

THE ULTIMATE GUIDE TO...

Everyday fitness for all body types!

HEALTHY LIVING

YOGA VS PILATES

Discover which is better for you

FOOD FOR THOUGHT

Understanding your body's energy needs



WORKOUTS FOR MUMS

How to keep to a routine, with kids in tow



FIGHTING FIT

Alternative and fun training methods

Over **100**

GREAT WAYS TO GET FIT!

HEALTHY LIVING
AUS \$14.95 NZ \$14.95 inc GST

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EXERCISES TO:

Reduce blood pressure
Lower cholesterol
Treat depression
Combat obesity

HOW AUSSIE SPORTS STARS STAY IN SHAPE

Their secrets revealed



6 FANTASTIC RECIPES • ESSENTIAL GEAR GUIDE • TIME SAVING WORKOUTS

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
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DERWENT  **HOWARD**



WELCOME

Since becoming a mum to a toddler, I appreciate more than ever how important it is to be fit and healthy – not only so you have the energy to keep up with the demands of being a parent but also because you want to set a good example for your child so they, too, will grow up to value their health.

After having a personal training business for 10 years, and writing fitness articles and books for almost the same amount of time, I've just about covered every topic imaginable in the world of working out! But, no matter what the latest fitness fad is, one common theme has remained the same in my years of researching and interviewing people in the fitness industry – it's not what you do for exercise, it's just that you actually do exercise.

I believe that, to be faithful to regular exercise, your fitness routine has to be three things (which just happen to start with the same letter as fitness!):

fun, flexible and feasible. If it's not fun, you'll be fighting an uphill battle in making exercise a constant part of your life. If it's not flexible, then you'll come unstuck every time life throws something your way – increased work demands, a new child, an injury or the festive season. And, if it's not feasible, you really have no hope in keeping with the program – in other words, your exercise program has to be realistic (saying you'll go to the gym five times a week for an hour when you're already juggling too many things is a highly unlikely goal to aim for).

So, in this magazine you'll find lots of ideas and tips to help you develop these three values of fitness, as well as expert advice on healthy eating and yummy recipe ideas – the perfect complement to your new active lifestyle!

Yours in health and happiness,

Donna Jones



ABOUT DONNA

Donna Jones is a health writer with journalism, exercise science and nutrition qualifications. She is currently the contributing fitness editor of Australian Good Taste, and a freelance writer for leading publications in the area of health and wellbeing. She was the contributing fitness editor for Good Health for five years, and the fitness writer for News Limited's body + soul for three years. Donna is also the author of four books on health, fitness and weight loss.

FITBITS

ALL THOSE SMALL THINGS ADD UP AND WE HAVE THE TIPS AND PRODUCTS TO PROVE IT!

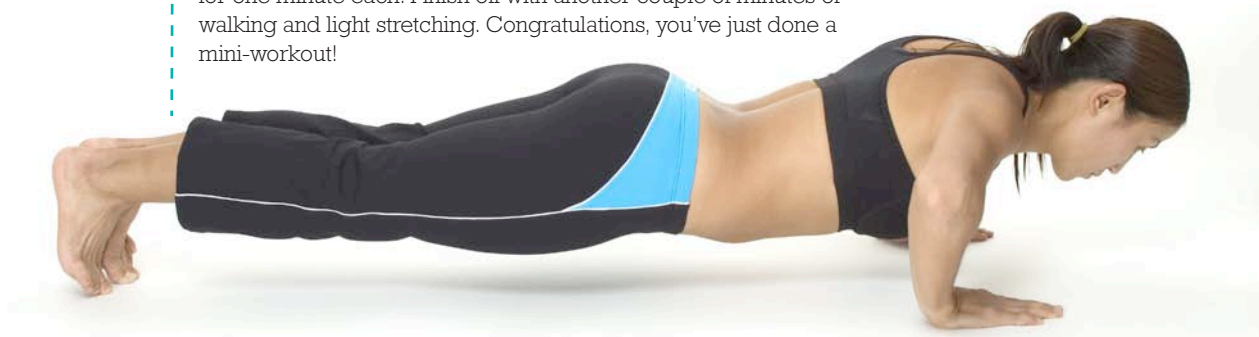
FITNESS – FAST

A recent study from the University of Michigan found that just even doing one single workout could increase your metabolic rate, which means you can boost your fitness in a matter of minutes. If you only have...

1min: Get up off your chair and walk up a flight of stairs (you'll burn around 40 kJ climbing a small flight of stairs), get your heart pumping and work your legs, thighs and backside.

5min: Take a brisk walk around the block and you'll burn around 150kJ (equivalent to one plain biscuit), circulate oxygen around your body and feel more energised and alert.

10min: Walk or jog (you can even do this on the spot) for a few minutes. Then do push-ups, tricep dips, lunges and sit-ups for one minute each. Finish off with another couple of minutes of walking and light stretching. Congratulations, you've just done a mini-workout!



THE BIGGEST LOSER'S PERSONAL TRAINER, MICHELLE BRIDGES, WANTS TO GIVE YOU A WAKE-UP CALL

Why get up for that morning jog? Michelle says:

- Because your mind and body will function better for it.
- Because you'll probably live longer.
- Because you'll be less likely to live your later years with chronic disability, draining the emotions and finances of those around you.
- Because you won't be that resentful mum/dad/wife/husband/partner who feels like they never get time for themselves (ouch!).
- Most importantly of all, you will be healthier and happier (many studies prove the effectiveness of exercise in managing depression).

MUST-HAVE FITNESS BOOK OF THE MOMENT

Crunch Time by Michelle Bridges (Penguin, 2009), RRP \$34.95, will whip you into shape. For video exercises demonstrated by Michelle herself, go to penguin.com.au/michellebridges.

A WORKOUT A DAY KEEPS BREAST CANCER AWAY

In a long-term study, researchers from the Arnold School of Public Health at the University of South Carolina confirmed this year that women who had low levels of aerobic fitness were three times more likely to die from breast cancer than those who exercised regularly.



It's important to top up your water supplies when working out. Hydrate in style with this funky drink bottle from Nike. Stockists: 1300 656 453

EXERCISE DVDS

Exercising in the comfort of your own home is perfect for winter workouts when you don't want to brave the chilly outdoors or for times when you find it hard to get to, or feel uncomfortable in, an exercise class. Workout DVDs are available at all good DVD retailers or online at www.homefitnessdelivered.com.au.

THE LAUGHTER WORKOUT

A good belly laugh can offer the same benefits as an exercise session:

- 100 hearty laughs can burn as many kilojoules as 10 minutes of rowing.
- Laughing for 10-15 minutes a day can see you shed a couple of kilograms a year.
- A recent year-long study by California's Loma Linda University found that daily laughter sessions resulted in a reduction in stress hormones and C-reactive proteins (a marker of inflammation and cardiovascular disease) and an increase in good HDL cholesterol in high-risk diabetic patients.
- One study at the University of Maryland found watching comedy lowers blood pressure.
- Laughing yoga is done all across the world for gentle aerobic conditioning and wellbeing.





Keep hair out of your face when you work out with these sports friendly elastic bands in cute colours by Gliders, RRP \$4.45 each.



TAKE UP TAI CHI

This ancient traditional Chinese form of exercise has been found to heal and help many ailments: high blood pressure, knee osteoarthritis and arthritis, depression, and insomnia. Find out more through Tai Chi Australia, www.taichiaustralia.com.au.



TV TONING

If you complain of never having enough time for your workouts, but still find time to tune in to your favourite TV shows, simply bring your toning to the TV:

- Place your feet up on the lounge and do sit-ups in between the advertising breaks.
- Point the remote control between your legs when doing sit-ups and change the channel at the top of your sit-up as many times as you can before lowering back down and repeating.
- Set up a piece of cardio equipment such as a bike and pedal as you watch. You can buy cardio machines brand new, at a garage sale, or hire by paying a monthly fee – see www.fitbiz.com.au or ask for hire options at your nearest exercise equipment store.
- Use furniture in your lounge room to do resistance exercises, such as couch dips (place your hands on the edge of the couch or coffee table to do tricep dips) and couch squats (squatting down so your backside touches the couch). Do each exercise for the length of a commercial.
- Have a stretch session on the floor as you watch TV.



V-ERY COOL

Virgin Active health clubs – yes Sir Richard Branson's Virgin group – have hit our shores, with its first club open in Frenchs Forest (NSW) late last year and the next one scheduled to open in Bourke Street in Melbourne (VIC) this year. With exercise classes like tour de frenchs (spinning), all the latest high-tech gear such as 'shake 'n' bake' (the power plate), a 25-metre heated indoor pool and a Club-V for kids (more than a crèche, kids get educated and involved in exercise) these health clubs are sure to be a fresh hit in Australia's fitness scene. Visit www.virginactive.com.au.



Sporty shades

Arnette sunglasses are crafted with the needs of extreme sports and exercising in the great outdoors in mind. For more information, see www.arnette.com.

SWEAT AND SHOWER ON THE GO

Keep Me Clean purifying facial wipes is a fresh product from household skincare brand FORMULA 10.0.6. Created with cooling cucumber and tea tree extracts, you can freshen up anywhere, at any time, so there's no excuse not to dash up that flight of stairs during your day and clock up your steps using a pedometer. The pocket-sized pack contains 25 cleansing cloths and fits into any gym bag or briefcase. Available from Priceline, Priceline Pharmacy, Big W and all good chemists throughout Australia. RRP \$9.99



WHY NOT TRY BALANCE TRAINING?

Balance training will: condition your core muscles (deep stomach and trunk muscles), which give you a good posture, flat stomach and prevent lower back pain; strengthen the stabilising joints all over your body, helping reduce the risk of injury; prevent the risk of fractures from falls; and add endless exercise variations to your current exercise repertoire. Some ideas:

- Stand on one leg while doing upper body exercises such as bicep curls and shoulder press.
- Lift one leg off the ground while doing push-ups with hands on a bench or wall.
- Introduce a wobble board or bosu ball for exercises such as standing on top and squatting whilst balancing.
- Place one hand on a fitball while doing bent-over rows.
- Balance your hands on a medicine ball while doing push-ups.
- Take up a balance based sport, such as surfing, rollerblading or skiing.
- Enrol in a circus/gymnastics based class and learn things such as walking a tightrope.

