

7 ATHLEISURE TRENDS YOU NEED NOW

# Women's Health

## A FLAT BELLY IN 14 DAYS

Our Easiest Food + Fitness Plan, Ever!

Jess Gomes  
Happy  
Confident  
In Control

The  
**50**  
Best  
Beauty  
Tips Of  
All Time

Nutrition  
Special

- SUPERFOODS
- SMOOTHIES
- DESSERT!

Hello Dream Job!  
**ROCK YOUR  
CAREER  
THIS YEAR**

**CRUSH  
CRAVINGS,  
LOSE  
WEIGHT**  
p37

**Strong  
AND  
Sexy**

**MORE ENERGY. LESS STRESS. FAST!**

MAGZ\_WH\_0317



Cara Delevingne,  
Activist, actress & fashion model



THE  
ONLY  
WAY TO  
BE YOU  
IS TO  
DO YOU





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FANCY  
A DIP?

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SHOP THESE  
HOT NEW STYLE  
TRENDS, TODAY!

PHOTOGRAPHY: STEVEN CHEE, MICHAEL HART, AGATA PEC  
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ON THE  
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2017  
March

# ED'S NOTE

## WHAT'S ON MY MIND

# BRING IT ON 2017!

New year. New beginnings. While for many of us January is a blur of sun, sand and – if you're lucky – holidays (hello, South Coast!), February is where the year gets real. The big question: what's at the top of your to-do list for 2017? Whether you want to get fitter, feel healthier, travel, create better work-life balance or even make a major career U-turn, wellness experts agree: the recipe for instant satisfaction is when the way you spend your time closely matches what feeds your soul. Case in point? A very wise Insta tile once said: Make a list of the things that make you happy. Make a list of things you do every day. Compare the lists, then adjust accordingly. Pretty smart advice if you ask me. And, the main reason I couldn't be more psyched to have joined the incredible *Women's Health* team!

Looking for other exciting ways to kick-start your happiest, healthiest year yet? You'll find it inside this issue. Keen to banish the holiday bloat? We've got you covered. Eat well all month long with deliciously clean recipes your body will love. Everything from superfood-packed lunches to healthy dips and even



guilt-free desserts. Dark chocolate bark anyone (p134)? Want to score a hot core? Then kick your usual workout up a notch with one of the fastest, easiest flat-belly plans we've ever published (p120). Boost your nutrition IQ with our special report, *Salt: A love/hate story* (p102). Trust me, you'll be very surprised! Make your dream job a reality, stat, with *60 Career Tricks* that guarantee max results (p108). Lastly, get ready to be seriously inspired by our interview with one of the nicest, savviest gals in the game: Jessica Gomes (p114). Yep, 2017 is set to be epic. Ready for it?

*JACQUI X.*

Jacqui Mooney **Editor**  
Follow me @JacquiMooney



#fitnessgearfriday  
Just another day  
in the WH office

## 6 RANDOM THINGS I'M LOVING RIGHT NOW

- 1** Hot yoga. Just a few classes in and I'm hooked.
- 2** DIY raw desserts. Most specifically, raw caramel slice. Moreish.
- 3** Variety! My 2017 fitness mantra, from Nightclub Spin to Xtend Suspend.
- 4** Overnight oats. The busy woman's best friend. Just add berries.
- 5** White tennis shoes. With everything!
- 6** Greens. Make them at least half of your plate at every meal.



We want you! It's on again. And trust us, you don't want to miss it. *Women's Health* and PUMA are searching for our *Next Fitness Star*. Think you've got what it takes? Turn to p64 for details on how to enter.



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# WinS

**WOMEN IN SPORT**

PROUDLY BROUGHT TO YOU IN ASSOCIATION WITH

**triation**  
by Triumph

► TURN TO PAGE 42 AND MEET  
THE NEWEST AFL SUPERSTARS





welcome to

# SEAFOLLY

HIGH SUMMER 2017

WHITSUNDAYS

SEAFOLLY.COM.AU

# ASK US SERIOUSLY, ANYTHING AT ALL...

## ANYTHING



### THREE WAYS TO

instantly make your guy's day

*MEN'S HEALTH* EDITOR LUKE BENEDICTUS

#### 1 Wear nice underwear

Just because...

#### 2

#### Have happy hour at home

He returns from work to a DIY aperitif. What's not to like?

#### 3 Buy a pair of tickets

It could be for sport, cinema, theatre or a gig. Take the lead on date night for once.




I THINK A FRIEND HAS AN EATING DISORDER. HOW DO I BRING IT UP WITH HER?

● Nina via email

**ANSWER** Try broaching the conversation in terms of stress or anxiety, rather than focusing on eating, for example: "It seems like all the stress you've been under lately at uni has been taking a toll on you, and you're not looking after yourself as well as you usually do. Do you think it might help to get some extra support? My friend X saw a therapist who she really liked?" Try linking help-seeking with a value you know is important to your friend: "I know it's very important to you to feel unrestricted. It seems like stressing about kilojoules has been getting in the way of that lately. Maybe a therapist could help you figure things out so you feel more freedom around food stuff?"

DR ALICE BOYES





# I have weak wrists and find push-ups and the downward dog SO hard. How can I work around this?

● Hannah, via Facebook

COME ON  
STRONG

**ANSWER** First, you should see a physiotherapist to rule out any underlying conditions such as carpal tunnel syndrome or even tendonitis. Then you can modify: so instead of push-ups, choose to do incline push-ups with your hands on a bench or wall as this will help to decrease the weight going through the joint. For yoga, you can try wearing wrist wraps or taping the wrist to stabilise the joint. Talk to the yoga instructor before class so they can provide you with alternative poses that won't aggravate the issue.

BROOKE BEVAN

# ASK US ANYTHING

OUR FEATURED EXPERTS THIS MONTH ARE...

EMOTIONS  
DR ALICE  
BOYES

FITNESS  
BROOKE  
BEVAN



## OUR EXPERTS

### HEALTH

**DR GINNI MANSBERG**  
T: @DR\_GINNI  
Sunrise's resident GP has a busy practice and has written four health books.

### INTEGRATIVE MEDICINE

**DR KAREN COATES**  
DRKAREN.COM.AU  
This women's health doctor blends mainstream and alternative medicine.

### FITNESS

**MICHELLE BRIDGES**  
T+IG: @MISHBRIDGES  
The *Biggest Loser* trainer runs the 12 Week Body Transformation program.

### EXERCISE REHABILITATION

**AMANDA BISK**  
IG: @AMANDABISK  
The former Australian pole vaulter is an elite athletics coach, exercise physiologist and yoga instructor.

### STRENGTH & CONDITIONING

**CAMERON BYRNES**  
IG: @CAMERON  
BYRNESPT  
This celebrity trainer is one of Australia's leading PTs.

### YOGA

**CLAIRE NETTLEY**  
T: @CLAIRENETTLEY  
Our yoga teacher is the president of Yoga Australia.

### PSYCHOLOGY

**DR PAULA WATKINS**  
IG: @DOCTOR.PAULA  
The clinical psychologist and mindfulness expert also holds regular meditation workshops.

### EMOTIONS

**DR ALICE BOYES**  
T: @DRALICEBOYES  
This psychology expert released her first book, *The Anxiety Toolkit*, in 2015.

### SEX & RELATIONSHIPS

**CHRISTINA SPACCAVENTO**  
T: @TALKTOCHRISTINA  
The Sydney-based therapist counsels couples and individuals.

### SEXUAL HEALTH

**DR DEBORAH BATESON**  
T: @DRDEBBATESON  
This reproductive health expert has 15+ years of family planning experience.

### NUTRITION

**KRISTEN BECK**  
IG: @KRISTENBECK  
NUTRITION  
The Sydney-based nutritionist is the director of Beck Health & Nutrition.

### FOOD

**BRIDGET DAVIS**  
T: @BRIDGET\_COOKS  
She has 20 years of commercial kitchen experience, but we know her best as The Internet Chef.

### WEIGHT LOSS

**TARA DIVERSI**  
T: @TARADIVERSI  
Our dietitian is an Assistant Professor at Bond University.

### MONEY

**SARAH RIEGELHUTH**  
T: @SARAHRIEGELHUTH  
This financial expert is co-founder of the advisory firm Wealth Enhancers.

### BEAUTY

**DR ELIZABETH DAWES-HIGGS**  
T: @OZDERMATOLOGIST  
Our dermatologist currently runs a private practice in Sydney.

### MOTORING

**STEPHEN CORBY**  
IG: @STEPHENCORBY  
This former *TopGear Australia* and *Wheels* Mag editor tests out cool cars in Europe.

DO YOU HAVE A QUESTION?  
FOR OUR EXPERTS? SEND THEM TO  
WOMENSHEALTH@PACIFICMAGS.COM.AU

HOW DO I  
KNOW WHEN I'M  
READY TO MOVE  
UP A WEIGHT  
ON MACHINES  
AT THE GYM?

● Caitlin, via Facebook

**ANSWER** Knowing when you've gained strength is probably that moment when you start feeling a bit bored with your workout. Each time you lift, gauge how much effort it requires to execute it, using a scale of one to 10. If it requires a five or less, increase the weight by 10 per cent. Your workout should be challenging and, if it's starting to feel easy, then you know it's time to raise the bar.

CAMERON BYRNES

HOW DO I GET OUT OF THE 'LIVING  
PAYDAY TO PAYDAY' CYCLE?

● Mel via email

**ANSWER** Half of us do this, waiting until we get a promotion or pay rise to get ahead. The reality is you need to take action immediately, irrespective of what you currently earn. Begin with 'paying yourself first', putting away a little (even just \$10 or \$20 a week to start) into a separate savings account before any of your bills come out or you start spending on the regular items. *Do not touch this money!* Allow it to build up over time, while you meet your other financial commitments: mortgage, rent, bills, etc. Then you need to completely stop using your credit cards, and start paying them off.

SARAH RIEGELHUTH



\*EXPERTS AREN'T ABLE TO ANSWER QUESTIONS PERSONALLY. NOT ALL QUESTIONS WILL BE SELECTED FOR PRINT. ANSWERS ARE GENERAL IN NATURE AND ARE NOT A SUBSTITUTE FOR MEDICAL ADVICE. CONSULT YOUR GP OR HEALTH PROFESSIONAL IF YOU HAVE ANY SPECIFIC CONCERNS.



STRENGTH AND  
CONDITIONING EXPERT  
**CAMERON  
BYRNES**



MONEY  
**SARAH  
RIEGELHUTH**

DIETITIAN  
**TARA  
DIVERSI**



INTEGRATIVE MEDICINE  
**DR KAREN  
COATES**



**The  
bread  
basket  
- agh!  
I eat out  
a lot and  
it's my  
downfall.  
Help.**

● Angela, via email

**ANSWER** Research from the Cornell University Food and Brand Lab has consistently shown that if there's a food in sight, it's more likely to be eaten, or overeaten. When you're out, ask for no bread, or place it at the end of the table away from you. At home, keep bread in the freezer – it loses its more-ish quality when you have to defrost it. **TARA DIVERSI**

# THE SOAPBOX

## Should GPs be prescribing other forms of contraception?

**SCARY RESEARCH ALERT: A STUDY OF ONE MILLION WOMEN (AGE 15–34) BY THE UNIVERSITY OF COPENHAGEN FOUND THAT WOMEN TAKING ORAL CONTRACEPTIVES WERE MORE LIKELY TO BE DIAGNOSED WITH DEPRESSION AND WERE 23 PER CENT MORE LIKELY TO BE PRESCRIBED ANTIDEPRESSANTS. YET, MORE THAN 44 PER CENT OF AUSTRALIAN WOMEN TAKE THE PILL. SO SHOULD DOCTORS STOP USING IT AS THE GO-TO CONTRACEPTION? NOT NECESSARILY, SAYS GP, INTEGRATIVE MEDICINE DOCTOR AND WH EXPERT DR KAREN COATES. HERE'S WHY...**

Bad moods have been a listed side effect of the pill for decades, but this study has flown under the radar of many GPs. Most women who take the pill are savvy about possible side effects of deep vein thrombosis and migraines, but we need to talk about the depression link more. Mood changes with the pill can occur gradually, even years after the first script. Partners, friends or family members may be the first to notice a change in mood. One good insurance policy for first-time pill takers is to discuss side effects with partners or friends who can be alerted to changes in behaviour and symptoms of depression if they occur.

Acceptance of contraceptive choices like the Mirena IUD and Implanon rod has been slow in Australia. As they both involve minor surgical procedures to insert, they can be a turn-off for some women. Recent changes in recommendations for the IUD as a good choice for single young women has been slow to reach GPs, but it's certainly something you can ask to try if the pill is affecting your mood. For many women, the convenience and reliability of the pill outweighs the potential risks, and doctors know this. Bottom line: deciding on the right contraception is a health investment and needs a conversation with your GP.



Australian Women's Health EXCLUSIVE EVENT

# FIT NIGHT OUT

Join *Women's Health*  
for a girls' night with punch!  
Literally. At this ultimate workout  
event you can road test the hottest  
new fitness classes, sweat with  
leading trainers, fuel up on healthy  
food, check out the latest fitspo  
trends and more. Don't miss it!

Friday  
21st April  
Sydney

#FNO

For details go to...

womenshealth.com.au



# { discuss !

juicy news. shareable stats. convo starters



## CLUB MED

This just in: eating a diet high in veggies, beans, fruits, olive oil, fish and whole grains – AKA the Mediterranean diet – may be good for your brain as well as your bod. We know from research it slashed heart disease and stroke risk, now a study from the University of Edinburgh has revealed the more closely people adhered to a Med-style diet over the years, the less their brains had shrunk, which is associated with better memory. Pass the olives.

# {fitness} discuss



9 TO 11

THE NUMBER OF HOURS THE AVERAGE ADULT IN THE WESTERN WORLD SPENDS SITTING EACH DAY.

Source: Norwegian University of Science and Technology (NTNU)



## SAY YES TO THE PRESS (UP)

Even the fittest among us have moments when the last thing they want is to exercise. But new research shows those precise times offer unique perks. Three surprising occasions to get moving:



### 1 AFTER A HAIR-PULLING DAY AT WORK

Exercising for 15 minutes post-stressful workday may help you eat 418 fewer kilojoules than if you were to veg out, according to a study by the University of Alabama. The authors think the sweat session could help to distract you and nudge you to make healthier choices. Love it!

2



### DURING A LAZY WEEKEND

Just a small effort to help shred fat. Research from the University of South Carolina in Columbia found doing 20 minutes of activity instead of couch time on weekends leads to around a one-kilo or 1.6 per cent loss of body fat over a year. The researchers say we consume more kJs on the weekend, which exercise helps to offset, and even minor movement provides some kJ-burn.

3



### DURING A FEW NIGHTS OF DRINKING

Moderate drinkers who are getting in their 150 minutes of weekly exercise could reduce their risk of death by cancer over those who don't work out, found a study published in the *British Journal of Sports Medicine*. Working out can repair physical damage in the long term. Short term, it'll get your endorphins pumpin', kicking that grogginess to the kerb.

## TRACK THIS

A recent study found fitness trackers may overestimate energy burn by up to 28 per cent. Should you chuck yours out? Not necessarily. A University of Washington study found half of Fitbit users felt guilty after they stopped tracking their workouts, and most wanted to get back to it. So they can be a legit motivational tool. Let's get tracking!

WORDS: TARA ALI. PHOTOGRAPHY: GETTY IMAGES





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**LIGHT**



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# {weight loss discuss!}

**NOM!**  
**NOM!**  
**NOM!**

Finally, here's a scientific explanation for why you ask for the dessert menu despite being full.

A *Nutrition and Diabetes* study found mice fed too many high-kJ foods didn't produce any uroguanylin – a hormone that tells your brain you've had enough. To combat this, imagine eating steamed veg. Sound good? Then you're still hungry. Keen on cheesecake? You're seeking pleasure, says psychologist Dr Jean Kristeller. In this case, order dessert – but maybe split it.

## POP QUIZ!

### HOW OFTEN SHOULD YOU WEIGH YOURSELF TO LOSE THE MOST KILOS?

- |                       |              |          |          |
|-----------------------|--------------|----------|----------|
| <b>A</b>              | <b>B</b>     | <b>C</b> | <b>D</b> |
| WHEN YOU FEEL LIKE IT | TWICE A WEEK | DAILY    | MONTHLY  |

#### ANSWER C

Conventional wisdom says standing on the scales too often can negatively affect your weight-loss efforts (because of fluctuations and plateaus). But a new study, published in the journal *Nature*, says it ain't so. It found that of a group of (mostly) women trying to shed kilos, those who jumped on the scales more often (5–6 days a week), consistently lost, and kept off, the most weight. The longer the intervals between weigh-ins, the greater the weight gain, and breaks of more than a month saw kilos creep back. The lesson? Don't obsess, but keep close tabs on your progress to keep you motivated and accountable, either way the numbers go.

RUFFLE SOME FEATHERS



## Weird Weight Gadget

**HAPIfork (US\$99, plus shipping, hapi.com)** Lights and vibrations warn you that you're chewing too fast, but "the bigger cause of weight gain is what you're eating," says Ferraro. If you're still worried about speed, then put your (normal) fork down between bites.



# { beauty } DISCUSS !

## ORANGE IS THE NEW BLACK

Keen to brighten your complexion? Turn to vitamin C. An Oregon State University study found it helps prevent and treat UV-induced damage. In addition, this powerful antioxidant fights free radicals and pollution, which damage the skin and speed up the ageing process. Dose up on these buys:



EmerginC  
Vitamin  
C Serum,  
\$108

Ultracuticals  
Ultra C23+ Firming  
Concentrate, \$138

Ocimum  
Luminosity  
Vitamin C  
Serum, \$90

Vanessa Megan  
Two Phase  
Vitamin C  
Brightening  
System, \$124.95

## Glisten up!

For better skin: get your sweat on. A study published in the *Journal of Cosmetic and Laser Therapy* shows a reduction in wrinkles and crow's feet, improved elasticity and clarity plus smoother, firmer skin after 12 weeks of infrared therapy. For an at-home sweat sesh, we love SunDynamica Portable Sauna, \$1195.

**TRY**  
Veet Sensitive  
Precision Beauty  
Styler, \$49.99, for  
pain-free touch-ups.



WORDS: ASHLEIGH  
AUSTIN. PHOTOGRAPHY:  
TULIA CORBACHENKO/  
THE NEW YORK TIMES  
SNAPPER MEDIA; GEORGINA EGAN

# BUSHRANGER

Despite the bush being back in vogue, a recent survey published in *JAMA Dermatology* revealed that 84 per cent of us are still doing some form of gardening 'down there'. Yep, 59 per cent do it to feel cleaner, while 32 per cent think it makes their lady bits more attractive.





SunRice is a leading brand of rice in the world, with a rich history of providing high-quality rice to consumers. Our commitment to excellence is reflected in our selection of premium rice varieties, including SuperBrown, which is a source of whole grain, fibre, and protein.

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## GIVE YOURSELF A GIFT: DROP YOUR BP

A healthy investment – research from the University of British Columbia found people who spent around \$50 on someone else, instead of themselves, had lower blood pressure than those who only shopped for themselves. Warm a heart (and save yours) with these gift ideas...

### Affordable art

Got a sibling who's just moved out of home? Type 'geometric prints under \$50' into the search engine of [hardtofind.com.au](http://hardtofind.com.au) and get 'em some cool wall candy – from flamingoes to Frida Kahlo. Prices start at \$20.

### Little flowers

These sweet posies are same-day delivered (provided you order before 2pm weekdays), using blooms from more than 400 florists around Oz, and actually look in real life like they do online. From \$30, [easyflowers.com.au](http://easyflowers.com.au)

### Vegan make-up

Got a friend who's meat and cruelty-free? Gift her some vegan make-up from Inika. It's luxury, so no dodgy homemade packaging and their lipsticks and lip glazes are around the \$35 price tag. [Biome.com.au](http://Biome.com.au)



## Soothing swaps

Sensitive to FODMAPs? Try these alternatives from dietitian Kate Scarlata to subdue your stomach...

- BLACKBERRIES
- STRAWBERRIES



Blackberries contain polyols, which are incompletely absorbed by your gut. Strawberries are low in polyols, so you'll get that tart berry bliss (and a dose of vitamin C) without the sickening symptoms. Easy!

- CASHEWS
- PECANS



Cashews contain galacto-oligosaccharides, which our bodies don't have the enzymes to easily break down. Pecans lack the problematic carb so you won't pay the price for your nut fix.

- WHEAT CRACKERS
- RICE CRACKERS



The main issue with these crispy morsels? The fructans in wheat aren't readily digested by the body. Rice crackers, by comparison, are naturally fructan-free – meaning you'll also be fart-free. Now that's a major bonus!

## WHAT'S THE DIFF? Ghee VS Butter

O M ghee: Butter eaters aren't necessarily more prone to heart disease, says a recent study, published in the journal *PLOS One*. But what's up with ghee, the clarified (purified) version you keep seeing on food blogs? Dietitian Isabel Smith clears things up.

### TWEET THIS

AUSTRALIANS SEARCH THE WORD "VEGAN" MORE THAN ANY OTHER ONLINE POPULATION, SAYS RESEARCH BY GOOGLE TRENDS.

#### DIGESTION

**BUTTER** Contains cow-dirty-bull-poo-burp that some people can't tolerate. It's also harder to digest than ghee.

**GHEE** Heat removes most of the solids and lactose, making it easier to digest.

#### COOKING

**BUTTER** That classic taste can't be beaten, but it can't handle high heat either.

**GHEE** The solid bit of butter remains is better for frying, and being stable to smoke-point it's better for searing steaks. It's also more stable when you're cooking at a low heat.

#### NUTRITION

**BUTTER** Has vitamins A and D, and packs 100 calories per tablespoon.

**GHEE** Contains C, E and 120-150 calories per tablespoon. It also contains conjugated linoleic acid, which may help to protect against obesity and blood clots.

## PRECIOUS METALS

Heirloom cookware, it's as sentimental as your Aunt Rhonda's pearls but far more practical to pass down through the fam. Here's US chef Carla Hall's guide to what to invest in and how to preserve it.

### Copper mixing bowl

It's pretty and as sturdy as stainless steel. And to all the bakers out there: it helps you whip the fluffiest egg whites (copper interacts with the white's protein to form all those gorgeous peaks). With proper care it'll feed your great-grandchildren.

**Make it last:** Handwash with warm, soapy water and dry with a soft cloth. To make it really gleam, rub with half a lemon sprinkled with sea salt.

### Japanese chef's knife

The Japanese know knives and a high-quality steel version will probably outlive you. Really.

**Make it last:** Sharpen every six months with a sharpening stone (electric ones remove too much steel, shortening the blade's life).

### Cast-iron frying pan

This baby will last a century. At least. Not a speck of food will stick and once the pan reaches a high temp, it stays there: ideal for stir-fries and steak.

**Make it last:** No soap! After each use, wipe it with a dry rag. Then rub with a light coat of oil to preserve its slick surface.





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Laura Dundovic

TV Presenter, Model  
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\* Tested under Dermatological skin specialist control – 30 women after 7 days of application of product. Laboratory measured Miravex Antera 3D 2016. Centrum Kosmetykow, Dr Koziej.

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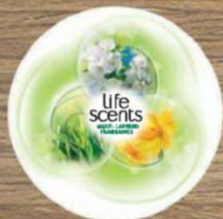
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# Best Body

Health and fitness inspo to feel amazing all over



END-OF-SUMMER  
CHECK-UP *EC L*

**Freckles are cute AF (and harmless).**

**Melanomas are not. Learn how to detect and protect your skin and eyes**

# THE SUN YOUR SKIN

What's your skin cancer IQ? Answering our seven burning questions might save your life

Annoyed that in 2017 a magazine is still telling you to apply SPF? We'll quit when the stats are less grim. Skin cancer still accounts for about 80 per cent of all cancers diagnosed every year in Oz, with an estimated 13,283 new cases of melanoma diagnosed in 2016. Excluding non-melanoma skin cancer, the deadliest form, melanoma, is the most common cancer in Australians aged 15-44 years, and approximately two thirds of us will be diagnosed with skin cancer by the time we're 70. That stat is unacceptable. Now that we've slapped you with bad news, how about we apply some good? Like all the ways you can fight back – from smart tech to sunscreen tweaks. Take this quiz and up your game before you step into the sun.

**1 True or false: the higher the SPF, the better it is.**

- ☐ A True  
☒ B False

**2 SPF protects against which kind of rays?**

- ☒ A UVA  
☒ B UVB  
☐ C Both UVA and UVB

**3 Melanoma may be especially dangerous for \_\_\_\_\_ women.**

- ☒ A Vegan  
☒ B Pregnant

**4 True or false: 80 per cent of sun damage in your lifetime happens before age 20.**

- ☒ A True  
☒ B False

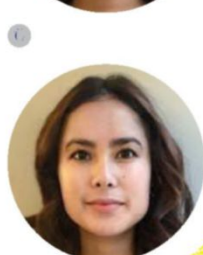
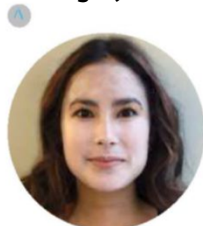
**5 The number of moles on your \_\_\_\_\_ can predict your cancer risk.**

- ☒ A Arm  
☒ B Face  
☐ C Back

**6 True or false: my SPF lip product is sufficient sunscreen.**

- ☒ A True  
☒ B False

**7 Which photo shows how much sunscreen you should use on your face (before rubbing in)?**



Download the SunSmart UV app, which is updated daily by the Bureau of Meteorology (weather nerd alert!). Because UV radiation can be high on overcast, cool days in Oz as well as sunny days, this app alerts you when the level is above three and you need to up the sun protection.

## SO... HOW'D YOU DO?

**1 TRUE** However, the difference is minor. SPF 15, 30 and 50 block 93, 97 and 98 per cent of rays, respectively. Choose an SPF of 30+, and reapply every two hours, as well as after swimming and exercise; if you don't apply sunscreen correctly, it won't be as effective against sunburn.

**2 B** SPF helps block only sunburn-causing UVB rays. To fend off skin-ageing UVA and further protect against skin cancer, you will need a broad-spectrum sunscreen.

**3 B** A small study in the *Journal of the American Academy of Dermatology*





SHADY LADY

showed pregnant women and new mums are five times more likely to die of malignant melanoma than non-pregnant women under 50. Don't panic – it's a preliminary study, but if you're expecting you should be doubly sure to get an annual skin check by your GP, and do a monthly self-exam. Also, use sunscreen with zinc oxide or titanium dioxide, which will be kinder to sensitive skin.

**4 FALSE** About 33 per cent of lifetime melanoma risk sun exposure occurs in childhood and adolescence. It's estimated that 50 per cent of total UV exposure up to age 60 occurs before age 20. Even so, no slacking off, even when you retire to The Goldie.

**5 ARM** According to research published in the *British Journal of Dermatology*, having more than 11 moles on your

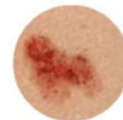
right arm is a sign that you have 100 moles or more on your body. Key info, since the higher your total mole count, the higher your melanoma risk.

**6 DEPENDS** Gloss (even if it has SPF) can draw UV rays to your mouth. Opaque lipsticks containing titanium dioxide have more built-in protection. Instead, choose a lip balm with a broad-spectrum SPF of at least 30 (rare, so check the label). Our fave: Aesop Protective Lip Balm SPF 30<sup>+</sup> (\$19, aesop.com.au).

**7 B** Experts recommend a half-teaspoon size dollop for your mug – and it looks like a lot more than you'd think, right? (There's a reason why derms tell you to slather yourself with the stuff.) Skimp and you won't get the full SPF protection. So be generous, and then rub in well until it's all absorbed. ►

## SKIN CANCER 101

*It doesn't immediately mean the worst. Here, skin cancer treatments, explained\**



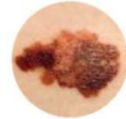
### BASAL CELL CARCINOMA

The most common form of skin cancer – BCC can show up as a pearly lump, a scaly, dry area that is shiny and pale or bright pink; sometimes a sore that doesn't heal, or a spot that bleeds easily, though often there aren't any symptoms. While it rarely spreads, BCC can be fatal if left untreated.

#### Treatment

Surgery is most common, but early BCCs may be frozen, scraped or treated with a topical cream.

of spreading into lymph nodes and other organs. Usually removed by surgical incision and tested; advanced SCC is usually treated with chemotherapy.



### MELANOMA

The fourth most common cancer diagnosed in Oz, it's behind the majority of skin-cancer deaths. Caused chiefly by UV exposure, most look like moles, though often have irregular edges or change in size, shape and colour over time.

#### Treatment

Early detection is the best weapon. Know your body, take photos of areas you can't see and get checked by your GP. Treatment depends on level and thickness of melanoma. Level 1 melanomas will be removed for biopsy. Level 2 may have the closest lymph node also taken for biopsy. Level 3–5 or thicker than 1mm patients will be under the care of an oncologist.



### SQUAMOUS CELL CARCINOMA

A growth of abnormal cells mainly caused by cumulative UV exposure, these cancers can appear as scaly red patches, rapidly growing lumps, or warts that can crust and bleed.

#### Treatment

Though common, these are treated more seriously due to a small risk

PART TWO

# THE SUN YOU EYES

Nobody wants to think about sunburn on their peepers, but it happens. Here's how to shield your sight from the harsh glare of that fireball in the sky

By Jamie Hergenrader

Hands. Feet. Back of the ears. Yes, you have these high-risk burn sites covered. Even if you have a Masters in sunscreen, you're still missing a critical spot. Fifty-two per cent of Aussies don't protect their eyes, according to recent Specsavers research. "That whole area is vulnerable to UV rays," explains ophthalmologist Dr Anne Sumers. "We're seeing more cases of eye sunburn, damage to the whites of the eyes, and more cancers in and around the eye." Exposure to UV radiation over time can result in serious eye damage, which can be fuelled by the UV damage you're getting now. Time to understand how sun can affect your eyes so you start blocking rays like a sunshine ninja.



MAD  
HATTER

## LIGHT BLIGHTS

Although your eyelids are designed to protect your eyes, the thin skin contains fragile tissues that can be damaged by UV light. They can take a solar-powered beating in the form of...

1

### PINGUECULA

Yellowish deposits on the whites of the eyes. People who spend lots of time at high altitudes or on the open water, where sun tends to be strongest, are at greater risk for these harmless (if not particularly pretty) patches.

2

### PTERYGIUM

Fleshy pink growths on the eye's surface. They can be inflamed, red and itchy. One in 100 Aussies get this and it's thought overexposure to UV radiation is the cause. You may need surgery if it starts to grow across the cornea.

3

### CATARACTS

Sun isn't solely to blame for these lens growths, but it can sure speed them up. Consistent UV damage could spell the difference between cloudy vision in your 40s versus your 60s.

4

### MACULAR DEGENERATION

Prolonged sun exposure can exacerbate the retina injuries that cause this condition, which can lead to blindness if the symptoms aren't treated early.



## THROWIN' SHADE

Our favourite new sunnies

### SEE NO EVIL

*The bright side: your chances of dealing with any of these conditions plummet if you follow a few simple rules.*

#### WEAR SUNGLASSES

Rain or shine. Pick pairs with a label that specifies they meet the Australian standard AS/NZS 1067:2003 (ie, possibly not those Ray-Ban knock-offs you picked up in Bali) and look for a lens category of 2, 3 or 4 (0 and 1 don't provide adequate protection for UV radiation in this country). Go for the UV protection and not just the tint, as lens colour

and darkness are purely style choices, and 'polarised' is an anti-glare perk, not a health must. Cancer Council Australia also recommends wearing the close-fitting, wraparound style sunnies.

#### ADD A HAT

They can help block damaging UV rays from your eye area. Choose a brim of at least 7.5cm for broad-brimmed hats or 6cm for bucket hats.

### FEAST YOUR EYES ON THIS:

Two primo nutrients, lutein and zeaxanthin, may help filter UV rays and ward off cataracts and macular degeneration. Swallow their sight-defending effects in half a cup of spinach or kale per day. Other sources: cabbage, corn, broccoli and green beans.



Ray-Ban, \$240, ray-ban.com/australia



Seafolly, \$89.95, seafolly.com.au



Ellery @ Specsavers, in the 2-pairs-for-\$249 range



Hawkers, \$59, hawkersaustralia.com



Maui Jim, \$389, au.mauijim.com



Coach, \$199, sunglasshut.com/au



The Cancer Council, \$29.95, cancercouncilshop.org.au

### 5

#### CANCER

Too much time unprotected in the sun can up your risk for not only ocular melanoma, but also malignancies around both the eyes and eyelids. Warding them off in the first place by protecting your eyes is key. **WH**



GET A KICK-  
START

# YOUR INSANE BODY STARTS HERE

**Take on this new, upgraded workout from Insanity  
creator Shaun T. Warning: it's his toughest yet...**



# F

First there was the DVD, reducing women in lounge rooms everywhere to sweat-drenched messes. Then came the classes, making that scene a public event. Now Shaun T, creator of the infamous high-intensity, body transforming Insanity workout, is back with a new challenge. Inspired by his latest DVD series, *Insanity Max 30*, this circuit features heart-pounding intervals designed to spike your metabolism and sculpt your arms, abs, legs and shoulders, fast! The best news of all: there doesn't need to be anyone around to witness the fitness.

## GO MENTAL

You'll complete three rounds of Shaun T's six-move circuit, increasing intensity with each round. Hope you have nice neighbours.



### ROUND 1

Do as many reps as you can in 20 secs, resting for 10 secs between each move. Aim to rest for 30 secs at the end.



### ROUND 2

Now do as many reps as you can in 45 secs, resting for 15 secs between moves. Trust us, make the most of it.



### ROUND 3

Finally, do as many reps as you can for 1 min, then move to the next move without a rest. Actual insanity. Eek. ▶

BROOKE'S  
GOT  
YOUR  
BACK



## MOVE IT!

Need to re-charge post-Insanity? Bust out these instantly energising moves, from our PUMA WH Next Fitness Star Brooke Bevan.

➤ **ON-THE-SPOT FLAT-OUT SPRINTS**  
Run on the spot as hard as you can for 10 secs; repeat 4-6 times with 10 secs rest in between. It's just enough to get your heart and adrenaline pumping without getting you sweaty.

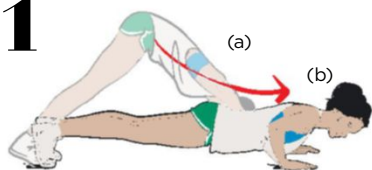
➤ **JUMP ON THE SPOT**  
There's something about jumping that gets your endorphins going and makes you smile. Aim for 20-30 secs. Why? It'll help get oxygen to your muscles, stimulate your metabolism and lymphatic system.

➤ **JUMPING LUNGES AND JUMPING CHAIR SQUATS**  
Why not tone your bum while re-energising? Do 10 jumping lunges, walk to a chair and do 10 jump squats, hitting the chair with your bottom every time. Repeat 2-3 times.

# THE MOVES

A new body in just six steps? Yes, it's actually possible...

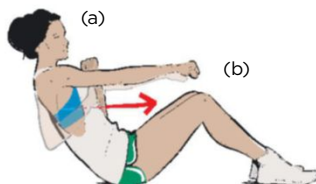
**1**



## Dive push-up

**(a)** Hands shoulder-width apart on the floor, extend your legs. Raise your hips, with your arms straight and back flat.  
**(b)** Lower your hips so your body forms a straight line, and bend your elbows to lower your chest. Reverse, repeat. You'll be questioning your sanity about now.

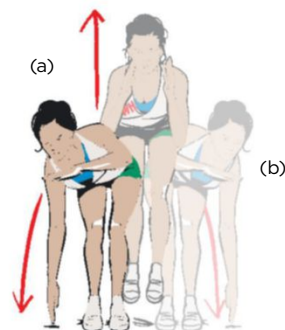
**2**



## Punching abs

**(a)** Sit with your legs forward and feet together, knees slightly bent. Brace your core and lean back, with your fists at each side of your chest and your elbows bent.  
**(b)** Punch your right fist forward at shoulder height, then return quickly and repeat on the other side. Keep punching.

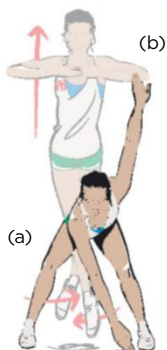
**3**



## The slalom

**(a)** Stand, feet together, and bend down to touch the floor with your right hand.  
**(b)** In one motion, swing both hands in front of you, elbows bent, and jump to the left. Land softly and bend your knees to reach your left hand to the floor. Keep alternating. Now you're really owning it.

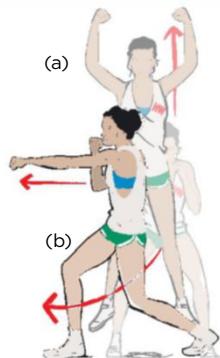
**4**



## Scissor stance jacks

**(a)** Stand feet shoulder-width apart. Hinge forward at the hips, reaching your right hand in front of your left foot.  
**(b)** Jump up with your hands to your chest, cross your right foot in front of your left, and land on the other side. Keep swapping sides while trying not to get yourself all tangled up, okay?

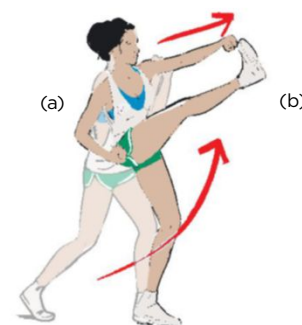
**5**



## The jump cross

**(a)** Stand with your feet hip-width apart, knees bent and fists raised to shoulder height, like you're ready to punch.  
**(b)** Jump up, raising your arms above your head. As you land, pivot to the left and punch your right fist in front of you. Keep alternating sides. Hang in there, not much longer to go now...

**6**



## Switch kick punch

**(a)** Stand with your left foot in front of your right, knees slightly bent and fists raised in front of you, elbows bent.  
**(b)** Bracing your core, kick your right foot in front of you, leg straight, while punching your left fist towards your foot. Return to the start, swap and keep alternating. And you're done!

## THREE MORE MAD WORKOUTS

Survived that and still want more hard-core? Why not try these...



**The Grid, Virgin Active** New obstacle-based circuits classes (choose from Grid Active, Lean, Fit and Strong) that incorporate HIIT training, pulls, squats, lunges, bends and dead lifts – all in 30 mins.



**Orangetheory Fitness** You'll lift weights, you'll row, you'll TRX – all with a heart rate monitor strapped to you, which sends your stats to a scoreboard visible to the whole class. The aim of the game is to get into the 'orange zone'.



**MMA** Mixed Martial Arts (a mash-up of combat styles) is having a moment. It will push you and every one of your muscles to the brink. **WH**



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Tracey Basman  
(Aust. National Skydiving Record Holder)



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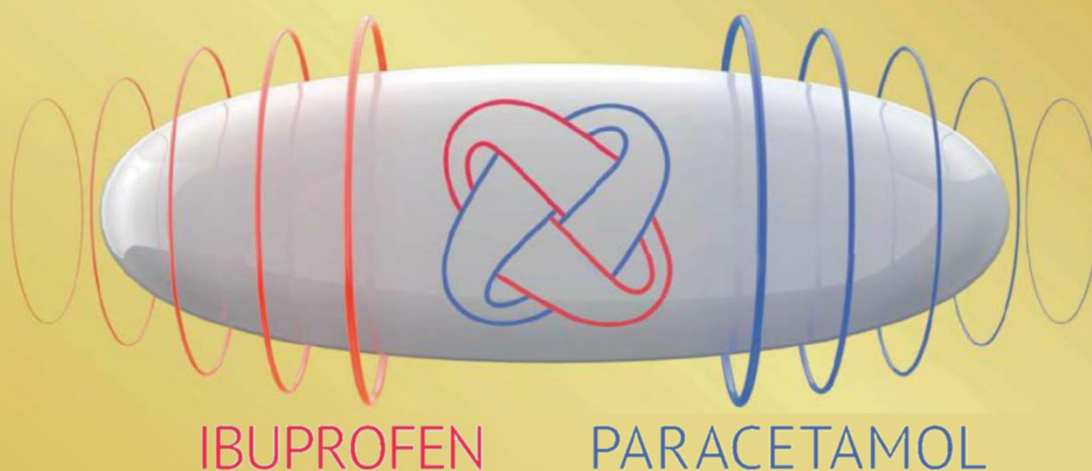
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- ✓ **Longer lasting\***
- ✓ **Up to 8 hours relief**
- ✓ **Available in pharmacies**



**\*vs 1000mg of regular paracetamol. Mehlisch, et al 2010 (Sponsored by RB).**  
Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Incorrect use could be harmful.

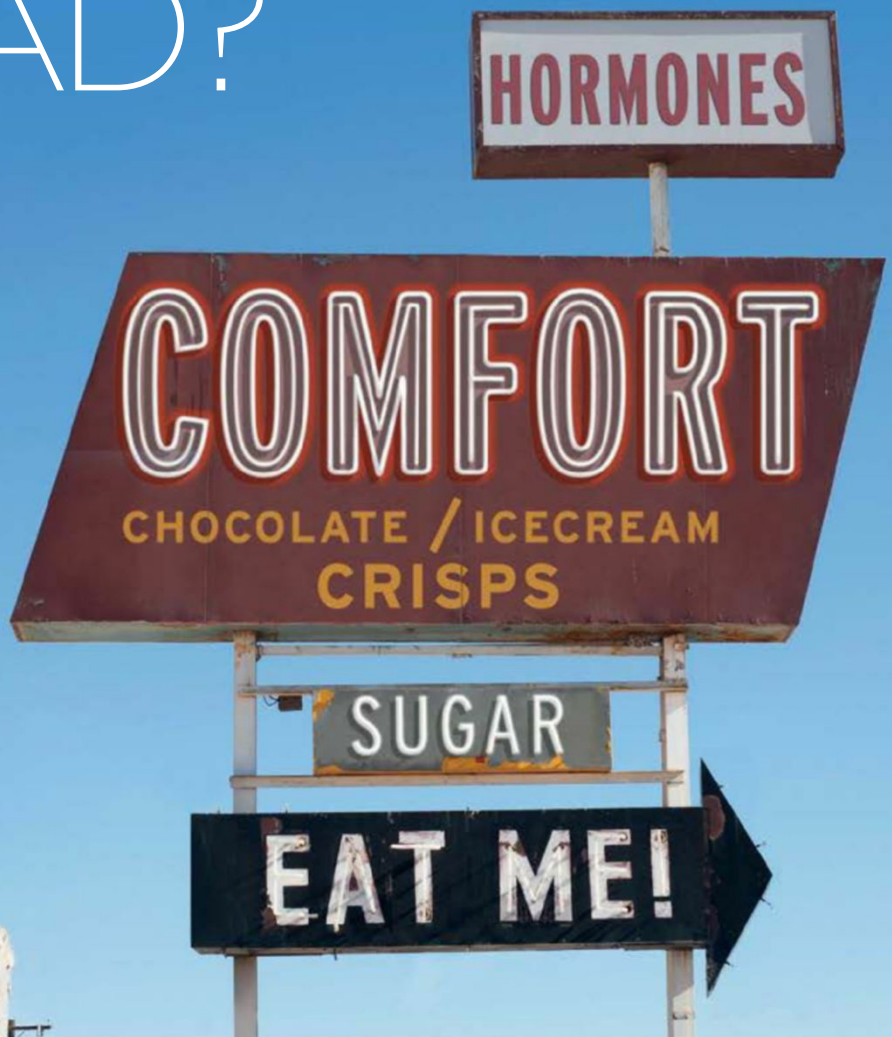


# ARE CRAVINGS ALL IN YOUR HEAD?

**New science says yes, and the  
reason is seriously surprising**



  
FOOD FOR  
THOUGHT



**Chocolate.** It's delicious and, sure, the dark stuff is nutritious. Shame then that when you want it most (eg, during your 'lady week'), nailing a slab of Dairy Milk is far more enjoyable than a few squares of 85 per cent Lindt. But that's periods for you; a legitimate excuse to play fast and loose with your normal nutritional boundaries because, you know, hormones. Exhausted and in the sort of mood that makes Mel Gibson seem even-tempered, you reach for something fatty and sugary because clearly your body needs it right? Right? Err, wrong.

We're very good at believing convenient truths, and that's why we need humans like Julia Hormes. She's a psychologist and health behaviour expert at the University of Albany, and has spent over 10 years studying the science of craving. Which, she points out, is not the same as hunger. "Hunger can be satisfied by a range of foods, containing whatever it is that is needed by the body," she says. "When it comes to cravings, nothing but the craved food will suffice." That's what lures us to the servo in the early hours, searching for an out-of-season Cadbury Creme Egg.

Hormes isn't arguing against the fact that you want a sugar fix. In fact she can even explain where that desire comes from. She's just busting the myth you *need* it. "After a decade of research, I've found no evidence to suggest women crave highly palatable foods to satisfy any nutritional needs," says Hormes.

Instead, she believes it's actually a psychological impulse driven by our culture. In countries where sweet treats aren't taboo, women don't crave them like we do. Most other languages don't even have a word for craving. "Growing up in Germany," she says, "I never heard women talk about hormonal chocolate craving. And looking across different cultures, we don't see the same sort of perimenstrual cycles." In our culture, where guilt

is attached to sweet treats, we're conditioned to think it's OK to have them to address our deficiencies and to make us feel better.

Hormes challenges all of this. "If we assume hormonal fluctuations are the cause of craving sweet treats, we'd expect women to stop these perimenstrual cravings after menopause hits. But they don't. They simply attribute their cravings to other salient stressors." So that argument for inhaling a bowl of M&Ms for their magnesium content? Nah, sorry – doesn't stack up.

"Why should a body lacking in magnesium urgently desire chocolate, and not other excellent sources like cashew nuts or spinach?" She asks. "And most hormonal chocolate cravers reach for milk chocolate, which doesn't offer enough magnesium to qualify." Neither does it contain enough caffeine, or other psychoactive chemicals, to give you any significant energy lift. Surprising.

## Guilty pleasures

Of course, none of this is a problem in itself. If a once-a-month chocolate binge is one of your biggest health transgressions, then you're generally winning at life. But for many of us, the problem is the comedown.

"It might temporarily lead to some positive feelings," concedes Hormes, "but then the guilt sets in." This was her team's conclusion after tracking positive and negative effects before, during and after the consumption



of chocolate. Other studies Hormes name-checks have also shown overeating chocolate can lead to negative food-related thoughts and feelings of guilt, anxiety and depression. In short, it's a cocktail of self-loathing that sends your healthy habits and mood into meltdown.

Understanding your food desires is the first step towards breaking that cycle. When you're craving, your body is releasing dopamine, the most powerful part of the brain's reward and pleasure system, essentially what makes us want something. It responds to psychological cues – when you see, smell, or even imagine your craved food. So, say you're riddled with PMT and want to feel happy again, you'll turn to sugary treats because your brain has linked them to feeling good. They become your go-to,



# PTATION

# 69

The percentage of us who  
scoffed choc in the last month.  
Source: Roy Morgan Research

even if you know some endorphin-pumping exercise is the better option. "If you're stressed, you eat chocolate as opposed to doing something that's actually healthy for you," according to Hormes.

The next step? Don't beat yourself up for lacking willpower to resist. "The more you fight cravings," she says, "the less likely they are to go away of their own accord."

## Mind skills

Luckily, effective new strategies are emerging. "When I was in graduate school," recalls Nicole Mead, psychologist at Erasmus University Rotterdam, "I had a desire for ice-cream, until I tried thinking, maybe I'll get it some other time. Gradually it became easier and easier to manage the temptation."

This year, Mead published a study showing her method works. "When we make specific plans, we think we value them. And when we make unspecific plans, we teach

our psyches not to care about that thing." Delaying eating a food can reduce cravings, but only if you keep the postponement vague. "Say you'll have the cake 'later'. If you say you'll have it 'tonight', you'll keep thinking about it."

Imagining scoffing 30 bites of your craved food could also help. Carey Morewedge from Boston University asked people to imagine eating 30 bites, three bites or no bites before eating. "We saw a reduction in eating when people imagined 30 bites because it curbed their desire," explains Morewedge.

Lastly, Hormes is also a firm believer in moderation. "Taking away the forbidden element is one way to stop thinking about a food. We're better off having just a small piece of chocolate every day." Even better news? It definitely doesn't have to be the dark stuff. **WH**

## CRAVE THIS EAT THAT

Easy swaps to  
slash cravings

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ICE-CREAM.



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# YOU CAN DO THIS:

# AFL

**Big news: The first-ever national women's league has just kicked off! And it's a game-changer. Here's why...**

By Alice Ellis

Right now is a thrilling time for women's sport. While there have been state-based female footy leagues for a few decades, eight AFL clubs have just formed a national women's league, known as AFL Women's. And, in short, it's a history-making moment. "Here is an opportunity for women to get behind female athletes in a new, exciting competition and show the community that women's elite sport matters," says Jennie Loughnan, ground operations manager for the AFL and AFLW. Get behind it by heading to a match (mostly free!) or tuning in during February and March. Every match will be televised live on Channel 7, FOX FOOTY, the AFL Live Official App and AFL.com.au. Meet your game-day prep, plus some of the hottest players!

## AFL 101

Don't have the foggiest about Aussie Rules? Here's a snapshot of the game, thanks to Loughnan.

In AFL Women's games, there will be 32 players (16 per team) on the field at any one time (in the men's comp there are 18 players per side). "The object of the game is to score the most points over four 20-minute quarters," says Loughnan. Players score points by kicking the football through the opposing team's posts at one end of the field – an oval, since games are normally played on cricket grounds. If the ball is kicked through the two middle posts (goal posts), they score six points (a major). If it goes between

a goal post and one of the two outer posts (known as behind posts), then they score one point.

To get the ball towards the posts, players kick, handball (punch the ball from their hand with their other fist – you can't throw it) or run while holding the ball. While running with the ball, they need to perform a running bounce at least every 15m, otherwise the other team gets a free kick from the point where the ball holder ran too far. When it comes to tackling: "It's permitted below the shoulders," says Loughnan. When someone is tackled, they must dispose of the ball by either kicking it or handballing it away. Simple.







#### WESTERN BULLDOGS

### Katie Brennan

Brennan shows incredible leadership both on and off field

#### VITAL STATS **How did you start playing AFL?**

**AGE** 24  
**POSITION** Key forward  
 "My AFL days started when I was around five, in Auskick, and it was love at first sight. I'd pack an esky with my brother and kick the footy in the paddock for hours on end, pretending we were actually on the GI!"

#### LIVES **What do you love about the game?**

Brunswick, Vic  
 "I love the challenge of the game and being in a state of flow; it's an incredible feeling. I also love playing with 22 of your best mates and being a part of something. It's incredible to pull on a jersey rich in history, knowing so many greats have gone before you."

#### ORIGINALLY FROM Qld

**DAY JOB** Studies Exercise and Sports Science at the Australian Catholic University and runs her own personal training business, KB Performance

#### **The launch of AFL Women's is a big deal. How do you personally feel about it?**

"It's a dream come true. Although I couldn't see it for some time, I've worked towards this since I picked up a football for the first time. I'm so grateful for the opportunity to be a part of this movement that's changed the game for future generations."

#### **What are the main ways AFL can help to enhance fitness levels and strength?**

"It's a unique sport that requires so many different fitness components - you can't just have endurance, you have to have strength, power, agility, coordination and also be able to think the game through while you're playing. It challenges the body and the mind and that's what makes it so beautiful!"

#### **What's your favourite recovery fuel?**

"Banana, rice syrup and almond spread on toast, or an organic green protein smoothie."





## GWS GIANTS

### Emma Swanson

Swanson is a versatile midfielder who uses her height, strength and leap to advantage – every time

#### VITAL STATS

AGE 21

POSITION Midfielder

LIVES Condell Park, NSW

DAY JOB AFL game development officer at GWS Football Club

#### How did you start playing AFL?

"At about eight or nine I wrote a letter to the local club [in WA] and said I wanted to play; they said [as a girl] I wasn't allowed. My dad played for the club and ended up convincing them to let me in. I played for half a year for the under 12s at 10 or 11, then gave up – being a girl, [I felt like] the outsider all the time. I went and played basketball

for a few years. Then I found out about this four-week AFL pre-season comp that's run in WA – I thought it'd make me a bit tougher for basketball. But I never went back to basketball!"

#### How do you feel about the launch of AFL Women's?

"Our [AFLW] motto is 'See what we create' – there's no history; the boys are generally stuck in tradition

and what they 'have' to do; they can't say this or they can say this.

For the girls, there's no history, no way this 'has to be done'. We're creating it all ourselves. I think you'll see in the media more personality from us girls – we can say a lot more, be ambassadors for more, tell people our views, because there's no tradition like the boys have. That's going to be really exciting."

## FREMANTLE

### Kara Donnellan

Known for giving her all, Donnellan is also captain of her team

#### VITAL STATS

AGE 24

POSITION

Midfielder

LIVES Willetton,

WA

#### ORIGINALLY FROM Vic

DAY JOB Justice and high performance manager at Swan Districts Football Club

#### How did you start playing AFL?

"I grew up with football in my blood, I look back at photos of me as a newborn and I'm in a football jumper. My uncle was coaching the local junior under-9s side back in the day. He took me down to a training session and, 14 years later, I'm still running around loving this great game."

#### How do you feel about AFL Women's?

"I feel so lucky to be a part of this incredible journey, which will give all young girls out there something to aspire to; something I definitely didn't have when I was little."

#### What was your pre-season training like?

"We [trained] as a group down at Fremantle three times a week: our main training session, strength-training in the gym, injury prevention and craft. Away from the club I do more strength sessions and cardio boxing."

#### What don't most people know about you?

"For the past two years I've coached an all-male prison football team."

#### Favourite fuel/recovery food?

"I cook and meal prep each Sunday, usually meals for after training sessions – anything from steak and vegies to homemade chicken fried rice and quinoa."

## BRISBANE LIONS

### Sabrina Frederick-Traub

Frederick-Traub is famous for her killer leap, plus her long and accurate kick

#### VITAL STATS

AGE 20

POSITION Full-forward/kickman

LIVES Hawthorne, Qld

STUDYING Sports psychology at Murdoch University

#### How did you start playing AFL?

"I was born in England but moved to Pinjarra, about an hour from Perth, at age seven. At my new school the kids played AFL at recess and lunch religiously, and I decided to give it a go – otherwise I would've been by myself. I really enjoyed it and started making friends through it, which helped me settle in at school. In grade 6, I made the school team

– the first ever girl. The same year, I joined the local team where my boy friends all played."

#### How do you feel about the launch of AFL Women's?

"It's all fresh and new and has an unknown feel to it, which is thrilling."

#### What do you love about AFL?

"The physicality, the all-rounder-sport nature of it, the culture and the way it brings people together."

#### What would you say to a woman thinking of joining an AFL team?

"It's so much fun, you gain a whole new family. I honestly think it's the best game in the world – the atmosphere and the people it brings together."







### WHY YOU SHOULD JOIN A TEAM

About 27 per cent of AFL's participation base is now female, says Loughnan.

There are more female-only clubs than ever, and more opportunities for players of all skill levels, including zero skills! "That's what training's for, to help people improve!"

The really great thing about AFL:

"Everyone's welcome to play regardless of size or ability." There's less risk of getting crushed by an Incredible Hulk like you might in the usually rougher rugby codes. Join a team to make friends and get a great workout. "Cardio, from the running, plus you'll develop your strength, agility and obviously your ball skills," explains Loughnan. To find a local club, visit [their site at play.afl](http://their.site.at.play.afl)

## AUSSIE RULES GLOSSARY

AFL has some really specky language

### Clanger

In short, a shocker. Most typically, this will be either conceding a free kick or kicking or handpassing the ball directly to an opponent. Oops.

### Out on the full

A kick that travels across the boundary line without a player or the ground touching it. Results in a free kick to the opposition, by the player closest to where the ball crossed the line.

### Ball up

The act of a field umpire putting the ball into play by throwing it up in the air. A ball up occurs at the start of each quarter, after a goal or to restart in the field of play.

### Blinder

A truly amazeballs performance.

### Mark

A clean catch after another player kicks the ball at least 15m without it touching the ground or anyone else. (Also the spot where the mark or free kick occurred.) A spectacular mark (a 'specky') is when a player leaps onto another's back to take a high mark. The player climbed on is a 'stepladder'.

### A poster

When the kicked ball hits a goal post, that's one point.

### Baulk

When a player holds the ball to the side in one hand, then runs the other way. Tricky. **WH**

## What's your team?



### IT'S FREE!

The public can enjoy free access to all NAB AFL Women's competition matches, with the exception of five double-headers they will play as curtain-raisers for the men's games. For those men's matches, you'll need to buy a ticket from Ticketek or Ticketmaster.



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# "I FOUND MYSELF... AND MY WAIST"

**Joanna Stewart,  
27, quit a stressful  
job and ditched  
her relationship.  
Result? It changed  
her whole life**

## THEN

Things reached an all-time low when there wasn't anything about my 76kg figure I liked. My nine-year relationship was breaking down and my job as a cosmetics brand manager was taking over my life. Ready meals became staples and my weight spiralled out of control. I began hoisting myself into size 16 jeans. Then, one week, I cried every day. Life's pressures got to me, I hated the way I looked and I snapped.

## HOW

I handed in my notice, split with my boyfriend and took a year out to get healthy. I saw a PT once a week and trained at the gym twice a day. At first, I did cardio to strip excess fat, then shifted my focus to weights. I replaced ready meals with protein-packed meals (think oats, egg whites, chicken, protein shakes) to fuel my training. Within the first four weeks, my clothes started to feel loose and my skin glowed. In six months, I shifted 13kg.



**BEFORE  
76KG  
AFTER  
63KG**

## NOW

The weight has stayed off and I feel great. These days I slot in exercise before and after my job as a school administrator.

I'll do cardio in the mornings, then, in the evenings, I'll do 70kg dead lifts next to the guys. And my new-found love of the gym has paid off twice: I met my PT boyfriend Adam there. I still stick to a healthy diet, but I'll have cheat days. I've grown into a confident, toned size 10, learning to love my bum and the trim waist that now goes with it. **WH**



**FITSP0**  
Joanna  
reveals  
what helps  
her stay on  
track...



**INSPIRATION**  
Former UFC  
champ Ronda  
Rousey because  
she's not afraid  
to be strong.



**ENERGY BOOST**  
I'll add a few oats  
to my protein  
shake for a great  
pre-cardio  
energy kick.



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# Life etc

Useful stuff to upgrade your everyday



## THE HAPPINESS MYTH

**Writer Lizzie Pook  
realises she's fine with  
feeling just fine**

### It's time for me to confess to something:

I am not a happy person. Don't get me wrong, I laugh a lot, I love, I'm inquisitive. I have a good career; great friends and family; a handsome, loving boyfriend. I'm perfectly content with my lot. But I can also be grumpy and pessimistic and completely fine wallowing in melancholy on the right day. Sure, I've experienced my fair share of tragedy – quiet hospital visits, hidden tears, paralysing grief – but even without that, I think I'd be a pretty neutral person; my indifference a sort of soft blanket that quells everything around it with a subtle chill. I know that is who I am. So what's the problem? Only that everyone else thinks it is one...

In our social media-driven society, unhappiness has become something to be avoided at all costs. The message that we must pursue a state of ecstasy has never been more prevalent; radiating from self-help books, promoted by pharmaceutical companies, spilling forth from sun-dappled inflatable swans on our Instagram feeds. Recently, economists and national leaders have even begun pushing the idea that we should measure success by happiness, not financial worth; meaning there's a sea change in the way we see life's accomplishments.

But struggling against this 'happiness fascism' in the fruitless pursuit of contentment, we're neglecting one of our most valuable evolutionary functions: sadness. Because the truth is, ironically, there can be huge benefits to giving in to melancholy, and constantly striving for a hyper-real sense of happiness can do real damage.

"Happiness, like everything else in our Western culture, has been

commodified; reduced to a kind of quantity one can purchase; in the same way that we can buy travel 'packages' designed to give us 'adventures,'" says Eric Wilson, author of *Against Happiness*. "But if you go through life seeking happiness as the ideal state of being, you run into two problems: you feel shame or guilt when you fall short of your goal – as you inevitably will – and you try to appear happy when you're not, so are prone to repress negative feelings."

Indeed, new research from the University of Toronto suggests that suppressing negative emotions and overcompensating with faux-positive ones in order to keep up with our 'smile or die' society may actually take a toll. The study

revealed that when parents hide negative emotions and overexpress positive ones around their children, their wellbeing suffers thanks to the stress and tension caused by all of that inauthenticity.

### DOWN TIMES

Now, try to think back to the hardest moment in your life. For me, this was the day I was told my father was going to die, and the six gruelling, desolate months that followed. I never want to feel that again, but I do know being so low and emerging on the other side made me into the person I am today – driven and empathetic, fractured but ultimately resilient. Chances are you feel like that about your low moment, too. We have to







# When unhappy becomes unhealthy

**Psychiatrist  
Dr Shamila  
Moodley  
explains how  
to recognise  
depression**

**1** Negative thoughts predominate and you start thinking cynically about everything – particularly the future.

**2** You have biological symptoms: interrupted sleep, as well as a marked increase or decrease in appetite, can be red flags.

**3** You have feelings of worthlessness or the desire to self-harm. You might also start to drink more than usual, so monitor your intake.

**4** You're experiencing more than four weeks of these symptoms. Make an appointment with your GP to talk it through.



OUT OF  
THE BLUE

experience bad days, rough patches, stressful new jobs and catastrophic relationships, in order to build up an armour to deal with these things in the future. "It's like the way the body's immune system develops," says UCLA psychiatrist Paul Bohn. "You have to be exposed to pathogens, or your body won't know how to respond to an attack."

However, some experts argue that society's intense focus on only positive emotions is destroying any resilience we may have otherwise developed. This is why millennials are sometimes labelled 'the snowflake generation'; vast swathes of the population who are simply unwilling to sit in any sort of discomfort. "There is a modern stigma against sadness," agrees

Tim Lomas, author of *The Positive Power of Negative Emotions*. "This 'happiness culture' can mean that we're less likely to tolerate other negative emotions such as boredom, anxiety and guilt."

This sheer refusal to experience discomfort can arguably be linked to the increase in prescriptions for antidepressants in Australia. They are taken by one in 10 adult Australians each day, at a rate that has more than doubled since 2000 to be the second highest in the world, an OECD report found. This may be because we're beginning to medicate simple 'unhappiness', which everyone experiences, rather than legitimate clinical depression (which, of course, is a very separate, serious concern – see box, above).

"The *Diagnostic and Statistical Manual of Mental Disorders (DSM)* now claims feelings that were once considered 'normal' – lengthy grief over the loss of a loved one, for instance – should be termed clinical depression and treated as such, potentially with medication," says Wilson. "But if we were to medicate 'normal' sadness – grief, say – to the point where it didn't exist, we would risk living an attenuated life, a half-life, up with no down, light with no dark." Makes sense.

## ON THE UP

Unhappiness is, therefore, a crucial part of the human experience. How on earth would we know the rush of real happiness if we'd never experienced the suffocating weight

of sadness? Neither one would exist without its counterpoint. Our emotions are also functional; we need them, the whole gamut of them, to survive. While anger prepares us to fight and fear helps us flee, studies carried out by researchers at the University of California, Berkeley show when we are sad, we think in a more systematic, detail-focused manner. Similar research also found that sadness can improve our memory, strengthen our empathetic natures and make us more creative than those who feel joy easily.

### BALANCING ACT

Ultimately, we need to reframe what have been seen as negative tropes – sadness, vulnerability and failure. After all, striving for perfectionism is inherently bad for us (research published in the *Review of General Psychology* suggests perfectionists are more



## Make friends with melancholy

**What to remember when you're feeling down in the dumps**



### Figure out your emotional type

Euthymic types don't have much emotional variation, whereas cyclothymic people are far more up and down. Accept what you are.



### Think about balance

Many psychologists work with the notion that we should experience three positive emotions (such as joy) for every negative one (fear, guilt, sadness). Use a journal to keep track of yours.



### It's good to talk

A 77-year study by Harvard Medical School concluded last year and found one thing above all leads to happiness: healthy relationships with those around us. So ditch the phone and say hello!

prone to commit suicide). And failure, conversely, is rather good; a brain scan study by the University of Southern California has found having the chance to learn from failure can activate the brain's reward circuits. We simply need to stop giving ourselves such a hard time for not feeling good. In fact, a 2013 study at Erasmus University Rotterdam found feeling sad for roughly 10 per cent of our lives is beneficial, because it reins in negative behaviour and encourages us to walk away from unhappy situations.

I am by no means advocating misery. Happiness is a wonderful, wonderful thing. But we mustn't feel ashamed if we don't achieve it every day. Perhaps we should face up to things we spend most of our lives trying to avoid. Learn to enjoy uncertainty, embrace insecurity and become familiar with failure. Maybe, in order to be truly happy, we need to be willing to experience more negative emotions – or, at the very least, stop running so hard from them. So the next time someone tells you to smile, feel free to coolly ignore them – I will. **WH**

PHOTOGRAPHY: TRAVIS RATHBONE/TRUNKARCHIVE.COM/SNAPPER MEDIA; ADAM YOONHES/GALLERYSTOCK.COM/SNAPPER MEDIA



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# THE HEALTHY GUIDE TO SOLO LIVING

**Taking the leap? WH Features Writer Anthea England shares her simple hacks**

Fast fact: one in four Aussie households contains just one person. And I should know. I lived solo for three years. There are big benefits: you can wander around naked after a spray tan, avoid small talk and even meal prep at midnight. You're accountable to no-one. The downside: you're accountable to no-one. You've got to be the boss of your own wellbeing, and your health can take a serious hit. But along the way, I picked up tricks to grow into the strong, independent gal Instagram mantras are made for.

## Nutrition

Make a commitment to regularly preparing dinner and eating it at the table – cute placemat and all. Firstly, you're worth it. You don't deserve granola for dinner. Secondly, your body will thank you. Takeaway can seem cheaper, but there are health costs to consider, says WH Nutrition Expert Kristen Beck. "A significant body of nutritional research evidence shows that eating out, or relying on commercially produced meals, is almost always more likely to provide more kilojoules than a meal you prepare yourself (regardless of what food you are actually eating). Eating more homemade meals may also reduce the risk of type 2 diabetes and help prevent weight gain." Plus, once you have the pantry essentials, you'll actually save money prepping at home. Bonus!

Portion control is key. You don't want veggie curry every night, but single-serve meals are tricky. Try fillets of fish, hearty salads, pizzas made with a wholemeal wrap base and omelettes when you can't be arsed. Those one-serve microwave grains are the bomb. I regularly churn out salted hazelnut and chocolate cookies but can't cook a single portion of rice without it turning to glue. And sure, you can always freeze any leftovers for later on if that's your thing.

► You will need a ridiculous amount of self-control. No-one is there to judge you pawing at the nut butter at midnight. Try creating a NSFH (Not Safe For Home) list. I don't believe in banning foods altogether, but these are the ones that can't live in your apartment – they disappear after a long workday or with a glass of rosé. I ditched dark chocolate and smoked cheddar. Sob.

## Emotional wellbeing

Sometimes you say goodbye to your colleagues at night and don't utter a single word to anyone until you say hello to them the next morning. It's odd. It's certainly easy to fill your evenings with social engagements to avoid being lonely. But being alone is like an exercise – it can be tough, but practise it enough and you'll start to become more comfortable in your own company. When I lived alone, I always reminded myself I did it to completely recharge, rather than socialise more than ever. The latter will put you on the fast-track to getting burnt out and becoming broke in the process.

It's great to get comfy with being alone, but that doesn't mean you have to be a martyr. The week after a break-up, I burst into tears while I attempted to put a too-tight fitted sheet on my bed. I realised then that it's OK to want to be surrounded by empathetic people some of the time (and get a hand with the laundry too). WH Emotions Expert Dr Alice Boyes says you shouldn't be embarrassed to ask for company. "Admitting you're feeling lonely doesn't need to be a big deal or make you come across like a loser. Lonely doesn't have to be a huge, daunting emotion. Attend to it when it's small – like the difference between feeling a bit hungry and absolutely starving." Remember to feed your soul.

► Heads up for anyone who has a shouty mind; it will be amplified when you have no one to vent to. Your mental health can suffer, so get your mindfulness strategies sorted. Of course, your first point of call should be your friendly GP if you're having a tough time.





NICE  
MELON

## Personal safety

You know this stuff, but let a pal know if you're meeting David, 32, from Tinder or that guy from the pub (what was his name?). It makes for a handy date debrief with your mate when you get home. Also, pop the phone numbers of people who have keys to your place on your work desk. If you don't rock up one morning, your colleagues won't have to mess around finding contacts through HR, while you're lying on your kitchen floor with a broken ankle. It happens!

► **Meeting your neighbours is a good way to feel safer when living alone. You don't have to be best friends, but it's nice to know there's someone nearby who can lend a hand if you need it – even if it is just to borrow an egg.**

## Finances

No split bills = a sad bank account. Finance has never been my strong point, but *WH* Money Expert Sarah Riegelhuth has a handy tip: "Separate the money for your bills from the money for your everyday spending. Use one bank account to receive your income, and transfer a fixed weekly amount to your everyday spending account. Of course, you'll need to do a budget and ensure you leave enough in the bills account to cover off all of those irregular items, but if you then stick to your weekly spending money you should always have enough to cover everything else." Yep, I'm noting all of this down.

► **You may have no-one to split your electricity bill with, but you're also free of that pesky housemate who always leaves the lights on. Get energy efficient – pile on the blankets and switch off electrical items on standby – and your bills will shrink.**

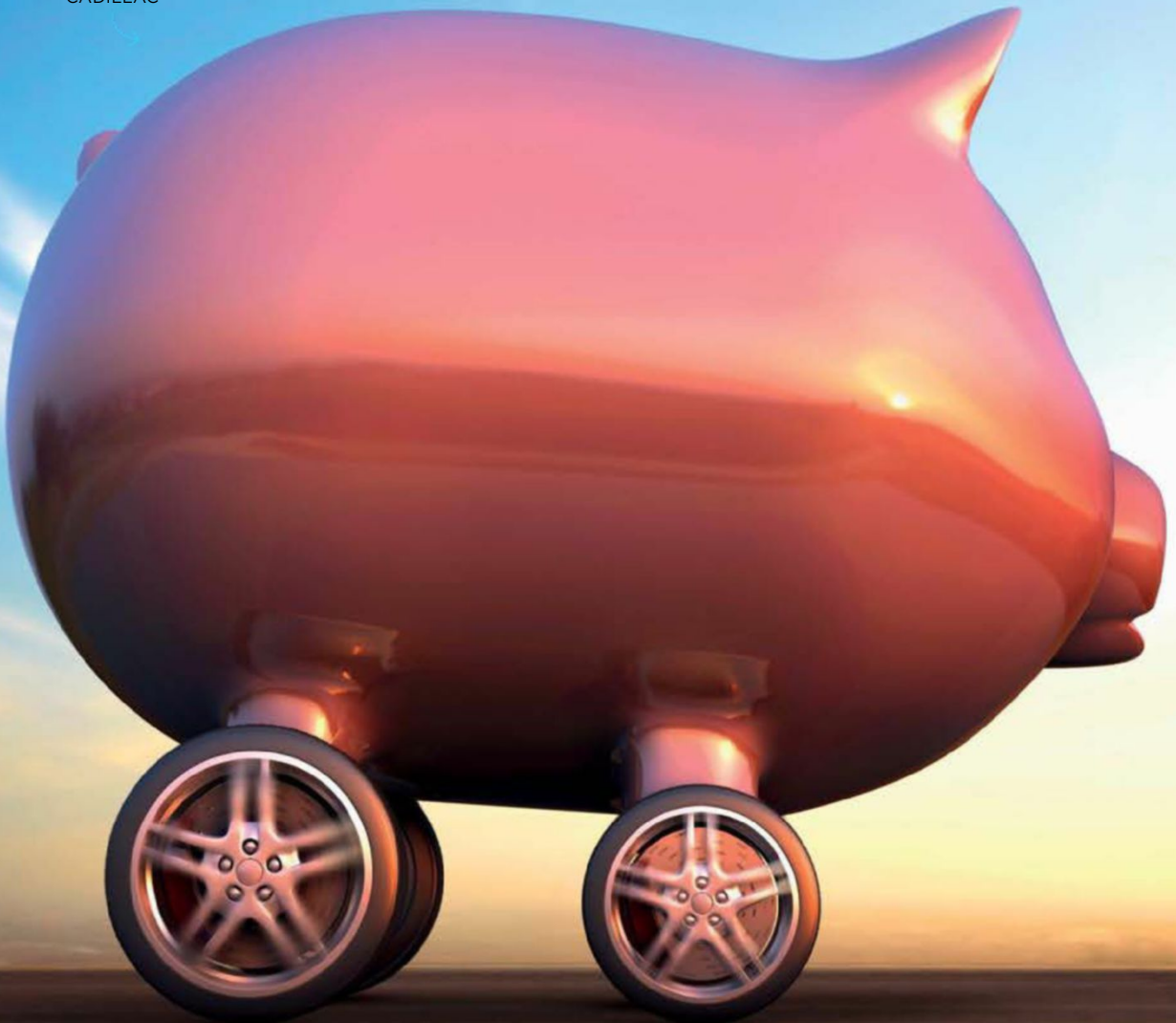
In conclusion? This list might seem scary, but it shouldn't be. I'm fitter than ever. I work out whenever and wherever I want. Post-dinner push-ups on the floor? Sure. Tricep dips on the couch? Why not! I can cook for one or a last-minute dinner party. I know how the fuse box works. I know where the fuse box is. I know not to hang a painting by myself (tip: outsource it to Airtasker – it's an actual godsend). When you've got to hang out with yourself, you figure out who you are, what you value and what you love. Even if that's just doing your meal prep at midnight or baking hazelnut cookies like a boss. **WH**



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A Chanel lippie, a Nike crop top, a crisp French rosé – all things we'd like to spend \$51 on this week. Our car? Not so much. Yet, according to the Australian Bureau of Statistics, the average household spends \$51 on motor vehicle fuels, lubricants and additives a week. Yawn. We're not clueless: nearly half of us (46 per cent) consider fuel economy and running costs a key factor when buying a car, found the ABS. But it turns out, a few tweaks to your driving habits can save you big dollars. Hello, new activewear.

**Lose weight** Just like shredding for summer, you want to ditch excess kilos from your car, too. Clear out any stuff you don't need. Extra yoga mats, water bottles, bags of clothes for Vinnies – we're looking at you. If you're not using your roof racks, take them off, because they add weight and wind resistance as well.

**Drive smoothly** Been on a queasy car ride to jolt city with a P-plater/erratic mother/angry taxi driver? This is a perfect example of how not to drive economically. "It's simple when you think about it – the harder you hit the throttle, the more fuel you're pouring into the engine," says *WH* Motoring Expert Stephen Corby. "Braking hard means you'll have to accelerate more to get back up to speed. By taking it easy, on and off the gas, and keeping your driving style smooth, you'll save every time you go to the pumps."

**Use cruise control on the highway** For the same reason as above – it maintains a constant speed over time. This is more efficient than speeding up and slowing down repeatedly. Gotcha.

**Check your tyre pressure** Do it at least once a month. Firstly, it makes your car safer. Low air in your tyres, or different pressures at each corner, makes them less safe, particularly in slippery conditions. Secondly, it will improve your fuel economy if all tyres are kept at the correct levels, according to Corby.

**Roll up for road trips** Leaving the windows open on the highway increases the air pressure in your car. Think of it like a parachute that's trying to slow the car down. This makes your car consume more energy than the air-conditioner will, so keep your windows up snug whenever you can.

**Don't ever ignore the 'check engine' light** This light can be something as simple as a loose petrol cap. But a more serious engine problem can cut fuel economy instantly and become a safety hazard.

**Avoid excess idling** The amount of fuel you burn can add up, so turn off the engine when your car is parked and you'll cut costs with fewer fill-ups. Happy driving!

7  
The percentage of Aussies who take the environment into account when buying a new car.  
Source: Australian Bureau of Statistics

## SPEND AND SAVE

Buying a new car? Read this to slash running costs

### SIZE MATTERS

Go small. "It's a lesson that Europeans – with their \$2-a-litre petrol – learned a long time ago, and one that Australians blithely ignored for years, but the bigger your car, the more it's going to cost," says Corby. "Think about that big SUV you think you need, and then go buy a car that's smaller, lighter, and yet still big enough for your needs." Every kilo counts when it comes to fuel economy.

### CHECK YOUR TECH

Choose a car with stop/start technology, which automatically stops your engine when you're sitting idle in traffic or at an intersection, advises Corby. Depending how much time you spend in slow-moving commuter hell, this can save you a significant amount on your fuel bills.

### FUEL UP

"If you drive a lot, consider buying a diesel-powered car, because they use between 30 and 40 per cent less fuel than petrol ones do," Corby says. "Yes, they're a little bit more expensive to buy (10–15 per cent, on average) in Australia, but if you're going to drive significant kilometres, you'll easily make that money back on your fuel bills in the medium to long run." **WH**



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# Bounce back



Give your body the support it needs to keep going and reach your goals. The Futuro™ Active Knit high-performance knee support helps you stay on track.

If you're suffering from stiff or weak knees or recovering from injury, the Futuro™ Active Knit knee support can help get you back on your feet. It provides targeted compression with healing warmth for all your activities. Plus it's super comfortable, easy to put on, and can be worn on either knee.



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# YOUR BODY ON... A DEADLINE

**You're about to take lunch, when your boss demands a report – in 30 minutes! Here's what happens next...**

## 30MINS TO GO

### You panic and freeze.

"It's impossible! Where do I start?" You're hit by an onslaught of emotion that quickens your heartbeat, cranks up perspiration and blurs your vision. Your body responds by producing a burst of stress hormones such as cortisol and adrenaline. These are designed to kickstart you into action, the only problem? Many of us are producing them constantly, to the point of depletion, because of the stressful lives we lead.

## 28MINS 3SECS

### "Oh look, three Facebook notifications."

You play mind games with yourself and create

other 'work' to avoid what you should be facing. Instead, try visualising what you need to do to complete the task. Visualising both reduces stress levels and improves your chance of success. Do this for a few seconds, then get to work.

## 25MINS 46SECS

### You get the munchies.

Badly. Believe it or not, eating is also a way of procrastinating. The biggest challenge in overcoming it is failing to identify that you are, in fact, procrastinating, and not actually hungry.

## 22MINS 5SECS

### You struggle to focus.

"Think, dammit!" Getting

on with the task at hand becomes difficult because of fear of failure, resentment of your time being taken away, or of the person who gave you the task originally.

## 17MINS 24SECS

### "Draft number five..."

With a looming deadline, high levels of cortisol partially shut down other bodily functions – including the immune system, FYI – to direct energy where you need it most. Once these hormones get depleted, you experience brain fog and adrenaline burnout, lessening productivity. Eek.

## 15MINS 1SEC

### You give up and just go for it.

With stress levels managed, you respond quickly to your urgent task, thinking becomes clearer and you get into the zone. The first step is to accept there will always be unexpected crises in life. Once you're calm, you easily begin to wrap up the task at hand.

## 1MIN 52SECS

### With more than a minute to spare, you submit your best work. Nice!

Serotonin (which affects mood and social behaviour) is released, making you feel satisfied, building confidence for your next task. Experts recommend saying "done" after every task you finish to trigger those feelgood vibes. Done! **WH**



# WHAT HE'S REALLY THINKING IN BED

**What's going through his head during sex? A bloke reveals all**

By Andy Jones

LOVE ON  
TOP





## DOGGY STYLE



### WHAT HE'S THINKING

1. Sweet, my gut is out of her eyeline. I can stop tensing up now. Phew!
2. How forceful is too forceful? If she lunges forwards is that a bad thing? Or will she actually see it as manly?
3. What if I hit her pelvic bone?
4. What's she thinking down there? Is she imagining someone else right now?
5. This makes me feel dominant, which is nice since we're both acutely aware it's not the standard dynamic in this relationship.

### HOW YOU CAN HELP

"It can get a bit difficult back-seat driving. Talk to me – or wrestle control and do the pushing. Also throw me a quick glance every now and then, just so I know you're as into this as I am."

## GIRL ON TOP



### WHAT HE'S THINKING

1. Wow, you look good up there. Really good. Your boobs look bigger, too, and your tummy flat. You'd be seriously happy with this view.
2. Brilliant, I can lie back here on cruise control for a while.
3. I love you bouncing, but please don't break my penis. I read somewhere\* half of all penile fractures happen during cowgirl sessions.
4. Would she notice if I tuck my feet under the doona?
5. Just to repeat... please don't break my penis. Okay?

### HOW YOU CAN HELP

"Want bonus points? I like when you reach back and very lightly roll my balls around in your hands – but more in an 'evil genius plotting their next move' way rather than a 'pummeling a stress ball' way."

## SIDEWAYS SPOON



### WHAT HE'S THINKING

1. Not my favourite. A face full of hair kind of kills the mood.
2. All the force comes from my pelvic muscles. Painful work.
3. It's tricky at times trying to maintain good rhythm. I feel like I'm a couple of drinks in at the club.
4. I like tweaking and rubbing the machinery from back here, but all your best bits are facing the other way!
5. Real talk: this is basically penetrative cuddling, right?

### HOW YOU CAN HELP

"I love watching you enjoy yourself. Guide my hand into your lap. Because I can't see what I'm doing, I'm tuned in to how it feels, making it easier to remember for the next steamy session."

## ROCKING CHAIR



### WHAT HE'S THINKING

1. My favourite: this sitting position gives me the whole package – penetration, kissing, breasts. And I get to sit down. Bonus!
2. It takes longer for me to come because – while it's deep – there's less frantic friction. This is a good thing.
3. Lots of eye contact? That's hot. I also really love it when you pull my hair.
4. This feels great, fast or slow. Shall we pause for a bit of a breather?
5. I'm loving your sex face.

### HOW YOU CAN HELP

"I'm totally cool with you making the most of this slower pace. Also, touch = good! Stroking, kneading, pulling and pinching. I'm more into it than I actually let on." **WH**

# NATURE LOVERS LOOK NO FURTHER

**Rachelle Mackintosh got her sweat on exploring Ecuador's Galapagos Islands**

Photography by @faunographic

Climbing the 378 stairs to the top of Bartolome Island hasn't taken long, but in my excitement to reach the top I didn't warm up or pace myself, and now my quads are shouting obscenities. The view's left the rest of me speechless though... the gunmetal lava fields of neighbouring Santiago Island stretch to the horizon; between us, Pinnacle Rock, a sharp peak formed by an underwater volcano beside a golden beach; and all around, the shiny Pacific. Yep, the Galapagos Islands sure roll out the visual drama.

Being a nature nerd, this 20-island archipelago has long been at the top of my gotta-go list. After all, its unique biodiversity and ongoing volcanic action inspired Charles Darwin's famous theory of evolution.

Roughly 1000km off Ecuador's west coast, the islands have featured in countless documentaries – actually, did you see that crazy viral video of an iguana outrunning a whole stack of snakes on a beach? That was filmed on Fernandina, in the western part of the archipelago. Apart from death-defying reptiles, wildlife nerds can get up close to famous locals like giant tortoises, blue-footed boobies, magnificent frigatebirds and sea lions – and since the animals have no fear of humans, the selfie opportunities are on tap. And, surprisingly, so are the opportunities to crack a sweat. During my recent cruise with Aurora Expeditions' Isabela II, I spent each day exploring with hiking, snorkelling and kayaking in the central and southern islands. Here, three sweat-friendly must-dos:

## Walk with wildlings

For a fairly flat but nonetheless challenging hike, head to Punta Suarez on Espanola, the southernmost island. Here, a 3km loop will test your balance as you navigate your way over ankle-twisty boulders and dodge everything from newborn sea lions to Rastafarian-coloured marine iguanas. You might also need to step aside for a waved albatross or two: Espanola is the world's only breeding ground of this critically endangered seabird, with up to 30,000 of them mating there between April and December. The trail gets you right into the thick of the colony where you can see them do their mating 'dance' for each other (FYI they couple up for life = squeee). On the southern side of the trail, you'll find yourself on a clifftop overlooking not only the ocean, but also a lava fissure that creates an epic natural blowhole, spurting water up to an impressive 30m high when the tide's just right.



## Pop a paddle

Another fun way to crack a sweat, Galapagos style, is to get out on a kayak and explore Santa Fe's coastline. The island's north-east side is home to Barrington Bay, where there are gentle currents and plenty of critters to spy on, both on the shore and in the water. Keep an eye out for creamy-coloured land iguanas, Galapagos hawks, sea turtles who pop their heads out of the water, and even whitetip reef sharks. FYI Aurora's kayaks seat two people but in such gentle conditions it's no drama to take one out solo – and there are several opportunities to do just that throughout this once-in-a-lifetime nine-day trip.

## Suit up and snorkel

The islands sit at the confluence of several major ocean currents – warmer ones from the north, cooler ones from the south and also the Humboldt, which hits the archipelago direct from Antarctica. As a result, the marine flora and





PARADISE FOUND

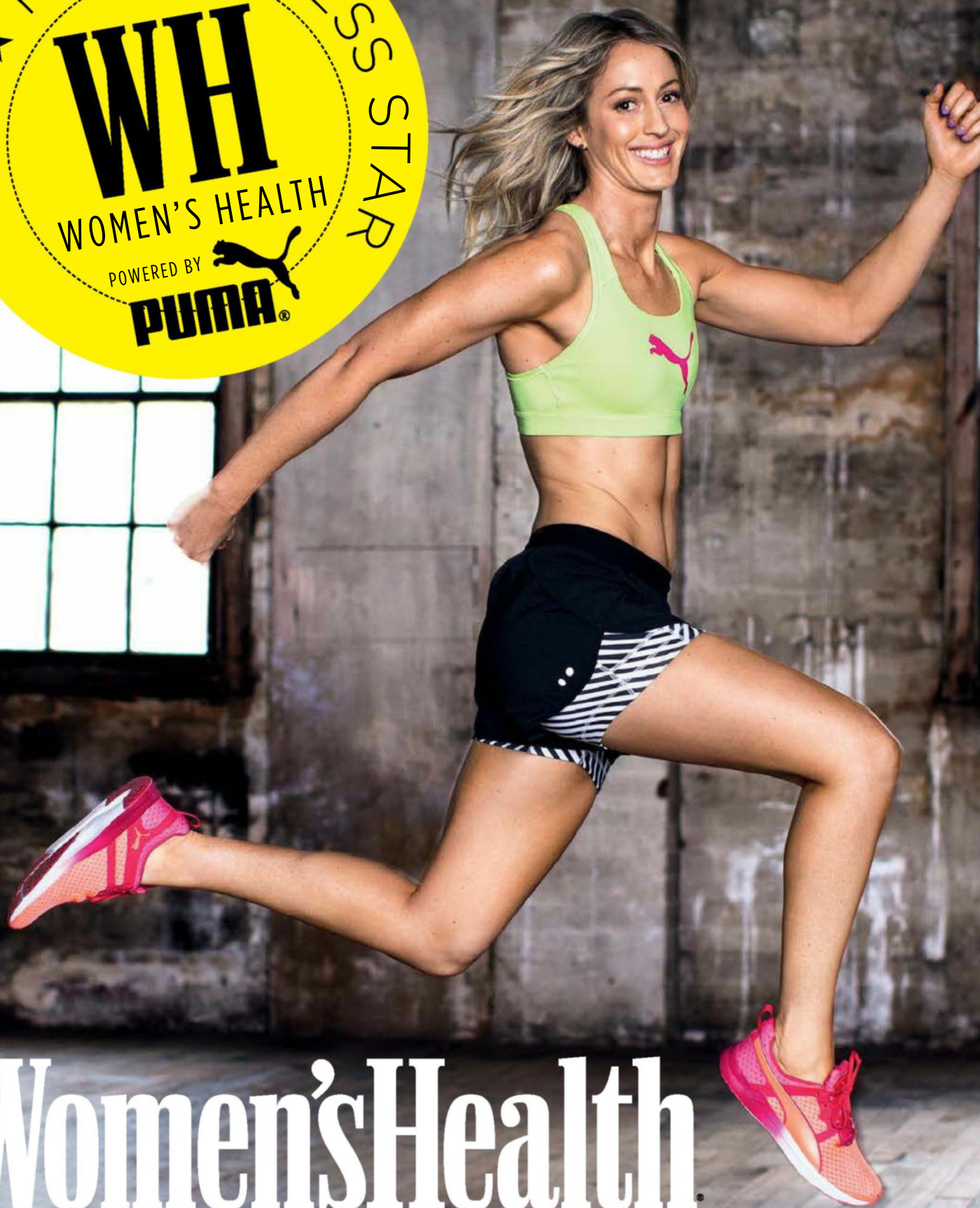


fauna have adapted to the unique conditions and 20 per cent of the sea creatures are endemic to the area (ie, found nowhere else on the planet). If you're lucky you'll see the Galapagos penguin, snake eel, yellowtail damselfish and the incredibly pretty blue-banded goby, as well as hammerheads and spotted eagle rays. You can deep-sea or beach snorkel all over the archipelago, but don't miss opportunities to do it at Santa Fe, North Seymour, around Pinnacle Rock, Espanola, Punta Pitt and Champion Rock, where the sea lions go out of their way to check you out (and, if they feel you deserve it, give you a good telling off). **WH**

## Now you go!

To get there, I flew from Sydney to Santiago (Chile), then to Guayaquil (Ecuador), where I met the Aurora Expeditions group. We then flew to the islands and drove to Puerto Ayora, where we boarded our cruise. For info, hit up [auroraexpeditions.com.au](http://auroraexpeditions.com.au). Bon voyage!





**Women's Health**  
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# Beauty&Style

Simple secrets to feel great and look gorgeous

## brief



Want to upgrade your beauty regime? Turn the page for 50 genius ways to spritz, blend and set like a pro. #yourewelcome



# ALL-STAR BEAUTY

THE 50 BEST INSIDER  
TRICKS OF ALL TIME

By Ashleigh Austen and Fiona Embleton

1

“Spritz perfume on your  
ironing board – the iron’s  
heat will lock the scent  
into your clothes.”

*Joe Malone, perfumer*

**We love** Missoni EDT, \$140









# 2 TO 11 SAVE TIME

★  
"NOT SURE WHAT YOUR NATURAL-LOOKING LIP SHADE IS? SQUEEZE THE TIP OF YOUR MIDDLE FINGER. IT'LL FLOOD RED OR PINK - THAT'S THE SHADE YOU'RE AFTER."

*Celebrity make-up artist Daniel Sandler*

★  
"TO AVOID POST-GYM REDNESS, SUCK ON AN ICE CUBE BEFORE YOU WORK OUT. THE COLD CAN PREVENT BLOOD VESSELS DILATING AS YOUR BODY TEMPERATURE RISES."

*Dr Joshua Zeichner, dermatologist*

★  
"NO MAKE-UP MAKE-UP? APPLY THE SAME SHADE OF LIQUID BLUSH TO YOUR TEMPLES, EYE SOCKETS, CHEEKS AND NOSE TIP FOR A CONTOURING EFFECT."

*Eoin Whelan, Giorgio Armani make-up artist*  
**Try** Giorgio Armani Maestro Fusion Blush, \$65

★  
"MIX A 10 CENT PIECE-SIZED DROP OF FACE SCRUB INTO YOUR CLEANSER AND APPLY TO YOUR FACE IN A STEAMY SHOWER TO UNCLOG PORES."

*Noella Gabriel, head of product and treatment development at Elemis*  
**Try** Elemis Skin Buff, \$54

★  
"DON'T WASTE TIME APPLYING PRIMER ALL OVER YOUR FACE. ONLY USE IT ON AREAS YOU EXPERIENCE THE MOST MOVEMENT: FOREHEAD, AROUND THE EYES AND ON THE LINES THAT RUN EITHER SIDE OF THE NOSE AND MOUTH."

*Rebecca Restrepo, Elizabeth Arden's global make-up artist*  
**Try** Elizabeth Arden Visible Difference Primer, \$62

★  
"DON'T HAVE TIME TO BLOW-DRY ALL OF YOUR HAIR? APPLY A SMOOTHING LOTION AND DRY AROUND THE PART

AND HAIRLINE ONLY. THIS WILL COVER THE FRIZZ."

*Harry Josh, John Frieda global creative consultant*  
**Try** John Frieda Anti-Frizz Primer, \$16.99

★  
"UP EARLY? SLEEP IN A FACE MASK. IT WILL HAVE A MUCH HIGHER CONCENTRATION OF INGREDIENTS THAN NIGHT CREAM TO HYDRATE SKIN FOR AN EARLY RISE."

*Liz Pugh, make-up artist*  
**Try** Aromatherapy Associates' Overnight Repair Mask, \$122

★  
"ADD LIQUID CONCEALER TO MOISTURISER FOR SPEEDY LUMINOUS COVERAGE FOUNDATION."

*Paula Begoun, Paula's Choice*  
**Try** Paula's Choice Skin Recovery Replenishing Moisturizer, \$38

★  
"Use one brush for primer and foundation to save time, and for a dewy finish."

*Ruby Hammer, make-up artist*  
**Try** Real Techniques Your Base Flawless Foundation Brush @ Priceline, \$22.99

★  
"Most of us forget to squeeze exfoliation into our hectic schedules. Put it in your smartphone's calendar as a twice-weekly event and set the reminder for the time you usually shower."

*Leslie Baumann, Miami-based dermatologist*

**For a decent scrub go for** Frank Body Coconut Coffee Scrub, \$18.95





# 12 TO 2 MAKE LIKE A PRO 23

★  
"SWITCH TO BB OR CC CREAMS IN SUMMER. THEY HAVE LESS WAX THAN REGULAR FOUNDATIONS SO THEY HOLD BETTER IN HEAT."  
*Lisa Laudat, celebrity make-up artist*  
**Try** Nude by Nature Sheer Glow BB Cream, \$29.95

★  
"TO AVOID CHALKY ROOTS FROM DRY SHAMPOO, SPRAY IT ONTO A PADDLE BRUSH FOLLOWED BY HAIRSPRAY, THEN BRUSH."  
*Adam Reed, UK hairstylist*  
**Try** EVO Conrad Bristle Paddle Brush, \$36.95

★  
"BLEND FOUNDATION UPWARDS, OTHERWISE IT COLLECTS ON HAIRS ON THE JAW, CAUSING DISCOLOURATION."  
*Kay Montano, make-up artist*  
**Try** Beauty Blender @ Sephora, \$30

★  
"WHEN DARK SHADOWS ARE BLENDED TOO MUCH, IT LOOKS DIRTY. USE A LIGHTER CHAMPAGNE SHADE WITH A BIT OF SHIMMER AS A BASE TO BLEND WITH THE SMOKY SHADOW. IT CREATES DIMENSION WITHOUT GETTING MUDDY."  
*Linda Cantello, make-up artist*

★  
"DON'T EAT SPICY FOOD THE NIGHT BEFORE YOU SHOP FOR FRAGRANCE. YOU MAY NOT BE ABLE TO SMELL THE SPICES, BUT THEY SEEP THROUGH SKIN, CHANGING HOW A FRAGRANCE SMELLS."  
*Josephine Fairley, author of The Perfume Bible*

★  
DON'T JUST SLAP ON A MASK AND WAIT. MASSAGE IT INTO YOUR SKIN USING THE HEELS OF YOUR HANDS IN UPWARDS MOTIONS."  
*Debbie Thomas, facialist*

★  
"Test foundation on the skin about 2cm below your ear – it's the closest match to your natural skin tone."  
*Lisa Eldridge, make-up artist*  
**Try** Chanel Les Beiges Healthy Glow Foundation, \$89

★  
"TO GET THE MOST OUT OF YOUR TAN, USE A GRADUAL TANNING CREAM ON TOP TO REVIVE, PROLONG AND KEEP YOUR SKIN LOOKING PATCH FREE."  
*Stacey McPherson, tanning expert*  
**Try** Jbronze Gradual Tanning Cream, \$19.95

★  
"NO TIME TO WASH HAIR POST-WORKOUT? DAB A LITTLE WITCH HAZEL ONTO THE ROOTS WITH COTTON WOOL TO ABSORB ANY GREASE."  
*Charles Worthington, celebrity hair legend*

★  
"APPLY INSTANT TAN AND SET WITH A HAIR DRYER. YOU CAN'T TELL THE TRUE COLOUR UNTIL SKIN IS DRY. THIS WAY, YOU'LL KNOW IF YOU NEED A TOP-UP."  
*James Read, tanning pro*

★  
"USE THE 'PRESS AND RELEASE' METHOD TO APPLY SERUMS AND OILS. SKIN STRETCHES AS YOU PRESS THEN ABSORBS PRODUCT UPON RELEASE."  
*Joanna Czech, facialist*  
**Try** Dermalogica Phyto Replenish Oil, \$120, for a next-level face massage

★  
"Start applying brow pencil directly above your pupil. A dark mid-brow = brighter eyes."

*Lisa Potter-Dixon, Benefit*  
**Try** Benefit Precisely, My Brow Pencil, \$42

# 24 TO 32 EINSTEIN IDEAS

★  
“AT-HOME WAXER? DUST TALC OVER YOUR LEGS AND THE HAIRS WILL SHOW UP MORE. IT ALSO STOPS WAX STICKING TO THE SKIN.”

*Arezo Kaviani, celebrity waxer*  
**Try** Marzena Large Wax Strips, \$9.50

★  
“USE TWO LAYERS OF BASE COAT TO HELP STOP DARKER POLISH DISCOLOURING NAILS. LEAVE ONE MINUTE BETWEEN EACH COAT TO AVOID BUBBLES.”

*Glenis Baptiste, celebrity pedicurist*

★  
“FOR THE BEST CRACKED HEEL TREATMENT, MIX ¼ CUP OF MOUTHWASH WITH ¼ CUP APPLE CIDER VINEGAR AND ½ CUP WATER. SOAK FEET FOR 10 MINS AND WIPE AWAY DEAD SKIN.”

*Thea Green, founder of Nails Inc*

★  
“KEEP KOHL EYELINERS IN THE FRIDGE FOR 10 MINUTES BEFORE SHARPENING. IT WILL STOP THE TIP CRUMBLING

AND CREATES A SHARPER POINT.”

*Sam and Nic Chapman, co-founders of Real Techniques professional tools*

★  
“STRAWBERRIES CONTAIN EXFOLIATING FRUIT ACIDS. CUT ONE IN HALF LENGTHWAYS, SWEEP ACROSS YOUR FACE AND MASSAGE THE JUICE IN FOR TWO MINUTES BEFORE RINSING.”

*Kate Somerville, facialist to Jessica Alba*

★  
“TO GET YOUR HAIR PRODUCT RATIOS RIGHT, TIE YOUR HAIR IN A PONY. THE CIRCUMFERENCE OF THE BASE IS HOW MUCH PRODUCT YOU SHOULD USE.”

*Michael Lendon, creative director at Aveda*

★  
“LACKLUSTRE SKIN? DOSE UP ON CHICKPEAS. THESE LEGUMES CONTAIN VITAMIN C FOR HEALTHY COLLAGEN FORMATION, MAGNESIUM FOR ELASTICITY AND MOISTURE TO

PREVENT DRYNESS AND INFLAMMATION OF SKIN CELLS WHILE ASSISTING WITH DNA REPAIR AND PREVENTING FREE RADICAL DAMAGE.”

*David Jivan, naturopath*

★  
“TO PREVENT LIPSTICK FROM BLEEDING, ALWAYS LINE LIPS LAST. THIS ENSURES YOUR LIPSTICK LASTS LONGER AND HELPS TO CREATE A CRISP AND CLEAN EDGE THAT CAN'T BE ACHIEVED JUST BY APPLYING LIPSTICK ON ITS OWN.”

*Napoleon Perdis, make-up legend*  
**Try** Napoleon Lip Pencil, \$30

NAPOLÉON  
PERDIS  
TOTAL BAE

★  
“Mascara doubles as an eyeliner if you run out. Swipe your mascara wand on the back of your hand, then take a small angled brush and apply as eyeliner.”

*Napoleon Perdis, make-up legend*  
**Try** Napoleon Mesmer -eyes Mascara, \$39





# 33 TO 39 KNOCK OFF THE YEARS

★“Don’t neglect the back of your neck and behind your ears when applying creams.”

*Sarah Chapman, facialist*  
**Try** Neutrogena Hydro Boost Gel Cream, \$24.99

★  
“AVOID APPLYING CONCEALER UNDERNEATH THE ENTIRE EYE IF YOU WANT TO STOP IT SETTLING IN LINES. CONCENTRATE ON THE SEMI-CIRCLE IN THE INSIDE CORNER OF YOUR EYE AND ONLY TAKE THE CONCEALER DOWN TO THE BRIDGE OF YOUR NOSE.”  
*Lauren Hersheson, make-up artist*  
**Try** BECCA Aqua Luminous Perfecting Concealer, \$52

★  
“SWITCH YOUR EXFOLIATOR EVERY FEW

MONTHS TO BOOST CELL RENEWAL.”  
*Dr Rachael Eckel, dermatologist*  
**Try** Palmer’s Coconut Oil Facial Scrub, \$9.99

★  
“MOST EYE CREASES ARE CAUSED BY DEHYDRATION. APPLY PRODUCT CONTAINING HYALURONIC ACID AROUND YOUR EYES BEFORE BED.”  
*Natalie Abouchar, cosmetic nurse specialist and founder of Privée Clinic*

★  
“GO ‘BRONDE’, NOT BLONDE. KEEP NATURAL COLOUR FROM

YOUR ROOTS TO MID-LENGTH, WITH LIGHTER ENDS FOR A TWO-WEEKS-IN-BALI LIFT.”  
*Jack Howard, UK hair colourist*  
**For at-home colour try** Solfine Crema Colour @ Priceline, \$13.99

★  
“THINNING LASHES? USE ‘TIGHT LINING’, WHERE YOU APPLY THE TINIEST AMOUNT OF LINER BETWEEN LASH ROOTS TO GIVE THEM A THICKER APPEARANCE.”  
*Caroline Barnes, Max Factor*  
**Try** Max Factor Liquid Eye Effect Pencil, \$18.95

★“Enhance your lips instantly by balancing them out – not many of us have full lips that are exactly the same top and bottom. To get around that, use a lip pencil to slightly over or under draw the edge, giving an illusion of fullness.”

*Carol Mackie, MAC senior make-up artist* **Try** MAC Liptensity Lipstick, \$46

# 40 TO 50 GET BESPOKE



"CHECK YOUR SKIN TYPE. PRESS YOUR CHEEK WITH YOUR FINGER. IF IT LEAVES A WHITE MARK, YOUR SKIN IS CONGESTED. IF IT DISAPPEARS QUICKLY, THEN IT'S DRY."

*Sarah Brown, Pai Skincare founder*



"FOR OVERNIGHT VOLUME, BRUSH DRY HAIR TO THE FRONT OF YOUR HEAD BEFORE BED AND TIE WITH A SCRUNCHIE. RELEASE IN THE OTHER DIRECTION OF THE HAIR IN THE MORNING. IT LIFTS THE ROOTS BEAUTIFULLY."

*Brad Ngata, celebrity hairstylist*



"IF YOU WANT TO USE ANTI-AGEING INGREDIENTS LIKE RETINOL, BUT WORRY ABOUT IRRITATION, SMOOTH A FACE OIL OVER YOUR NIGHTLY TREATMENT. A FEW DROPS CALM THE SKIN."

*Dr David Colbert, dermatologist*  
**Try** The Jojoba Company Oil, \$19.95



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*Gucci Westman, US cosmetic designer*

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*Hairstylist Aleks Abadia*



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SHOULD BE EQUIVALENT TO THE LENGTH OF YOUR INDEX FINGER."

*The late Dr Fredric Brandt, dermatologist*



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*Antonia Burrell, facialist and skincare founder*



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*Bobbi Brown, make-up legend*



"APPLY A CLAY MASK AND, ONCE DRY, SPLASH WATER TO WET THE CLAY. THIS REACTIVATES THE MASK SO IT CAN DRAW OUT MORE IMPURITIES."

*Una Brennan, facialist*

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*Kristy Watson, Erno Laszlo CMO*

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*Dr Ginny Hubbard, dermatologist*

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ON  
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# BUMP

Just had a baby? Planning one? Your fittest, healthiest pregnancy starts here, with the WH guide to thriving through it all

By Alice Ellis







# PRIME YOURSELF FOR PREGNANCY

**What you put in your mouth can either make or break your baby-making plans**

Yes, really! The Nurses' Health Study of more than 18,000 women found that what's piled on your plate can actually impact fertility. For instance, women who ate the most high-GI foods, like white bread and soft drinks, were 92 per cent more likely to experience fertility issues than those who ate plenty of low-GI carbs like wholegrains and legumes. And when it came to protein? Those who swapped just 25g of animal protein for 25g of vegie protein each day improved fertility by 50 per cent. Wow! Melanie McGrice, dietitian and author of *The Pregnancy Weight Plan*, shares her top five nutrition tips to max your fertility. Oh, and did we mention they taste great too? You're welcome.



# 1

## REDUCE YOUR GLYCAEMIC LOAD

You know you should be eating more low-GI (slow-release) carbs than high-GI (fast-release) carbs. But McGrice emphasises the importance of looking at your glycaemic load, "a measure of the GI multiplied by the amount of carbohydrates you eat," she explains. "An example I use with my clients is that pasta has a low GI, but if your bowl of pasta is too big, you will have a high glycaemic load." Instead of having *all* the penne, have a small bowl, add some protein (ie, tuna) and serve with a big salad.

# 2

## EAT PLENTY OF PROTEIN

Protein helps build muscle, muscle is metabolically active (burning more than twice the kJs per kilo of fat), and maintaining a healthy weight assists with fertility. "Dairy foods are a great source of protein, as well as being relatively low in kilojoules and rich in vitamins and minerals such as calcium, magnesium and vitamin B12, so make sure you're getting the recommended two-and-a-half serves of dairy each day." Also: "[Eat] a small serve of lean protein each day. It's worthwhile paying a bit more for lower fat, premium cuts of meat. Also, eat one vegetarian source of protein like tofu or lentils at least twice each week."

# 3

## SUB BAD FATS WITH GOOD FATS

While good fats, like the mono-unsaturated and polyunsaturated fats found in nuts and avocado, help decrease inflammation, which has been found to boost fertility, bad saturated and trans fats like those in deep-fried and highly processed food like bickies, can increase inflammation.

# 4

## EAT MORE GREENS

"Without doubt, the most important nutrient for a healthy conception is folate," says McGrice. And green leafy vegies are the best source of folate. Not to mention the fact that they're also the way to more fibre, antioxidants and vitamins.

# 5

## CONTROL YOUR PORTIONS

"I often see women in my clinics who have fantastic healthy diets but struggle to lose weight," says McGrice. "The reason? Large portion sizes." To both achieve and maintain a healthy weight – important for fertility – use the portion sizes at [eatorhealth.gov.au](http://eatorhealth.gov.au) and refer to the recommended serving sizes on food labels. ►





# A FIT PREGNANCY

Delivery is an athletic feat – why stop training right before the main event?

BABY  
BLOOMER





A shorter, easier labour. A reduced chance of developing everything from gestational diabetes to high blood pressure and postnatal depression. A healthier, more neurologically developed baby. The benefits of a fit pregnancy through exercise have been confirmed by studies over and over. So why do we as a culture have such a warped relationship with what that should look like?

Think of the celeb tabloids chronicling who gained the most weight while expecting and who 'bounced back from baby' quickest. That type of shaming still exists, but now it has a fit-infatuated cousin: obsessions over how some women stay in awesome shape *throughout* their trimesters. And that's invited a whole new world of criticism: how fit is too fit when you're pregnant?

Let's start with the fine print. Obviously, every pregnancy is different, so there's no one way you ought to look. That also means you should always defer to your doctor, especially if you're at high risk or have specific health issues determining what you can't do. But the fact is, between 38 and 67 per cent of pregnant women experience excessive gestational weight gain, according to a report by the Physical Activity Nutrition and Obesity Research Group. And, regardless of pre-pregnancy weight status, excessive weight gain places mum and babe at risk of obstetric and neonatal, as well as longer-term, less than ideal health consequences.

That's where your fitness plan comes in. As your kilojoule intake increases, exercise is the one thing that'll strengthen your muscles and metabolism, and help ward off unnecessary extra kilos. Of course, with a human growing inside you, you have to adapt your routine. We toss the outdated advice and bring you tips, tricks, moves and gear for your fittest, healthiest pregnancy ever. You ready, Mama?

## Training for two

As your body changes, staying fit and keeping baby safe are all about small but crucial adjustments. Here's the vetted intel from a top trainer and obstetrician for each trimester.



We'll begin with the number one truth, 'cos it often gets muddled: "You can carry on pretty much any activity you did before you conceived, as long as you don't ramp up intensity or frequency beyond what you're used to," says author and certified strength and conditioning specialist Dr Brad Schoenfeld. That means runners can keep logging those kays but shouldn't begin training for a marathon.

The biggest change during these three months will be flagging energy levels. Say hello to morning sickness and fatigue. Try rating how tired you feel on a scale of one to five (one being the worst), suggests expert maternity

fitness trainer Andrea Orbeck. Give yourself a break on the one and two days (when just standing up or climbing stairs feels like hard work), but on others, force yourself to do something for 10 minutes. "Getting your blood pumping actually boosts your energy and can, for some, help fight nausea," says Orbeck. Those 10 minutes can often lead to more. But call it quits after an hour, so you don't get too fatigued.

### GO-TO MOVE The dead lift

Building a good foundation now will help you maintain your posture later. The almighty dead lift helps strengthen the posterior chain (back, legs, glutes), which you'll need when your tummy shifts your centre of gravity. (Plus, it'll prep you for picking up bub an estimated 50 times a day!)



Include it in your training twice a week, doing 3 x 12 reps with a set of 2-3.5kg dumbbells. Haven't done them before? Practise the hip-hinge movement with just your body weight - this way is low-risk.

**Do it** Stand with feet hip-width apart, weights in front of your thighs, palms facing you. Keeping your back flat, core tight and knees soft, push hips back to lower the weights towards the floor, keeping them close to your body. Squeeze your glutes as you return to start.

## 2nd TRIMESTER

Your energy should be highest during this trimester, so use it – if you missed any spin classes during the first trimester, get back at it. Just make sure you never exert yourself so much you can't hold a convo, says Schoenfeld. (Experts call this the 'talk test', which replaced the old-school rec of keeping your heart rate below 140 beats per minute – confusing since normal heart rates

vary.) "Because your heart has to pump oxygen to your baby, you want to avoid making it work too hard," he says.

Focus on your core and your lower back. As your belly grows, so does the strain on that area, meaning you need to work extra hard to protect it. "Think of your middle as a corset," says Orbeck. "You want it to be strong so you feel stable and upright." Not only

will this help beat back pain, but you'll also improve your balance – another new issue, brought on by an increase in the hormone relaxin, which loosens joints and can make you more prone to falls. Minimise on-back positions, crunches and twists, which can compress the vein that returns blood to your heart. Limit lifting weights overhead, as it can invite back pain.

## 3rd TRIMESTER

Don't change your postcode to the couch just yet. You may be over being pregnant, but staying active – through yoga, power walks, jogging (if you're a runner) – will help keep you and your baby as healthy as can be.

That said, you might want to dial down the volume, says Schoenfeld, who recommends 2–4 30–60-minute workouts per week, if you can manage. Ideally, you should have at least one cardio and one

strength-training sesh each week, though breaking up, say, a 30-minute bout into three shorter ones works too (it's all about what you can handle). You might want to pause on the heavy lifting (maybe stick to 2kg weights). If your belly is really big, your balance may feel a bit wobbly, so no reason to challenge it.

### GO-TO MOVE

#### The dolphin to plank

Even if your ab workouts are more limited, you're not out of options. The good ol' plank position is an ideal way to activate your core while you're still small enough to lift your weight. This version adds movement in your hips to maintain flexibility before you get stiffer in a couple of months, says Orbeck. Aim for 5–8 reps, 4 days a week.

**Do it** Place forearms on the floor, elbows under shoulders, then extend your legs while lifting your hips so your body forms an inverted V. Lower hips so your body is in a straight line. Pause, reverse the movement and return to start.



# PREG ACTIVEWEAR

## Pre- and post-baby, sorted

**1** The Active Truth Mama Full Length Pregnancy Tights are designed with high-waist core support to keep your growing belly comfy during workouts. \$119.99, [activetruth.com.au](http://activetruth.com.au)

**2** The SRC Health Pregnancy Shorts give you support while your bump is growing, and the Recovery Shorts are perfect post-birth. \$189, [srchealth.com](http://srchealth.com)

**3** The Articfit Pro-Active Capri Tights are designed by an Aussie female physiotherapist. With the high-waisted compression waist band, they're popular with new mums returning to exercise. \$149, [articfit.com](http://articfit.com)

**4** The Ten Active gear, like The Connie leggings, are made with comfort and style in mind – your perfect pregnancy go-tos. \$129, [thetenactive.com.au](http://thetenactive.com.au)







### GO-TO MOVE The wall-assisted squat

How hard is it to sit down and stand back up? Welcome the squat: a crucial move to help you bounce up and down with (some) ease, both now and when you're toting an infant, says Orbeck. Squats increase circulation, and engage your core and pelvic-floor muscles, which you want intact for push

day. With your centre of gravity off, using a wall or couch as support can help with any balance issues. (Put a chair behind you if you feel super unsteady.) Try for about 2 sets of 10–15 reps twice a week.

**Do it** Stand at arm's length in front of a wall, hands holding onto the wall and feet slightly wider apart than your hips. Keeping your chest tall, sit your hips back and bend your knees to lower yourself into a comfortable squat. Pause, then return back to the start.



Need a top with that? This Soon Maternity tank will accommodate your belly in pregnancy and beyond. \$69.95, [soonmaternity.com](http://soonmaternity.com)

# EATING FOR TWO

Yep! You may want to eat all the things. The good news: because you're growing a human inside you, Dr Miriam Stoppard, author of *Conception, Pregnancy and Birth*, advises eating 840–1255 more kilojoules than your regular healthy intake. But focus on these foods to reach optimal health for you and your tiny human, according to Stoppard...



#### 2 X SERVES VITAMIN C-RICH FOODS

**Think** 100g broccoli, 100g strawberries

#### 3 X SERVES FIRST-CLASS PROTEINS

**Think** 100g fish, 3 x eggs, 340ml yoghurt



#### 4 X SERVES CALCIUM-RICH FOODS

**Think** 50g hard cheese, 200ml milk, 75g tinned sardines with bones, 325g cottage cheese

#### 4-5 X SERVES WHOLE GRAINS AND COMPLEX CARBS

**Think** 75g cooked brown rice, 1 slice wholemeal bread, 75g kidney beans, 100g lentils, 75g chickpeas

#### 2 X SERVES IRON-RICH FOODS

**Think** 65g lean red meat, ½ cup fortified wholegrain cereal

#### 5-7 X SERVES GREEN, RED AND YELLOW VEG AND FRUIT

**Think** 100g spinach, 100g peas, 150g tomatoes, 1 mango, 2 apricots



# GET YOUR BODY BACK

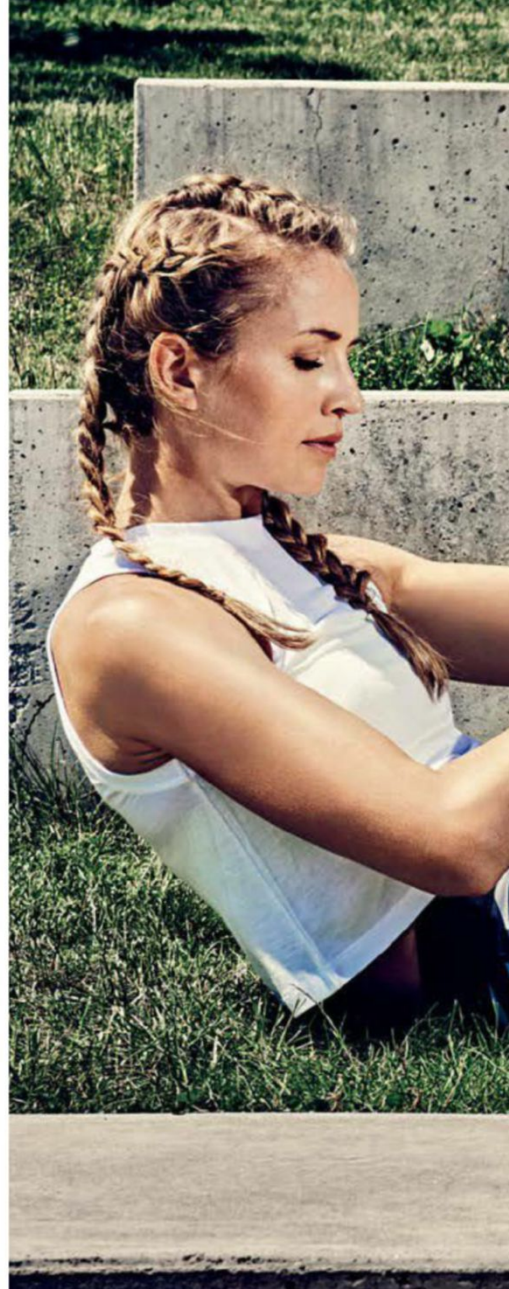
The baby's arrived but your tummy's still well and truly there. And having a newborn doesn't leave much time for you to get back into shape. This re-entry workout, to the rescue! It'll help you get fit again with minimal effort.

The first weeks after birth are no time for peak performance or dieting. Instead, try to get a lot of exercise into your everyday life (walk with that pram!). Wait at least six weeks before even thinking about your first light workout – and talk to your doctor before you start. FYI, make sure you chat to your doctor about separation – the gap between your abs that showed up when your tummy stretched. Straining your stomach muscles while they're still separated can have dangerous results.

"Always listen to your body," warns personal trainer Ines Vogel. "In case of pain, bleeding or discomfort, stop the workout immediately. A workout for re-entry must not weaken the body. It's

designed to create wellbeing and improve fitness slowly."

Start with short workouts – a maximum of 30 minutes. This one will give you a full-body challenge. It works your large muscle groups (increasing your kilojoule burn) and brings strength to your body's centre. Ready for it? Then let's get started!



1

**A** Get down on your knees and push your bum back onto your heels. With a relaxed upper body, stretch both your arms forward. Hold this position for 3 deep breaths.



**BEST FOR warm-up**

**B** Lift your bum into the air and push upwards until your legs are straight. Press your arms into the mat and make your lower back long. Hold here for 5 secs.





**BEST FOR  
core**



A

**2**

**A** Get down on all fours with your hands below your shoulders, knees under your hips. Hold your stomach firm and keep your back straight.



B

**B** Lift your right arm straight ahead of you, and straighten your left leg behind you into the air. Keep holding your core firm.



C

**C** Bring your right arm and your left leg to your core, rounding your back. Stretch your limbs back out to straight again. Do 8-10 reps per side.

**BEST FOR  
whole bod**



**3**

Get down on a mat and do a plank, supporting your body on your elbows. Scrunch up your hands at your jaw. Look at the ground. Keep your whole body in one straight line, tensing your body for stability. Hold for around 30-60 secs.





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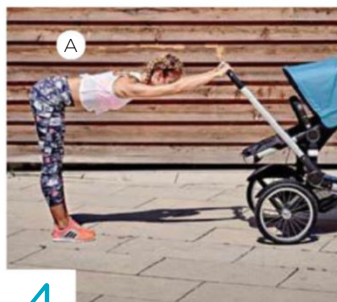
Available in Big W, Woolworths, leading Pharmacies & selected Baby Stores. Range may vary by store.



[babyu.com.au](http://babyu.com.au)

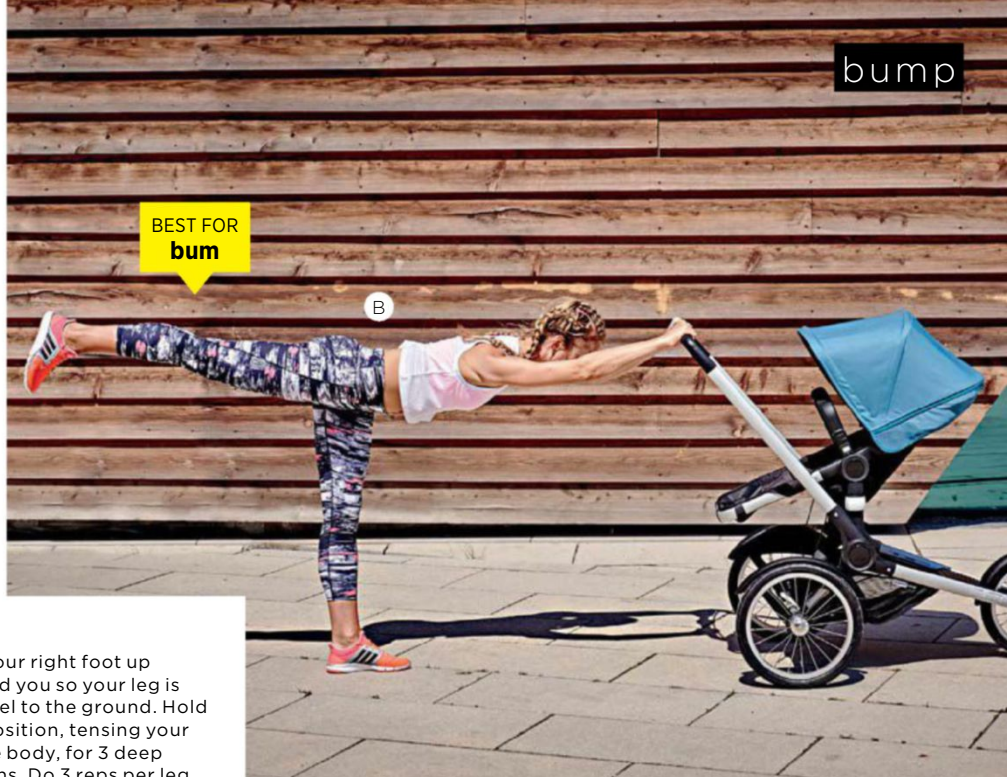


# GET YOUR BODY BACK



4

**A** Stand with feet hip-width, about 2 arm lengths from a stroller. Stretch towards the stroller with a long, straight back and grab the handle. Look at the ground.

BEST FOR  
bum

**B** Lift your right foot up behind you so your leg is parallel to the ground. Hold the position, tensing your whole body, for 3 deep breaths. Do 3 reps per leg.

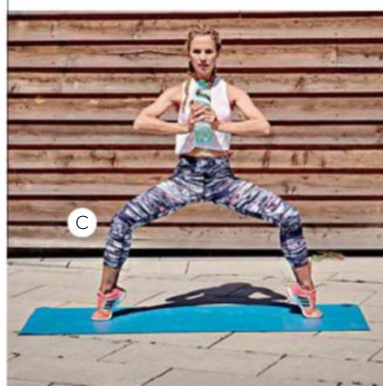
BEST FOR  
thighs

**A** Stand with feet hip-width, holding onto a stroller handle. Keep your head upright, eyes straight ahead.

**B** Bend your knees and lower your bum until your thighs are (at least) parallel to the ground. Keep your upper body upright. Stand back up and repeat the motion in flowing movements. Do this for between 15–20 reps.

BEST FOR  
legs

6



**A** Stand with feet wider than shoulder-width, feet facing out at a 45-degree angle. Use both hands to hold a small weight at chest level.

**B** Bend your knees and lower your bum. Make sure to keep your upper body stable and upright.

**C** Stand up on your tip-toes. Keep your torso and pelvic floor firm. Slowly reverse the movement and then return to the start. Do 12–15 reps.



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The Steelcraft Strider Compact Deluxe Edition, \$749, is the only stroller with the option for one or two seats that also offers a quick and easy compact fold.

**2 Best for... Toddlers**  
Amazing but true! The GB Pockit Stroller, \$299.95, is the 2014 Guinness World Records' most compact stroller, at a tiny 30 x 18 x 35cm when folded up.

**3 Best for... City day trips**  
The Bugaboo Bee3, from \$806.65, features a lightweight bassinet for exploring without disturbing your sleeping bub.

**4 Best for... Plane travel**  
Can you believe how small the Mountain Buggy Nano, from \$329, folds up? And it weighs just 5.9kg.

All available at [Tinitrader.com.au](http://Tinitrader.com.au)

## ON-THE-GO ESSENTIALS



**1** The Miamily Hipster Plus baby carrier comes with a pouch under the hip seat that can sub for your nappy bag. Major bonus? You can be totally hands-free. From \$199.95, [miamily.com](http://miamily.com)

**2** This Cozigo is a pram sun cover that doubles as

a sleep cover - perfect for airline bassinets. \$99.95, [cozigo.com](http://cozigo.com)

**3** Both baby and mum need serious TLC - 10&Co make skincare products for both of you, including Calm It, Baby (\$30) and Motherlover (\$44) skin oils. [10andco.com](http://10andco.com) **WH**



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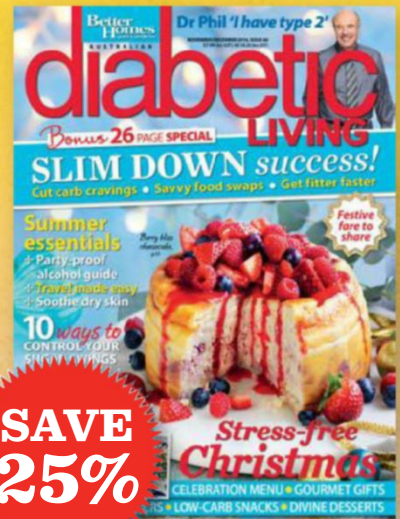
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**SPECIAL REPORT**

**SOIL**





# It


## a love/hate story

**It's quite the intense affair, isn't it? How those delicate crystals woo you with flavour, making every food they kiss come to life. Only to betray you with a dark side: bloat, high blood pressure and, some experts say, stroke and heart disease. But as critics meddle in our relationship with salt, telling us to see less and less of each other, reams of studies show that actually may not be the healthiest advice. *WH* investigates just who to believe - and how much is too much**

By Kristin Wartman Lawless







Walk into any place food is served and you'll find it: giving zing to smashed avo, jostling around in shakers on tables, adorning margarita rims. Salt courses through our food supply. We love the stuff. It's even become a status symbol for home cooks and pro chefs alike, who've traded pedestrian iodised table salt for diamonds of pink Murray River.

And yet. Everywhere we turn, we're bombarded with messages to step away from the stuff. Labels boast 'reduced sodium' or 'no added salt'. According to VicHealth, salt intake in Oz has reached critical levels, with adults consuming almost twice the recommended limit. In October 2016 a new study came out that garnered headlines, including: 'Even a Little Extra Salt Increases Death Risk'.

The message has been getting through. Dr Jacqui Webster from the George Institute for Global Health says the Australian food industry has been making moves to cut salt levels in many packaged foods – our main source of sodium. "Our research showed that between 2010 and 2013, salt levels were reduced in bread by nine per cent, breakfast cereals by 25 per cent and processed meats by eight per cent.

The rap on salt, which has been growing in urgency for several decades, is that taking in too much sodium causes high blood pressure – leading to assorted ailments from bloating to osteoporosis to, worse, heart disease and stroke. High blood pressure is the number-one individual risk factor linked to Australian deaths, ahead of smoking and excess kilos, according to research led by the universities of Melbourne and Washington. So... what's a little blandness compared with health and longevity?

Just one problem: there's never been any proof that in the general population, even a dietary sodium intake of up to 5500mg a day – waaay more than the National Health and Medical Research Council's 'adequate intake' of up

to 920mg – actually contributes to high blood pressure or the cardiac issues associated with it. This belief has never been substantiated by the gold standard of research: a randomised controlled trial. Instead, piles of studies show conflicting results. One of the most recent, published in the *Lancet*, intensified the controversy by finding that too little sodium – less than 2300mg per day, the upper limit set by the NHMRC – was associated with a 26 per cent increase in heart disease, stroke and death. Yep, confusing.

## H U H ?

Before we go further, let's establish some (uncontested) salt truths. Humans crave sodium for a very basic reason: ever since our distant ancestors first crawled out of the briny ocean depths, it's been essential to our functioning. An average healthy adult maintains the equivalent of about 50 teaspoons of sodium in their body, or roughly 0.4 per cent of their total weight. When we lose some through excretion (sweat, tears, urine), we must replace it from an outside source, because our bodies can't manufacture it. Yet its job is crucial. It regulates fluid balance and carries electrical charges between cells – for instance, telling muscles to contract and brain cells to communicate. That's why victims of sunstroke and heat exhaustion,

as well as ultramarathoners who deplete their sodium stores through sweat, can experience confusion and lethargy (and why some extreme athletes use sodium tablets to stave off those symptoms).

For all those reasons, salt has been highly valued throughout history. At the height of the Roman Empire, soldiers were paid in the stuff (the origin of the word 'salary'). Salt played another critical role: preventer of food spoilage. In a culinary sense, salt is something of a miracle worker. Salt your chicken before roasting and it'll emerge with a crisp brown skin; salt and drain eggplant before baking and your parmigiana won't be mushy. A dash gives dessert a piquant edge – hi, salted caramel – and in coffee or cocktails, salt reduces bitterness. It amps up flavour in everything from steak to salad dressing.

That flavour enhancement is why we now get three-quarters of our salt from packaged and prepared foods, which easily lose their intensity when boxed, tinned or frozen. The rest we get from natural sources, and a small fraction from the salt shaker. However we get it, the average Aussie consumes 2150mg sodium per day. But is this really a problem? The answer lies in decisions that were made decades ago – based on incomplete science.

## S C I E N C E

Researchers first suspected a link between sodium-laden diets and high blood pressure in the '60s, after observing what various populations ate. The theory is, when there's a lot of sodium in your bloodstream, your cells suck water into your blood vessels to equalise salt concentration. All that extra volume rushing through your veins is like turning a hose on full blast – blood presses against the walls, sometimes weakening or damaging them, and making your heart work harder.

The idea was tested clinically, first in rats (given doses 100 times higher than humans would ever consume) and later in patients who already had high blood pressure. Neither



## SPOT THE SODIUM!

**Like fees in your mobile phone plan, hidden salt lurks in unexpected places. It adds a tonne of flavour for hardly any money, says registered dietitian Bonnie Taub-Dix. We rounded up five surprising supermarket doozies...**



**1 BAGEL  
= 417mg**

Baked

goods are a major culprit because they often contain bicarb soda or baking powder – which ring in at 1369mg and 700mg of sodium per teaspoon, respectively.



**½ CUP  
PASTA  
SAUCE  
= 545mg**

Added sugar often conceals the high salt content of tomato sauces.



**1 SERVE  
(30G)  
HALOUMI  
= 870mg**

Highly processed cheeses are the top offenders, but blue cheese and feta are also up there.



# FLAKY RESEARCH

**Salt rules! Salt sucks! The constant back and forth confuses even the experts. Prepare for whiplash...**

## ANTI PRO

**2001** DASH (Dietary Approaches to Stop Hypertension) research finds that eating mostly whole foods and a low-sodium diet reduces blood pressure.

**2010** A study in the *New England Journal of Medicine* estimates that cutting salt intake by 35 per cent would save at least 44,000 American lives each year.

**2006** The *American Journal of Medicine* study finds that the more sodium people eat, the *less* likely they are to die from heart disease.

**2011** Research finds no strong evidence that slashing salt reduces the odds of dying from heart disease, instead linking low-sodium diets to a *higher* risk.

of those subjects was ideal for determining whether sodium could actually cause high blood pressure in the general population.

"There are more than 170 trials where sodium intake has been reduced to see if blood pressure is improved," says Dr David McCarron, a research associate at the University of California at Davis. "The vast majority are only a few weeks in duration and have studied a change in sodium intake that is higher or lower than what humans normally consume – and only a handful of those trials even looked beyond the blood pressure numbers to see whether people on low-sodium diets actually lived longer and had fewer health complications than control groups."

Much of that early research grew out of observations that entire populations with a high salt consumption, like Japan, tend to have high blood pressure and more strokes. Those types of studies establish a correlation but not necessarily cause and effect. That is, scientists don't know if the cardiovascular problems were due to higher sodium, other nutritional factors, or other elements (activity levels, smoking, stress).

Highly credentialed experts are still arguing over the validity of

sodium studies. For example, the 2016 *Lancet* finding that *too little* salt is associated with an increase in heart disease, stroke and death? Sodium foes disagree strenuously. Dr Daniel Jones, a professor of medicine and physiology at the University of Mississippi Medical Center, calls the conclusions "flawed and misleading", claiming the methods used for measuring sodium intake were not "valid or reliable". He remains convinced that reducing consumption to 2300mg or less is supported by strong science.

Yet both the *Lancet* findings as well as a large 2014 study "reaffirm that the 90 per cent or so of the world's population whose sodium intake is between 2500 and 5000mg a day have the best cardiovascular and overall mortality outcomes," says Dr Michael Alderman, a professor emeritus at Albert Einstein College of Medicine.

## RIGHT...

Head spinning? Not sure whether to stockpile Mediterranean sea salt or sell it on eBay? This fact might help: humans have a built-in control to help achieve sodium balance. When sodium levels drop below 3000mg a day, two hormones – angiotensin and aldosterone – begin to rise,

making our bodies hang on to every bit of sodium currently in our system and signalling our brains to seek out more, ie, cranking up salt cravings.

Another fact: when levels of those two hormones are too high, they mess with vascular health. It's one possible explanation for findings that low-sodium diets may be bad for our hearts. Because of the self-regulating system, McCarron says, "the price of too little is always greater than the price of too much. Your body has mechanisms to get rid of excess sodium – sweat, urine – but on the day that you don't eat enough salt, you have no way to compensate for that."

Which all means, if you're generally healthy, you might be able to stop obsessing about that shaker and instead focus on these things:

**1 Eat whole, not packaged, foods.** It's telling that three-quarters of most Aussies' sodium comes from packaged foods. Those are far-from-ideal sources, especially considering much of that flies stealth beneath other flavourings like added sugars.

**2 Up your intake of potassium.** This mineral works in tandem with sodium in the body to maintain a healthy fluid balance, and many experts feel it's more important to have a good ratio of sodium to potassium than to tunnel-vision on reducing sodium. A recent *New England Journal of Medicine* study even found potassium deficiency may be more responsible for high blood pressure than a high-salt diet. Fruits and vegies are key sources, especially lima beans, butternut pumpkin and cooked spinach.

**3 Sprinkle judiciously.** If you're eating mostly whole foods, you have way more leeway to play with 'salt to taste'. But even with the occasional processed food splurge, if you're in good health, your body has a wisdom of its own when it comes to this most elemental of minerals. Want more salt on that tomato? Shake away.





## PEAK EXPERIENCE

**Variety is the spice of life, and when it comes to salt, gourmet shops are offering up variety in bucketloads. Here are just some of the sprinkles on offer...**



### HIMALAYAN PINK

A type of rock salt, harvested from dried-up ocean beds, it tends to be fine-grained and bold. Use in place of refined table salt.



### FLEUR DE SEL

Evaporating salt water yields these fine, irregular crystals, which dissolve at different rates. Sprinkle on mild foods – cooked vegetables or fried eggs.



### SMOKED

Sea salt crystals infused with toasty flavour from smoked hardwood can add an extra woody depth to popcorn or chocolate.

### HAWAIIAN BLACK

Its dark colour comes from activated charcoal, making this a dramatic garnish for pasta, risotto or brussels sprouts.

### HAWAIIAN RED

Mineral-rich red clay provides the distinctive hue and can give this rich sea salt a slight tang. Try it on tropical fruit, pork and even asparagus.

### COARSE TRADITIONAL SEA

These large-grained varieties tend to be briny and concentrated and make good general cooking salts.

### MURRAY RIVER PINK

Produced from the ancient saline waters of Australia's Murray-Darling Basin, these flakes are ace for seasoning steak or other grilled meat.

### MALDON FLAKE

The best known of the flake salts, which have flat, thin crystals that create a dazzling pop of saltiness and then vanish. Ideal on salad or other fresh vegetable dishes.

## DIY FLAKES

Infusing salt with other ingredients can pump up flavour so you can cut your intake by as much as half. Each variety below will keep in an airtight container at room temp for up to three months. Start with ½ cup coarse sea salt, then mix with...

**Smoky chilli** ■ 1 tsp ancho chilli powder ■ ½ tsp chipotle chilli powder (shaken together)

**Vanilla** ■ 2 fresh vanilla bean pods cut in half lengthwise and scraped (for best results, mix in both the scrapings and pods)

**Citrus** ■ 1½ tbs finely grated citrus zest that has been baked on baking paper in a 90°C oven until completely dry (30–40 mins), then cooled completely **WH**

# 50

## career tricks for max results

From nabbing a pay rise to better work-life balance, we've got the insider tips to make it happen. Hello, dream job!

By Kate Sullivan





## CONVO STARTERS

Chattier people get ahead at the office, says author Debra Fine. They seem more connected and confident, and they never talk about the weather. Here, four tips for optimal chatiquette.

### START STRONG

**Go for substance over style – you'll establish a much more genuine connection.**

"We've never had a chance to chat. Where are you from originally?"

"What have you been working on lately?"

"That was a smart idea you raised in the budget meeting yesterday. How'd you come up with it?"

### KEEP IT GOING

**Open-ended questions help prevent the conversation from stalling – especially useful if you're waiting for a meeting to begin or staring down the barrel of a long cab ride.**

"I'm trying to plan a trip, but can't decide on a place.

What's been your favourite destination?"

"What's the best thing you've read lately?" (Podcasts

and movies are also great fodder.)

"I'm craving pancakes. Any go-to brunch spot suggestions?"

### EXIT POLITELY

**Whichever excuse you use, follow through. If you get caught yapping with someone else, the first person will know you were just ditching her.**

"Man, I definitely haven't had enough coffee today. I'm gonna go grab some."

"I have a proposal due at 5pm, so I'd better get back to my desk. See

you later today!"

"I have to snag Melissa before she heads out, but I'm glad we chatted."

### ONE PLACE YOU DON'T HAVE TO MAKE SMALL TALK? THE BATHROOM

**A nod and a smile, maybe a "How's it going?" at the sinks.** Never in the stalls. Even if your co-worker answers you mid-wee, she's probably cursing you silently in her head.



# YOU'RE HIRED! YOU'RE FIRED!

Nothing's certain but death and taxes, said Benjamin Franklin. Today the average Aussie has 17 employers in their life, says the Department of Employment, so these scenarios are certain too:

## Getting the job

Prepping for an interview is crucial, but kind of obvs (research the company, know who you're meeting, yada yada).

What's harder is getting into a positive headspace. "On your way, call a funny friend, look at holiday photos or watch a silly video online," says psychology expert Jessica Glazer. You want to walk in feeling relaxed. Erase self-doubt by channelling a situation where you were in charge – be it social (turning a guy down) or professional (calling a meeting to order).

This 'power priming' boosts confidence and persuasiveness.

## Quitting the job

Most people overcomplicate giving their notice. They make it emotional, or lie to make their boss feel better. Stop. It. Just say there's a great opportunity at another company and after much thought you've decided to take it, says job coach Louise Kursmark. If your boss offers a higher salary and you're still not interested, say you've already signed a contract with your new employer. Give a firm end date with four weeks' notice; if she gets annoyed, stay calm and say you'll do anything you can to make the transition seamless.

## Losing the job

Being told to clear your desk sucks with a capital S – and in a volatile job market, it's more common than ever. Take 48 hours to stream the new season of *The Walking Dead* (yeah, things are bad) and vent to friends: talking about job loss is cathartic and puts it in perspective. The next day, wake up as usual and make a list of every contact in your network who could hire you or give you temp work. Email each one separately, explain you separated from your old company and ask if they can keep you in mind for any opportunities.



**LET THE BOSS KNOW YOU'RE ALIVE**  
... WITH THESE TWO PROVEN STRATEGIES TO MAKE A LASTING IMPRESSION IN YOUR OFFICE

### THE DIRECT WAY

Suggest a standing meeting. Want your boss to go all heart-eyed emoji on your pitch? Getting vertical in a group meeting and discussing an idea on foot has been found to make people more excited about said idea, according to research from Washington University in St Louis.

### THE INDIRECT WAY

Get a hobby. Psychologists at San Francisco State University found that people who nurtured creative passions in their free time ranked higher on performance evaluations than those who didn't. The theory behind it: these employees had more positive energy to bring to problem-solving in their job and helping others.

## THINGS GETTING STRESSFUL? KEEP YOUR CHILL



### MILD

Someone ate your lunch. Sorry, but your MIA stir-fry isn't grounds for a company-wide email. Instead, put up a stern (and anonymous!) sign: "Please don't eat what's not yours" with eyes on it. Sounds cheesy, but a Newcastle Uni study found posters with eyes made subjects behave better.

### MEDIUM

People email you after hours. Try not to assume the sender expects an immediate response – some people just like to send out ideas before they forget. If you don't plan to answer emails after, say, 6pm, let people know with a daily out-of-office that includes when you'll be back, says Glazer.



# HOW TO SURVIVE AN OPEN OFFICE

Screw Silicon Valley (the place, not the show). Thanks to tech companies popularising open layouts to 'increase creativity', many offices have low (or no) partitions now. But research suggests this has major setbacks. Etiquette pro Jacqueline Whitmore shows how to stay sane alongside these types.

## INTERRUPTER

If it's a peer who you're not super tight with, defer the convo and tell them when you can chat: "I really want to focus and give you my full input – can we meet in 20?" But when it's someone who outranks you, their urgency trumps yours.

## EYEBALLER

Screen-blurring attachments, like 3M's Privacy Filter (\$149, staples.com.au), allow only the user directly in front to view it. But feel free to angle your screen away from the worst offender.

## MESSY DESKMATE

When your neighbour's crap gets OOC, address him out of earshot of others: "I know we don't have much space, but that pile is creeping onto my desk. Maybe we can ask for another filing cabinet?" (And make sure you're tidy, too.)

## STINKY LUNCH

See if the office manager can send a mass email about pungent food staying in the kitchen. It conveys the idea sans direct blame – even if you all know it's Alison's fish cakes.

## NOISE MAKER

You can't police chewing, but electronics? Fair game. Gather a quorum of neighbours and send a group email saying, "Our area is getting distractingly loud. Can we all agree to use low volume and headphones?"

# WHEN WORK WIVES CHEAT

## WHAT TO DO IF ONE PARTNER DRIFTS...

### And it's you

Work marriages are built on trust and respect just like actual ones, so an open dialogue is key, says communications studies expert Dr Chad McBride. The diff? With office spouses, an open relationship isn't likely to be a dealbreaker. Suggest a group lunch date, but if three turns out to be a crowd just split your time evenly between them.

### And it's them

Transparency is crucial. Next time you grab froyo with her, say: "I know we haven't been able to hang out much, and I want to make sure we're good?" Maybe you upset her – or maybe she's just busy. Addressing the sitch proactively helps fix a problem or, in the rare worst-case scenario, decide when it's time to walk away. ►

Exploding at Betty in accounts – no matter how severe her offense – will just make things worse

## MAJOR

A co-worker takes credit for your work. "If someone is plagiarising your report and passing it off as theirs, you need to address this with your boss," says Glazer. Start documenting your work (email it to yourself for a time stamp) and only share info with those who need to know.

## MEGA

A co-worker blames you for a mistake. "You might say, 'It's come to my attention that you told our manager XYZ. Can you help me understand?'" says career coach Jenny Blake. She'll probably apologise and fess up, but if she's a serial underminer, explain to your boss what went down.

# THE ART OF E-INTRODUCTION

Good on you for trying to hook two people up professionally – and hey, good karma points, too. But too many make these rookie mistakes. Career coach Louise Kursmark helps polish a rough draft to perfection.

**Subject:** Hi!

**NO** This subject line will get lost in an inbox. Make it detailed: say something about who you're introducing, their expertise or job title, or what project this relates to.

**YES** An introduction – photo assistant Jenna Pierson

**NO** To avoid exposing a friend or peer to a too-casual dynamic (awkward!), shoot that person a pre-email to make sure she's up for being introduced, then keep the official intro a bit more buttoned-up.

**YES** Hi Christine, You must meet my old intern, Jenna – she will change your life. I've copied her here.

**Hey Chrissy!**

You *must* meet my old intern, Jenna—she will change your life. I've copied her here...

Keep me posted!

**NO** Women instinctively feel the need to offer this, but you've done your good deed – now peace out. If Christine doesn't reply, Jenna can follow up.

**YES** I'll let you two take it from here. Thanks, Christine!

**NO** Uh, Christine doesn't have to do squat. In fact, she's doing Jenna a grace by even reading your email, so your first sentence should briefly give some context for how you know each person and why connecting would be beneficial for them both.

**BETTER** I wanted to connect you with Jenna (CC'd here), my intern from two years ago. She's hilarious and hardworking, a whiz with Photoshop. She's a photo assistant at SuperGreat Ad Agency, but she's looking for new opportunities. I told her you were the most creative photo director I've ever worked with – she could learn so much from you!

Send Save Now Discard

# BODY POLITICS

HOW NOT TO MAKE A SCENE WHEN NATURE CALLS...

## FARTING

If you hear someone let rip in a meeting, don't pop your head up like a meerkat. If you're the tooter, again, acknowledge nothing. Cracking a joke or apologising is so much more awkward than simply ignoring the horror of public passed gas.

## POOING

You have two options in the loo: courtesy-flush the instant your poo plops to minimise stank, or spritz a scent like Poo-Pourri (poo-pourri.com.au) pre-#2 to create an odour-blocking film on the water's surface. Should you choose the latter, don't let anyone see you with this in hand or you'll forever be known as the woman who bought herself special poo perfume.

## BREAST PUMPING

Mums at Jessica Alba's The Honest Co can handle business in a suite of girly furniture. If you don't have that luxury, there may still be an official place to express: it's law in Australia for employers to find you a comfy spot to breastfeed. If you have your own office, put up a sign to keep colleagues away.



# YOU SCHMOOZING THESE PEEPS?

You should be. Reciprocity with your workmates – even those you might not think to butter up – always trumps rivalry because it's actually constructive.

## THE IT CROWD

### Special skills

Ensuring all of your devices run smoothly; working miracles when files abruptly go AWOL.

### Your best move

Be nice, even when you're panicking. "If my phone rings and it's someone friendly, I'm more likely to stop what I'm doing and help them," says Dan Taplitz, owner of an IT firm. Chat a bit when you have a low-key question – even a quick "How's your day going?" matters. If you've accidentally lost your cool, give them a call to apologise and thank them for all of their help.

## THE INTERN

### Special skills

Moving around unseen; can hear insider info and unknowingly leak it to you (they're not as guarded as your peers).

### Your best move

Throw a meet-and-greet so your co-workers and interns can connect, and give the young'uns real work, even if it means more work for you. Emily Laurence, an ex-deputy features editor at a New York newspaper, mentored her interns, and one later returned the favour by helping her develop her personal brand on social media.

## THE BOSS'S ASSISTANT

### Special skills

Keeper of the schedule, knower of the mood.

### Your best move

Got an urgent call or request? Tell her about it instead of acting like she's a clueless pleb and you're the Secret Service. Don't overreact if she blocks your access – she might be doing you a favour, like when your boss hasn't had lunch yet. Praise her to the Chief – if she's really organised or friendly, say so, because it'll get back to her (everything does).

## THE RECEPTIONIST

### Special skills


Knows everyone's comings and goings; can cover your arse when you're running late.

### Your best move

Offer to grab her a coffee if you're going out for one. Learn about her family because she probably knows about yours (and if your dog is sick, she might tell the boss you took an outside meeting when you're really taking him to the vet). And gossip wisely. Don't be a dobber, but do talk yourself up from time to time – she might let someone else know about your success when they stop by her desk for a gab. **WH**







Jess Gomes is one smart cookie. She models. She acts. And now? She's turned years of experience working with beauty experts into an entrepreneurial pursuit – launching her very own skincare line. The 32-year-old chats to *WH* about climbing a very steep learning curve, and what she gained along the way

# LIKE A BOSS STRONG CONFIDENT AND IN CONTROL

Photography By Steven Chee By Alice Ellis



If it was possible to bottle Jess Gomes's beauty in a jar, we'd be first in line to buy it. That flawless, dewy skin and just-downed-a-green-juice glow is why she's been a David Jones ambassador since 2013 and is a regular on the catwalk, mag covers and in *Sports Illustrated*. Lucky for us, the Perth-born girl with Chinese/Portuguese genes is letting all of us into her beauty game. She's just spent two years developing her own skincare range, Equal Beauty, which will be available at David Jones from mid-March. So when not modelling or acting alongside A-listers in Hollywood (Gomes made her screen debut in *Transformers: Age of Extinction* and has two feature films coming out this year), she's been working hard polishing her business brain. Here, she shares the wisdom she's gained.

● **What originally inspired you to create your Equal Beauty range?**

"I was finding a lot of oil-based products would make me break out, so instead we created a mix of the best of natural ingredients from Australia. There are five key products and a simple regimen, because I'd always get confused with steps: 'How do you use this eye thing?', and 'I've got to do this, I've got to do that, what's next?' I wanted simple, quick solutions. At the heart of my cosmetic line is hydration, something all women need."

● **You worked on every single stage of the process, didn't you?**

"Yes, I spent two years working on this range, I've been really hands-on with it, which has been hard work! But very rewarding. I found an industry-leading chemist who understood what I wanted to achieve – I found it really interesting discovering all the scientific formulas. It was challenging knowing who to pick in terms of the designer and manufacturer. That decision-making was tough, it was really gut instinct and that worked for me."

● **How do your business skills compare now to what they were at the start of this whole journey?**

"Ohhh [laughs], I definitely educated myself and upped my business skills for sure, especially in time management and actually saying what I really want. I made friends with a lot of people who are starting their own businesses and I've got this great network. You'd be surprised at how people want to help you if you put it out there. Obviously, there are moments of, 'What am I doing?' [laughs]. But then I'd come back to knowing it was right."

● **What were the key lessons you learnt about achieving success?**

"I learnt businesses do well when you focus on sticking to your plan. I knew exactly what I wanted, so there



were no ifs or buts; I was direct, I was certain. Because of that, I communicated clearly with everyone, and that's extremely important in getting a project ahead."

### ● What do you love most about working with David Jones?

"I love that they're into diversity. I love that they're interested in [affiliations with] people like Adam Goodes and Jesinta Franklin. They were the first to take a gamble with me, having me as their ambassador. Before that I didn't really work in Australia, I had a career in Asia and America, but they really took a chance with me, hiring someone Eurasian. I live overseas, so I love being able to come home and work with them, and be in the hands of the best of the best. They're classy and sophisticated."

### ● You landed two roles in big films: *Once Upon a Time in Venice* and *Bastards* – how were they?

"Working with Owen Wilson and Bruce Willis, such talented and established actors, was incredible. It was a learning experience I couldn't have gotten in acting class. I've always loved film and acting, so I took a leap of faith to put modelling on the backburner in the States and spend more time on acting, and it's really paid off. I'm excited to see how they are viewed, and where that path takes me. I have moments where I think, 'Is someone going to figure out that I'm not capable of this?' When I'm shooting with Owen Wilson, I think, 'I can't even believe I'm on set right now with Owen Wilson'. But my motto in life is 'What can't break you will only make you stronger'. You've just got to dive into things that scare you."

### ● How do you keep in shape?

"I have to be resourceful, because I travel a lot. When I'm in LA I hike and do pilates with my trainer. Or I'll do ▶

### WHAT'S IN HER SKINCARE RANGE?



HYDRATING ANTI-POLLUTION SPRAY,  
HYDRATING ANTIOXIDANT SERUM,  
A MOISTURISING MASK, UNDER-EYE  
GEL AND FACE CLEANSING CLOTHS



a Tracy Anderson dance class. In Australia, if I'm in Bondi I'll do some soft-sand runs, go swimming; then I'll go through periods where I do a lot of yoga. Sometimes I'll even team up with Jesinta [Franklin] and we'll do boxing classes together. Anything that motivates me to put my gym gear on and get out of the house or my hotel room."

### ● Do you have a signature dish or favourite food?

"Superfood pasta. I use wholemeal pasta, and then do a really yummy green basil pesto, then add rocket, peas, broccolini. I love my greens; the greener the dish looks, the better! I've been living off steamed broccoli and grilled salmon, or a really good barbecued steak or chicken breast. And a beautiful salad: avocado, rocket, almonds, some cranberries – superfoods and lots of greens. Australia is amazing, the food we have is so great. In America, it's really the best of everything or the worst of everything. So doing simple, easy recipes at home is best. I love Jamie Oliver's recipes, he does great simple recipes, so I follow his direction."

### ● What's the most important thing you do for your health?

"One of the things that's helped with my health most, to be honest, is no drinking. I don't have time for a hangover. I took that from Jennifer Lopez, actually. I found out she doesn't drink and that was inspiring."

### ● What do you love to do when you have some rare time off?

"I love hanging out with my friends and family, having them over and cooking up a meal. I love listening to podcasts, music, going to the movies. I feel like working out is my downtime as well. And spending time outdoors in nature gets me into a really good headsapace."

### ● Tell us about your last getaway...

"I had time off over the New Year, and I was in the outback, swimming in a dam every day. Shutting off and being in nature, it's so healing. That's why I love LA, because there's nature. After six years in the New York concrete jungle, I was thirsty for nature; that's what I love about coming home to Australia. I love the beaches, the bush, listening to all the insects, being among the trees."

### ● What's your 10-year game plan?

"Definitely a family! I want to get to a place where I'm working a certain amount of hours but also have time for a family and my personal life and travel and creative stuff. In 10 years I'll be [in my 40s], so by then I want to be a mum and have a stress-free, balanced lifestyle. I think I can do it, because I can work really hard now, but later I want to be able to enjoy what I've built." **WH**



## JESS IN → 30 SECS

THESE ARE A FEW OF HER FAVOURITE THINGS

**TUNE** "I LOVE SOLANGE, ESPECIALLY CRANES IN THE SKY!"

**TV SHOWS** "OOOH, SO MANY! I LOVE *STRANGER THINGS*. I CAN'T WAIT FOR THE *NEXT GAME OF THRONES*. *BLACK MIRROR* WAS GOOD, THAT REALLY FREAKED ME OUT."

**HOLIDAY SPOT IN OZ** "BYRON BAY. I LOVE HANGING OUT IN FEDERAL, OR THE HINTERLANDS OR AT THE BEACH."

**O/S DESTINATION** "MEXICO."

**APP** "A MEDITATION APP CALLED CHAKRA CHIME. I DO A LOT OF MORNING MEDITATION."

**GREEN JUICE COMBO** "KALE, SPINACH, CELERY, CUCUMBER, MINT, LEMON AND GINGER. OH, AND APPLE TO SWEETEN IT."

**SPORT TO WATCH** "NETBALL! AND ALSO TENNIS. I LOVE WATCHING SERENA WILLIAMS!"





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fitness



FROM CROP-TOP CURVES TO A SOLID SIX-PACK —





By Peter Crowther

GET THE WORKOUT TO MEET YOUR CORE DEMANDS

# YOU WANT: A TIGHT DANCER'S STOMACH

As seen on: Tracy Anderson, Gigi Hadid, Gwyneth Paltrow, JLo

**THE EXPERT** Niki Rein, barre teacher and PT

**THE LOOK** The teeny dancer's core uses all 12 muscle groups for great posture and a sexy silhouette – like wearing Spanx 24/7.

**THE METHOD** Tighten your stomach with this routine four times a week. Mix with twice-weekly cardio classes and pilates to beef up your motion range and activate deep postural muscles.



● Use every possible range of motion to tone the four main abdominal wall muscles and create a 'drawn-in' waistline.

● Incorporate balances into your routine. Start every morning with a 60-second one-leg tree pose for better posture.

● Avoid all sugars for three weeks, including fruit, grains and sweet carbs. This will dramatically lower your insulin levels and minimise fat around your middle.

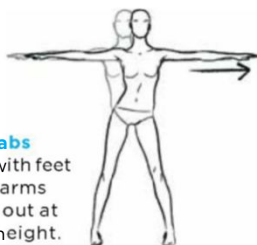
## THE WORKOUT

Do 3 times through, 3-4 times a week

### 1.

#### Standing isolation abs

(a) Stand with feet apart and arms stretched out at shoulder height. (b) Stretch your fingers and shift your ribcage to each side 20 times. Easy.



### 2.

#### Corset wall curls

(a) Sit with the balls of your feet to the wall. Curl your spine up and down in tiny movements. (b) Pulse 20 times in the middle. Turn your shoulders to the right for 20 pulses. Repeat on the left. Do 3 reps. Like that?



### 3.

#### Back extensions

(a) Lie on your stomach with arms and legs out. (b) Lift your arms and legs 3cm off the floor for 20 reps. Legs up, pull your arms back, then pulse as many reps as you can.



### 4.

#### Single leg lifts

(a) Stand tall with one leg stretched in front. Lift leg to hip height 20 times. (b) Now hold your leg at hip height and pulse 20 times. Repeat on other side. Is that a bead of sweat we see?



# YOU WANT: A SCULPTED YOGA STOMACH

Sported by: Kate Hudson, Gisele, Miranda Kerr

**THE EXPERT** Andrew McGonigle, medically trained yoga teacher

**THE LOOK** Long, lean abs with a natural softness around the obliques and perfectly streamlined rectus abdominis and hip flexors.

**THE METHOD** Start by adding length to your mid-section. The most effective way to do this is with isometric strengthening exercises, which flatten and lengthen the stomach rather than adding depth to your abdominals. Team with moderate cardio three times a week to dust off those extra fat reserves. Job done.





## THE WORKOUT

Do this once through, 5 times a week



1.

### Boat pose

(a) Sit with feet flat on floor. Lift feet until shins are parallel to the floor. (b) Hold for 5 breaths (hold it!), then lower your legs. Repeat 5 times.



2.

### Chair pose

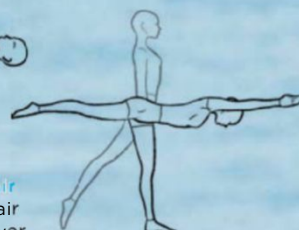
(a) Stand with feet apart, arms out in front. (b) Lower your bum, with spine straight and tummy tucked. Hold for 30 secs.



3.

### Twisted chair

(a) From chair position, lower your bum. Squeeze thighs together and twist your ribcage to one side. Hold for 30 secs. (b) Repeat on other side.



4.

### Warrior three

(a) Stand tall. Kick your right leg behind you. (b) Tilt your body until your arms, spine and leg form a straight line. Hold for 30 secs. Done!

## THE INSIDER SECRETS

Start each day with a fresh vegetable juice with a dash of lemon seeds to stimulate your digestive tract and prevent bloating.

Sit on a yoga block (or while you relax, your feet on the floor of the car). This will keep you in alignment, prevent any lower back and tighten your stomach over time.

Do as many processed steps as you can, as possible. Avoid any foods containing multiple ingredients and no in case, which will give your stomach a little and add extra fuel to the fire.





## YOU WANT: A CURVY CORE

As seen on: Beyoncé,  
Kim Kardashian,  
Robyn Lawley

**THE EXPERT** Lyndsay Gallagher, PT and female fitness and bodyweight training expert

**THE LOOK** An hourglass shape with softness across the rectus abdominis and carefully chiselled, defined obliques.

**THE METHOD** To create shapely sides, you must engage every fibre

of your internal and external obliques. TRX is the answer! Perform these moves as a circuit twice a week alongside three more full-body resistance training sessions to enhance your natural curves without sacrificing on suppleness.

### THE INSIDER SECRETS

● Use TRX to work gently against gravity and integrate your whole body into each move.

● Top up on vitamin B (fish, eggs and wholegrains) to spur metabolic cells to use fats and carbs for fuel.

● Keep your core muscles engaged by pulling your tum in. Clench those abs like you've never clenched before.

## THE WORKOUT

Do 3 times through,  
3 times a week

### 1. TRX torso rotation

(a) Hold the TRX grips in both hands. Rotate until your chest faces left. (b) Return and repeat on other side. Do 10 reps. Yes, it's supposed to hurt.



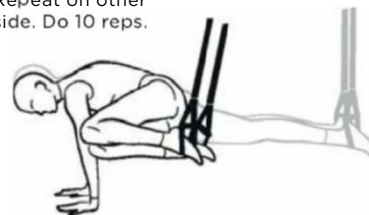
### 2. TRX standing hip drop

(a) Stand to the left of the TRX and hold the grips above your head. (b) Drop your hip to the right. Do 10 reps each side. Swing those hips.



### 3. TRX oblique crunch

(a) Put your feet in the stirrups. Adopt a plank. (b) Pull knees to your right elbow. Push back out. Repeat on other side. Do 10 reps.



### 4. TRX oblique roll out

(a) Rest on your knees facing the TRX, holding one grip in each hand. (b) Drive forward and to one side. Do 10 reps to alternating sides.



# YOU WANT: A RIPPED SIX-PACK

As seen on: Pink,  
Michelle Bridges,  
Kayla Itsines

**THE EXPERT** Cathy Brown, ex-pro boxer and PT

**THE LOOK** A chiselled six-pack that highlights all the layers from your transversus to your rectus abdominis.

**THE METHOD** To train your abs as part of a full-body strength training regime, and pair with three to four sprint sessions

a week. You'll also need to keep your body fat on the lower end of the spectrum in order for the muscles to show through. For most women that's between 11-19 per cent body fat – find what works for you. Fuel your workouts with high-protein meals to kick-start maximum muscle growth and recovery.

## THE WORKOUT

Do this routine twice, 3-4 times a week



### 1. Medicine ball slams

(a) Tense up into a tight crunch, then have a friend (gently) throw a medicine ball onto your belly 10 times. (b) Repeat 4 times, harder each time. You can take it!



### 2. Cable twists

(a) Hold a cable at shoulder height. Swing it from one side to the other. Then return to the start. (b) Perform 10 reps, then switch sides. Come on!



### 3. Power cleans

(a) Hold a barbell with a shoulder-width grip. (b) Pull and flip the bar to chest height. Bend your knees and push the bar above your head. Do 10 reps, 4 sets. Oof!

### THE INSIDER SECRETS

Do your sprint sessions on your workout days so you can feel your body in between.

Drink up to three litres of water a day – women's cells respond to dehydration by bloating, which can add softness around over-hydrated abdominal.

Stick to short, intense cardio intervals. Endurance exercise produces cortisol – the stress hormone that stimulates fat production around the midriff. **WH**



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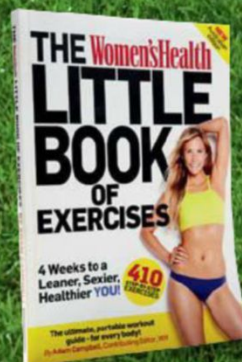
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## “Lowan Muesli. A great way to start the day.”

A handwritten signature in blue ink that reads 'Hayden Quinn'.

Hayden Quinn - TV presenter, author and champion of a healthy lifestyle. Hayden believes a healthy start to the day is essential, which is why he chooses Lowan Muesli. Lowan contains all natural ingredients, is high in wholegrains and is packed with fibre and taste. Make Lowan the perfect way to start your day.



For information about our range and tasty  
recipe ideas visit [www.lowan.com.au](http://www.lowan.com.au)



Spone  
to Seed



They're little guys with big  
nutritional benefits... It's  
time to get your crunch on



# Roasted red capsicum

## AND TOASTED SUNFLOWER SEED DIP

This **genius** combo is packed with **vitamin D, B1** and **omega-3s**, meaning clearer skin **and** fewer sugar cravings

**kJs**  
1674

**sat fat**  
4g

**sugar**  
4g

**Makes one medium bowl of dip.**  
**You'll need a food processor.**

- ◆ 5 red capsicums
- ◆ 5 tbs olive oil, plus extra for roasting the capsicums
- ◆ 2 large garlic cloves with the bottoms sliced off
- ◆ 210g sunflower seeds
- ◆ Salt and pepper
- ◆ 2 tbs chopped basil leaves

**1** Slice the capsicums in half and remove the seeds and stems. Rub them in a little olive oil and roast at 200°C for around 20–25 mins.  
**2** After 10 mins, add the garlic cloves. Remove from oven and allow to cool.  
**3** Meanwhile, toast the sunflower seeds in a dry frying pan over a medium heat for 8–10 mins, or until lightly browned; allow to cool.  
**4** Transfer the capsicums to a food processor and pulse to break them down. Add the toasted seeds, olive oil and seasoning and blend until smooth; or keep it a bit lumpy instead. Totally your call.  
**5** Tip the lot into a bowl, season to taste and stir in the basil leaves.



## Seeded crackers

Scoop up dip with these  
delicious, crispy crackers

**kJs**  
259

**sat fat**  
2.5g

**sugar**  
1g

MAKES 18–20

- ◆ 60g flaxseeds
- ◆ 2 tbs chia seeds
- ◆ 60g sunflower seeds
- ◆ 60g pumpkin seeds
- ◆ 2 tbs sesame seeds
- ◆ 1 tsp cumin
- ◆ 1 tbs oregano
- ◆ 200ml water
- ◆ Salt and pepper

**1** Add all the ingredients into a medium-sized bowl and stir until well combined. Season to taste and let the mix sit for 30 mins until all the water has been absorbed.

**2** Line a baking tray with greaseproof paper, then spread the mixture over it with a large spatula – it should be roughly 5mm thick. Score the cracker shapes with a sharp knife.

**3** Bake at 180°C for 30 mins. Remove from oven and cut into individual crackers with the knife. Use a spatula to loosen from the paper and carefully turn the crackers over before returning to the oven for a further 25 mins.



## Raw Asian slaw WITH TOASTED SESAME SEEDS

Pack some serious nutritional punch into this  
colourful salad by adding tiny sesame seeds

**kJs**  
418

**sat fat**  
0.5g

**sugar**  
5g

**serves**  
4

- ◆ 4 large carrots
- ◆ 45g red cabbage
- ◆ 3 tbs tamari (or soy sauce)
- ◆ 2 tsp toasted sesame oil
- ◆ 2 tbs mirin (or honey)
- ◆ 2 tbs olive oil
- ◆ 1½ tbs cider vinegar
- ◆ 2 tbs toasted sesame seeds

**1** Grate the carrots, shred the cabbage and mix in a bowl.

**2** Add the tamari, toasted sesame oil, mirin, olive oil and cider vinegar to a small bowl and whisk to make a dressing.

**3** Now it's time to get messy: using your hands, combine the dressing with the sesame seeds, carrots and cabbage. Keep going until everything is coated. Serve in a cabbage leaf to save on washing up.





# Crusted salmon

## WITH CHILLI AND LEMONGRASS

Asian flavours and serious crunch add bite to your midweek meal repertoire. The vitamin C hit is an added bonus

**kJs**  
1987

**sat fat**  
13g

**sugar**  
0g

**serves**  
2

- ◆ 2 tbs sunflower seeds
- ◆ 1 stick lemongrass, finely chopped
- ◆ ¼ chilli, finely chopped
- ◆ Thumb-sized piece of ginger, peeled and grated
- ◆ 1 tbs olive oil (plus extra for drizzling)
- ◆ 1 tsp cider vinegar
- ◆ Salt and pepper
- ◆ 2 salmon fillets

1 Begin by toasting the sunflower seeds in a dry frying pan over a medium to high heat for about 8–10 mins, or until the seeds release a nutty smell and are

browned in some places.

Transfer to a plate and allow to cool, then chop roughly.

2 Combine the toasted seeds, lemongrass, chilli, ginger, olive oil, cider vinegar and seasoning into a small bowl before evenly spreading the mixture over the top of the salmon fillets.

3 Line a baking tray with foil and drizzle with olive oil. Place the salmon skin-side down and bake at 200°C for 10–12 mins, or until cooked through and your kitchen is filled with fragrant aromas. Perfect served with a side of stir-fry veg or wilted greens.



## Seeded fruit crumble

Pimp up a delicious low-sugar crumble with heart-loving pumpkin seeds. Comfort food lite

**kJ's** 1506 **sat fat** 5g **sugar** 21g **makes** 5

### FOR THE CRUMBLE

- ◆ 20g pumpkin seeds
- ◆ 20g sunflower seeds
- ◆ 30g flaked almonds
- ◆ 1 tbs sesame seeds
- ◆ 2 tbs coconut flour
- ◆ 1 tsp cinnamon
- ◆ ¼ tsp mixed spice
- ◆ 3–4 tbs maple syrup or honey
- ◆ 1 nicely heaped tbs coconut oil, melted

### FOR THE FRUIT

- ◆ Handful raspberries
- ◆ 2 large peaches, chopped into 1cm chunks
- ◆ 1 tbs maple syrup or honey
- ◆ 2 tbs coconut flour

- 1 Place the seeds and nuts in a food processor and pulse briefly to chop them roughly. Or just go at them with a knife for a few mins until broken up.
- 2 Transfer the chopped seeds and nuts to a bowl and add the coconut flour and spices.
- 3 Add the maple syrup and

- coconut oil and stir well to combine and create the crumble mix topping.
- 4 In a separate bowl, mix the fruit with the maple syrup and coconut flour, then divide out evenly between 5 ramekins.
  - 5 Cover the ramekins with the crumble mix and bake at 180°C for 20 mins. If the crumble starts to brown too much, lightly cover with foil.
  - 6 These are delicious hot or cold, served as they are or with a dollop of yoghurt (we'd go for the coconut kind). Enjoy.



## Chocolate bark

Replace a 3pm  
Snickers with this  
seed-packed update

**kJs**  
1757

**sat fat**  
12g

**sugar**  
33g

**makes**  
18-20

- ♦ 20g pumpkin seeds
- ♦ 20g sunflower seeds
- ♦ 2 tbs sesame seeds
- ♦ Handful goji berries
- ♦ 1 tsp sea salt flakes
- ♦ 350g good quality dark chocolate (70% cocoa minimum)

**1** In a small bowl, combine the seeds, berries and sea salt.

**2** Break up the chocolate and place in a heatproof glass bowl and melt slowly over a saucepan of gently simmering water.

**3** Once the chocolate has melted, pour it out onto a baking tray lined with greaseproof paper and sprinkle over the salty seed and berry mix – sprinkle from a height of 30cm to get an even spread.

**4** Place the bark in the fridge and allow it to set for 20-30 mins, before breaking it up into shards. Delicious! **WH**



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1

### COCO-RITA

MAKES 1 / 377KJ / 0G SAT FAT / 17G SUGAR

◆ 150ml coconut water ◆ 30ml lime juice ◆ 10ml orange juice ◆ 10ml agave syrup ◆ Salt, for garnish ◆ 1 slice of lime

First, you'll need a few tools of the trade: cocktail shaker, measuring jug... and a little bartender's swagger. The rest is simple. Add all the ingredients to a cocktail shaker with a handful of ice cubes. Shake vigorously for 20 seconds. Grab a glass, salt the rim, strain in the mixture and then garnish with a slice of lime. Guilt-free margarita magic!

**BAR TRICK** The flavonoids in citrus fruits are anti-inflammatory and improve blood-vessel function, found a University of East Anglia study.



5

### PIOUS PINA COLADA

MAKES 1 / 1464KJ / 21G SAT FAT / 27G SUGAR

◆ 100ml pineapple juice ◆ 100ml coconut milk ◆ 25ml lemon juice ◆ 25ml coconut kefir or coconut yoghurt ◆ 10ml agave syrup ◆ Pineapple leaves, to garnish (optional)

If you want to bring a touch of Puerto Rico to your party, then this one's for you. Plug in your blender and measure all the ingredients into it. Blitz until smooth. Put a handful of ice cubes into a glass and pour the mixture on top. For extra exotic flair, garnish with a few pineapple leaves.

**BAR TRICK** Pineapple contains the enzyme bromelain, which can help reduce the pain and inflammation following muscle injuries, says the journal *Phytotherapy Research*.



6

### REDEMPTION ROYALE

MAKES 1 / 188KJ / 0G SAT FAT / 9G SUGAR

◆ Seeds and pulp from ½ passionfruit ◆ 25ml passionfruit puree ◆ 25ml pomegranate juice ◆ 25ml lime juice ◆ 150ml natural sparkling mineral water

This is a fruity champagne-free cocktail you can drink till the sun goes down – all the fizz without the fuzzy head. Place the passionfruit seeds and pulp in a glass with the puree. Add the pomegranate and lime juices before topping up with mineral water. The finishing touch? A sprinkling of edible flowers. Don't mind if we do.

**BAR TRICK** Passionfruit contains a fat-stopping compound called piceatannol, which blocks the formation of fat cells, a study by Purdue University found.



7

### LETTUCE SPRAY

MAKES 1 / 293KJ / 0.5G SAT FAT / 7G SUGAR

◆ 150ml coconut water ◆ 25ml aloe vera juice ◆ 25ml lime juice ◆ ¼ iceberg lettuce ◆ ¼ cucumber, plus 1 slice to garnish ◆ 1 tsp grated ginger ◆ Dash of salt and black pepper ◆ Dash of wasabi

Blitz all the ingredients in a blender until smooth. Pop a few ice cubes into a glass and strain in the mixture. Garnish with black pepper and a slice of cucumber. Watch out, this Japanese-inspired juice delivers serious attitude in a glass.

**BAR TRICK** A known skin soother, aloe vera can also heal on the inside – its polyphenols boost the immune system and reduce oxidative stress, protecting against both cancer and cardiovascular disease. Double win!





2



## APPLE MOCK-JITO

MAKES 1 / 335KJ / 0G SAT FAT / 14G SUGAR

◆ 8 mint leaves, plus a sprig to garnish  
◆ 4 lime wedges ◆ ½ tsp coconut palm sugar ◆ 10ml lime juice ◆ 25ml apple fruit juice concentrate ◆ 150ml natural sparkling mineral water

Grab a muddler or rolling pin and muddle the mint leaves, limes, sugar, lime juice and apple concentrate in a glass. Add a handful of crushed ice and stir well. Top with sparkling water, add more crushed ice and garnish with a mint sprig.

**BAR TRICK** Australian researchers have found that mint helps relieve IBS symptoms by activating an 'anti-pain' channel in the colon, soothing pain-sensing fibres and easing inflammation. So drink up!

3



## FIRE STARTER

MAKES 1 / 377KJ / 0G SAT FAT / 12G SUGAR

◆ 50ml coconut water ◆ 25ml orange juice ◆ 10ml lemon juice ◆ 10ml elderflower cordial ◆ 10ml apple cordial ◆ 10ml lime juice ◆ 1 tbs ginger, grated ◆ 1 chilli, thinly sliced

This one is a fiery blend of flavours sure to set your garden party alight (in a good way). Put all the ingredients (not the chilli) into a blender and blitz until smooth.

Throw a few ice cubes into a glass and strain in the mixture. Don't forget to garnish with a sprinkling of sliced chilli; you could always add a long red chilli, too.

**BAR TRICK** Ginger aids digestion, but a study at the University of Georgia found it can also reduce exercise-induced muscle pain by 25 per cent.

4



## BEET-O-TINI

MAKES 1 / 188KJ / 0G SAT FAT / 6G SUGAR

◆ 200ml coconut water ◆ 10ml beetroot juice ◆ 10ml orange juice ◆ Dash of lime juice (to taste) ◆ 1 beetroot slice

Put a few cubes of ice into a cocktail shaker. Add all liquid ingredients and get your shake on for 20 seconds. Next – and this is key – strain into the glass from as high as you dare so it serves pink and bright. Garnish with a slice of beetroot, if you're feeling fancy.

**BAR TRICK** Beetroot juice can help to improve athletic performance, a Kansas State University study found, thanks to its nitrates, which increase blood flow to fast-twitch muscles – these are the ones that are used for explosive running.

8



## MORNING HAS BROKEN

MAKES 1 / 502KJ / 0G SAT FAT / 24G SUGAR

◆ 100ml orange juice ◆ 100ml pineapple juice ◆ 25ml lemon juice ◆ 25ml raspberry puree ◆ 1 lemon slice

Grab a cocktail shaker and add the orange juice, pineapple juice, lemon juice and a handful of crushed ice. Shake it and shake it some more – just think, you're toning your arms at the same time. Pour into a glass and drizzle the raspberry puree directly into the centre. Garnish with the slice of lemon to add some zing.

**BAR TRICK** The phytonutrients in berries have been found by a Tufts University study to help the brain clear toxic accumulation, warding off neurodegenerative diseases.

9



## ORTHODOX RUSSIAN

MAKES 1 / 628KJ / 0G SAT FAT / 22G SUGAR

◆ 18g fresh ground coffee ◆ Pinch of cinnamon ◆ 20ml agave syrup ◆ 10ml coconut milk kefir or coconut yoghurt

First, prepare the cold-brew coffee by steeping the grounds in 300ml of water overnight – it's well worth the wait for the natural sweet flavours to come out. Strain, mix together with the cinnamon and agave, then pour into a glass over some ice cubes before carefully adding the kefir or yoghurt on top. Now drink and get ready to dance the night away.

**BAR TRICK** Coffee is often hailed for its antioxidant effects, and a new study has found that one or two cups a day can reduce your risk of colorectal cancer by 26 per cent.

10



## STRAWBERRY DEUCE

MAKES 1 / 335KJ / 0G SAT FAT / 11G SUGAR

◆ 5 strawberries ◆ 2.5cm cucumber ◆ 25ml apple juice ◆ 25ml lime juice ◆ 5 mint leaves ◆ 150ml coconut water ◆ 10ml aloe vera syrup ◆ Balsamic vinegar ◆ Black pepper

Blitz four of the strawberries, cucumber, juices and mint in a blender. Transfer to a shaker with ice cubes, the coconut water and aloe vera and shake. Coat the inside of a glass with balsamic vinegar. Pepper the rim, then strain in the drink. Garnish with a strawberry. Game, set and match.

**BAR TRICK** We know strawberries are high in vitamin C, but a study in the *Journal Of Nutritional Biochemistry* found eating 500g a day can reduce LDL cholesterol by 14 per cent. **WH**



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# HOME BREWS

Still in a pickle about fermenting? Us too. Until we discovered this genius cheat's guide

By Victoria Joy





Pickles are the bomb for your gut health. They can ramp up the nutritional benefits of foods to improve digestibility, aid nutrient absorption and stimulate probiotic function. But the problem with the shelf-bought stuff you get in most supermarkets? All the good bacteria that makes them king are kaput, since those bacteria need to be constantly refrigerated to survive. Time to DIY. “Most people find real fermented-at-home foods taste better than those you can buy,” says Mary Karlin, author of *Mastering Fermentation*. Meet our top three pickle recipes. Sure, they’re time-consuming, but do it for your gut...

## BASIC BRINE

### YIELD: 1L

This creates a five per cent brine solution that you can use unless a recipe states a different percentage.

#### Ingredients:

- 6 tbs fine sea salt
- 8 cups filtered water

#### Method

Make the brine by combining all ingredients, whisking to dissolve the salt. Place in a jar, cover and refrigerate.

## KIMCHI

Think of it kinda like Korean sauerkraut.

20 mins prep + 3 hrs draining + 30 mins packing + 5 hrs at room temperature + 3 days fermenting + 3 days refrigeration

#### Ingredients:

- 1 head Chinese cabbage
- 2½ tbs unrefined fine sea salt
- 225g daikon radish or turnips, peeled
- 225g carrots, peeled
- 2cm piece fresh ginger, peeled
- 4 spring onions
- 4 cloves garlic
- 4 tsp chilli-garlic paste
- 1 tsp fish sauce
- Basic brine (see left), as needed

#### Method

**1** Quarter the cabbage and remove the core. Salt the leaves and place in a large bowl for 3 hours to remove the moisture.  
**2** Coarsely grate the radish, carrots and ginger. Cut the spring onions into 2cm-long pieces and thinly slice the garlic. Toss the vegies together in a bowl with the chilli-garlic paste and fish sauce.  
**3** Using filtered water, rinse the salt off the cabbage and cut into chunks. Toss with the chilli mixture and pack into a 1L jar along with the juices and press down. Add a small amount of brine, if needed, to cover the cabbage. Place a weight on top to keep the cabbage submerged, then cover. Keep at room temperature for 5 hours, then move to a cooler (15°C) spot for at least 3 days, then cover and refrigerate. It'll be ready after 3 days, and gets stronger while fermenting for up to a month. Trust us, you'll love it.

#### SERVING SUGGESTIONS

\* Make like the Koreans and use kimchi as a base for satisfying winter soups to give them extra zing. It works best with pork or tofu in a broth of water and kimchi – use 350g kimchi for every 1.5L of soup stock.

\* Swap out your usual Mexican side dishes – like sour cream or salsa – and use kimchi as a topping on bean and fish fajitas or tacos. Yum!







## APPLE CARAWAY SAUERKRAUT

This is the king of pickled superfoods. Cabbage just got sexy.

20 mins to make + 2 weeks fermenting + 1 month refrigeration

### Ingredients:

- 1 head chopped Chinese cabbage
- 4 tsp unrefined fine sea salt
- 2 apples, peeled, chopped
- ½ tsp brown mustard seeds
- ½ tsp caraway seeds
- 250ml raw apple cider
- Filtered water

### Method

- 1 Place the chopped cabbage in a bowl and toss with the salt. Massage the cabbage to release the liquid.
- 2 Toss in the apples and seeds. Place in a 1L jar and add the cider. Push the mixture down into the jar, leaving 2.5cm of space at the top. Cover with filtered water.
- 3 Secure the airtight lid and place in a cool, dark location. Ferment for 2 weeks, then open. Submerge the mixture, then refrigerate up to a month. It's ready to eat after a week, but will last up to 2 months.

### SERVING SUGGESTIONS

\* Toss 5 tbs of your sauerkraut with 50g cooked brown rice, 1 stick celery (chopped), a small handful of sliced grapes and top with feta for a delicious salad or side dish.

\* Serve as part of a meat-and-three-veg meal. Perfect with pork chops.

\* Use the drained liquid as the base for a probiotic dressing, ideal to drizzle over salad or fish. Mix equal parts sauerkraut brine, extra-virgin olive oil and honey. Easy.



## APRICOT DATE CHUTNEY

Add a fruity edge to meat, fish or cheese, fast!

20 mins to make + 8-12 hrs fermenting + 3 days refrigeration

### Ingredients:

- 170g dried apricots halves, slivered
- 85g chopped dried dates
- 45g dried cranberries
- ½ small white onion, diced
- 2 tsp tamarind paste
- Grated zest of 1 small orange
- 2 tsp natural date sugar
- 1 tsp unrefined fine sea salt
- 2 tbs raw apple cider vinegar
- 1 tsp yellow mustard seeds
- ¼ tsp garam masala
- 4 tbs kefir
- Filtered water (as needed)

### Method

- 1 In a bowl, combine the fruits, then stir in the onion. In a separate bowl, combine the paste, zest, sugar, salt and vinegar, and stir into the fruit mixture to moisten. Sprinkle in the seeds, garam masala and some pepper, then mix. Stir in the kefir and place the mixture in a jar. Push down to remove air bubbles. Add a little filtered water to moisten slightly, if needed.
- 2 Cover the jar with cheesecloth and secure. Place the jar in a pantry or out of sunlight, at room temperature, for 8 hours or overnight. At this point, stir once, replace the cloth with a seal and lid, and refrigerate for 3 days before using. This irresistible chutney will last for up to 1 month covered, in the fridge.

### SERVING SUGGESTIONS

\* Use as a DIY stuffing in your Sunday roast or pack 1 tbs inside chicken breasts before banging them in the oven. Tastier – and healthier – than your traditional stuffing options.

\* Use in place of mango chutney with a curry. **WH**



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WHAT DO YOU DO WITH...

# COCONUT FLOUR

➤ Guess what?  
It's not just for  
cakes, and this  
pizza proves it!

What exactly *is* coconut flour? Well, when coconut milk is pressed from coconut 'meat', solid coconut is left over and this is dried and ground to make the flour. Ace for those following a paleo or grain-free diet. The benefits of using coconut flour, when compared to grain flour, are that it's super-high in fibre, rich in protein and a good source of lauric acid (a germ- and virus-fighting saturated fatty acid). The flavour is actually not overwhelmingly tropical, so you can use it for coating meat before browning, or add to soups and stews for thickening. It's great for baking, but absorbs liquid quickly, so don't use it as a substitute for wheat flour. Use a baking recipe specifically designed for coconut flour. If you're experimenting, you'll need to add extra eggs and oil. Best stored in an airtight container – if you take a while to use it, keep it in the fridge. Enjoy!

## FLOUR POWER



- 1 Honest to Goodness Organic Coconut Flour, \$8.90 for 850g, [goodness.com.au](http://goodness.com.au)
- 2 McKenzie's Coconut Flour, \$3.59 for 330g, [mckenziefoods.com.au](http://mckenziefoods.com.au)
- 3 Planet Food Organic Coconut Flour, \$7.69 for 400g, [planetfood.com.au](http://planetfood.com.au)



## COCONUT FLOUR PIZZA

- ◆ 80g coconut flour
- ◆ 1 tbs mixed herbs
- ◆ Pinch salt and pepper
- ◆ 3 free-range eggs
- ◆ 2 tbs coconut cream
- ◆ ½ red onion, chopped
- ◆ 1 clove garlic
- ◆ 1 tbs coconut oil
- ◆ 200g cherry tomatoes, sliced
- ◆ 35g mushrooms
- ◆ 60g hard goat's cheese
- ◆ Parsley
- ◆ Lemon zest

1 Preheat the oven to 180°C. Combine the coconut flour, herbs, salt and pepper in a bowl. In a separate bowl, beat the eggs until fluffy. Mix the eggs into the flour mixture, then mix in the cream.

- 2 Line an oven tray with baking paper and grease the paper. Place dough on the tray and, using your fingers, push outwards to make a round shape about 5mm thick. Bake for 15 mins.
- 3 While baking, saute the red onion and garlic in the oil over a medium heat for 2 mins. Add 3 tbs water and continue to saute until pan is dry again. Add tomatoes and 60ml water and let reduce, stirring occasionally, for about 15 mins.
- 4 Remove pizza base from the oven, spoon the sauce all over, then top with the mushrooms and cheese. Bake for a further 5 mins.
- 5 Serve topped with parsley, lemon zest and extra pepper. **WH**

# The Winners' List

EVENTS, PRODUCTS AND PROMOTIONS THAT TAKE OUT THE TOP PRIZE



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*Always read the label. Use only as directed. CHC 71941-09/16*

[capilano.com.au](http://capilano.com.au)



\*Products photographed are from a previous edit

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[beautycrew.com.au/the-parcel](http://beautycrew.com.au/the-parcel)



## PLUMP AND RENEW

Improve and refresh your skin tone with Natural Instinct's Plump & Renew Serum. This highly effective multi-action serum is proven to reduce wrinkles and skin fatigue and also improves hydration, youthfulness, suppleness and glow. Results have shown 87 per cent of women achieved a reduction in skin fatigue and stress.\* It's \$21.95/30ml and is exclusive to Priceline. \*Tested under dermatological skin specialist control - 30 women after 6 weeks of application of the product.

[naturalinstinct.com.au](http://naturalinstinct.com.au)

## HYDRATION MATTERS

Stay hydrated with the Genuine Thermos® brand hydration bottles. With Thermos™ vacuum insulation you can be assured that liquids will stay cold for up to 14 hours. Thermos® brand bottles are BPA-free with a stainless steel interior and exterior, plus they're reusable, stylish and environmentally friendly. You can rely on Thermos® bottles to keep your drinks fresh and icy cold.

[thermos.com.au](http://thermos.com.au)







### MAKE AN IMPACT

Colgate Optic White High Impact White contains 2% hydrogen peroxide, the whitening ingredient that dentists use. It delivers four shades whiter teeth with twice daily brushing for six weeks. RRP \$9.99.

[colgateopticwhite.com.au](http://colgateopticwhite.com.au)

### SALON RESULTS AT HOME

Say hello to at-home salon styling with the new luxe duo from Remington. High-performance salon results and longer-lasting styles are created using intelligent PROheat Technology, which ensures that the optimum level of heat is delivered as you're styling, to create salon results that last all day\*.

PROLUXE Salon Dryer RRP \$129.95; PROLUXE Salon Straightener RRP \$149.95. Available from Harvey Norman, Myer, Priceline and Shaver Shop.

*\*style shown to last 24 hours in laboratory trials*

[remington-products.com.au](http://remington-products.com.au)



### FLAVOUR BOOST

Hydrate with flavour – get more from your water with the Ashland Infuser bottle. Seal it in and lock it up for maximum leak proofing. RRP \$29.95.

[kitchenwaresuperstore.com.au](http://kitchenwaresuperstore.com.au)

### EFFECTIVE SUPPORT

Scholl GelActiv Sport insoles are developed to effectively absorb shocks and help reduce excessive pressure of running or sports. These insoles are suitable for everyday shoes and trainers. RRP \$29.99. Available at Priceline and Priceline Pharmacy stores or online.

[Priceline.com.au](http://Priceline.com.au)



### SWEAT IT OUT IN STYLE

It's time for a wardrobe update! PUMA has released its best-selling bra in this season's hottest colour, magenta pink. Team with your favourite pair of PUMA tights or layer with a boyfriend tank for that everyday sport-style look. RRP \$40.





**SNACK ON THIS!**  
Specially Selected Lavosh Flatbread, \$2.99 @ ALDI; Macro Snack Bites, \$1 each @ Woolworths; Specially Selected Spiced Pear Paste, \$2.99 @ ALDI; Macro Organic Trail Mix, \$7 @ Woolworths; Emporium Selection Handcrafted Cheese, \$3.99 @ ALDI; Kieltys PK Sauce, \$11 @ thelarderdoor.com.au

#### STRAHL CLASSIC WINE GLASSES

Looks and feels like glass, minus the shatter factor. (\$12.95 each, strahlbeverageware.com)



#### WINESTAINS BAROSSA PICNIC STAKES

Stick these into the grass to stop any spills. Genius! (\$26 each, winestainsbarossa.etsy.com)



#### AVANTI WILLOW 4 PERSON PICNIC BASKET

A classic basket with a 'cooler' twist. Includes a removable case stocked with cutlery. (\$249, kitchenwarehouse.com.au)

#### DÉCOR ICEWALL COOLER 10L

Keep stuff cool care of the chiller unit. (\$23.99, decor.com.au)

# ...PICNIC

## Nifty finds to boost your next basket

By Anthea England

#### KATHMANDU HARNESS PICNIC RUG

A big rug for all your mates. Bonus points for the waterproof backing. (\$79.98, kathmandu.com.au)



#### VICTORINOX EVOWOOD 14 SWISS ARMY KNIFE

No basket is complete without one. (\$110, victorinox.com)

#### SUNNYLIFE BOTTLE TOTE AND LOVERS PICNIC KIT

Perfect picnic date, sorted. (\$24.95 and \$39.95, sunnylife.com.au)



#### KMART MATTE FINISH BOWLS

Ideal for chips, dips and nibbles. (\$8 for set of 4, kmart.com.au)



#### SERRONI ON ICE CONDIMENT BAR

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