greek-style yoghurt 1 tbsp tahini garlic clove, crushed 1½ tbsp finely chopped dill Sea salt and ground pepper

- 1/ Cook the guinoa according to the packet instructions until just tender. Drain and set aside to cool.
- 2/ Place the salmon, almond flour, spring onion, egg, fennel seeds, garlic, dill and chilli flakes in a food processor and process until just combined. Transfer to a bowl and stir in the quinoa. Season well.
- 3/ Melt the coconut oil in a non-stick frying pan over medium heat. Using damp hands, shape the mixture into 12 patties. Add to the pan and cook for 3 to 4 minutes per side or until golden and cooked through. Transfer to a tray lined with paper towel.
- 4/ Meanwhile, to make the yoghurt, combine all the ingredients in a bowl.
- 5/ Serve three fishcakes per person with the yoghurt, lemon wedges and your choice of fennel, radish or rocket (or all three!).

SERVES 4 Prep Time: 50 minutes, includina cookina

SHAVED **BRUSSELS** SPROUTS WITH **POMFGRANATE**

DRESSING 2 to 3 tbsp olive oil 2 tbsp tahini 1 tbsp raw honey 1 tbsp organic Dijon mustard 2 tsp lemon juice ½ tsp sea salt

SALAD

300g Brussels sprouts trimmed and shredded 340g frozen broad beans 125g hazelnuts or walnuts (or a mixture of both) Seeds from 1 pomegranate 40g goat's cheese, crumbled (optional) Mint sprigs, to garnish

- 1/ To make the dressing, whisk together all the ingredients in a small bowl.
- 2/ Steam the shredded sprouts for 7 to 10 minutes or until tender. Meanwhile. cook the broad beans in a saucepan of salted boiling water until tender, then drain and peel. Combine the sprouts and beans in a large bowl. Drizzle with the dressing and toss well to coat.
- 3/ Roast the nuts in a dry frying pan over medium heat until golden - watch them carefully as they burn easily. Set aside to cool, then add to the bowl along with the pomegranate and combine.
- 4/ Scatter over the goat's cheese (if using) and garnish with mint. It's ready to eat now, but it's also lovely if you let it sit for an hour or so before serving.

SERVES 2 AS A MAIN, 4 AS A SIDE Prep Time: 25 minutes, including cooking

BROCCOLI PIZZA

BASES Olive oil spray 1 large or 2 small heads broccoli, cut into florets ½ red onion, diced Sea salt and ground pepper 1ega 1egg white 2 tbsp olive oil 30g ground flaxseed 2 to 3 tbsp psyllium husk 1 garlic clove, crushed ½ tsp ground cumin

TOPPINGS

½ tsp mixed spice

Rosemary, sea salt and olive oil – like a focaccia Mozzarella, cherry-tomato halves and basil Parmesan, pesto, flaked almonds and rocket leaves (add the rocket after the pizza is cooked)

- 1/ Preheat the oven to 180°C. Line a baking tray with baking paper and spray with olive oil.
- 2/ Pulse the broccoli, onion and a good pinch of salt in a food processor until it resembles fine crumbs.
- 3/ Whisk the egg and egg white in a mixing bowl. Add the broccoli crumb, olive oil, flaxseed, psyllium husk, garlic and spices, season and mix well with a wooden spoon.
- 4/ Add the broccoli mixture to the tray, forming it into two mounds. Spread out into rounds and press down so that they are as thin as possible.
- 5/ Dab the rounds with paper towel to absorb any excess moisture. Spray lightly with olive oil and season with salt. Bake for 15 to 20 minutes or until firm and golden.
- 6/ Remove from the oven and top with your choice of toppings. Spray with olive oil, then return to the oven for 5 to 10 minutes or until warmed through and any cheese has melted.

SERVES 2 Prep Time: 45 minutes, including cooking

CRISPY HALLOUMI WITH **ASPARAGUS** AND HUMMUS

2 tbsp finely chopped thyme or roseman 250g halloumi, cut lengthways into 1cm-thick slices Sea salt 1 tbsp olive oil 1 garlic clove, crushed

ASPARAGUS 1 tbsp olive oil or virgin organic coconut oil 1 garlic clove, crushed 2 bunches asparagus, trimmed and cut into short lengths 1 tsp ground cumin 1 tsp mixed spice 2 to 3 tbsp goodquality hummus Juice of 1/2 lemon

- 1/ To make the crispy halloumi, sprinkle the herbs evenly over the halloumi and season with salt. Heat the olive oil in a frying pan over medium heat, add the garlic and cook until lightly golden. Take care not to let it burn otherwise it will be bitter. Add the halloumi and fry on both sides until golden and warmed through.
- 2/ Meanwhile, to make the asparagus, heat the oil in a frying pan over medium heat, add the garlic and cook until lightly golden. Add the asparagus, cumin, mixed spice and a pinch of salt and sauté until just cooked.
- 3/ To serve, spread the hummus over a platter. Top with the asparagus and then the halloumi, then finish with a squeeze of lemon juice and a final sprinkling of salt, if you like. Serve immediately.

SERVES 4 Prep Time: 25 minutes. including cooking



Recipes adapted from Living The Healthy Life by Jessica Sepel (published by Pan Macmillan), from R349. available wherever books are sold.

by Emma Anderson Twisted logic tells us that being slim will make us happy. But research says that it's more likely to be the other way

around: fix your mood and reach your ideal weight. Go on then, take charge of your food/ mood connection



Obsessing over the scale and food is super-fun... Not. But many women do it. Once we're slimmer, the reasoning goes, we'll be happier. We don't need to tell you that this isn't a smart way to think. In fact, research shows that dieting eats up valuable brain space, says Prof Eva Kemps, a behavioural psychologist. Her team ran a study comparing "normal eaters" (who didn't obsess about food), "restrained eaters" (who chronically watched what they ate), dieters and those with eating disorders. "The groups who had preoccupying thoughts about food had more difficulty with being able to remember and coordinate information."

"It seems that if your brain is busy processing thoughts about food and your weight then you don't have a lot of capacity left to deal with work or whatever you're supposed to be doing." Stressing over the kilojoule content of your avo wrap can have far worse consequences than a lacklustre brainstorming performance, though longterm it can spell bad news for your mental health. "People who are fixated on diet tend to have feelings of low selfesteem and depression," adds Kemps. "Research and clinical experience both show a strong link between depression. being overweight and eating disorders," says psychologist Julie Swinburne.

As to which comes first, well, it's your chicken-andegg scenario. "High stress and depression leave people unable to focus on basic self-care activities and therefore [they are] at risk of putting on weight," says Swinburne. "From the other direction, being overweight results in issues of low self-esteem and body dissatisfaction."

YOUR ANTI-COMFORT EATING PLAN

ONE DIY AVERSION THERAPY

Eat your go-to snack v-e-r-y slowly to register its taste. "One of my clients used to binge on doughnuts so I got her to bring one in and cut it up into small pieces and really leave it in her mouth," says psychologist Louise Sellenger, "She found it disgusting.'

TWO HAVE AN "IF... THEN" PLAN

"The trick is to have strategies prepared because when vou're depressed, lonely or stressed, it's too late and the automatic reaction is to go for food," says behavioural psychologist Prof Eva Kemps.

THREE TUNE IN TO YOUR OTHER SENSES

"Investigate what negative thoughts are causing the mood in the first place and distract yourself from an emotion if appropriate," says Sellenger. "Self-soothe without food by using one of the other five senses." Make a "happy playlist" or flick through your Europe Tour 2009 album...

Let's Get Physical

The link between serious blues and extra kilograms isn't just psychological - there's a strong physical element at work too, says Louise Sellenger, a clinical psychologist who treats people with eating disorders, depression and obesity in her practice. "Depression is a biochemical illness that affects all your biological functioning," she says. "When people are stressed – which can lead to a breakdown in the body that leads to depression - they go into the fight-or-flight mode with lots of adrenaline pumped into the system," she explains. "But our perception of threat now is whether my husband's being kind to me, whether my boss is being grumpy or whether that car sideswiped me - they're psychological stressors not physical ones, so we don't run the adrenaline off." To stop the fight-or-flight reaction your body releases cortisol, she says, and that makes you crave carbs. "You kind of run a marathon on the inside and after the stress is over you need

This mental marathon can also deplete a crucial brain chemical. "Depression causes a decrease in your serotonin functioning, which is responsible for your feel-good mood," says Sellenger. "That's the neurotransmitter we most often target when we're prescribing antidepressant drugs - if you've got enough of it, serotonin can help keep your appetite suppressed." People with low serotonin levels tend to have carb cravings (read: depression = eating more carbs), which cause the body to release serotonin, says Sellenger - and that has led to a promising new nutritional supplement. "There's a lot of research coming out on a product called 5-HTP (5-hydroxytryptophan), which is a way of treating depression other than antidepressants," says Sellenger. "From eating a piece of food to making serotonin, your body goes through about six steps. Step two is the B vitamins – they power up your system to make neurotransmitters... Step five is 5-HTP which is then converted by the body into serotonin."

Unlike antidepressants there are no adverse side effects with 5-HTP - and Sellenger is even surprised with how well this nutritional product works. "The good thing with this is that you can go on and off it on a daily basis, so some of my patients just take it on bad days," she says. "It's like processing a vitamin pill – it's metabolised in the day so it's in your system quickly." Don't get too excited though. It's not a miracle appetite-quasher. "You've got to be serotonin deficient for it to work," says Sellenger. But if you've been diagnosed with depression - or suspect you have it, it may be worth a try. "Some GPs are hesitant to recommend it as they don't know a lot about it, but you can also get it from clinical nutritionists or psychologists with an interest in complementary medicine," says Sellenger.

The Mental Connection

Since overeating and depression/stress are as tight as Jay Z and Beyoncé, aiming to lose weight when you're feeling low can be a sure-fire way to feel worse. "Trying to tackle one problem, such as being overweight, in isolation doesn't work, as a negative mood underlies problems like overeating and obesity," says Prof Lina Ricciardelli, a researcher in health psychology. "People use substances like food to improve mood and that can work in the short-term, but it leads to feeling even worse long-term and by that I mean the next day or even a few hours later." As everyone who's ever taken the stuffedcrust pizza and beer approach to a bad day can attest.

Don't beat yourself up. Turning to food for comfort is common and you don't have to have a diagnosed mental-health condition to succumb. "There are many reasons for eating, other than physiological hunger, and most of them relate to attempts to deal with negative feelings," says Swinburne. "This is unsurprising – our first post-birth experience is the comforting sensation of warm milk flowing into our stomachs. Most people, at some level, forever after seek this comfort when confronted with difficult

circumstances." On the flip side are those magical times we feel content, fulfilled and less stressed, making healthy choices seem easier. But life does not run smoothly, so waiting around for these happy periods to pop up isn't wise. Instead, switch your focus from trying to lose weight to doing things that'll make you feel far better than any diet can – by lifting your mood they may work better than any diet too, albeit in a roundabout way. Here's how to do that.

Go Easy On Yourself

"Eating disorders are low self-esteem expressed in the body," says Sellenger. "When we don't have a low mood to contend with it's easier to adopt new healthy behaviours, but if you're dealing with low self-esteem it's very hard to have a goal." To get to the bottom of why you're not loving yourself silly, she suggests you stop and ask a few questions. "How did you get depressed? How did you get overweight? What are you telling yourself about yourself? People with low self-esteem think they've got to get rid of the negative stuff about themselves and they won't be okay until they do," she says. "Instead, work on self-acceptance by seeing yourself as a whole person with positive, negative and neutral aspects. You'll see you don't have to change or get rid of the negative aspects - they're just a part of you." Best advice we've heard all day.

Put Stress Relief First

"Stress is a major risk factor for both depression and being overweight," says Swinburne. "Managing stress levels then becomes the most important protective factor contributing towards successful weight management."

A good start is to learn to "mood surf", says Sellenger. "It's people's fear of feelings

that makes them do destructive things like stuffing themselves with food or alcohol," she says. Solution: just ride the wave, man. You don't have to react to every hint of emotion you feel. "Feelings usually burn themselves out within 30 minutes, so learning to observe them objectively really helps."

You know the next step: find something that de-stresses you and make it as important in your life as your work deadlines or dentist appointments. A quick office poll of what the WH team do for chill kicks turned up some ideas: "a brutal ashtanga yoga class", "spending an hour giving myself a mani-pedi", "escaping to the movies", "sitting on the grass in the sun, people watching", "reading in my favourite bookshop on a Sunday afternoon".

Think Nutrition, Not kJs

Not thinking about food as a way to eat less is a lovely idea, but ordering yourself not to think about food is like telling someone not to think of, say, Donald Trump in a tutu juggling flaming grapefruits: it guarantees that's all you can think about. "You can't take food out of the equation altogether," says Prof Kemps. "What we suggest to people is not to focus on every little detail of what you eat. It's much better to make small changes to your diet gradually." Start with having wholegrain carbs for brekkie and protein every day. Once you've made that a habit, move on to something else, like curtailing a cooldrink habit. And all our experts agree that brownies or sour cream or whatever floats your tonsils should never be banned. "You need to be able to live with your treat foods and have bits of them so you don't crave them," says Sellenger. "Eat small amounts of your treat food, then the rest of your eating is for nutrition." Well said.

GET HELP IF YOU NEED IT

We all pig out every now and then. But how do you know if gorging on bowls of Smarties 'til you feel a bit sick has become a problem? "The clinical definition of binge eating is consuming large amounts of food (typically twice the kilojoules you'd normally have in a day) once or twice a week over a period of three months," says Dr Ricciardelli. "If you're only doing it once in a blue moon that's just stuffing yourself." If you suspect depression or anxiety may be behind overeating, your GP will be able to diagnose you or you can head to Eat-26.com for an online test. It's well worth it. Put simply. "Until basic mental-health issues such as anxiety, depression, anger and frustration are addressed, it's rare to make significant progress in any area of life, be it personal, interpersonal, educational or career," says Swinburne. But when vou feel better about vourself. you'll have a far better chance of losing weight - probably without even noticing. Now that's something to smile about.

CHOCOLATE-FREE MOOD BOOSTERS

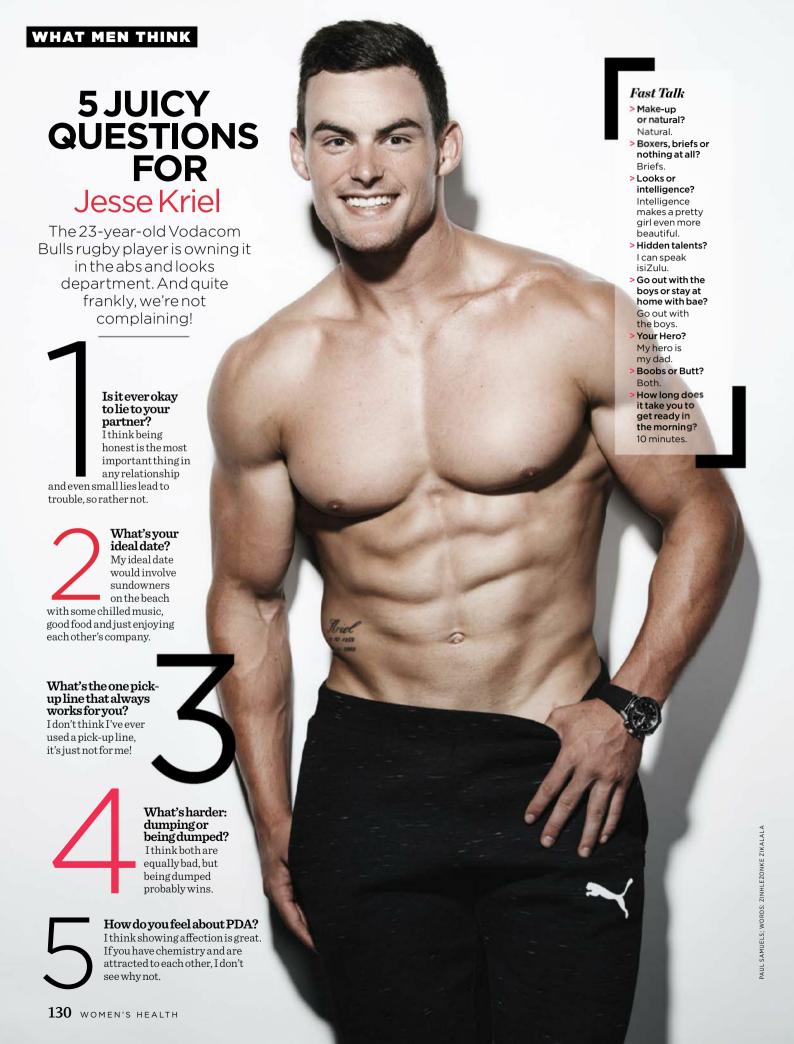
Play to your strengths

It really does work. Dr Martin Seligman, the father of positive psychology, recommends identifying what you do well, then doing more of it as a way to feel better about vourself. Make a DIY list of your own unique abilities. Maybe you're good at tucking in strangers' clothing tags in a subtle way or have a knack for identifying where you've seen that actor in an indie film before. Spend 15 minutes writing them down, then bask in your own weird glory.

Try A Little Role Play

Psychological research has found that the more roles you fill, the more sources of self-esteem you have. But it needn't be time-consuming. If doing a mentoring program or volunteering aren't options, take being a friend/sister/ daughter more seriously and focus on the impact you're having on those around you chances are it's more significant than you give yourself credit for. "Find things you're good at. Working on hobbies and interests and developing those more is another way to feel more confident and positive," says Prof Lina Ricciardelli.







REAL WOMEN. REAL RESULTS.

JOIN SA's FAVOURITE OUTDOOR MOTIVATIONAL FITNESS PROGRAMME FOR WOMEN!

- · 4-Week outdoor exercise programme
- · Choose from over 50+ locations nationwide
- No monotonous routine or sweaty gym equipment
- Like-minded women striving to achieve a healthier lifestyle
- · Qualified trainers who are fun and energetic

SIGN UP www.AdventureBootCamp.co.za

