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# Issue

#### on the cover &

This issue we feature on the cover: Alicia Bush Cover photo by Dallas Olsen Hair and Make up by Lisa Lee Cover design by Leo Costa Leite

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### We're celebrating YOU!

elcome to the Cover Model competition issue of Oxygen Magazine Australia – one of my very favourite issues of the year! This is the issue where we get to celebrate YOU – our amazin<mark>g Oxygirls! All</mark> your achievements, regardless of how big, small or even insignificant they seem to you, they're ALWAYS important to us!

We say this every year and this year is again, no exception, that you are ALL truly remarkable. This is now our biggest year ever with almost 350 entries, and all of you amazing ladies just keep raising the standard and make it even harder for us to narrow down our finalists!

We take choosing our finalists very, very seriously and sometimes we're faced with decisions that are hard to make, but have to be made. All of these decisions are made out of fairness and respect to everyone involved.

Oxygen is not just a magazine that we publish; it's so much more than that. The entire reason Oxygen exists is because of YOU, our readers! We love hearing from every single one of you and we are always trying to provide you with the very best information regarding training, health, nutrition and motivation. In fact, our readers are the sole reason we all get out of bed in the morning and endure the

late nights, the early mornings and the ongoing deadlines that never seem to end. Ask anyone in our office and they'll tell you it's super hard to have a work-life balance. But you know what, they always say it's worth every bit of blood, sweat and tears when they hear from a reader about how Oxygen has impacted their lives.

Long-time reader Carolyn Bodfish, who has recently overcome cancer, highlighted recently that the reason she loves Oxygen is because we are committed to delivering the very best fitness and health information every time, all the time. This is something we stand by each issue as fitness publishers. We don't Photoshop our images and our cover models are REAL people with REAL stories who are nothing short of inspiring.

This year's cover model winner Alicia Bush is truly remarkable and I hope you love her just as much as we do!

Thanks for your loyalty, your support and above all, for keeping the stories of tears, triumph and everything in between so refreshingly





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### **oxygen**

#### **PANEL OF EXPERTS**



#### **Lindy Olsen**

With a cert IV in personal training, ISSN Sports Nutrition, level 1 and 2 boxing, Lindy is a 5x natural world figure athlete, fitness ambassador, motivational and lifestyle coach. Lindy loves to share her enthusiasm, experience and passion for health and fitness with others.



#### **Greg Dolman**

As a bodytune specialist and executive master trainer, Greg holds certificates III and IV in fitness and an AIF business diploma. He is a Punchfit accredited boxing and kickboxing Padmaster Instructor and Australian Natural Bodybuilding of Victoria judge and workshop presenter.



#### **Geoff Edwards**

Geoff is an internationally accredited life coach with more than 25 years of coaching experience. He has impacted over 20,000 individuals and clients worldwide through his coaching work and publications.



#### **Belinda Potter**

Belinda holds a Bachelor of Education and Masters in Adult Education and is a cert IV-qualified personal trainer, Level 1 Precision Nutrition coach and ITN Transformational Nutrition coach. She coaches bikini and figure competitors and has won numerous state and national titles in the ANB, NABBA and IFBB.



#### Amelia Ricci

Amelia is a personal trainer, Pilates instructor and yoga teacher with 20 years experience. She is a qualified personal trainer and group fitness instructor and holds a Bachelor and Master of Business. Amelia is a 2x fitness model champion and mentor to some of Australia's successful fitness and bikini models.



#### COVER GIRLS/ AMBASSADORS

#### Skye Cushway

Specialising in body transformations and empowering women to love themselves, Skye is a fitness model, ISSN sports nutrition coach, yoga instructor, 2x Oxygen cover girl and natural figure competitor. She's extremely passionate about helping women to reach their full potential.



#### Justine Switalla

As a Les Mills presenter, writer, author, model, body transformation specialist, public speaker, presenter and ambassador for Oxygen and Body Science, Justine is passionate and determined to motivate, educate and inspire women to be the best they can be!



#### Lesley Maxwell

Flirtatious and fun-loving, Lesley redefines what it means to be over 50 and fabulous. She is a personal trainer, figure competitor, Oxygen ambassador and regular contributor and author of Get The Body You Want (2012).



#### **Penny Lomas**

Penny is a personal trainer and level 2 Biosignature Modulation Practitioner. She specialises in hormone coaching, conditioning, holistic lifestyle coaching and body transformation. Penny is also a health and fitness magazine columnist and 3x Oxygen cover girl.



#### Sharna Bender

Sharna is an INBA Pro Fitness Model, Natural Olympia gold medallist and Oxygen ambassador. She is passionate about helping others achieve their goals and aspirations and believes a positive mindset and consistency are the foundations for a happy and healthy lifestyle.





#### **Karen Reedman**

Karen is a personal trainer and life coach with over nine years of experience embracing a mind, body and soul approach to lifestyle change. During this time, Karen has worked with hundreds of clients to help them achieve lifestyle, health and fitness goals.



#### Mel Hayman

Mel is currently in her last year of her PhD at CQ University where she also lectures in the School of Medical and Applied Sciences. She has recently authored the *Exercise During Pregnancy Fact Sheet* for SMA and is currently working on updating the SMA *Exercise During Pregnancy Statement and developing the RANZCOG Exercise During Pregnancy Position Statement.* 



#### Jemma O'Hanlon

Jemma is an accredited practising dietitian with over 10 years of experience. She holds a Bachelor of Health Science (nutrition and dietetics) and currently heads up the nutrition and product development teams at Jenny Craig and Curves.



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it in-between meals, as a meal replacement or as a post-exercise protein drink for faster recovery. Achieva is gluten-free, suitable for diabetics and available in three flavours (chocolate, vanilla and iced coffee).

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### XY REVIEWS



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#### HAVE YOU GOT WHAT IT TAKES TO BE A **BRAND AMBASSADOR FOR JUSTINE'S?**

Justine's are looking for brand ambassadors in Australia and New Zealand. If you're social media savvy, professional, have great knowledge of the health and fitness industry, love to educate and know what being a role model is about, then Justine's want you to contact them! You will have to show why you're the best choice to represent this awesome brand.

The competition starts on the 1st of November.

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### **WE HEAR** YOU >>

#### Dear Oxygen,

my transformation/ journey pic with you guys. I'm a long-time when I see people's my journey can help

I have a big background story to this weight loss, Selina Haslam. She credit than I can give

compete at the IFBB All Female Classic next July so staying

Currently I don't have a car or a license, so I

2km to my gym every gym. When I train public transport, walk walk another 1km to dedication has helped

so much for taking the time to read a little to one day be someone want to help everyone

Krista Bednarz xo



I just wanted to share a before and after pic of one of my besties Caragh McGuirk. I am so proud of how far she has come. She came to me beginning of last year wanting to get help with losing weight. I was super excited and we began training after work together for a few months. Then I stumbled across F45 in West Leederville about this time last year and I managed to get her to sign up with me.

Ever since then she has not given up and has been super consistent. Sure, she had ups and downs along the way and it was a long, tough road to get to where



she is today, but she got there in the end. I'm so very proud of her hard work and dedication, both in the gym and in the kitchen.

I know at times she does not think of herself as an inspiration but she is an inspiration to not just me, but to all

of those around her. Not only does she look amazing on the outside, but she is a beautiful person on the inside as well.

Thank you for letting me share my story, or should I say her story!

Kind Regards, Luci Dichiera

#### Hi Luci,

Wow – she sure does look amazing! Thank you so much for sharing this image of her with us and congratulations Caragh on your incredible journey. It's sometimes hard for us to think of ourselves as an

inspiration but Caragh you sure are an inspiration and you will most definitely be to the Oxygen community too. Keep up the great work fit sisters!

Oxygen xx

#### Hi Krista.

The dedication and determination you possess is so incredible! A journey such as the one you take to work out would be enough to put most people off, so congratulations for not using it as an excuse. Your inspiring physical and mental

transformation is something you should be so proud of Krista – you're a remarkable girl! We wish you all the best in the lead up to your comp and at the comp too. Keep in touch because we'd love to hear updates and see images!

Oxygen xx



fore

Hi Lindy,

This mail has been a while coming your way and I am so glad to be biting the bullet!

I have been a huge fan of Oxygen since reading Laura Debenedictis March/April issue in 2013. I had moved to Australia from Ireland to be with my boyfriend Dom and had been waiting some time to obtain a visa to work in the country. I was at a point where I was extremely homesick and questioning whether everything would work out. It was then I read your piece on The Power of LOVE, about your husbands Nan passing away and the importance of loving each other as we should. It was something I really related to and of course I read the magazine cover to cover and have been doing so ever since!

I did get the visa in the end (well worth the 18 months it took), trained as a PT and entered in my first comp last September alongside my coach Melissa Le Man. I finally realised what I was capable of.

I also 'got the guy' and last week I came back from Ireland where Dom and I just got married. Coming back, I was very apprehensive about leaving my family, knowing that it was unlikely I would never live at home again and it was the hardest goodbye I've experienced in the five years I've been away. However, when I landed in Australia I decided to look straight ahead because it wasn't just about

me anymore, I had a wonderful person in my corner who deserved a happy, fulfilled wife - no matter where she lived!

I'm a believer in just putting it out there and I don't mind how long it takes... one, two, three, four or more years, I am on my Oxygen Magazine mission! It's my absolute goal to feature in Oxygen and I know I have a lot of work to do (thanks wedding cake!) but I'm going to quietly grind away until the day comes!

I have fallen in love with life and fitness while living in this country and even though I'm a long way from home, in your words "we are loving each other the way we should and I know everything will be ok".

Thanks a million,

Jaki Connaughton



Wow Jaki,

What an amazing email to receive from you!

I'm so pleased you summoned up the courage to email me as I am truly humbled by your words.

Us girls need our guys (good ones) and it's great that you appreciate him supporting you too! Mel is an amazing lady and I have so much time for her. She is a gem in this industry and I love what she stands for and who she is above all else.

Be sure to keep me up to date with how you're going! Our readers would love to read your story I'm sure!

Take care of you! Lindy xxx

# We see you!



Cass Wright was one of our Cover Girl Comp finalists! Turn to p38 to see more about her and our other gorgeous finalists.

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

























@ashleighfrostwbffpro

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# GETTING YOUR GROOVE BACK-



Not a single day goes by where I don't motivate myself to keep fit and stay positive - especially working the crazy hours I do and jam-packing everything I can into the course of just one day!

I'm sure there are many of you out there who are in exactly the same boat and struggle to fit everything into the available hours you have each day. Not to mention trying to maintain some level of sanity throughout the whole process!

Well guess what? It's OK to have bad days. Not every one of us can be 100 per cent focused, happy and motivated seven days a week, 24 hours a day and 365 days a year.

However, if you feel like you can't get out of your own way and that your motivation has deserted you altogether, there is one fool-proof thing you can do to get yourself together again. That one thing is taking time out for YOU.

This is the ONLY way to feed the mind and nourish the soul and it will give you a fighting chance at success. Chances are you're so busy that you can't even think about taking any time out for yourself, but I PROMISE you that if you do, you will not only start to see things so much more clearly, you may even find that long-lost motivation returns a lot sooner than expected, along with your energy and positive outlook on life.

We often forget about ourselves when we have so many priorities, but if you think about it... who's priorities are they? Are they your priorities, or are they priorities given to you by someone else that you feel you need to complete? At the end of the day, if you make yourself a priority, then everything around you will seem like small bumps in the road rather than mountains that seem never ending!

So, what are YOU going to do to help kick start your motivation so you can get back to living lean, loving life and achieving your health and fitness goals? If you're not sure then start small. Even just 15 minutes of planned relaxation each day will make such a difference. How will you spend your 15 minutes? I'd love to hear!

Until next time, train hard, keep fit and





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# IF YOU'RE STILL HUNGRY, what is your go-to late-night snack and why?



#### **JUSTINE**

To be honest, I don't really get that hungry after dinner anymore. I don't get cravings as I always make the day and that I am eating a wellbalanced diet.

Sometimes I may eat some Greek yoghurt with berries or some almonds or a tablespoon of natural peanut butter.

Every now and then I will also that guilt-free! The way that I eat never deprive myself of anything or my competing days this wasn't the case and I always craved things and had no self-control when it came to eating a treat meal. I like to eat well 20 per cent of the time I eat what I like, I still like to eat as healthily as possible though, as my body and energy levels just feel so much better

#### LINDY

Generally I don't snack late at night because I eat enough during the day. I used to suffer from waking up hungry during the night, but I quickly

worked out that if I eat enough during the day I am fine. I also realised that this was simply a learned behaviour rather than a need and the last thing you want to do is train your body to

expect a meal at that time of night.

I make sure I follow my **7 Rules for Success** which includes protein at every meal, lots of leafy green veggies and **HEAPS of water.** 

If you are legitimately hungry at night, have a glass of water first and reassess. If you need food, then a protein shake is always a good option.



#### **SKYE**

If I feel like something sweet. I will make an almond meal pancake (one yolk and three egg whites, 30g almond meal, stevia, cinnamon and vanilla to taste).

If I want chocolate, I will have two to three squares of 90 per cent dark chocolate.

If I have been training at night or in the afternoon, I will have some rice cakes or a piece of fruit. I'm not as anal as I used to be, before I would ignore the signs of hunger and just go to bed only to have an awful night sleep. These days I listen to my body and allow myself something small and satisfying. I'm not scared to consume carbohydrates at night anymore either! If it's great, clean food then it's not going to store as fat, it actually helps you have a better night sleep, allowing you to get the recovery you need for a brilliant workout the next day.



#### **SHARNA**

I have a couple of late night snacks that get me through comp prep. Depending on my mood, it could be Greek yoghurt mixed with cookies and cream protein powder - pop it in the freezer for about half an hour and you've got yourself a frozen yoghurt. You can even get a little inventive and mix through some berries and chia seeds.

I also like to mix an egg white and a dash of almond milk with some protein powder and then cook it up as a pancake and melt a square of 85 per cent dark chocolate as a topping. Both these options are totally guilt-free, easy to include in your meal plan if you're



competing and super tasty. Even though they are late night snacks, I always make sure I wait a minimum of an hour and a half before going to bed afterwards.

#### **LESLEY**

I have a simple rule for maintaining my ideal weight - never go too long without eating. This keeps my bloodsugar levels steady so I always enjoy good fats and protein at every meal. Before bed I always have my beloved natural, organic protein shake with a raw organic egg yolk and sometimes a spoonful of goat yoghurt too - then I sleep like a baby!

I believe in optimal nutrition and going to bed on amino acids (protein), good fats (from the egg yolk) and a million or so good bacteria (from the goat yoghurt) provides my body the repair and renewal it needs while I'm at rest. I really like the taste too, which is a bonus!

When we sleep our body naturally releases HGH (human growth hormone) which is our 'youth hormone' and the amino acids in the protein shake and egg yolk encourage boosting this hormone even further. On the other hand, too many carbs promote high insulin levels which inhibit HGH production. As sleep and protein promote HGH, I make good use of them. Plus, the protein and fats ensure I sleep well while feeling satiated through the night.

#### Penny's Tip

SOMETIMES I'LL JUST HAVE TEASPOON OF COCON DIPPED IN STEVIA POV

#### **PENNY**

I am a big fan of coconut oil! Sometimes I'll just have a teaspoon of coconut oil dipped in stevia powder to satisfy any cravings. I also enjoy having sweet potato and grass-fed butter before bed as the carbs induce sleep. Carbs are associated with a release of the neurotransmitter seroton in and serotonin is linked to the onset of sleep. Another option is organic dark chocolate - just 30g does the trick.



oxygenmag.com.au

November 2015

#### Oxygen breaks it down: skullcrusher

Aka "lying triceps extension"

Though it has an intimidating name, a skullcrusher is one of the best isolation moves around to work your triceps through their full range of motion against gravity, specifically targeting the long and medial heads of your triceps muscle. Here are some tips on form and function for this fabulous shaping move.

1. Straight bars can often cause elbow pain, especially if you have inflexible wrists. But a cambered bar offers different positions for your hands, which means more opportunities to find a comfortable range of motion that best matches your own physiology. Note: some people will still feel discomfort in their elbows with a cambered bar. In these cases, use dumbbells with a hammer grip (facing

inward), as shown here. 2. Though the traditional way to start was to hold the barbell (or dumbbells) directly over your chest with your arms perpendicular to the floor, a new school of thought suggests angling your arms backward slightly so the bar is above your eyes or even your forehead might give you better results. These few degrees of incline mean your triceps are under constant tension throughout the entire move and never get a rest as they do when your arms are perpendicular. There's no right or wrong way here, so try both versions and see which you prefer. 3. Only your triceps should be working. Bend your elbows and lower the dumbbells toward your forehead (or slightly beyond if you're doing the alternate version) and stop before you touch down. Your upper arms should be locked and steady throughout the move. 4. Try doing skullcrushers on an incline or even a decline bench to change the angle of the move and work your muscles differently. Just be sure your upper arms are perpendicular to the floor (or nearly so) and your head is completely supported by the bench to maximise

**HAVE AT IT! Crush out some skullcrushers** on a cable machine with a cambered bar or rope attachment, with dumbbells, with one or two kettlebells or even a medicine ball!



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#### 

CHEF GINA HUDSON CREATED THE FOLLOWING RECIPE YOU CAN MAKE YOURSELF IN JUST 15 MIN-UTES. LEAD INSTRUCTOR AT THE LIVING LIGHT CULINARY INSTITUTE, **HUDSON ENJOYS CREATING TASTY** PLANT-BASED BARS TO FUEL ACTIVE LIFESTYLES. GINAHUDSON.COM

#### Wet ingredients

- 2 bananas, mashed
- ½ cup almond butter (or nut butter of choice)
- ½ cup raw coconut nectar (or liquid sweetener of choice)
- 2 teaspoons vanilla extract

#### **Dry ingredients**

- 1½ cups oat flour
- 1 cup oats, whole
- 1 cup buckwheat flour
- ½ cup soaked and dehydrated raw buckwheat groats, or kasha (Kasha is toasted buckwheat.)
- ¾ cup chocolate or carob chips
- 1/3 cup chia seeds
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.
- 2. In a medium to large mixing bowl, put the dry ingredients in and mix together well with a spoon.
- 3. Pour the wet ingredients into the bowl of dry ingredients and mix

together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.

- 4. Line a glass pan or baking tray with baking paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out and ensure entire pan has an even surface.
- 5. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

Storage suggestion: Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

Nutrition facts (per serving, if cut into 16 bars): calories 270, total fat 9 g, carbs 42 g, fibre 6 g, protein 8 g

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### **Nailed** it

- Your fingernails can be the harbinger of bad health news, so before you cover your claws in polish, inspect them for these signs of poor health:
- **Yellow nails:** Discoloration is often a sign of respiratory disease such as chronic bronchitis.
- **Beau's lines:** An indentation that runs across the nails can be a sign of diabetes or zinc deficiency.
- **>> Terry's nails:** When the nail appears white except for a pink tip near the end, it could be a sign of liver disease, diabetes, heart failure or just plain ageing.
- **>> Koilonychia:** Soft nails that look "scooped out" can be a sign of anemia, heart disease or hypothyroidism.
- **» Nail clubbing:** When the tips of the fingers enlarge and the nails curve around the fingertips, it could be a sign of low oxygen in the blood, irritable bowel syndrome or even AIDS.
- **» Pitting:** Small indentations in your nails could be a sign of connective tissue disorders or alopecia.

#### Got the late-night munchies?

Blame vour brain. Researchers at **Brigham Young** University used an MRI to measure how people's brains reacted to high- and lowcalorie foods at different times during the day. They found that images of high-calorie food generated spikes in brain activity but that those responses were lower during the evening hours. What does this mean? That you might overconsume food at night because it is less rewarding, according to the experts.

Your takeaway: Keep healthy snacks on hand for those late-night fridge attacks. Carrot sticks and light microwave popcorn can satisfy your urge to crunch, while a frozen banana or fresh red cherries dipped in dark chocolate can douse a sweet craving.



Too much salt could be damaging your blood vessels, even if you don't have high blood pressure, accordina to a new study from the University of Delaware. High salt consumption led to reduced function of the endothelium, the inner lining of the blood vessels, which is involved in blood clotting and immune function. It can also lead to enlargement of the heart muscle tissue, which can reduce heart function, interfere with kidney function and affect the sympathetic nervous system.

- Your take-away: Instead of salt, try these spices on your food to brighten flavours:
- Anise
- Bay leaves
- Basil
- Cinnamon
- Cumin
- **Curry powder**
- Dill
- **Fennel**
- Ginger
- Mint
- Mustard powder
- Oregano
- Chili Powder
- Rosemary Pepper
- Thyme
- **Turmeric**
- Vanilla



PER CENT THE NUMBER OF 18-24 YEAR OLDS USING INTERNET WEB-SITES FOR MEDICAL INFORMATION OR ADVICE ON THEIR HEALTH AND WELLNESS. BY CONTRAST, AN AVERAGE OF 28 PER CENT OF ALL PEOPLE USE INTERNET WEBSITES FOR THAT PURPOSE, WITH MOST AUSTRALIANS EQUALLY LIKELY (29 PER CENT) TO TALK WITH FAMILY, FRIENDS OR CO-WORKERS, AS THEY ARE TO CONSULT A MEDICAL PROFESSIONAL, ABOUT THEIR HEALTH.

Research conducted by Vitamix Corporation, June 2015



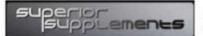
#### Justines are looking for Brand Ambassadors for New Zealand and Australia.

If your Social Media Saavy, extremely professional, have health and fitness knowledge, loves living the health & fitness lifestyle and understands what the value of a brand is then you should apply!

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### Take a leap!

Fearful of the unknown? Use our simple steps to boost your boldness and confidence.

Do you wish you were a little more willing to take risks, whether that means skiing tougher runs, signing up for your first fitness competition or entering an obstacle race? Good news! You can get gutsier just by building your mental toughness, essentially boosting your confidence to conquer your biggest fitness fears.

While it might seem like guts are something you're born with, that's not entirely the case. In many ways, mental toughness is like physical strength. "Nobody's born physically strong, but with a plan in place, you can build that strength," says Jason Selk, Enhanced Performance director of sports psychology. The same applies to your mind.

That's the thinking that helped

catapult Kim Dolan Leto, Arizona-based International Sports Sciences Association director of family health and wellness, to the Ms. Fitness World stage. "Becoming an athlete starts in your mind," she says. "You trade excuses for solutions and fight your way daily to eat clean, train mean and balance life."

#### \* Nature vs. nurture

Of course, nature does play a role. "Some people are born with personality traits that make them natural risk-takers," says Richard B. Dauber, Morris Psychological Group clinical and sports psychologist and director. Yet those individuals share certain characteristics, and understanding what they are can help you develop your own toughness. The most important one? An unshakable belief in their abilities to achieve goals.

"You have to believe in yourself. Paraphrasing Henry Ford, if you think you're going to succeed or fail, you will," Dauber says. Although the mentally tough will fail occasionally, they look at every failure as an opportunity to learn and push on.

#### \* Fear not

So how exactly do you strengthen your mind so that you can be less afraid to go after bigger fitness feats? Follow these three steps:

1) Find focus: Define your end goal, what Selk calls a product goal. What is it you ultimately want to accomplish, and why do you want to do it? Selk recommends having no more than two product goals — one personal and one professional — at a time. Make sure, too, that the end goal is focused on performance versus outcome. "If you're too focused on the outcome, especially if it's winning, fear of failure could hold you back," Dauber says.

2) Take baby steps: Create process goals that will move you closer to your end goal. These effort-based goals are designed to build your confidence, which is why they need to be small and achievable, Selk says. For instance, if you want to make it to the national stage as a fitness competitor, make competing in a small, local contest your first step, and consider yourself successful no matter what your placing.

3) See your success: Visualise what you want along the way. "People often focus on what they don't want," Dauber says. For instance, you don't want to earn any placing other than first at the fitness contest. You then get stuck with those fears, which will paralyse your efforts to get up the nerve to progress to the next level. Instead, think about what you do want and picture yourself attaining it.

In the end, building guts relies almost entirely on your mind, perhaps the strongest muscle in your body. As Selk says, "If the desire is there and you put the time into it, your mind can get you anywhere." •

You have to believe in yourself. Paraphrasing Henry Ford, if you think you're going to succeed or fail, you will.



# Kick it

# or pick it

BY JEMMA O'HANLON



#### JEMMA O'HANLON

Jemma is an accredited practising dietitian with a love for long macchiatos, raspberries and cacao beans. With over 10 years experience working with food and a Bachelor of Health Science (nutrition and dietetics) under her belt, Jemma currently heads up the nutrition and product development teams at Jenny Craig and Curves. For more hot tips on nutrition, be sure to follow Jemma on Twitter and Instagram: @jemmaohanlon

#### **BBQ Style!**

As the weather begins to warm up again, Australians love to get together for a barbeque. However, some of the most-loved foods and drinks we enjoy at these social events can not only be very high in calories, but also very low in nutrients. Here are some simple, healthier swaps you can make while still enjoying a good old BBQ!

#### Swap 1: Two thick BBQ sausages \*\*Total two chicken skewers

Some would say it's not quite a barbie without a sausage sizzle, but not all sausages are created equal. If you're keen to enjoy a sausage, choose extra lean sausages with a low sodium (salt) content. Alternatively, you could try some chicken skewers instead - with less than half the kilojoules and saturated fat of sausages and almost double the protein, it's a no brainer!

#### How the numbers add up

Food	Energy	Protein	Total fat	Satfat	Total carb	Sugar	Fibre	Sodium	Calcium	Iron
Thick BBQ Sausages	2077kJ	24.2g	41.9g	18.7g	4.8g	0g	4.2g	958mg	16mg	2mg
Chicken Skewers	891kJ	42.9g	4.3g	1.4g	0g	0g	0g	69mg	22mg	0.8mg

#### Swap 2: A white bread roll for some grilled corn on a cob

 $Corn\ is\ very\ on\ trend\ right\ now,\ so\ it's\ a\ great\ time\ to\ enjoy\ this\ crunchy\ veggie\ as\ an\ alternative\ to$ your standard high-GI bread roll. Corn on the cob has double the amount of dietary fibre and doesn't contain the added salt that white bread has - not to mention, it will fill you up so much more too!

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium	Iron
White Bread Roll	830kJ	7.0g	2.2g	0.4g	35.7g	2.8g	3.2g	397mg	83mg	1mg
Grilled Corn on a Cob	476kJ	5.3g	2.7g	0.2g	17.1g	5.0g	7.8g	4mg	11mg	1mg

#### Swap 3: A glass of white wine for a wine spritzer (1/2 wine, 1/2 soda)

Why?

We all know the health benefits of drinking less alcohol, but instead of cutting it out completely, perhaps you'd like to enjoy a little tipple of wine topped up with soda for a refreshing twist! You'll halve the kilojoules that you're drinking, stay hydrated and avoid a headache the next day!

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium	Iron
Glass of White Wine	548kJ	0.4g	0g	0g	5.3g	5.3g	0g	53mg	12mg	0.2mg
White Wine Spritzer	348kJ	0.3g	0g	0g	3.3g	3.3g	0g	59mg	14mg	0.2mg





#### Swap 4: A creamy potato bake \*\* a baked potato

Let's set the record straight - potatoes are NOT bad for us. It's all about how you cook them and what you serve them with. A baked potato in its skin is highly filling and provides a source of dietary fibre and heart-healthy potassium. Potato bake on the other hand, with the additional cream, bacon and full-fat cheese, adds stacks of unwanted kilojoules and saturated fat which doesn't make our heart very happy. Moral of the story? Keep it simple.

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium	Iron
Creamy Potato Bake	637kJ	4.5g	8.0g	5.1g	14.4g	1.6g	1.9g	75mg	57mg	0.6mg
Baked Potato	364kJ	2.6g	0.5g	0.1g	16.5g	0g	2.8g	42mg	7mg	0.8mg

Swap 5: Three scoops of strawberry ice cream for a cup of fresh strawberries

Why?

Ice cream can be an enjoyable treat on a hot day, but if you're looking for a lighter option, you can't go past freshly sliced strawberries. These vitamin C-packed natural gems of goodness are packed with antioxidants and dietary fibre, and are the real deal - you can't get fresher or more wholesome than that!

#### How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium	Calcium	Iron
Strawberry Ice Cream	614kJ	2.8g	7.9g	5.4g	16.8g	15.2g	0.3g	40mg	66mg	0.2mg
Fresh Strawberries	161kJ	3.0g	0.2g	0g	4.7g	4.7g	2.5g	11mg	23mg	1mg



# MISS NUTRITISAN

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NEW ZEALAND

#### COMPETITION

Have your training group send us a pic wearing your Miss or Mass Nutrition clothing or with your Miss or Mass nutrition shaker for your chance to win your group photo in our next issue of Oxygen Magazine!

Email pics to miss@massnutrition.com.au or inbox them to the Miss Nutrtion Facebook page



## HAPPY GUT

# HAPPY LIFE

...it's logical





# What's on





#### THE SUMMIT SURVIVOR Trafalgar East, VIC, 14 & 15 November 2015

The Summit Survivor is not for the fainthearted. With 36 obstacles in just 5km, an average of 7.2 obstacles per kilometre, this race will have you ducking, weaving, leaping, staggering, clambering, wading and, at times, dragging your sodden body through substances and apparatuses that - quite frankly - would look more at home in a warzone. The Summit Survivor will be donating 100 per cent of all profits to local charity The Impact Project.

For more information visit www.summitsurvivor.com.au



Melbourne, VIC, 15 November 2015

The City2Sea incorporates a 5km course and a 15km course that runs from the Melbourne CBD to St Kilda. You can choose your own charity through Everyday Hero and run for a cause that's close to your heart. Be

part of this huge event that takes over the streets of Melbourne and inspires many to pursue a healthier lifestyle!

For more information visit www.thecity2sea.com.au





#### **T** GREAT BARRIER REEF MARATHON **FESTIVAL**

Port Douglas, QLD, 1 November 2015

The CANEGROWERS Great Barrier Reef Marathon Festival offers a range of adventure courses like no other including a 74km JCU Ultra Marathon, a 42.2km adventure marathon and a 21.1km adventure half marathon. Team up for this epic event and not only will you run in paradise, but you'll get to recover in paradise too!

For more information visit greatbarrierreefmarathon.com.au

#### **TUTOPIA WELLNESS**

Sydney, NSW, 14 November 2015

Utopia Women's Wellness is an exclusive, one-day event focusing on holistic wellness, with a goal to educate, inspire and empower. Utopia gives you the chance to take your life, happiness and health into your own hands. Get expert knowledge, mix with like-minded people, speak with industry leaders and ask those specific questions you have always wanted to know.

For more information visit utopiawomenswellness.com

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presented by

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Two of Australia's most successful female fitness and figure experts unite to share their secrets and the science for figure success.

 How PRO female athletes train and eat to chisel their physiques for symmetry and conditioning.

> • Is your metabolism damaged or slow? Learn to optimise it for faster fat loss & health.

Do you self-sabotage or emotionally eat?
 How to overcome unhealthy eating patterns.

Are your hormones stalling fat loss?
 Nutrition & lifestyle to balance thyroid, estrogen & cortisol.

LIMITED PLACES! 14 Nov <u>Melb</u>ourne 15 Nov Geelong 21 Nov Townsville

22 Nov Cairns 28 Nov Brisbane 29 Nov Gold Coast 5 Dec Adelaide

# Chasing HER WILDEST DREAMS

OVERCOMING PHYSICAL, MENTAL AND EMOTIONAL HURDLES, ALICIA BUSH TRULY UNDERSTANDS WHAT A PRIVILEGE IT IS TO FEEL FIT AND HEALTHY.

WORDS BY KIRSTIN CUTHBERT | HAIR AND MAKE UP BY LISA LEE | PHOTOS BY DALLAS OLSEN

Oxygen would love to say a huge congratulations to the winner of our Cover Girl Comp Alicia Bush!

**ALICIA BUSH HAS LOOKED TO OXYGEN FOR INSPIRATION** FOR AS LONG AS SHE CAN REMEMBER, BUT WHEN THE **IDEA OF ENTERING THE 2015 COVER MODEL COMPETITION CAME UP. SHE WAS FLOODED** WITH SELF-DOUBT. AFTER HER **INITIAL HESITATION PASSED. ALICIA THOUGHT TO HERSELF 'WHY NOT ME?' WE COULDN'T** BE MORE THANKFUL SHE DID. FIT AND HEALTHY. WITH AN **INCREDIBLE STORY OF DEFYING** THE ODDS, ALICIA BUSH IS THE TOTAL OXYGIRL PACKAGE. Before Alicia started training she was your average young girl carefree, outgoing and bubbly.

"I was only concerned with what was going on around me. I was focused on being social and was not concerned about my health. I was all for living in the moment and didn't take life too seriously," she

When she was just 17 years old, Alicia was involved in a lifechanging car accident. Shattering her pelvis and severely injuring her back and neck, she found herself bedridden for months. After she was given the all-clear to start weight bearing,

she began the long road to recovery. With little to no muscle or strength in her lower limbs, Alicia was left feeling depressed and helpless.

She began an intense aqua therapy program, followed by close to six months of weekly appointments with a physiotherapist, chiropractor and massage therapist to rebuild strength and eliminate pain. It was also determined she had severe scoliosis, a drastic anterior pelvic tilt as her cervical spine curved the complete opposite way. But Alicia refused to give up.

"I promised myself that I would never let myself feel as helpless and weak as I did then and that I would do whatever possible to make sure I was never in that spot

Through her rehabilitation, Alicia started to see changes in her body. She began building strength diminished. It was here that her passion for and healthy was born.

"It took me years to rebuild muscle strength and stability to where it was before the car accident, but I did it. I made excellent progress and with that I decided for granted again and I wanted to become as fit as possible," she says.





Not only did Alicia overcome and get through the car accident and the subsequent physical obstacles, she also overcame feelings about herself that were much closer to home.

Growing up in a singleparent home, Alicia met her dad for the first time shortly after the car accident. She was hopeful that she would finally be able to have the father-daughter relationship she had always wanted and dreamed about. She met her other brothers and sisters and saw the incredible relationship her father had with each of them.

"I thought that this was going to be my chance to be a part of that and finally have that for myself too," she says.

However, after a few years of having him in and out of her life, she realised she would never have the relationship she was hoping for.

"All that I ever wanted from him and our relationship was to be loved and supported and to have him believe in me. Over the course of the years that he was in my life, I was left feeling extremely insecure and unsure of the person I was and I couldn't understand why I wasn't good enough for him and worthy of his love," she says.

"I second guessed everything about who I was and who I aspired to be. The most difficult part wasn't necessarily the lack of that great father-daughter relationship, but the fact that he was capable of that relationship with his other children, just not with me. It crushed me and I would spend countless nights crying and upset, trying to understand why."

"It took me years to rebuild muscle strength and stability to where it was before the car accident, but I did it!"

During this time, other relationships in her life also started to suffer and Alicia stopped doing things she once loved to do, including training – distancing herself even further from those closest to her. The once bubbly, positive and upbeat little girl had disappeared and what was left was an insecure and depressed young woman.

Until one day, Alicia had a moment of clarity. She recognised what she was doing to herself and the severity of the situation. She finally began to understand that it wasn't her fault and that sometimes you need to accept what you can't change and let it go.
She knew she deserved

"Everyone deserves to be loved and supported. From that day forward, I wouldn't let any relationship or anyone allow me to second guess the person I am. I would only make room in my life for people that encouraged me to dream bigger and inspire me to be the best version of myself," she says.

Alicia promised to surround herself with people that inspired her and people that she aspired to be like, people that uplift others and encourage others to be great people and to do amazing things.

"Having gone through this, I now realise how important it is to be supportive and encouraging of others and I hope to be that for the people in my life and those that will come to meet in the future," she says.

On top of all of this, just five weeks out from Alicia's first show in 2006 she dislocated her patella (kneecap). The doctors believed this was a direct result of the weakness in her pelvis. She was left unable to

"I was told that I would never be able to train as I once could and my dreams to compete seemed unattainable... but something was ignited in me and made me want to train harder."

enter the competition and once again was subjected to an intense rehabilitation process.

Over the course of the next few years, Alicia went on to dislocate her patella three more times and consequently, had a complete knee reconstruction plates, screws and all! She also underwent more physio.

"I was told that I would never be able to train as I once could and my dreams to compete seemed unattainable. The easiest thing would be to give up and throw in the towel - which

did cross my mind a number of times -but something was ignited in me and made me want to train harder and gave me a drive that I never thought was possible," she says.

Never giving up on her dream, Alicia spent a number of years strengthening and conditioning herself and in 2014 she was able to see out her dream of competing.

"When I first stepped onstage it was the most rewarding experience of my life - mostly because of all of the obstacles and challenges that I had to overcome

in order to get to that spot on that stage! Not only did I make it to compete in a number of competitions, but I did it all on my own, without the help of a consistent coach or trainer!"

Alicia says it has been a very long road, but one she wouldn't change for the world.

"Everyday I am thankful for the journey I have been on and for every obstacle that I have had to overcome - it has all framed me into the person I am today," she says.

"I have discovered strength within myself that I never

knew existed. My journey and struggles throughout my life have made the rewards and success that much more meaningful and special."

Alicia believes that everyone will face challenges in life, some harder than others, but these challenges are not meant to paralyse us, these challenges are merely a way to help us discover who we are.

"Life is way too short to not go after your wildest dreams - so dream big, work hard and get ready for amazing things to happen!" 0



### Cover G

Meal 1: 1/3 cup of oats and 1 scoop of WPI vanilla protein blended with cinnamon, allspice, Natvia and PB2.

Meal 2: 1 scoop WPI Protein and two rice cakes (usually post workout).

Meal 3: Grilled Basa (approx. 150g) with 1/2 cup of steamed green veggies and 1/4 cup wholegrain rice or quinoa.

> Meal 4: Grilled chicken breast with 1/2 cup steamed green veggies.

> Meal 5: Alicia's homemade chicken patties containing mince chicken breast, spinach, avocado, chives, herbs, eggs and almond meal.



#### THE SENSATIONAL FINALISTS!

# 2015 O'A TJEN COVER GIRL

# KELLY RENNIE

City: Gold Coast, QLD Occupation: Personal trainer Age: 33 Height: 166cm Weight: 57kg **Instagram:** kellyrenniefit

#### Can you start by telling us why you entered the Oxygen **Cover Model Search?**

Oxygen Magazine is one of the reasons I am in this industry and am doing what I love to do, every single day. It was the purchased when I started on my health and fitness journey eight years ago. It gave me the become a trainer and compete. I truly feel connected to Oxygen and everything it stands for. if I can do it, so can you.

How did you first get star in the fitness industry and what was your life like beforehand?

was on medication for several years and life was not easy at all nor was it going in the direction I wanted it to. In the end I decided that the only person who could help me was me. Slowly but surely I cleaned up my diet, started exercising and took hold of my health. I decided to compete and my partner and I opened two very successful gyms and created a life advocating for health and wellness in not just our own early twenties I wish upon no one, it is really the driving

# What has been the biggest change you've seen in yourself?

My health and fitness has allowed me to be able to maintain my strength through life's many challenges,













# SAMANTHA **FRAZZETTO**

City: Melbourne, VIC Main occupation: Personal

Age: 28 Height: 173cm Weight: 68kg

assistant

Instagram: sammyalyce87

Can you start by telling us why you entered the Oxygen **Cover Model Search?** 

I wanted to give other 'normal' girls the chance to prove that ANYONE, just like me, can enter and get to the top. It would mean the world to me if I could pass on to everyday women that have a passion for health and fitness, but don't necessarily work in the fitness field, that if I can do it, they can too!

#### How did you first get into fitness and what was your life like beforehand?

Being European and having a very large family, I spent a lot of time celebrating birthdays and other parties where there would be an abundance of food. For years I over-indulged and most of the time my eyes were bigger than my stomach and I'd be left feeling overly full and ill. I've never been a large girl, but not being overly active and working in an office, I noticed I was putting on a fair

bit of weight, would feel tired ALL the time and developed gluten intolerance. I needed a change and signed up at my local gym, from there I joined a boot camp team and this changed my life. I went on to accomplish things like Tough Mudder, fun runs and marathons. My body started to change and I no longer felt weak or unwell. This was the beginning of my newfound love of fitness and my weighttraining journey.

#### What have you had to overcome to get to where you are today?

The hardest part for me was my family's disapproval and misconception of the 'fitness industry' and the dedication I chose to give to my body. My immediate family particularly found it hard to see me go to such 'extremes' and when I originally started lifting weights, they would stereotype it as something only males should do. The non-acceptance of my new fit life was really off-putting in the beginning. However, after they saw the happiness it brought me, they knew that this was something I was passionate about and they became a little more accepting.



#### What has continued to motivate you throughout your training?

Definitely the inspiration I have passed onto my friends, family and co-workers. I actually never lost a lot of weight on the scales (in fact, I weigh more

now than I ever have!) but everyone noticed the change in my new, strong body and the new happier me. The best part for me is knowing that something that I originally did for myself, also managed to help others!















**CHELSEY TARNOW** 

City: Salmon Arm, British Columbia, Canada Occupation: Teacher **Age:** 31

Height: 135cm Weight: 62kg **Instagram:** chelseytfitness

Can you start by telling us why you entered the Oxygen **Cover Model Search?** 

For as long as I can remember, I've aspired to be an athlete gracing the pages of Oxygen Magazine. This goal has never been about vanity or recognition; it is about my desire to celebrate and share my passion for health and fitness with others, while being proud of the person I choose to be every day. I'd love the opportunity to inspire people who are working towards health goals of their own.

#### What message do you hope to get out there to the readers

Always be yourself and be becoming. Realise your true personal goals, believe in yourself, excel through the challenges that may arise and

#### to spread your me

and share my love for life. I aspire to be someone people all ages and genders can look to for fitness motivation and insight. It is especially important to me to be a positive role model for our female youth, as there are so many social media influences which can negatively impact their perception of a healthy body image and fitness practices. When you follow pages on social media, it's important to not lose sight of who YOU are. Learn from people, grow with knowledge, but remember to stay true to yourself and create a fitness lifestyle involving your personal goals and not somebody else's.

# What have you had to

my goal any more. I love health my love. I am here, this is me and I'm going to keep striving for my goal no matter what anybody else says. It's my goal, not theirs and I am going















# CASS WRIGHT

City: Sydney, NSW

Occupation: Veterinary nurse

Age: 24 Height: 171cm Weight: 59-62kg Instagram: caswri

Can you start by telling us why you entered the Oxygen Cover Model Search?

A change of attitude within myself-I made a promise to myself to start putting myself out there in the industry more and this was a perfect opportunity. You really can achieve massive goals if you put your heart into them -'walk through every open door possible – venture every avenue.' You never know how the universe might reward you if you don't try.

How did you first get started in the fitness industry and what was your life like beforehand?

I was training five to six times a week and happy with the progress I had made by myself but I decided I needed a goal, something big to work towards. I chose to join a team and compete in my first bikini competition and I have not looked back!

What have you had to overcome to get to where you are today?

Everyone at some stage in their life has had body image issues and I have suffered from this a lot and really let it get the better of me some days. But now I am a lot more comfortable in my body. The more I treat it right, the more I value it.

What has been the biggest change you've seen in yourself?

The biggest change for me, aside from my physique, is my energy levels. I used to feel sluggish 24/7 but since putting my health and fitness first my energy levels are like never before, which has helped me in all areas of my life. **I** am a whole new Cass. I have goals, aspirations and a whole new

We all have days where motivation is low - how do you overcome these?

appreciation for each

day.

It is 100 per cent ok to not have a tip-top day. If I am having a low day, generally I'll talk it out with someone close to me, like my partner or my sister. Together they remind me of why I do what I do and what my goals are. Some days if I'm really not feeling it, I will just change up my rest day for the week.

What has been the most rewarding aspect of training

Without a doubt – the people I have met through the gym and competing. I am constantly surrounded by vibrant, positive, motivating and likeminded people and I am so grateful for that!



















# **ELOISE WYVILL**

City: Brisbane, QLD Occupation: Personal trainer **Age:** 22 Height: 159cm Weight: 56kg **Instagram:** eloisewyvill

#### Can you start by telling us why you entered the Oxygen **Cover Model Search?**

I entered the Oxygen Cover girl competition as it's been my dream since I can remember. This year I stopped dreaming and started turning that into a main goal. I look at the women on the covers of Oxygen Magazine and they all look so strong, empowering, amazing and natural with a positive message to put out to readers. I'd love to put my message out to the readers which is to stop chasing perfection. We are all guilty of it. Stop comparing yourself to someone else and be your happiest and your fittest... whatever that means to you.

#### How did you first get started in the fitness industry and what was your life like beforehand?

My life before fitness was very soon after high school when I

eating habits. I honestly didn't expect to love it as much as I did. I went from working in retail and living quite an average life to becoming a personal trainer. I have now competed in numerous fitness modelling competitions and couldn't be happier with my lifestyle change.

#### What has been the biggest change you've seen in yourself?

I feel the biggest change I've made, besides obviously the physical changes, is mentally. I've definitely learnt to cut out relationships and thoughts, and it can be difficult, however I'm surrounded with positive, me motivated with training changes I've seen and could

#### What have you had to overcome to get to where you are today?

lifestyle. It's ok to be who you are. Your version of fit and healthy is all you

















need to be.

# CAROLINE HUTCHINSON

City: Melbourne, VIC **Occupation:** Executive

assistant Age: 39

Height: 170cm Weight: 69kg Instagram:

confessionsofasportsmodel

#### Can you start by telling us why you entered the Oxygen **Cover Model Search?**

It was actually upon the recommendation of a fellow colleague in the health and fitness industry, someone who I admire. I've never thought of myself as cover girl material,

I simply do what I do (health and fitness) because I absolutely love it and I really couldn't imagine my life without it.

#### What has been the biggest change you've seen in yourself?

The biggest change for me is my diet. Like most young women, growing up I've had my fair share of diet fads, anything from shakes to starvation - all of which I completely sucked at. When my relationship failed with my partner of 10 years, instead of emotionally eating, I chose not to eat. My increased level of exercise, substituted with rabbit-like food, found me sitting in front of a counsellor who kindly advised that I didn't so much as have an eating disorder, but disorderly eating. It wasn't until later that I discovered I was using my

diet and exercise as a way of control. When I entered the fitness realm to undertake a new challenge, it absolutely transformed my world. With a new goal in mind came a new lifestyle, I went from eating three small meals to six wholesome meals a day. My muscle mass slowly increased as did my weight, and my body fat leaned out. I had more energy and, needless to say, a bigger zest for life and for once I didn't look at food as a burden.

#### How do you use your social media to spread your message?

My message is that ahealthy body comes in all shapes and sizes, fitness comes in all types of genres and

while abs all year round is not realistic, having a healthy body and mindset can be. My social media page is simply about me sharing my progress, my daily thoughts and idiosyncrasies, which just happen to revolve around my fitness realm. When looking at pages for inspiration, I prefer to look at pages that are more realistic and have a healthier outlook. As much as I love some of the international fitness models, looking like them all year round I feel is not realistic. We have to remember life gets in the way, whether that be work, family, life challenges or the like. I feel it's important to look at pages that hold an element of truth to them, realism, and positivity.



Unfortunately Caroline couldn't attend the finalists shoot as she was overseas at the Olympia, however we still wanted to acknowledge her as one of our Cover Model finalists!

















#### THE SENSATIONAL SEMI-FINALISTS!

# 2015 OXYGEN COVER GIRL

The Cover Girl Competition talent was so good this year that it was too hard to simply choose a set of finalists. Oxygen would love to say a huge congratulations to these amazing girls who are the semi-finalists for the Oxygen Cover Girl Competition 2015. Check out their incredible advice and top tips for staying motivated.



#### JADE POLLOCK

Photo: Dallas Olsen

keeps your larger goals in sight - knowing who and where you want to be keeps you well, if my routine is followed, no matter what, my day has been successful and I am a step closer to where I want to be.

#### **BREE FRASER**

Photo: Eva Simon

#### **JESS BLAIR**

**Photo: James Patrick** 

PROLIDIY

PRESENTED BY

















#### **HANNAH DALES**

Photo: Charlie Suriano

#### **EMMA COCHRANE**

**Photo: Simon Fox** 

#### **AVRIL MATHIE**

Photo: Brett Clarkson ABC Creative

on changing a couple of things at once week. As long as you keep improving, your results will keep progressing!"

















#### All Entries

# **2015 OXYGEN COVER G**































































































































































































































































































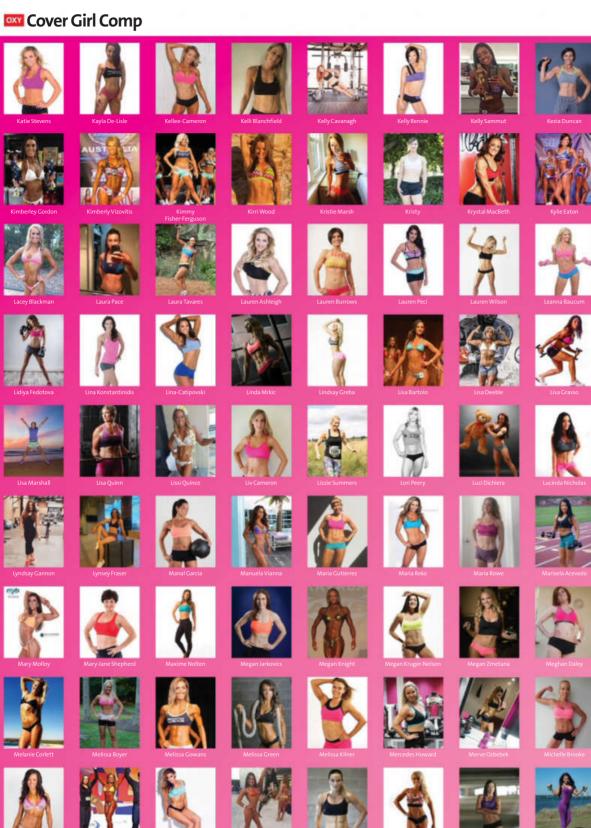
































































































































































A huge thank you to all our entrants for the 2015 Oxygen Cover Girl Competition. Your hard work and dedication to living the Oxygen lifestyle is truly inspirational! Every year the standard of entries gets higher, proving just how incredible and driven Oxygirls really are. Keep chasing your goals and who knows, maybe next year the title will be yours!







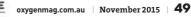












# The resistance moves your backside will love!

WORDS LAURA KEDDIE | PHOTOS DALLAS OLSEN | MODEL KELLY JOHNSON | HAIR & MAKE UP LISA LEE | EQUIPMENT: MYOSOURCE KINETIC BANDS

IF YOUR ROUTINE IS **GETTING A LITTLE STALE AND SOME OF YOUR FAVOURITE MOVES AREN'T CHALLENGING YOU ANY MORE, IT'S TIME** TO SWITCH THINGS UP. If you repeat the same exercises time and time again, your body will not benefit from them as it first did. Variety is the spice of life and the variety your body is wanting may very well be kinetic bands!

Kinetic bands fit just above the knee and fire up the quick-twitch muscles in your legs, hips and core. They allow athletes to have full range of motion while they practise sport-specific drills and skills. Strengthening those areas will

help you become stronger, faster, increase running speed and agility and improve your balance, flexibility and stamina. This can all be done without even changing your normal workout routine, just add in kinetic bands and you're good to go!

Using resistance bands will allow you to maximise results and training time while strengthening your legs, hips, hip flexors, glutes and abs, all while having fun!



## The Workout

EXERCISE	REPS	SETS
Bodyweight Squats	3	15-20
Fire Hydrant	3	15-20
Frog Kicks	3	15-20
Glute Bridge	3	15-20
Lying Glute Lift	3	15-20
Glute Kickback	3	15-20

#### **BODYWEIGHT Squats**

Target muscles: Hamstrings, glutes, quads

**Set-up:** Stand with your feet just wider than hip-with apart and hold your hands out in front of you.

Action: Push your hips back and behind your knees to squat, keep your chest up and your eyes forward. When your thighs come parallel to the ground or slightly lower, drive through your heels to return to the start. Always ensure the resistance bands are under constant tension.



#### FIRE Hydrant

Target muscles: Glutes and hamstrings

Set-up: Position yourself on all fours with your palms flat and shoulders-width apart. Keep your knees hip-width apart and bend them at a 90-degrees angle. Keep your back straight and abs locked on at all times.

Action: Raise your thigh and bring it out from your body. Keep the resistance on the kinetic bands the whole time as you slowly raise your leg up and



Target muscles: Lower back and glutes

Set-up: Lie face-down on the bench with your hips on the edge and your legs tucked underneath. Be sure to have hold of the bench firmly underneath you.

Action: Fully extend both legs straight out and contract the muscle in your lower back and buttocks then return to the starting position and repeat. Make sure to keep the resistance

on the kinetic band for the whole movement.

**Set-up:** Lying on your back, bend your knees and place your feet flat on the ground, around hip-width apart. Your feet should be close enough to your body so your fingertips can graze your heels when you stretch your arms down by your side. Bend your elbows to 90 degrees so only your upper arm is on the ground.

> Action: Drive through your heels and upper back to lift your glutes off the ground. Drive your hips, pushing your body up as high as possible, continue squeezing the glutes hard. Keep your belly button drawn in, ensuring you don't hyperextend your back. Keep resistance on the kinetic bands the whole time.





#### **LYING** Glute Lift

Target muscles: Glutes

Set-up: Lie on your side with your hips stacked and chest facing forward. Keep your toes pointing forward for the duration of the movement and focus on using your glute muscle to raise your leg.

Action: Raise your leg up and then back down, constantly keeping resistance in the band to activate your glutes for a constant burn.







# The Charles Samples

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ProteinSuppliesAustralia.com.au/try me

The 'Tryme 2xfree sample' giveaway is valid through to midnight January 31st 2016

# **THINK YOUR** WAY TO SUCCESSFUL. mingset





- Acknowledge the success you have achieved;
- » Challenge your reality;
- » Alter your beliefs as they are not always truths:
- » Be grateful for what you have in your life
- » Make a list of people who inspire you;
- » Be clear on your vision; and
- » Note your successes daily.

#### DO YOU FEEL THAT **SUCCESS KEEPS PASSING YOU BY?** You

may have nearly got that job, came second in that competition, almost reached that new personal best and while you felt so close to achieving success in your circumstance, you didn't quite 'get there' and now success feels even further away.

After a while, you can end up believing that you will not be successful and you can quite easily accept that belief as reality. However, if you adopt that belief, you will continue to find evidence to support it, and continue feeling like success is just out of your reach.

On the other hand, you may have heard of others being so lucky, always getting the parking spot, always confident and winning everything they enter, nothing seems to get in their way or be an issue for them. These people probably have a 'success mindset' and I'm going to teach you how to adopt one too.

#### **ADVERSITY AND SUCCESS**

There are so many examples of people who have suffered extreme adversity before their success mindset kicks in.

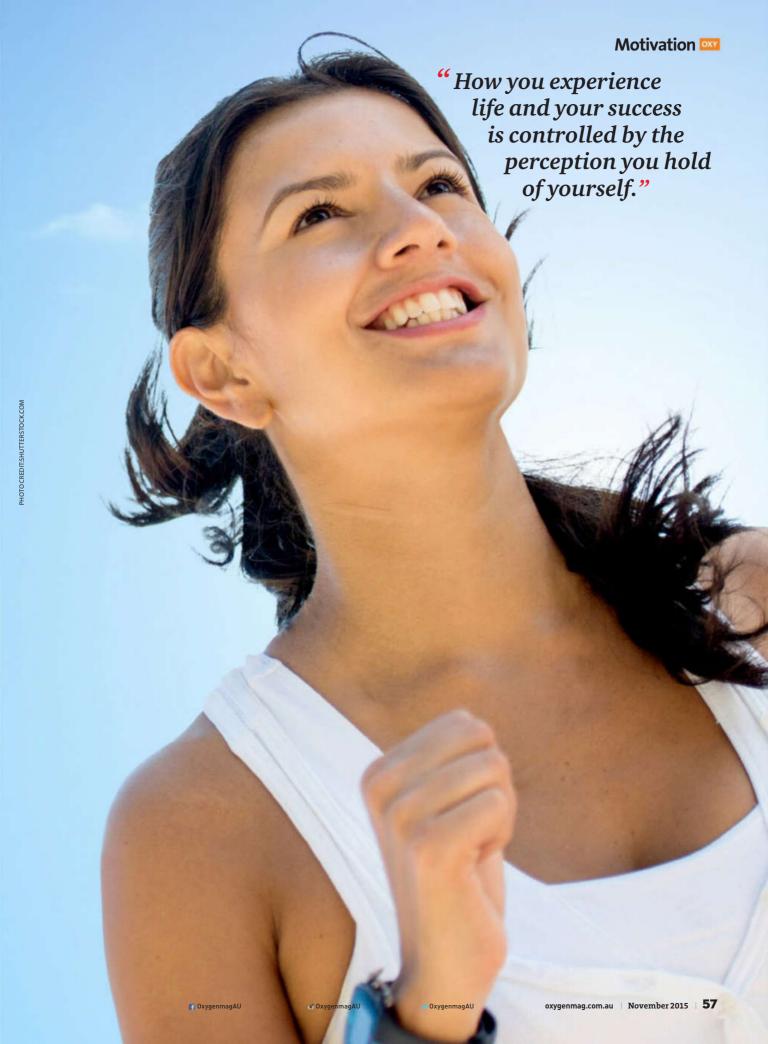
Michael Jordan suffered his first set-back in his sophomore year when he was left out of the varsity basketball team. The reason was

that he was only 5'9" (175cm) at that time. His taller classmate Leroy Smith had won the last spot on the team. He made up his mind that he would never have to face a similar situation ever again and started practising every day. He soon shot up to 6'3"

(190cm), made the team the next vear and never looked back. From being a part of two gold-medal winning teams at the Olympics to winning NBA's Most Valuable Player Award five times in his career, Jordan dominated the

sports field for more than a decade in the '90s.

J.K Rowling went from living as a single mother on state benefits to a multi-millionaire with her Harry Potter adventures. She came a long way from her early days of struggle and it is



#### **Motivation**

a true epitome of the 'rags to riches' story.

Nelson Mandela's life story is one of overcoming adversity and embracing challenges that seemed to many to be both unsolvable and insurmountable. He showed us that mastery of life is not achieved by the absence

of problems, but rather the mastery of problems.

"I learned that courage was not the absence of fear. but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." - Nelson Mandela

So, what do you do when adversity hits? Do you retreat and add another story to your fabricated beliefs or do you call on your resilience and say 'what can I learn from this?' Failures are not necessarily setbacks, they simply give us new ways to learn and some of the greatest people around have had the largest number of failures.



#### **PERSPECTIVES**

How you experience life and your success is controlled by the perception you hold of yourself. One of the first things you need to do to do is change your perception. You can do this by improving your awareness, especially on the way you look at things, as well as how you label them. Do you ever say 'I know I will mess this up' or 'I never achieve enough'? If so, you may be someone who always sees the problem in every

situation and walk around daily with a glass-half-empty perspective. If you're not sure if this is you or not, pay closer attention to how you react to certain situations and be aware if and when these thoughts come up. That way, you'll be able to address them before they happen and control them, rather than letting them control you.

Increasing awareness of your perceptions, changing them and

developing your inner potential will allow you to not only reach success, but grasp hold of it. By becoming aware of situations that arise daily, noting how you feel and repeating this process over a week, particularly in relation to perception situations, you will be on your way to understanding your behaviour in situations and transforming your mindset into a more positive and successfilled one.

#### **WE CREATE OUR REALITY**

Napolean Hill in his great classic Think and Grow Rich refers to the idea that thoughts are things, so that whatever we think, becomes a fact. Therefore, to be successful, we must think successful.

Take time to acknowledge what success you have achieved in your life so far, then, when adversity hits,

reflect on these times. You can also reflect on other people who have been challenged in some way, as there is always someone in a far worse position than yourself. By being grateful, dusting yourself off and adopting a new way of thinking, you will develop a new level of success for you.



#### **GEOFF EDWARDS**

Geoff is an internationally accredited life coach with more than 25 years of coaching experience who can support you on your journey to success with results that last. He welcomes correspondence from readers keen to share any successes that they're excited about, or if you would like to develop your own personal success plan related to being 'empowered at every age', you can get in touch with him via **geoffedwards@bigpond.com** or through his website **www**. geoffedwards.net or Facebook: www.facebook.com/geoff.edwards2



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# SAND THE WINNER IS... NOT YOU

DEFINING SUCCESS
IN THE WORLD OF
PHYSIQUE MODELLING
ISN'T AS CLEAR CUT AS
WINNING AND LOSING.

BY **BELINDA POTTER** 





While you may want to scream 'what the heck?', it is the harsh reality of any competitive sport that there will be winners and those who didn't win. You'd be excused for thinking that this is pretty obvious, right? But stories of backstage tantrums, bikini sabotage and conspiracy theories are almost legendary. Here is the thing: there is no finish line to cross first, no runs on the board or goals to kick in physique competition. Winning or losing comes down to the opinion of others, their interpretation of the judging criteria and changing fashions. There are a LOT of variables.

PHOTO CREDIT: SHUTTERSTOCK.COM

Anyone would think that there was a big, fat cheque and a Rolex watch up for grabs instead of a faux-gold trophy and a food voucher for the allyou-can-eat buffet. Now I don't want to be a killjoy, competing takes a lot of guts and determination and we should

all strive for excellence, but not everyone will be graced with the title or the trophy. In fact, some people never will. In our overly politically correct world of participation medals and 'reaching for the stars', many competitors are emotionally unprepared for failure.

It can be frustrating for newcomers to hear that this business of developing an elite level physique takes time and significant effort. It can be even more disheartening to hear that you just don't have the genetics to ever be competitive at the national or pro ranks. Should that deter you from throwing your hat into the ring? Not necessarily. In my very humble opinion, keeping a level head and competing for the personal challenge, rather than the glory, is the most rewarding aspect of competing.

#### Inspiration



Dream big, but

start small. Many competitors want to arrive at the destination without having first embarked on 'the journey' of refining their physique and perfecting their stage presence. Contrary to popular belief, regional competitions are not a waste of time. Unless you have years of muscle maturity or a background in performance, invest time into learning your craft and developing your physique on the

small stage before progressing to the larger, more prestigious competitions. There is no substitute for hard work or a good work ethic, so be patient and earn your stripes before you decide to take on the world.

them. Having the 'X factor' or perfect physique really can be a matter of timing. You only have to look at the evolving physiques of

the former and current

figure Ms Olympias

It's NOT you, it's

Erin Stern and Nicole Wilkins to realise that just like fashion, ideals change. While Erin Stern is an amazing athlete, the fact remains that she isn't what the judges are looking for right now. If you're unsure whether you fit the criteria, study the winning competitor's physiques in your chosen federation. What look are they rewarding? Do you have it? Once you've found your niche then compete often and ride the wave of success while the going is good.

In the back of your mind, acknowledge that sooner or later you may be yesterday's girl. Mentally prepare for that. It doesn't make you a bad competitor; it just means that it's someone else's turn to shine.

Acknowledge when it IS you. In other sports, we take for granted that your physicality will largely dictate your success. For example, if you are 'vertically challenged' then it's unlikely you'll

ever play professional basketball. For some reason, girls seem to think that the 'womb lottery' doesn't apply to being a successful physique competitor. Great genetics are a blessing if you have them and a curse if you don't. To be brutally honest, you can't outtrain many structural flaws, although you can learn to present your physique in a way that plays to your strengths. In fact, the purpose of the symmetry round is to expose your shortcomings. Know



#### TRAINING PARTNER OR COACH NEVER GAVE YOU:

what is and isn't within your control and set realistic expectations about your longterm potential given your genetic gifts or limitations.

Own it. Not all that long ago, only the very elite-level athletes would invest in a prep coach. For the rest of us 'amateurs', the onus of getting into shape, learning from our mistakes and being disciplined enough to follow through with our plan rested

solely with ourselves. Perhaps it's the rise of the self-professed guru or the introduction of new model divisions, but it seems as though everyone is now 'prepping' for a show without having first mastered the fundamentals of training and diet. Compliance, what's that? Discomfort, no thank you! Hungry, I think I'm going to die! Delayed gratification, you don't understand, I need chocolate NOW! Hey, why aren't I in shape? I paid you

money... and so it goes. Let's get serious. Paying a coach buys you the guidance of someone who (hopefully) has some first hand experience at what it takes to be a great competitor. But, competing is NOT a team sport – you are a team of one and while your coach should be the leader of your cheer squad, they can't do the work for you. Ultimately, you must take responsibility for the outcome. If you cheated on your diet, own it. If you skipped

workouts, own it. If you put in less than 100 per cent, then own that too.

Redefine success. So,

perhaps you didn't come away with the trophy. Perhaps you didn't even get a call out. But what DID you accomplish? What did you learn about yourself? What goals can you set for the future? What kind of person were you under pressure? I believe that everyone who gets up on stage has a responsibility to be an ambassador for

our sport. Dieting is not an excuse for bad behaviour and losing does not excuse poor sportsmanship.

There are valuable life lessons and opportunities for growth in failing despite our very best efforts. When you are intrinsically motivated to be YOUR best rather than extrinsically motivated to be THE best then you'll realise that defining success isn't as clear cut as winning and losing. •



Boost your mood and your workout with this creamy, slightly sweet sip. By Allison Young



#### MATCHA MOOD-BOOSTING **SMOOTHIE**

Makes 1 serving

- 1 cup unsweetened almond milk
- tablespoon matcha green-tea
- teaspoon vanilla extract
- 1 scoop vanilla whey protein powder
- medium banana, frozen
- 4 kale leaves Handful of ice

Place all ingredients in a blender and whirl until smooth.

#### Nutrition facts (per serving):

calories 260, total fat 3 g, saturated fat 0.5 g, trans fat 0 g, protein 14 g, salt 211 mg, carbs 43 g, fibre 4.5 g, sugar 19.5 g

**BODY BENEFITS** 

Calm clarity: Matcha powder (green tea that's

**Whey better mood:** Bananas and whey protein

Peak performance: Green tea can boost exercise

#### Skinny milk:

oxidant that keeps your skin looking awesome.

#### Bones of steel:

This smoothie provides more than of bone-boosting vitamin K. (Thank you, kale!)

This satisfying smoothie supplies a whopping 1,751 milligrams of potassium, which can help fend off muscle cramps and painful side stitches.

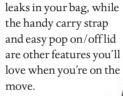
# **HEALTHY**



ESSENTIALS

BPA-free materials so you can sip safely, and in style. The lockable lid prevents annoying

move.



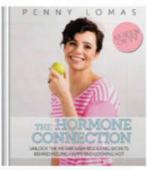
annabeltrends.com



**SOGZ** 

Bright and compact, Sogz towels are perfect for any activity where you're going to get a little sweaty. Made from

quick-dry, highly-absorbent microfibre, all towels come with a convenient travel pouch making them perfect



#### THE HORMONE CONNECTION

Fat loss isn't about restriction and self-control. It's about your hormones: how what you eat affects your hormones and how your hormones impact

your happiness, health and weight. Unlock the metabolism-boosting secrets behind feeling happy and looking hot with Oxygen ambassador Penny Lomas' new book. The Hormone Connection is an easy-to-follow recipe collection providing you with hormone hints and hacks behind 89 delicious, metabolism-boosting recipes, and includes the six lifestyle steps to seal the fat-loss deal.

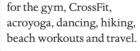
Available from pennylomas.com.au



#### KARMA WELLNESS WATER

Karma Wellness implements their cap technology KarmaCap to store formulated powdered vitamins and nutrients for consumers to enjoy upon consumption. The healthy beverage contains 90 per cent less sugar than other vitamin drinks and provides up to 100 per cent of the recommended daily intake of daily nutrients, minerals and vitamins.

drinkme.com.au







green te

#### **ELEPHANT REVERSIBLE YOGA MAT**

Mix up your yoga practice with this gorgeous, reversible yoga mat from Gaiam. With a premium 5mm thickness that offers cushioned support and stability, this mat is made from no-slip, grippy material, keeping

you in place during any pose. Made without the six most harmful phthalates, this mat is a healthier choice for both you and the planet.

gaiam.com

**BEFORE YOU GO AND BUY THE BIGGEST TUB IN-STORE OR ONLINE, HERE'S WHAT YOU NEED** TO KNOW ABOUT THE MAIN PERFORMANCE **ENHANCERS.** 

BY TOM FITZGERALD

# SUCCESSFUL USE OF NUTRITIONAL SUPPLEMENTATION REQUIRES UNDERSTANDING WHAT WORKS AND WHEN TO USE IT, IF

AT ALL. The days of having a supplement collection piled high in your cupboard and just hoping for the best are gone. Now, we can take a smart and research-based approach to nutritional supplementation and get the most out of our training and see the results we're after.

First things first, you should understand why you are taking everything you buy and make sure your training and nutrition are already on track before hitting the supplement store. If you can't explain to someone why you are using a certain supplement – stop taking it until you learn more!

The supplements that are well-supported by research have relatively minor effects on performance and body composition, especially in comparison to proper training and nutrition. Supplements offer the cherry on the cake, but they need a solid base to sit on.

If you want to make the most of nutritional supplementation, you need to train hard and smart, eat well and make recovery a priority. This will lay the ideal foundation for nutrition supplementation to enhance your performance and body composition.

You've probably already heard that before, but it is the truth. If supplements were the only answer, we wouldn't waste time training hard, improving nutrition and developing new skills. However they aren't, so keep on doing what you're doing and use nutritional supplementation as an add-on!

# The Big Five

The nutritional supplements used the most are protein powder, caffeine, creatine, beta-alanine and beetroot juices — in roughly that order. These are the big five and all have strong

research backing their use in performance and body composition training.

According to the Australian Institute of Sport, these supplements are all Group A listed, which means they are the supplements most strongly backed by scientific evidence and can safely and practically contribute to an athlete's performance goals.

Sports drinks and electrolytes, iron, calcium, vitamin D and probiotics are other Group A listed supplements that are not discussed in this article.



**PROTEIN POWDER** 



CREATINE



CAFFEINE



**BEETROOT JUICE** 



BETA ALANINE













subsequent delivery of amino acids into the blood

# PROTEIN POWDER

Protein ingested post-workout has been demonstrated to stimulate muscle protein synthesis, which is what you need to develop those nicelydefined muscles. However, that isn't the main benefit of using a protein powder, as complete proteins from other sources

such as meat and dairy can perform the exact same role within the body.

The primary benefit of protein powder is the ease of consumption and rapid digestion. Eating 150g of chicken immediately after an intense workout is unlikely to

whet your appetite. Instead, a mixable and goodtasting protein powder can be comfortably consumed at exactly that time.

Whey protein isolate (WPI) and whey protein concentrate (WPC) are the most common

protein powders sold. WPI contains a higher concentration of protein, and while it is more expensive, provides greater value per tub. Stay away from 'mass gainers' or 'carbohydrate mixes' as these contain added carbohydrates that are often of poor quality.

#### **CAFFEINE**



Besides being the first good thing about most people's day, caffeine has demonstrated benefits for performance, muscle gain and fat loss.

Caffeine is a stimulant and has been demonstrated to increase strength and endurance output, along with decrease perceived exhaustion. This can significantly enhance performance by allowing you to train for longer at a given intensity.

These same factors are beneficial for weight training and muscle development. The increased performance output allows for greater

metabolic stress, via the accumulation of energyproducing by-products (think lactic acid). This stress plays an important role in stimulation hypertrophy of the muscles.

Caffeine stimulates catecholamines which mobilise fatty acids into the bloodstream. This is the first step of fat oxidation where fat is released from storage to be used as fuel. This is best used at low-moderate intensity exercise, where fat oxidation is the predominate energy pathway.

CAF-FIEND: Avoid

#### **CREATED EOUAL:**

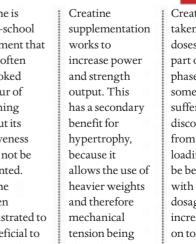
While popular amor men, many women seem reluctant to take creatine for its musclebuilding potential. While creatine will assist with muscle development, it won't turn you into a big, b of muscle!



Creatine is the old-school supplement that is now often overlooked in favour of something new, but its effectiveness should not be discounted. Creatine has been demonstrated to be beneficial to increasing lean muscle mass and strength gains.

placed on the muscle.

Creatine can be taken in small doses daily or as part of a loading phase. Since some people suffer digestive discomfort from creatine loading, it can be best to start with a smaller dosage and increase based on tolerance.







buffer by

accepting hydrogen ions. This delays the fatigue point and allows more work to be achieved.

**BETA ALANINE** 

Beta alanine supplementation is suited to high-intensity exercise, such

as sprinting and resistance training. This supplement can be beneficial for muscle gain and fat loss, as it allows more work to be completed before the onset of fatigue.

#### **BEETROOT JUICE**

Beetroot juice is endurance sports, and is very popular in the UK. The English rugby team and cyclist Mark Cavendish are huge proponents of beetroot juice. In fact, much of the latest research on beetroot juice is coming out of the UK!



Beetroot juice is the

new kid on the block

and has been getting

rave reviews in sports

can be converted to

nitric oxide (NO2) in

the blood stream. NO2

causes vasodilation and

reduces the oxygen cost

of exercise - meaning it

becomes easier for the

body to access oxygen.

The takeaway is

that exercising at a

given intensity will

be less strenuous.



primarily for power and

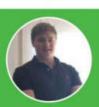
#### TINGLE BELLS: The

tingling sensation felt in the face, arms and hands of some

le while using beta alanine is called paraesthesia. This may be uncomfortable, but it is ultimately harmless.

#### **NOTHING BEATS** A HEALTHY LIFESTYLE

You can take all of the supplements you want (or can afford!) but they won't do anything if you aren't putting in the hard work, eating and recovering well. These will form the base of any successful body re-composition training. So train hard, eat well and supplement smart to make the improvements you desire! •



HOTO CREDIT:SHUTTERSTOCK.COM

#### **TOM FITZGERALD**

Tom is a nutritionist and personal trainer who specialises in body re-composition for busy people. He favours a progressive approach to nutrition and training, focusing on implementing strategies that reflect his client's goals, experience and lifestyle. Tom can be found working at Integrated Fitness and Nutrition in the Canberra CBD or struggling to convert time differences with his long-distance clients.

# "WE CAN'T WAIT **TO MEET YOU!"**

The Brisbane Health and Fitness Expo is on Saturday the 24th of October and Sunday the 25th. Open from 10am to 5pm, it will be held at the Brisbane Convention and Exhibition Centre.

You'll be inspired by the Australian powerlifting championships, CrossFit competitions and INBA championships. See all the leading brands displaying the latest fitness apparel, gym equipment, training aids, music and nutritional products.

PLUS, GET FIRST-HAND ADVICE FROM YOUR FAVOURITE AUSSIE OXYGEN COVER GIRLS!

Read below for a taste of the amazing wisdom they have in-store for you.



"My secret to great results through training is to keep your training strict – that means NO momentum! Always remember that abs are made in the kitchen and NO amount of ab work will reveal great abs unless your nutrition is on track."

"My belief is simple: there are no easy, simple, quick short-cuts. It will take hard work, discipline, commitment and consistency. But if you truly want to make lifelong changes, all of these things are required. No pills, potions or shakes will get you there and keep you there for life."

"When I decided to change the direction of my life journey I had to change a lot of things and stand strong for what I believed in and my vision. I changed my circle of friends; I found that I have been outcast at times for standing alone and playing out my vision rather than jumping on the 'to-be-seen' bandwagon. I am a firm believer that if you do good, good things will come and I would rather stand alone than be liked for something I am not."

"My top training secret is to participate in activities that I enjoy and make me feel good. For me, that's participating in high-intensity activities such as CrossFit and lifting weights. Having results to focus on other than how I look in the mirror is very important to me."

Each of these gorgeous cover girls will be at the Oxygen stand over the weekend. An updated timetable of who is there and when will be posted on social media closer to the expo, so follow us on Facebook and Instagram to make sure you don't miss out on meeting your favourite cover girl!

PLUS, IF YOU BRING THE COUPON BELOW (OR A PHOTO OF IT) TO OUR STAND (165), YOU'LL RECEIVE AN EXCLUSIVE REWARD AS OUR WAY OF SAYING 'THANKS' FOR BEING ONE OF OUR INCREDIBLE OXYGEN READERS.



### **BRING ME TO STAND F42**

# FOR A SPECIAL REWARD FOR BEING AN OXYGEN MAGAZINE READER\*

\*limited to 1 per person

#### **BRISBANE EXPO TIMETABLE**

Saturday Oct 24	10-11	11-12	12-1	1-2	2-3	3-4	4-5
	Melissa	Melissa	Lindy	Lindy	Melissa	Lindy	Lindy
	Amber	Danielle	Amber	Melissa	Amber	Danielle	Amber
			Danielle				
Sunday Oct 25	10-11	11-12	12-1	1-2	2-3	3-4	4-5
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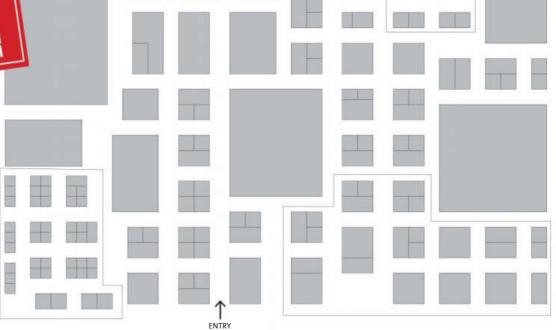
Are you ready to take your butt-shaping to the next level? Join me at the Brisbane Health & Fitness expo in the celebrity arena on Saturday and Sunday at 2pm and I'll share my tips, secrets and techniques to take your butt-shaping to the next level!





#### **BRISBANE EXPO MAP**











#### Keep it clean and get creative with your protein intake

International Protein Naturals range of 100% Natural Proteins (Raw) and Natural Flavoured (Chocolate and Vanilla) Proteins are suitable for use as an ingredient in cooking and baking.

The 100% Natural Proteins are great to use in savoury dishes such as dips, soups, casseroles and pasta sauces.

Both the Natural Flavoured and 100% Natural Proteins are a great way to boost the protein content of your everyday wholesome foods.

Whether it be to reduce unwanted additives and chemicals in your diet, avoid allergens, meet specific dietary requirements, support nutrition or to improve overall wellbeing, there is a product in the International Protein *Naturals* range to suit you.

Here's some quick & easy recipe ideas to get you started.





#### DRY CAKE INGREDIENTS

2 SCOOPS (60g) International Protein Naturals Chocolate WPI

2 SCOOPS\* (70g) coconut flour

1/2 tsp (2.5g) salt

2 tsp (10g) baking powder

1SCOOP\* (60g) granulated stevia (for baking)

1 tsp (5g) each cinnamon, cardamom, nutmeg

1SCOOP\* (50g) chopped walnuts, plus extra for decoration

1/2 SCOOP (10g) International Protein Naturals Egg Albumen

#### **WET CAKE INGREDIENTS**

1SCOOP\* water

4 eggs, well beaten

4 ripe bananas, mashed

2 medium carrots, grated

1 tsp vanilla essence

1/2 cup unsweetened almond milk

#### COCONUT PROTEIN ICING INGREDIENTS

3 SCOOPS (60g) International Protein Naturals Chocolate HYDRO WHEY

1/2 CUP (150g) low fat coconut yoghurt

- Combine all the Dry Cake Ingredients in a large bowl.
- 2. In a separate bowl combine all the Wet Cake Ingredients until well mixed.
- Make a well in the centre of the Dry Cake Ingredients and pour in the Wet Cake Ingredient mixture. Stir with a wooden spoon until just combined.
   Do not over mix.
- 4. Pour mix into an oiled loaf tin and bake at 160°C for 50 minutes, or until a skewer comes out clean.
- 5. Allow cake to cool slightly before turning out onto a cake rack. Allow to cool fully before topping with coconut icing.
- 6. To make icing, combine International Protein Naturals Vanilla HYDRO WHEY and coconut yoghurt.
- Spread over the top of the cooled cake and top with extra chopped walnuts.



SPINACH & SWEET POTATO TORTILLA

30g (1/2 small packet) baby spinach leaves (remove any long stems)

3 tbsp olive oil

4 tbsp water

75g (1/2 large) onion, chopped coarsely

150g orange sweet potato, sliced approx.1 cm thick

1-2 cloves garlic, peeled and crushed or use a minced garlic (1-2 tsp or to taste)

11/2 SCOOP (30g) International Protein Naturals Egg Albumen

2 (55g each) Xlarge whole eggs, lightly beaten

2 SCOOPS (60g) International Protein Naturals ISO-PEA Natural Pea Protein Salt and pepper to taste

- Pre-heat oven to 180°C
- Spray a shallow baking pan with oil. 2
- Place spinach leaves in a colander then pour boiling over to blanch, then set aside. 3
- Place 11/2 tbsp. oil and the onion in a medium saucepan and mix to coat the onion in oil. 4
- Place a lid on the saucepan and heat over gentle heat to sweat the onion for 5-10 minutes.
- Stir every few minutes and add 2 tbsp water if the onion starts to burn and stick. 6.
- Take the sweet potato slices and cut into half circles.
- 8. Add another 1 1/2 tbsp. oil and the sweet potato and garlic to the saucepan, stir to coat with the oil.
- Replace lid and heat gently, stirring every few minutes until sweet potato is soft but not mushy. Add 1-2 thsp water as required to stop the sweet potato from burning.
- 10. Once cooked, remove from heat and set aside.
- Whisk the International Protein Naturals Egg Albumen into the water until dissolved.
- 12. Whisk the whole eggs in a medium bowl until well combined.
- Add the International Protein Naturals Egg Albumen mixture to the whole eggs and whisk to combine. 13.
- Whisk the International Protein Naturals ISO-PEA Natural Pea Protein into the egg mixture until well combined. 14.
- Season to taste with salt and ground black pepper (or other spices if desired). 15.
- 16. Fold the sweet potato, onion and spinach gently into the egg mixture and stir until evenly mixed.
- 17. Pour mixture into the oiled baking pan, making sure mixture is evenly spread across the pan.
- 18 Bake in oven for 15 minutes at 180°C.
- 19. After 15 minutes, mixture should shrink away from sides slightly. Remove from oven and 'flip' the tortilla to expose the underside.
- 20. Return to oven and bake for a further 5 minutes at 180°C.
- 21. Remove from oven and allow to cool slightly before slicing into wedges.
- 22. Serve hot or cold with a green salad







#### QUINOA HIGH PROTEIN FRUIT SOUP



100g quinoa

300ml water

50g roast hazelnuts, coarsely crushed

6 tinned plums, stones removed, roughly chopped

2 SCOOPS (60g) International Protein Naturals Vanilla WPI

100ml juice from tinned plums 1 tsp ground cinnamon

Strawberries and mint leaves to decorate

- Place water and quinoa in a medium saucepan, bring to boil then reduce heat and simmer gently for 15-20 minutes until quinoa has softened and swelled.
- Drain off any excess water. 2.
- Place the cooked quinoa into a medium serving bowl and allow to cool for about 15 minutes.
  - Add the plums and crushed hazelnuts to the guinoa and stir through.
- Mix the International Protein Naturals Vanilla WPI, fruit juice and cinnamon into a paste and stir through the quinoa mix.
- Refrigerate for 2 hours.
- To serve, top with strawberry halves and garnish with mint leaves

"use the SCOOP from the International Protein Naturals

NOTE: Except for the Egg Albumen, you can substitute any of the International Protein Naturals Proteins in these recipes to suit your individual Clean Eating needs

KYNAN **NAHRUNG** 

HEIGHT: 184cm | WEIGHT: 85kg | HOMETOWN: Brisbane | OCCUPATION: Lawyer

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

I would be living in Africa taking an active approach in fighting the animal poaching issue.

#### What is your biggest achievement?

I have three degrees, including law with honours and two diplomas. I have embraced my inner nerd. In school, brains were not championed and I think that's a real shame. As an adult, you realise we are all different and the world loves diversity. Plus, nerds can be fun people too!

#### What characteristics do you most look for in a woman?

In this order:

- Brains both book and socially smart.
- A girl who is aware of herself and her surroundings.
- Natural beauty, including real confidence in her appearance which can be noticed in how she carries herself.
- Someone attentive, a girl who can look you in the eye when you talk and you know she is listening and in that moment, your interaction is all that matters to her.

#### How do you stay in shape?

I do heavy weights one hour a day, seven days a week as well as eight hours of cardio and general conditioning a week. I quit sugar years ago and have a heavy animal fat diet with plenty of protein

#### What's your favourite home-cooked meal?

Venison stew (with veggies, garlic and pumpkin) straight out of the pressure cooker on brown rice. I'm quite the chef, as long as that is the only meal you ask me to cook!

#### Are you currently in a relationship?

No, I have been single for three years now. I'm happy being alone, but like everyone, I would love one day to meet a girl, I'm just in no rush to settle for something that isn't right for me.

#### Do you have a favourite pick-up line?

I've found my best success in meeting girls has just been walking up and saying "hey, how are you?" Whilst that opener might be boring, she's going to say something like "I'm good thanks", and then creating a conversation from there isn't exactly rocket science, which incidentally, is actually a pretty good conversation topic! •



# LOOK AND PERFORM AT YOUR PEAK









# DESN'T E

Why fitness may be more important than body weight as a predictor of health outcomes BY HOLLY BRASHER

IT'S A COMMON PHENOMENON AND IT GETS THE BEST OF US. BLESSED WITH A REASONABLE METABOLISM, YOU APPEAR SVELTE FROM AFAR OR **SLIM WHEN FULLY CLOTHED, BUT UNDERNEATH THOSE COMFORTING** LAYERS, YOU'RE SOFTER THAN ONE WOULD EXPECT, AND YOU'RE **CERTAINLY NOT EXCITED TO JUMP IN** TO YOUR BIKINI COME SUMMER TIME.

This is what we refer to as 'skinny fat'. A skinny fat physique is typically one that doesn't look overweight, but lacks muscle definition. Skinny fat people have spent most of their lives being able to eat anything they want and doing little exercise while remaining relatively slim, albeit soft and shapeless.

OxygenmagAU

A common misconception is that if you're thin you're healthy, whereas if you're overweight you're unhealthy. In stark contrast to this, new research by Professor Steven Blair has found that the death rate for people who are thin but unfit is actually over

twice as high as their obese counterparts who are also fit.

In the fitness versus fatness debate, Professor Blair's research continues to find that fitness is far more important than body weight as a predictor of health outcomes.



blended approach to exercise, incorporating resistance training and cardio, and simple tweaks to the diet.

As a sports physiotherapist for the Australian Physiotherapy Association, I've seen many women and men transform their skinny fat in to a tighter and toned body, by making a few simple changes. It's important that you embark on a well-guided and steady plan, to ensure that you're avoiding injury at all costs.

"The death rate for people who are thin but unfit is actually over twice as high as their obese counterparts who are also fit."

### TO FIGHT SKINNY FAT

- **Incorporate** resistance training with cardio workouts. Don't be afraid of the weights room! Resistance training helps to build muscle while cardio targets fat loss. For optimum results, aim for strength training twice a week and cardio training every other day. Set up a meeting with a qualified trainer at your local gym who can tailor a regime to your current fitness level.
- Find a hobby that involves physical activity. Having an interest in what you're doing will reduce the boredom factor and up the chances you'll stick with your regime for longer. Love to dance? Enrol in a few sessions

of salsa dancing and you've almost hit your weekly target. Prefer something to compliment the rest of your regime? Find a physiotherapist accredited Pilates class and work the muscles to support your other workouts.

Diarise the time in

your day for exercise.

Make a date with
yourself and don't
let it budge. Often
scheduling exercise
for the beginning of
the day is easier as you
have more control
over this time. Better
yet, pop it in a friend's
diary as well. Apart
from having more fun,
committing to a date
with a friend means

you're less likely to

cancel.

- t d ass
- Exercise for your posture.
  Strengthening your back, neck and spine can help correct the appearance of skinny fat, particularly if you're prone to a bit of softness around the abdominal region.

Get organised.

Reduce the chances

of hitting snooze by

laying out your clothes

and packing your gym

bag the night before.

Put your alarm clock

on the other side of

the room if you have

to - when you get up

to switch it off you're

already half way there!

Never underestimate the importance of recovery. If you're experiencing aches and pains or having trouble bouncing

back from your workouts, consider seeking a qualified physiotherapist for a tailor made set of exercises to support your regime. Sleep is also imperative for muscle recovery so turn your bedroom in to a temple and aim for seven to eight hours minimum per night.



**HOLLY BRASHER** 

Holly graduated from Sydney University in 2000 and has since worked in both Australia and the UK. She went on to complete her Masters in Sports Physiotherapy through La Trobe University in 2011 and is a Titlec Sports Physiotherapist. Holly is the national chairperson for the Australian Sports Physiotherapy Association. Over the years she has worked with athletes from rugby union, netball, rowing, triathlon and AFL. She owns and manages two private practices on the Lower North Shore of Sydney with her husband and runs around after her two small children in her spare time.

These are just some basic tips to get you started. Should you need more guidance, I recommend visiting a physiotherapist to get you on the right, injury-free track.

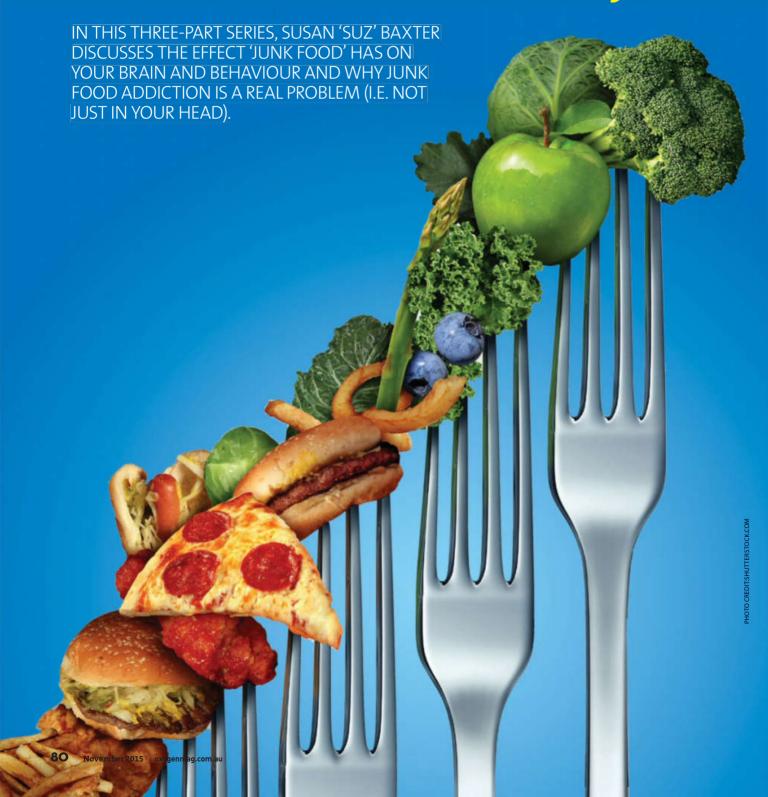
By following these eight simple steps, you should start to

see results within four to six weeks, with long lasting benefits including a tighter and toned bod, increased energy

and better sleep, all while warding off against predictors of mortality.

# 'MIND THE JUNK!':

——The science behind junk food——Part Three: Junk Food Trends and Myths





#### IS CHOLESTEROL THE CULPRIT?

Studies conducted in the 1970s indicated that there might be a global trend of increased obesity. To determine the cause, a survey was conducted of the eating habits of 22 countries. For a number of these countries, as cholesterol and saturated fat increased, so too did the obesity rate for that country. It was proposed that there was a link between saturated fat, obesity and metabolic syndromes such as type II diabetes and coronary vascular disease. While the link was supported for some of the 22 countries studied, the trend was not supported by France, Switzerland, Iceland or

Unfortunately, correlation is not the same as causation. Just because one factor increases, does not mean that the other is linked in this way, and that is true of cholesterol. Although the majority of cholesterol comes from meat and dairy products, the body will make cholesterol if we do not have an intake of it. Therefore, if one were to change diets, the body will adapt and adjust by creating cholesterol, which is required for hormone function. Unfortunately these reports gave some good foods a bad rep that still remains today, such is the case for eggs.

So why were the excluded countries important? They showed no increase in cardiovascular disease in correlation to their consumption of dietary fat. So while many organisations were attributing the cause of metabolic syndrome results and obesity to an increase in dietary fat, it is now clear that the cause might instead be the high concentrations

of sugar already present in the processed diets that accompanied the fats.

#### REDUCED-FAT, **HIGH-SUGAR**

The plot thickened: health organisations adopted the trend and they created guidelines that were to be easily accessible and healthy for the public. Due to the complexity to explain different types of fat, the message was simplified to recommend a reduction of all fat in the diet. The rationale was that a reduction in all types of fat would also reduce calorific intake; one gram of fat has nine calories, whilst one gram of protein and carbohydrates has only four.

However, the recommendations caused manufacturers to reconsider and attempt to re-create palatable and popular food.

Reduced-fat varieties were investigated, however these products are often not as palatable or tasty. The response in the food manufacturing industry was to increase the sugar and simple carbohydrates added to foods to make them taste better. Around this time high-fructose corn syrup was also introduced as a cheaper way to sweeten foods for manufacturers in the process.

With the addition of such lowfat varieties, people believed they were eating healthier food, despite its higher-sugar content and often more highly-processed nature. Unfortunately, the psychology of eating what is believed to be 'healthy foods' leads people to a tendency to eat more in one sitting than portion size would dictate in something that was considered less healthy.

TURN THE PAGE FOR MORE. >



#### THE SUGAR DEBATE

The next issue became sugar. Clean eating has nowadays become more popular, an aspect of which is to avoid sugar. Many books and articles point to sugar as the main culprit for obesity, diabetes and chronic illnesses. One book by Dr. Yudkin warns that a diet high in carbohydrates was directly linked to metabolic syndrome or prediabetes, leading to obesity, diabetes, high blood pressure, cholesterol imbalance and cardiovascular disease. In this particular book, fat is also excused from the equation.

The reason that metabolic syndrome and diabetes have a potential link to carbohydrate consumption is that carbohydrates (and especially sugar) produce an insulin response in the body. The greater the glycemic index (GI) of the food, the more heightened and quick the insulin response or 'spike' is. A lower GI loading is a slower but longer release. For those sensitive to carbohydrates or those who have metabolic syndrome, regular 'spikes' in blood sugar levels are not optimal.

Insulin is a hormone that directs the body to use carbohydrates or protein instead of using fat. When mostly fat is eaten, the lack of an insulin response directs the body to burn the fat just eaten. Elevated insulin is also responsible for fat storage, which is why there is reason for a diet lower in carbohydrates – since it will reduce insulin's effect on fat storage. This could have postulated the trend for the 'low-carb diet'.

Refined sugar and watersoluble varieties of carbohydrates (not complex

carbohydrates) also tend to be easier to overeat than other macronutrients. By reducing consumption of these, there are two consequences, both of which can make people more motivated to continue the reduction of carbohydrates. The first is that carbs or glucose tends to hold water in the body at approximately three grams for one gram of stored glycogen. Therefore, despite both one gram of protein and carbohydrate being both four calories, one of these macronutrients (carbohydrates) will store more water with each molecule, and be four grams instead of one gram on your frame.

It is also true that by reducing or eliminating any food group, it is much easier to restrict calorific consumption as foods that are available (variety) are reduced.

SO WHAT SHOULD **YOU FOLLOW: LOW-FAT, LOW-CARB OR LOW-CHOLESTEROL?** 

We are coming to realise that not all calories are created equally; junk food is lower in fibre so it makes you feel less

full. The chemicals and additives that are added to increase the shelf life of food and are found in the burger buns of many fast food chains are also commonly found in lipsticks and other cosmetics. Both of these aspects would indicate that wholefood is the superior choice in that each calorie is the chance to refuel, re-feed and recover the body – because junk food can be responsible

for overconsumption of calories and can also be associated with lower micronutrient content (vitamins and minerals).

At the end of the day, despite not all calories being created equally, it is the energy density of foods you intake, and their balance with your outtake, that has serious consequences for weight gain, weight loss and weight maintenance. Whilst body composition and athletic performance

are separate areas in themselves, the main umbrella is the intake of food.

Whether something is low-fat, low-carbohydrate or even organic, it does not stop the product having calories. Eating too much of any item will cause an increase in weight, whether the item is a 'health food' or not.

It is all about finding the right balance and what works for you. •

#### References

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Keys, Ancel, et al. "The diet and 15-year death rate in the seven countries study." American journal of epidemiology 124.6 (1986): 903-915. Morris, K. L., & Zemel, M. B. (1999). Glycemic index, cardiovascular disease, and obesity. Nutr Rev, 57(9 Pt 1), 273-276.

**66**Wholefood is the superior choice as each calorie is the chance to refuel, re-feed and recover the body.. **9 9** 





#### ABOUT THE AUTHOR

Susan is an NZIFBB bikini competitor, a Topmark Nutrition athlete, international fitness presenter and awardwinning NZ instructor. She has over nine years of teaching experience in both land- and water-based group exercises. Susan holds a PhD in exercise and health psychology and has a strong commitment to research driven results for overcoming barriers to exercise and enhancing and facilitating evidence based practice. Check out her Suz Baxter' athlete page on Facebook for more tips and information.

### "All our dreams can if we have the courage













**ELOISE** 



**CHELSEY** 







**ALICIA** 





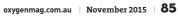


SAM









CASS

# Scorch MEGA **CALORIES!**

one plate + eight moves = total-body fitness



BY ALEXANDER CORTES, CPT, NASM-PES PHOTOGRAPHY BY CORY SORENSEN



#### THE WORKOUT

Set yourself up with a 10kg plate and find some space to move. Do one round of the eight-move circuit without resting, then rest up to three minutes before hitting it again. For an even greater challenge, try holding onto the plate even during your rest periods — it sounds easy, but it's a real challenge! Go through the workout up to five times, decreasing your reps as indicated in the chart with each round as you fatigue.

#### **EXERCISE**

Standing overhead shoulder press
Overhead plate reverse lunge
Overhead chop
Bent-over two-arm row
Sumo squat
Neutral-grip biceps curl
Standing calf raise
Close-grip push-up

#### **REPS PER ROUND**

15, 12, 10, 10, 10 15, 12, 10, 10, 10 15, 12, 10, 10, 10 15, 12, 10, 10, 10 15, 12, 10, 10, 10 15, 12, 10, 10, 10 15, 12, 10, 10, 10 20, 15, 12, 12, 12 15, 12, 10, 10, 10

TIP: Make sure you don't chin-check yourself; tuck your head back and get your chin out of the way as you press the weight past your face.



#### STANDING OVERHEAD SHOULDER PRESS

Set-up: Hold a plate parallel to the floor at chest level with your elbows tucked in to your sides and your knees slightly bent.

Action: Press the plate straight up overhead until your arms reach full extension without locking out. Lower slowly to the start and repeat.







#### Training

#### **OVERHEAD PLATE REVERSE LUNGE**

**Set-up:** Hold the plate overhead with your arms straight and your shoulder blades set into your back for stability. Stand with your feet together, knees slightly bent.

**Action:** Step back with one foot and bend both knees to lower toward the floor. When your rear knee almost touches the ground and your front thigh is parallel to the floor, push off your rear foot and return to standing. Continue, alternating sides.



TIP: Don't strain with your arms to keep the weight moving. Use your lower body to propel the motion.





#### **OVERHEAD CHOP**

Set-up: Stand with your feet shoulder-width apart and hold the plate by the edges in front of you with both hands.

Action: Bend your knees into a shallow squat while swinging the plate between and through your legs, arms straight.

Quickly extend your legs and snap your hips forward to generate momentum to carry the plate up in an arc in front of you and overhead. Allow controlled momentum to carry the plate back down and through your legs once more to complete one rep.



**Set-up:** Stand with your feet together and hold the plate by the edges with both hands. Fold forward until your torso is about 45 degrees to the floor, back flat and glutes tight. Extend your arms straight toward the floor.

**Action:** Drive your elbows up and back, retracting your shoulder blades as the plate comes close to your body. Pause and squeeze before lowering slowly to the start.

TIP: Keep your arms in close to your sides throughout; don't let your elbows flare.





#### **Training**



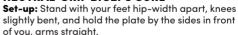
#### **SUMO SQUAT**

**Set-up:** Take a double shoulder-width stance with your toes angled out about 45 degrees and hold a plate at your chest, elbows bent and tucked into your sides. **Action:** Squat down, tracking your knees over your toes. When your thighs come parallel to the floor, reverse the move and squeeze your glutes as you return to the start.









of you, arms straight.

Action: Bend your elbows and curl the plate up toward your chin in a smooth arc, stopping as it approaches your face. Lower slowly to the start and repeat right away.



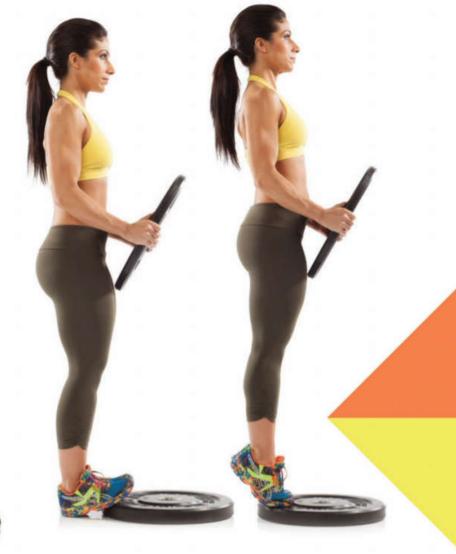


#### STANDING CALF RAISE

**Set-up:** Put a 20kg plate on the floor and hold your original plate with both hands in front of your thighs. Stand with the balls of your feet on the edge of the plate and drop your heels off the back toward the floor.

Action: Slowly rise up as high as you can onto your tiptoes, flexing hard at the top of the rep, then lowering slowly back down.

TIP: If you have trouble balancing, do single calf raises: hold the plate in one hand and place your other hand on a wall or machine for stability. Then use one foot at a time for calf raises.







#### CLOSE-GRIP PUSH-UP

Set-up: OK, so we lied — you get to drop the plate for this move! Start in plank position with your hands on the edges of the plate underneath your shoulders and your legs extended behind you with your head, hips and heels in line.

Action: Bend your elbows and lower your chest toward the plate, keeping your elbows in close to your sides and your abs tight. When your chest touches the plate, reverse the move and return to the start.

TIP: Squeeze your glutes to prevent your pelvis from sagging and prevent lower-back strain.

## How Sweet It Is

Do your active lifestyle a favour – swap out the white processed junk and reach for seven natural sweeteners.

**by Allison Young** 

oney, maple syrup, stevia, date sugar, molasses, yacón syrup, coconut palm sugar — oh my! The natural sweetener section at your grocery store can feel like a sugar rush. By switching out the standard white stuff for an exotic alternative, not only do you get a major flavour upgrade, but you can also complement your active Oxygen lifestyle that demands the best nutrient-rich fuel. Sweet! "These closer-to-nature sweeteners come from bees, trees and fruit, and because they're less processed than white sugar, most provide vitamins, minerals and antioxidants," says nutritionist Rebecca Scritchfield, RDN. It doesn't mean you can eat yourself into a sugar coma — moderation is still key when it comes to added sweeteners — but swapping in natural sweeteners can punch up everything from homemade protein

bars to DIY salad dressings. So put down the nutrient-void processed white sugar and pick up these natural alternatives. Your workout and taste buds will thank you!

#### Honey [endurance boost!]

- #64 calories per tablespoon
- Nutrient news: The darker the honey, the more flavour and antioxidants.
- Raw deal: Raw honey doesn't necessarily have more nutrients or antioxidants; it just hasn't been heated or filtered.
- **Tip:** If your honey jar has crystalised, put it in a bowl of
- **Good news:** Studies show that honey can give endurance athletes a natural boost during intense exercise. "Endurance athletes need carbohydrates during exercise to maintain glycogen stores, and honey's natural sugars are quickly and easily absorbed," Scritchfield says. Honey also contains oligosaccharides, complex carbs that feed the good bacteria in the gut for better mineral absorption and boosted immunity. Although it has more calories than sugar, it's sweeter and denser, so you're likely to use less.

#### Coconut palm sugar

[nutrients plus!] (aka coconut sugar)

- 🗱 45 calories per tablespoon
- Shop smart: Don't confuse coconut palm sugar with palm sugar, which comes from the sugar palm tree. Look for one ingredient: coconut nectar sugar or coconut palm
- Made from the boiled, dehydrated sap of coconut flowers, this crash-free sweetener has a super-low glycemic index rating — 35 compared to 70 for regular sugar. "Since it's unrefined, it retains nutrients, including iron, zinc, calcium and potassium, along with disease-fighting polyphenols," Scritchfield says. It tastes like brown sugar and even dissolves in hot and cold liquids.

#### Sweet ideas:

- "The most important thing to note is that it doesn't taste anything like coconut," says Sever, who loves it in banana bread.
- Stir into your coffee or chai latte.
- Sprinkle over baked apples or grilled peaches for a caramel coating.
- Use it to sweeten Thai soups or curries.
- ■Make your own vegan caramel sauce: bring ⅓ cup coconut sugar + 2 tablespoons coconut oil +  $\frac{1}{2}$  cup fullfat canned coconut milk to a boil, stirring constantly. Reduce heat until thickened.





#### Stevia [no sugar crash!]

- 🗱 0 calories per tablespoon
- 🗱 Buyer beware: Some brands mix stevia with sugar alcohols to bulk it up, which can cause stomach upset.
- 🗱 If you're counting calories, meet your new BFF! Stevia is way sweeter than table sugar — like 200 times sweeter — but with zero calories (and no sugar crash!). But it's not all good news: "it comes from highly purified extract of stevia called rebaudioside A, so it's more processed than people think," says registered dietician Sharon Palmer. The bitter, licoricey aftertaste also can be a turnoff, and because you use a lot less, it's tough to substitute in baked goods.

#### Sweet ideas:

- "Stevia tastes great in things like raw desserts or to sweeten smoothies because you're just adding a few drops," says cookbook author Amy Chaplin.
- Add a few drops to sweeten oatmeal.
- DIY stevia lemonade: mix 2 litres of water
- + 1 cup fresh squeezed lemon juice + ½ teaspoon liquid stevia served over ice.
- Sweeten chia pudding: combine 1 cup milk of choice + 1/4 cup chia seeds + 2-3 drops of liquid stevia, stir, cover and refrigerate 30 minutes or overnight.

#### Maple syrup [boost recovery!]

- 3 52 calories per tablespoon
- \*\* Nutrient news: The darker the maple syrup, the more flavour and antioxidants.
- \* Tip: Real maple syrup can boost recovery post-workout. "In addition to carbohydrates that can replenish glycogen stores after exercise, maple syrup contains manganese, zinc and potassium to replace minerals lost during exercise and replenish electrolytes." Scritchfield says. Plus, it's packed with polyphenols, plant-based compounds that may prevent disease. Stick to pure maple syrup as the only ingredient.

#### Sweet ideas:

- Add a teaspoon to sweeten iced coffee. (It melts into cold liquids!)
- Make maple balsamic vinaigrette: whisk together equal parts pure maple syrup, balsamic vinegar and extra-virgin olive oil.
- Make your own sports drink: add 1 teaspoon maple syrup + 2 tablespoons fresh lime or lemon juice to 1 cup water + ice.

#### Date sugar [antioxidant rich!]

- 👫 45 calories per tablespoon
- **Shop smart:** Look for one ingredient: dehydrated dates or dried dates.
- This unprocessed sweetener is less sweet than table sugar with a kick of caramel, and it delivers potassium, magnesium, selenium and copper. "Date sugar is also high in antioxidants, anti-agers that have been linked to disease prevention," says registered dietitian Jennifer Neily. Sticky note: it doesn't dissolve when added to drinks or "melt" like brown sugar, plus it can be pricey.

#### Sweet ideas:

- Sprinkle date sugar onto Greek yoghurt, oats or cereal for sweetness and texture.
- Use it as the sweet binder in homemade protein bars.
- Make raw brownie bites: process 1 cup raw walnuts + ½ cup date sugar + ¼ cup raw cocoa powder + 1 tablespoon water until it forms a dough and roll into balls.

#### Yacón syrup [waist whittler!]

- \*20 calories per tablespoon
- **Easy off:** Oil or spray your measuring cup first to make it easy for yacón syrup, molasses or honey to slide out.
- Made from the root of the South American yacón plant, this fruity syrup has half the calories of sugar (woohoo!), and it's even been linked to weight loss. In a study published in Clinical Nutrition, overweight women taking two doses a day lost 15 kilograms in four months. The secret ingredient is fructooligosaccharides, a non-digestible fibre that can boost feelings of satiety. But don't take this as a license to overindulge, Neily warns: "it's only half as sweet as sugar, so you might end up using twice as much." Downside: expect to pay a pretty price.

#### Sweet ideas:

- "Yacón is dark like molasses but much milder," says Chaplin, who uses it to sweeten homemade energy bars.
- Drizzle over yoghurt, oatmeal and even roasted pumpkin.
- Toasty delight: top peanut butter toast with a drizzle of yacón syrup.
- DIY yacón Dijon dressing: whisk 2 tablespoons yacón syrup + 2 tablespoons extra-virgin olive oil + 1 tablespoon Dijon mustard + 1 tablespoon apple cider vinegar.

#### Molasses [iron rich!]

- \*58 calories per tablespoon
- **Best bet:** Blackstrap molasses is the most flavourful and nutrient-dense sweetener. It works best in savoury dishes like baked beans and pulled pork.
- \*Molasses the dark, sticky syrup left behind after the sugar has been boiled out of cane and beet juices — has almost double the calcium of milk, more iron than flank steak, four times more potassium than a banana and the highest antioxidant levels of the bunch. Yes, it's thick, messy and bitter, but the intense flavour is perfect in ginger cookies and spice cakes.

#### Sweet ideas:

- Drizzle into baked beans or chilli.
- Stir a teaspoon into warm milk.
- Use blackstrap molasses to sweeten your homemade barbecue sauce and spicy chicken seasonings. •

#### MORE THAN MEETS THE EYE

The bittersweet truth about three so-called healthy

Minus: also known as Sugar in the Raw, it isn't "raw" at all and nutritionally barely differs from table sugar. Plus: the coarse crystals add a crunchy topper to cookies and scones.

[Agave syrup] Minus: it's higher in fructose than high-fructose corn syrup, which studies have linked to obesity and diabetes. Plus: it gets points for versatility and for being low on the glycemic scale.
[Brown sugar] Minus: more processed than white sugar, most brown sugar is just white sugar with molasses added. Plus: adds moistness to baked

### **2015 OXYGEN COVER GIRL**



















# Secrets to ST-TRACK OUR BODY CONFIDENCE

BY AMELIA RICCI

**DURING MY FITNESS CAREER I HAVE LEARNED SOME HARD LESSONS. INCLUDING HOW NOT TO LET OTHER PEOPLE'S COMMENTS AND OPINIONS GET TO ME.** 

It took me years to get the body I wanted (mind you it is still work in progress!) and I would often complete my weights routine wondering why my shoulders were not growing, or why my leg muscles were not as developed as I wanted them to be.

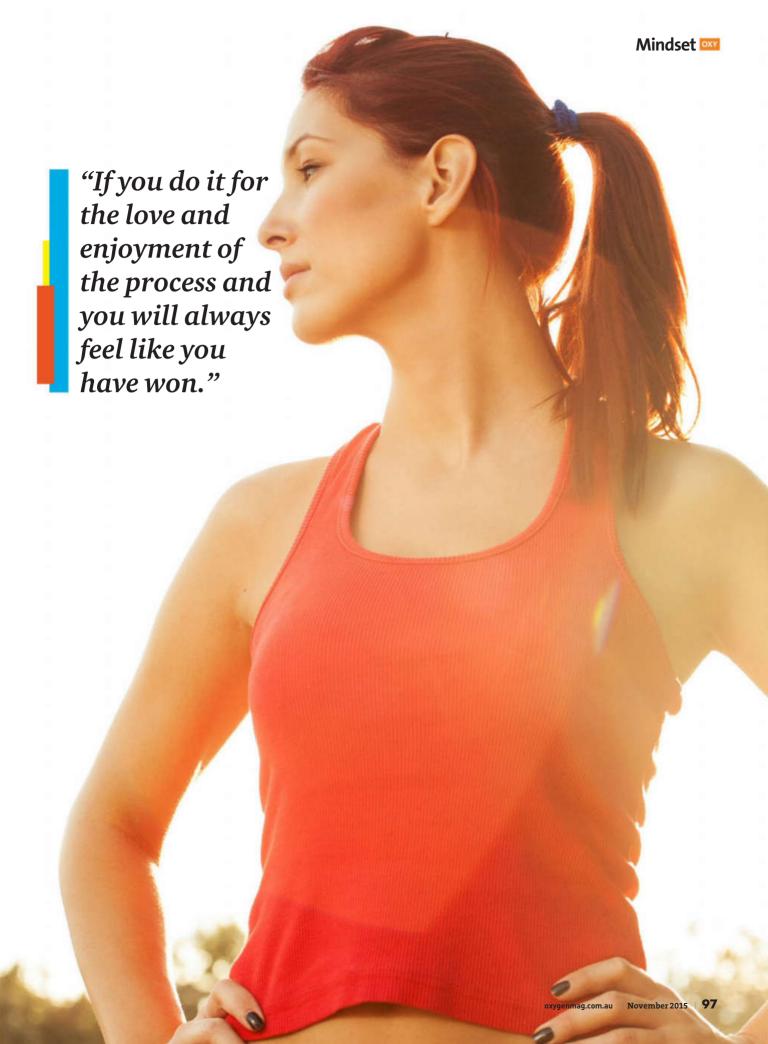
Eventually, with patience and perseverance, I did grow the muscles I wanted and this led to my journey of competing in fitness model competitions. However, in order to be successful, I had to work on the inside of my mind, those depths we all bury away, those feelings of inadequacy that lead to questions like 'am I good enough to compete?', 'are the other girls better than me, leaner, more muscular?'

Be mindful of your thoughts and try to think positively. Your ego (or self-identity) is best explained as the voice in your head that tells you 'if you are not perfect, then everyone will laugh at you' or 'you have had a bad week, so you may as well give up'. It is the inflated sense of importance you place on everything turning out your way, one hundred percent of the time. Therefore, if

From the inside out!

you can decrease your reliance on your ego, you won't be afraid of failure and you won't feel bad if you do fall short of a goal.

By having good selfesteem and being happy, you can move through life with more confidence, which always starts from the inside and what you believe about yourself.





For example, thinking and speaking positively about yourself is the key to success and regardless of whether you win, get a placing or not at a fitness competition, this does not measure your success or define you as a person. You need to adopt the attitude that just by stepping on stage you are a winner.

When you look at your progress photos or competition photos, you should see hard work and determination. Consistency is not easy, especially when work or life is stressful and you need to keep up your training and stick to your meal plan for months, if not years of your life. As a fitness model, you also have responsibilities including a job, looking after family and there are always obstacles and challenges that life throws in the way. The hours of time you spend preparing meals and training are only part of the work, you also will spend time on presentation including posing classes and all the costume and beauty preparation required for the day.

The time invested in your body transformation is enormous, and if you don't enjoy your journey, and only focus on the outcome of a few minutes on stage or a trophy, you may be disappointed. You need to enjoy the whole process. Hard work breeds fitness

modelling success and a great attitude is necessary. If you do it for the love and enjoyment of the process and you will always feel like you have won.

Once I recognised that fitness was a personal journey, I began to understand that the challenges along the way make me stronger.

Weight training and body sculpting develops qualities such as persistence and determination and once you have a passion for the sport, it becomes your lifestyle.

These days I don't compare myself to others, I just strive to be the best version of

myself. I don't wish for someone else's body, I am happy that my body is healthy and strong and I appreciate every day that I can go to the gym and lift weights or do a fun cardio workout. My body is not perfect, especially after having a baby, but I like it for what it is.

It might take you a while to understand that perfection is not the only way. It is common to selfsabotage your efforts mentally, and I have been guilty of this when I first started in the industry. You are not alone and you can overcome this negative thinking and selfdoubt.

Life throws us a lot of challenges and if we can keep our headspace right and possess a healthy self-esteem, it is so much easier to love life. After all, life is like a rollercoaster with many ups and downs, and if you radiate positivity you will be likely to bring others with you on your fitness journey.

With that being said, here are my eight tips to finding body confidence - from the inside out!

#### eight tips to finding body confidence

Never give up.

If someone says
something negative about
your body or your fitness
lifestyle, try not to take it
personally. Normally these
types of comments are
simply a reflection of that
person's own insecurities.

Practise makes perfect. If you are learning any new skill, from lifting weights with good technique, to being a mum, entering the corporate world or becoming a fitness model, it takes time. You have to repeat the action many times and not be disheartened by your mistakes. When you make a mistake, you can learn and improve.

Aim for
acceptable. Being
perfect all the time is not
achievable and will only
make you feel inadequate.
I spent so many years
striving for perfection
in my university grades,
my appearance and my
relationships, it just won't
happen.

Love life for its
ups and downs,
challenges and
triumphs. Life is not
perfect for anyone. Accept
the good and the bad and
look past any obstacles in
your path.

Cut yourself some slack. It is ok to rest when you need to, cut down your 'to-do' list and trim your schedule. This will allow you to be your best because life is a marathon, not a sprint, and longevity is key to achieve your fitness goals.

**Follow your** instinct and stand up for what's right. Never ignore your gut instinct when you feel something is wrong. Anything that is hurtful or inconsiderate to others' feelings is not cool. Don't be overly critical of yourself or others and if you see any of this behaviour at the gym, backstage at a show, or on social media, stand up for what's right and never tolerate bullying.

**7 Obsession leads to harm.** Any form of obsession is not a good thing, we all need balance within our lives and it is important to recognise this. For example, work-life balance, a balanced diet and training regime and having fun as well as following a schedule. Life is for enjoying and there is no need to take it so seriously!

The Dest is yet to come. Always The best is yet look ahead to something that excites you but also appreciate where you are at right now. This is so important when you think about your body and your progress on your fitness journey. With each year that you lift weights, you will improve and sculpt the body you want. Try to view an injury or setback as an opportunity to learn more about yourself, develop resilience and think optimistically about the outcome as these setbacks are part of your journey.

Try to accept the challenges and changes along life's path. Be flexible to the situations and circumstances life throws at you. It won't be easy and you must travel your own path to learning. If you take others

opinions and comments lightly and choose what you take on board mentally, you will find the confidence you need to keep going on your journey. Always keep an open mind to learning and

you will achieve your dreams. As a beautiful, strong woman, enjoy your body and love yourself completely as this will lead to great relationships with others and a life full of love and fun. •

#### **AMELIA RICCI**

Amelia is a personal trainer, Pilates instructor and yoga teacher with 20 years experience. Certified with Fitness Australia, her qualifications include personal training and group fitness accreditation, a Master of Business and a Bachelor of Business. Her mission is to educate and inspire women to achieve their best body ever, with a simple approach — no fads, no gimmicks. As a two-time Fitness Model Champion and mentor to some of Australia's successful fitness and bikini models, Amelia enjoys working in her business Living Beauty Fitness. Amelia has launched a new eBook which contains all her health and fitness principles and can be found at www.4weekbikinibody.com. You can also find her on Facebook: AmeliaRicciSportsModelFitnessTrainer and Instagram: @livingbeautyamelia.



### STYLISH AND SUPPORTED

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www.berlei.com.au



#### Eight simple moves

that will have you reaping the benefits of a tight, toned core in no time!

WRITTEN AND DEMONSTRATED BY TIFFANY LEE GASTON | PHOTOGRAPHY BY JAMES PATRICK

When we think of having a strong core, many of us envision a flat tummy or svelte six-pack abs along with a visible dedication to a healthy diet. The truth is your core is far more than meets the eye. While those can certainly be positive side effects of focused core training, it is also essential to a wellbalanced physique, maintaining good posture and aids in fending off injury from even the simplest of daily tasks.

Most have heard the saying, "you're only as strong as the weakest link," and for many, that weak link is their core. We may neglect hitting these muscles, because they can be an afterthought or simply because we rush to finish a workout and don't make time for them.

The abdominals. pelvis and mid and lower back are all components of your core and help support your spine. A strong core not only benefits us in areas of sports performance, but also improved posture, better balance and a multitude of everyday tasks. From a functional

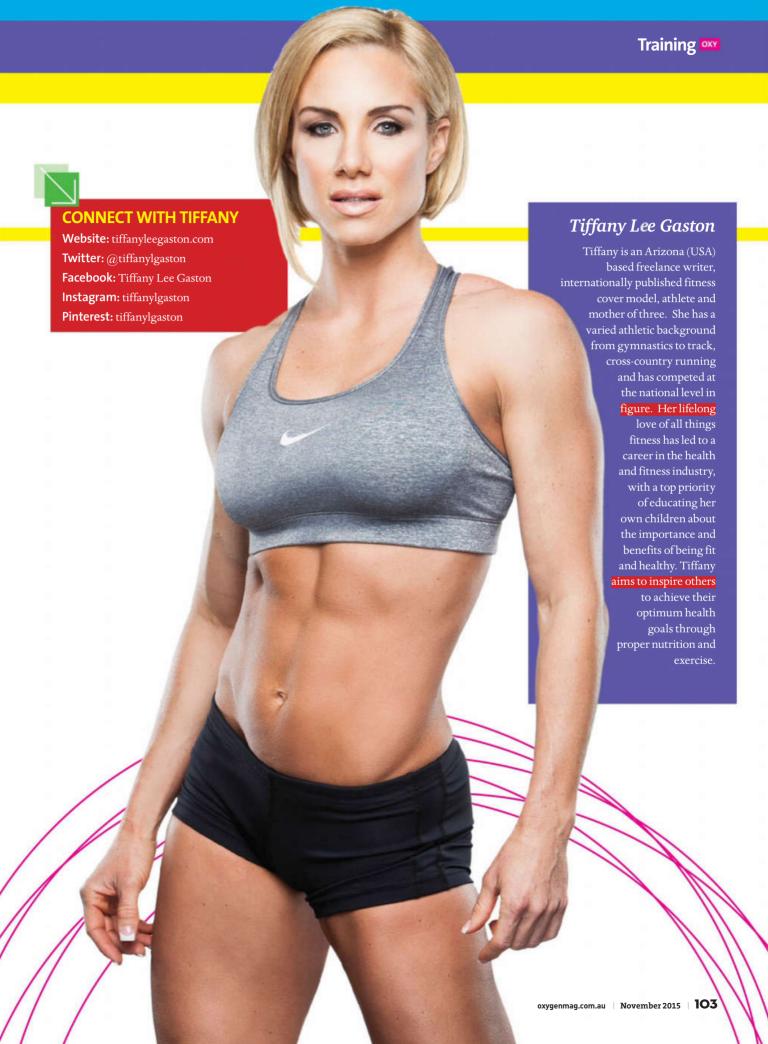
standpoint, just about every movement you make throughout the day engages the muscles of your core. Whether you are an Olympic athlete, have a physically taxing iob, work in an office environment or carry a small child around on your hip all day, the demands of daily life are constantly engaging these very important muscles. Sadly, many do not realise the importance of training these muscles until they have injured themselves. The simplest of tasks such as picking up a piece of paper off the floor can lend itself to injury if

these stabilisers are weak and frequently neglected.

As important as it is to make time to train your core, so too is recognising the importance of changing up your training routine to avoid adaptation. Moving away from your usual workouts and incorporating a TRX suspension trainer can give you the extra kick your core needs and prevent your muscles from adapting to your regular workout regimen. While basic abdominal exercises such as crunches and leg raises do isolate the muscles in your core, there are endless

exercises you can include within your workouts to target your core. It is not necessary to have a gym membership to accomplish a great core workout and there are significant benefits to be reaped from using nothing more than your own body weight.

I've put together this core strengthening TRX suspension trainer workout to add to your weekly fitness routine. Spending just an extra 10 minutes two to three times a week will allow you to reap the many rewards of a stronger core.



#### **TRX Core Workout**

**KNEELING ROLL OUT** 

Perform this exercise while

position.

facing the anchor point of the

TRX. From a kneeling position, slowly lean forward, keeping your arms extended and back straight. When you reach your arms out they should extend to underneath where the TRX is anchored. Holding your abs tight, draw back up to the starting

Target muscles: Abdominals, obliques, low back, mid back, pelvis

MOVE	REPS	SETS
Kneeling roll out	8-15	1-3
Alternating oblique crunches	8-15	1-3
Planks	8-15	1-3
Plank tuck	8-15	1-3
Plank pikes	8-15	1-3
Runners	8-15	1-3
Plank jacks	8-15	1-3
Side plank	8-15	1-3

#### **ALTERNATING OBLIQUE CRUNCHES**

From the plank position, resting on your forearms with palms flat on the ground, lift your tailbone and bring your knees to your right elbow. Return back to the starting position and alternate knees to your opposite elbow.







TIP. Be mindful of good posture and holding your tummy in throughout the day. These simple acts aid in the strengthening of your core training and become habit if you perform them regularly.





#### **PLANK PIKES**

From the plank position, with your palms resting on the floor, draw your feet towards your hands and keep your back and legs straight.

#### **PLANK JACKS**

From the plank position with your forearms and palms on the ground, open and close your feet as if performing a horizontal jumping jack.

core and can be done anywhere!









# GIVE YOUR FRIDGE THE **SPRING CLEAN IT NEEDS!** BY **CLAIRE JOHNSON**

you heard the phrase 'eyes too big for your belly'? Whether you know it or not, the process of eating actually starts with your eyes and the better it looks, the more you want. That is why staring at a delicious dish can actually make your

How often have

#### **A KEY ELEMENT TO FOLLOWING A SUCCESSFUL HEALTHY-EATING PLAN** IS TO MAKE

**MEALS TASTY.** A common complaint is that vegetables and 'diet' food can be boring and bland -but they don't have to be. With access to such a wide variety of flavoursome food, there really are no excuses in the taste department as

every mouthful can provide lip-smacking nourishment and satisfaction.

How often do you cook at home and what percentage of your meals are eaten out? To be in control of your results you need to take ownership of what you eat and know exactly how meals are prepared. Healthy eating

starts at home, so it is essential to make your fridge inviting and to not be a stranger in your kitchen.

Remember when you were a teenager with a messy room that your mum refused to go into and clean? This is exactly the same with your fridge, if it's full of food wrapped in plastic with items going soggy, half-open

tins, spillages and stains, then you probably don't feel inclined to stay home to cook. At least an empty fridge can be filled with fresh goodness!

Do you know how long you have had every food item in your fridge? When was the last time you cleaned out the vegetable tray and removed the drops of milk and juice from

the door? Are you met with offending odours that cause you to cringe in disgust when you open the door?

We regularly spring clean our homes to clear out the clutter, which is extremely therapeutic and cleansing for body and spirit, so it's time to show your fridge some love and give it a good

mouth water!

# TOP TIPS FOR A HEALTHY FRIDGE

- Regularly clean out your fridge, wiping away all spillages, drips and food bits.
- Remove all vegetables from plastic wrapping and use the vegetable tray at the bottom of the fridge as this prevents moisture building up.
- Shop at least once a week for staple items and buy ingredients you can use in many dishes so you use them up quickly.
- Where possible, store items in plastic jars so you can see what you have inside the containers and group food types together.
- Organise your fridge so you have cooked and raw food on separate shelves and items with an imminent use-by-date towards the front of the fridge.
- If you find an odour, cut open a lemon and leave it inside on a shelf overnight then discard.

clean! With a clean, fresh-smelling, neatly-filled fridge, you will be more inclined to open the door and create your own MasterChef dishes.

The more you visit your kitchen, the more your confidence will increase, so once it's all clean, try experimenting with new flavours and ingredients as this is what makes cooking and healthy eating fun and enjoyable. Once you reach this stage, you will find that sticking to your healthy eating plan for 80 per cent of the week is easy and before you know it, the goal you were aiming for will be achieved!

# **CLAIRE JOHNSON**

CJ is passionate about creating a disease-free world through healthy eating and exercise. She is a nutrition and fitness specialist and an International Academy of Physique Conditioning (IAPC) qualified trainer. CJ has worked in the health and fitness industry across a few continents, providing nutrition and fitness programs to individuals and groups. She has also embarked in the figure body world, competing at state and national levels.





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# **HOW OFTEN DO YOU FIND YOURSELF REPEATING STATEMENTS SIMILAR TO** THESE IN CONVERSATIONS YOU HAVE WITH YOUR GIRLFRIENDS, MUM, SISTER OR **CO-WORKERS? IF YOUR ANSWER IS ANY GREATER THAN ZERO TIMES, YOU'VE GOT SOME SELF-LOVE WORK TO DO!**

We are all guilty of getting together and spending hours upon hours talking about our bodies and comparing them to what we see in magazines, movies, advertisements and of course, social media. We spend so much time either hating our body because it doesn't measure up or hating those in the images because they seem to have those 'good genes' that we weren't 'lucky' enough to get.

After spending years training women and specialising in women's health and fitness, I have found a recurring issue that all women share and am here to share a bit of truth on the matter of our bodies. The first question that every client I meet wants answered is 'how can I lose weight to look like these fitness models and get abs and a body like 'her'?

My response is always why do you want a body like hers instead of loving and working on YOUR body in a l way that fits your curves and your lifestyle?'

If we dig deep, the answer is quite obvious. The reason we want 'her' body is because

we assume and believe that there is something wrong with our own body. This causes us to hate it, abuse it and put it through drastic measures to 'fix' it until

easily. However, when I was 14-19 years old, I saw the girls who received the most attention were the 'skinny' ones. Like most women, I went through a period of trying to 'fix' my body so it could be how I thought it should be. By the time I was 17 and ready to graduate high school, I had such low self-esteem. I was in an

confidence and I was frustrated that I felt like I had to practically starve to look like society's idea of 'beautiful'.

As women, we crave love and acceptance and this is why we put ourselves through the measures we do. If we don't love our bodies or ourselves, this reflects on our

# love and attention. Women will then get into a relationship, fall in love, begin to stop prioritising fitness and nutrition and the weight creeps back on. Why? Because women seem to think they will be happy with their body so long as someone else is also happy with their body.

The world and the people in your world are a mirror of what truth is inside of you. If you are stressed, unhappy, repeating negative thoughts about yourself all day and abusing your body, you will probably find people in your life do not respect you, your thoughts or your body. If you want someone to respect you, you have to start by respecting yourself. You must first fall in love with yourself and who you are, and then the rest of the world will follow.

We accept the love from others we feel we most deserve, so start giving yourself everything you need and want and you will see the world around you change.

# "The world and the people in your world are a mirror of what truth is inside of you."

it becomes something completely different.

We seem to be able to accept that we all have our own unique skills and passions in life, yet we can't seem to accept that we all have unique bodies and curves. Each body is different, some are athletes, some are dancers or mothers, models, gymnasts, musicians, teachers, swimmers, artists, writers etc. Each of our bodies helps us to express our own feminine form and it's about time we celebrate our differences.

Since I was young, my body has been built like an athlete. I naturally put on muscle and gained strength very

extremely unhealthy relationship, I started experiencing anxiety and panic attacks and felt completely lost not knowing who I was or what to do with my life. By the time I got to university, I was skipping a meal or so a day and eventually dropped down to about 52kg. While I was happy that I fit the 'normal weight range' for my height, I felt miserable inside because I lost the drive and athleticism I had in sports; I lost my

lives as a whole and we end up attracting relationships and situations that do not love our bodies or us as a result. If you take a look around, you'll notice women usually start a new workout or diet program after a breakup or while they are single. This is because they believe they have to do something or change something about themselves in order to find



# TO PUT THIS INTO PRACTISE AND START LOVING YOURSELF, HERE ARE THREE STEPS YOU CAN TAKE RIGHT NOW:

- Pay attention to your thoughts all day long. Thoughts create your reality and it's time to pay attention to yours. If you think things like 'nobody likes me', 'I look so fat in these pants', 'I hate my legs, they are so 'thick' and this stupid cellulite won't go away', 'my hair is so flat, I wish I had 'her' hair or 'I'm never going to get a date, every guy I meet treats me horribly. I guess I am just not good enough', STOP! It's time to change those thoughts!
  - If you would not say something to your best friend, then don't say or think those things about yourself! You are your own best friend and have to start making changes with you first. Give yourself the kind of love and attention you want by changing those thoughts to things like:
  - People love me and enjoy my company. I always have something to offer to a conversation.
  - These pants help show off my curves and I am making healthy choices to feel more comfortable in my own skin with regular exercises and nutrition.
  - I love my legs, they are unique to me and give me plenty of energy to do the things I love to do like walking, dancing and more.
  - My hair fits me so perfectly and I am learning new ways to style and wear it to make me feel confident. I enjoy who I am and can appreciate my own uniqueness.
  - I will meet the right guy. The more I treat myself with love and respect, the sooner I will attract the right guy or partner for me.

- Take yourself out. Have you ever taken yourself out on a date to wine and dine yourself? Women are constantly looking for someone else to tell them they are beautiful, to take them to a nice restaurant, to order the fancy meal, to treat them like a queen, it's time to do these things for yourself! This gives you the opportunity to really discover who you are, what you like and how great your own company really is. Set aside a night for yourself this weekend and go on a date with you.
- Appreciate and admire. Every day you look in the mirror, find five things to say out loud that you love about your body. This may feel awkward at first and you can say it mentally, but try to be authentic in the words and compliments you say to yourself. If you find this difficult, start with things that are simple like 'I like the colour of my eyes. I like the colour of my hair. I like my lips.' Practice this daily and see how it changes your confidence.

The most important thing to remember is that every moment in life is an opportunity to give love and be love. One of my favourite passages The World Is Your Mirror sums it up perfectly:

"The good you find in others, is in you too. The faults you find in others, are your faults as well. After all, to recognise something you must know it...
The possibilities you see in others, are possible for you as well. The

beauty you see around you, is your beauty. The world around you is a reflection, a mirror showing you the person you are. To change your world, you must change yourself. See the best in others, and you will be your best... Appreciate



beauty, and vou will be beautiful... Love, and you will be loved..."

Learn to appreciate the uniqueness of your own body and who you are and you can then appreciate this in

others without feeling the need to compare. Focus on feeding your body healthy foods and exercising it regularly and stop basing your worth and value by the number on the scale. Remember, if you

fall in love with vourself first, the rest of the world will follow.

You are authentic, you are beautiful and you are strong. O



# **ASHLEY DRUMMONDS**

Ashley is a women's health and fitness expert, entrepreneur and creator of the ABS Brand (Authentic Beauty and Strength). She has launched ABS Protein Pancakes, the 12-week Flat Abs For Women program and published Bikini Body Fat Burn, Beginners Guide to Weight Loss and Four Weeks To Lean (For Women). Ashley encourages women to embrace their authentic beauty and strength. To connect with her head to www.AshleyDrummonds.com

# **START GAIN ON**

The trap of 'all or nothing' thinking

or as long as I can remember, I have been a perfectionist. No matter which endeavor I chose, I always sought perfection. This trait can be both a power for good and a power for procrastination. At its best, it has propelled me to the greatest of heights and at its worst it caused me to suffer an eating disorder in my youth and anxiety as an adult. It is a wave that I have learned to ride and ride well. I may never truly conquer the wave but I will never give up trying.

Perfectionistic or 'all or nothing thinking' is the most common type of negative thinking. Many of us will suffer from it at one point in our lives, particularly women.



# PROGRESS. NOT **PERFECTION**

The truth is that no one is perfect. No matter which diet or training plan

and re-frame this type of thinking and without a doubt, change the direction and fulfillment of your

thinking might play out in your life:

You are 10kg overweight and you have set yourself a goal of shedding fat

# "No matter which diet or training plan we follow, we will have days where we blow it."

we follow, we will have days where we blow it. That's human nature. Waiting for the perfect state of 'motivation' is a waste of time and resources. Motivation will come and go and it will fluctuate like the wind as you navigate through the minefield of every day life.

The pursuit for progress rather than perfection should be the number one goal; incremental, steady and sustainable progress. In fact, true success is the sum of each and every good decision we make, each and every day.

It's time to say good bye to the 'I blew it, I will start again on Monday' kind of thinking - once and for all. By implementing simple and powerful strategies, you can challenge

# OUR **THOUGHTS CAN OFTEN BE FLAWED**

Something that I've learned over the years is that just because we think something, it doesn't make it true. Often our thoughts are flawed and they sometimes are the very reason we are not achieving success in a particular area.

'All or nothing thinking' is sometimes referred to as 'polarised thinking.' It is a negative thought pattern that has the potential to steal your dreams and rip hard at your self-esteem.

# **LET'S MAKE IT** REAL

I'm going to describe a common 'all or nothing scenario' that will demonstrate how this type of

and getting fit and healthy. You get vourself an awesome PT, nutrition plan and new training gear. You set yourself up in all areas for success and you begin the journey fiercely committed.

The first few weeks seem easy as you take on your lifestyle with gusto. You don't slip up, not even once. In fact you pride yourself on your ability to rigidly stick with the program - to do it 'perfectly.'

However, a few weeks in you get sick. You have a week off training and suddenly find yourself quickly slipping back into old habits. You think to yourself 'oh well, never mind, I will get back on track once I'm better.' Instead of controlling the 'controllables', which is your diet over this period,





You start back the following Monday and struggle a little to get back the momentum you had generated. However you push on. Later in the week you have a fight with a work colleague and you

go home angry and frustrated. You justify the alcohol and the potato chips saying you've had the worst day and you deserve it. But instead of it healing your anger and frustration, it makes you feel worse about yourself. You wake up in the morning feeling guilty and angry for dropping the ball yet again. You say to yourself

'oh well this week was a shocker. I will wait and start again Monday.'

And the vicious cycle continues and you get nowhere

Can you see the pattern? Chances are you do and you have experienced it too. You tell yourself 'if I'm not doing it perfectly there's no point doing it all!'



# **ALLOW ROOM TO BE HUMAN**

In order to overcome this negative thinking trap, we need to learn to allow room to be human. To see that life is NOT black and white and there are, in fact, corridors of grey. We need to give ourselves permission to 'have a moment' but also learn not to turn the 'moment' into an 'event'

For example, when you hit a bump in the road and drop the ball on your nutrition and training and start saying to yourself 'I will start again on Monday', replace the negative thought with an empowered one such as 'I will get straight back on track with my next meal.' If you skip your Monday night PT session and fake illness because you just don't have it in you that day, wake up bright and early the next day and get out and go for a run.

# **MOMENTUM NOT MOTIVATION**

You see, maintaining consistency and momentum wins the fight against motivation. Motivation will come and go. It will change with your moods and circumstance and will require continuous feeding.

Momentum, on the other hand, is a powerful force. It is the 'wave'. Generate enough momentum through continuous, daily progress and you will start to see results in no time.

As you travel on this road, learning how to manage your thoughts and your emotions, be kind to yourself. Know that you are learning to ride the wave and even if you do fall off the board, just get straight back up again.



# **CHALLENGE THE THOUGHT AND REFRAME**

Now it's time to get practical and learn how to overcome this type of thinking. The absolute key is learning to challenge and reframe your thoughts.

Let's say you have just slipped up by eating a big slice of chocolate cake at your colleague's birthday morning tea. No sooner have you eaten it and headed back to your desk that you begin to get furious at yourself for screwing up your diet yet again.

# THERE ARE THREE KEY STEPS IN DEALING WITH THIS TYPE **OF THINKING:**

# 1. Catch the thought (conscious awareness).

Learning to pay attention to your thoughts and the words you speak is a powerful skill to learn. The more you catch yourself thinking negatively, the greater your chance of correcting it is.

"Oh crap, you blew it again. Man you're pathetic. This is exactly why you're fat and will stay fat"

# 2. Challenge the thought.

This is the point where you challenge the validity of your thought. Ask yourself if it is truly accurate.

"Did I really blow my diet with one piece of cake? So far this week I have trained every day and eaten clean. Does this one slice of cake constitute 'blowing it'? No, of course it doesn't!"

# 3. Reframe the thought.

This is your opportunity to apply a little truth and a positive spin on your thought. Speak your reframed thought either out loud or in your inner mind.

"One piece of cake does not constitute failure. Every day and in every way I am increasing in my ability to make healthy choices for my body. I am human and I allow myself this moment. However I will not turn this moment into an event and I am getting straight back on to the horse by eating a healthy lunch."



# **LEARN TO LOVE YOURSELF**

Women really struggle with this. They demand perfection from themselves and often those around them. They beat themselves up for every single bump in the road and tell themselves they aren't good

Sadly, I am constantly shocked at some of the language my female clients use on themselves. They speak about themselves like they are their own worst enemy. 'I'm disgusting. I'm fat. I gross myself out. I have no will-power. I am doomed to look this way forever.' I could honestly write a book on it!

What we need to understand is that if we can't love and be kind to ourselves and see ourselves as a beautiful and evolving soul, then who will?

Make it a priority to surround yourself with positive people. As the saying goes, we are the average attitude and income of the five people we spend the most time

with. Have you chosen your inner circle wisely? Do they love and accept you for just being you?

I am a firm believer that the most important conversations we will ever have are the ones we have with ourselves. What we think and believe about life and ourselves is what will be. If you aren't moving forward in your endeavour to live a healthier, fitter, happier life then it's most probably a result of your 'negative thinking'.

We can blame the PT, we can blame the diet plan, we can blame our partner, our job and everyone else, but there is only one person who holds the key to your dreams and that person is YOU!

So do what I do, rather than striving for perfection, which is unattainable anyway, strive for progress and generate fierce momentum instead. Embrace the grey and accept it as part of your journey to greatness. After all, without they grey, we would not appreciate the rainbow.

# **KAREN REEDMAN**

Karen is a personal trainer and life coach with over nine years of experience embracing a mind, body and soul approach to lifestyle change. During this time Karen has worked with hundreds of clients to help them achieve lifestyle, health and fitness goals. She has shown plenty of creativity and innovation in her approach, launching her transformation challenge culminating in an annual calendar and achieving recognition from major fitness media.

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Swisse has formulated the bars for those with a busy on-the-go lifestyle or needing postexercise pick me up.

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# Purple Power Protein Shalle

### **INGREDIENTS**

- · 1 cup unsweetened almond milk
- 1/2 cup frozen blueberries
- 1 banana, peeled
- 1 scoop International Protein NATURALS WPI - 100% Whey Protein Isolate, Natural Vanilla Flavour
- 1 tbsp chia seeds

### INSTRUCTIONS

Blend the almond milk, blueberries and banana on high for 45 seconds or until smooth. Add the protein powder and chia seeds to the mix and continue to blend for a further 15 seconds. Drink immediately.

### **NUTRIENTS PER SERVING**

CALORIES: 386,PROTEIN: 30.4g, CARBS: 37.8g, FAT: 12a.SAT. FAT: 2a



These tasty little blue morsels are great for a multitude of reasons. Low in fat, blueberries are loaded with antioxidants that can help neutralise free radicals. One serving of blueberries also gives you 25 per cent of your daily vitamin C, which we all know is important to support a healthy immune system.





**HISTORICALLY, PREGNANCY WAS CONSIDERED A TIME FOR REST.** PREGNANT WOMEN WERE ADVISED TO 'TAKE IT EASY' AND REFRAIN FROM **PARTICIPATING IN EXERCISE FOR FEAR** IT MAY HARM THE MOTHER AND/ OR HER UNBORN CHILD. HOWEVER, TIMES HAVE CHANGED AND CURRENT **RESEARCH NOW CLEARLY LINKS APPROPRIATE EXERCISE DURING PREGNANCY WITH A VARIETY OF ASSOCIATED HEALTH BENEFITS FOR** BOTH THE MOTHER AND BABY. In women who are sufficiently active during pregnancy, these health benefits include reducing their risk of gestational diabetes up to 30 per cent, as well as helping to reduce the risks of other pregnancy-related complications such as pregnancy-induced hypertension and obstetric intervention (Caesarean sections). Active pregnant women also have greater control over their gestational weight gain, increased cardiovascular function,

improved muscle strength and endurance, and enjoy a heightened sense of energy, wellbeing and self-esteem.

The unborn child enjoys improved placenta viability, increased amniotic fluid levels and a reduced risk of both cardiovascular disease and obesity-related health problems later in life.

Despite these now well-established health benefits to exercise during pregnancy for both the pregnant woman and her unborn child, research suggests that as little as 30

per cent of Australian pregnant women are sufficiently active. Moreover, research has shown us that both exercise frequency and intensity continues to decline as pregnancy progresses.

These low adherence rates to exercise during pregnancy may, in part, be due to the many barriers that pregnant women face on a daily basis. These include morning sickness that may last all day, lack of time with work and/or other

family commitments, having other children at home, and/or conflicting advice about the exercise one should or should not be doing during pregnancy.

Here is the thing... despite all of the legitimate barriers to exercise during pregnancy, pregnant women need to get moving! And it may be easier than you think.

Current exercise guidelines for pregnant women state that all healthy pregnant women, free of medical or obstetric complications, should be aiming to accumulate between 150 to 300 minutes of moderate-high intensity activity by exercising on most, if not all days of the week. Pregnant women are also encouraged to participate in two sessions of submaximal strength training

per week.

Women previously inactive before pregnancy should aim to meet the 150 minutes a week and try to build up to 300 minutes per week as cardiovascular fitness improves.

Given that these current guidelines allow us to accumulate exercise, this means we can break our 'daily dose' down into smaller, more achievable bouts. For example, we could break up a daily dose of say 20 to 45 minutes of exercise into two to

three sessions a day of as little as 10 to 15 minutes per session. Exercise intensity can be moderatehigh, meaning you should be able to intermittently chat, but not be able to maintain a conversation or sing. Exercising at a high intensity for women who have previously been exercising (e.g. regular gymgoers or athletes) at this intensity is safe. However, high intensity exercise needs to be supervised by an appropriate health professional.



# **EXECUTE** Fit Mum

If women already participate in an exercise routine before becoming pregnant, current research suggests it is absolutely safe to continue to participate in their usual routine during pregnancy. However, modifications will most likely need to be made as the pregnancy progresses. This is something that should be discussed in depth with an appropriate health professional such as a GP, obstetrician, gynaecologist or accredited exercise physiologist.



-- However, as a general recommendation, activities/ exercises to avoid during pregnancy include:

- >> Lying in supine (on back) **position**: from second trimester onwards, specifically after 16 weeks gestation.
- » Exercises that result in holding your breath: due to the effort required.
- Exercises which present a higher risk than others of: impact/force/collisions, require sudden changes in direction, or extreme flexibility, coordination and/or balance.
- » High altitudes: or scuba diving.
- >> Walking lunges: (due to unnecessary pressure to pelvic/ pubis region).



Current research also suggests that strength training during pregnancy should consist of sub-maximal efforts. Pregnant women are strongly encouraged to work all major muscle groups over eight to 10 exercises and perform at least one set of 12-15 repetitions per exercise.

In summary, it is vital to put the welfare of both mother and unborn child first. There is no need for the mother to prove anything. Whether it be showing that they've still 'got what it takes' to smash out a 'WOD' or run longer and harder than the person next to them on a treadmill (as we all know we do this)! The reality is that there is currently no known upper limit to exercise intensity for pregnant

women, so while pregnant women may still be able to mix it with the fittest or fastest or strongest, it may not be safe. Therefore, it's not worth the risk and is unnecessary.

It is more important to work within the above guidelines and save those impressive moves for an inspiring comeback after baby is born and it's safe to return to exercise. Ultimately, everyone is different and it's important that pregnant women listen to their body. Exercise during pregnancy should not be about proving anything, but rather about staying fit and healthy for the associated health benefits to both mum and her unborn child.



# **MELANIE HAYMAN**

Mel is quickly establishing herself as a national and international leader in the area of exercise and pregnancy. She is currently in her last year of her PhD at CQ University where she also lectures in the School of Medical and Applied Sciences. She has recently authored the Exercise During Pregnancy Fact Sheet for SMA and is currently working on updating the SMA Exercise During Pregnancy Statement and developing the RANZCOG Exercise During Pregnancy Position Statement. Mel and her husband have a beautiful young boy together and love living a fit and healthy lifestyle.

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1100



tuno, brown rice & gently spiced sweet corn, carrot & red capsicum

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# **FEATURES**

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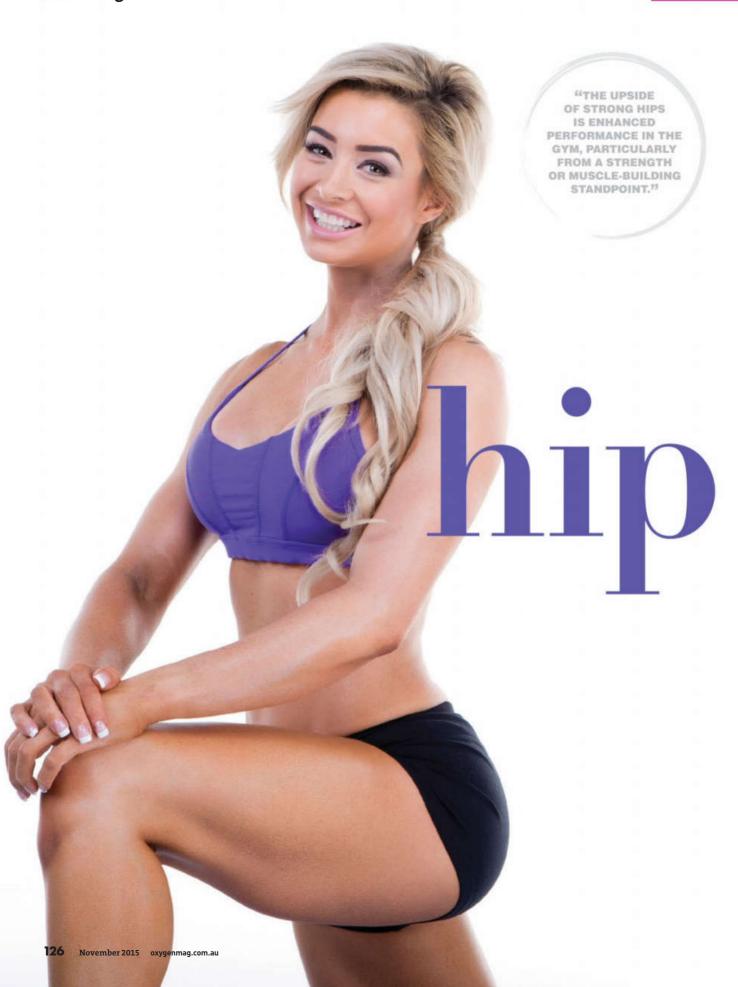
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- All natural ingredients







Guy Leech Healthy eating and Safcol Brand Ambassador



he human body isn't just skin and bone and muscles; it's an assembly line of joints where if one isn't doing its job, another has to pick up the slack. At the anatomical centre of this conglomerate lie your hips, and the health of these joints holds the key to injury prevention, pain-free training and overall strength.

Co-founder of GirlsGoneStrong.com and co-owner of J&M Strength and Conditioning Molly Galbraith knows just what to do to build healthy hips. Molly subscribes to the joint-by-joint training approach, a theory that holds that the major joints of the body alternate between requiring either more mobility — the ability to move — or more stability — the ability to resist movement. "The hips need to be mobile, but they have to be strong and stable, as well," Galbraith says. "The more range of motion you have, the stronger you have to be in order to control that mobility."

The health of your hips creates a domino effect on the rest of the body: if they aren't sufficiently mobile, the lower back overcompensates; when they lack strength and stability, the knees carry the burden. The result: pain and perhaps even injury. Consciously working and focusing on your hips can help prevent injury in your entire lower body, back, core and even your shoulders. "The other upside is enhanced performance in the gym, particularly from a strength or muscle-building standpoint," Molly says. "You'll have an increased ability to produce force, whether you're deadlifting, squatting or even bench-pressing."



The best body you can build starts with your hips.

PHOTOGRAPHY BY **DALLAS OLSEN**MODEL: **EMMA BROWN**HAIR AND MAKE-UP: **LISA LEE** 

# **The Workout**

In order to get your hips in tiptop shape, Molly came up with nine moves — three each for mobility, strength and stability — perfect for you to stabilise this integral joint and help you achieve your goals and avoid injury.

Begin each workout with five to 10 minutes of dynamic stretching, and include all three hip-mobility moves as outlined in the chart. Then do one of the superset programs to work your upper body while also strengthening and stabilising your hips. After completing both supersets in the workout, proceed according to your training goals — you can either be finished if you're focusing on strength and power or do more body part exercises if you're more physique oriented. Do all three workouts each week and you'll be well on your way to healthier, happier hips.

# **Hip Mobility**

Exercise	Sets	Reps
Half-Kneeling Hip-Flexor Press	1	8-10
Spider-Man Reach	1	8-10
Squat-to-Stand	1	8-10

# **WORKOUT**

EXERCISE	SETS	REPS
Superset 1		
A1 Box Squat	4	10
A2 Pull-Up	4	10
Superset 2		
B1 Half-Kneeling Chop and Lift	3-4	8-10 per side
<b>B2 Dumbbell Incline Bench Press</b>	3-4	8-10

# WORKOUT 2

EXERCISE	SETS	REPS
Superset 1		V
A1 Kettlebell Swing	4	12
A2 One-Arm Dumbbell Row	4	12
Superset 2		
B1 Static Split Squat	2-3	2-3 per side*
B2 Dumbbell Bench Press	2-3	12

# \*Each "rep" entails holding the down position for 10 to 15 seconds.

# ■ WORKOUT 3

EXERCISE	SETS	REPS
Superset 1		
A1 Hip Thrust	4	10-12
A2 Wide-Grip Pulldown	4	10-12
Superset 2		
B1 Single-Leg Romanian Deadlift	3-4	8-10 per leg
B2 Push-Up	3-4	8-10

# [Mobility]



# Half-Kneeling Hip-Flexor Press

Target muscles: Hip flexors, glutes, core **ISET-UP:** Kneel on the floor and bring one leg forward. Place your foot flat on the ground with your knee bent 90 degrees. Your kneeling thigh should be perpendicular to the floor and in line with your torso. **ACTION:** Tuck your pelvis under and squeeze the glute of the down leg to extend your hip and press it slightly forward. Hold for one breath, then relax to

The range of motion here is very slight, so be careful not to overstretch; simply tucking the pelvis under allows for appropriate resistance and length, according to Galbraith.

complete one rep. Complete all reps on both sides.

The functionality of your hips creates a domino effect on the rest of the body: if they aren't sufficiently mobile, the lower back overcompensates; when they lack strength and stability, the knees carry the burden."

# Spider-Man Reach

**Target muscles:** Glutes, hip flexors, adductors, hamstrings, chest, shoulders

SET-UP: Get into a push-up position with your hands underneath your shoulders and your head, hips and heels in line.

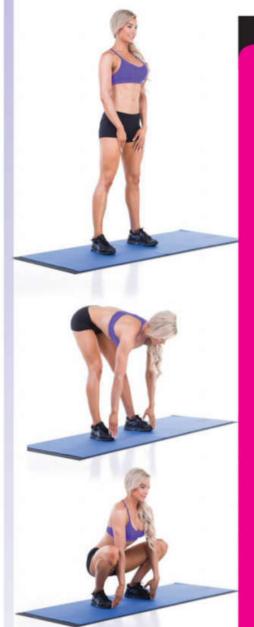
ACTION: Bend your right knee, bring your foot forward and plant it just outside your right hand. Then lift your left hand and open up your chest, reaching up to the ceiling. Hold briefly and then lower your hand and return to the push-up position to complete one rep. Do all reps on one side before switching.

Tip: Don't rush this stretch or force the range of motion. Do each part deliberately and with focus, and aim to get a little farther with each rep, Galbraith advises.









# Squat-to-Stand

**Target muscles:** Glutes, quads, hamstrings, adductors, lower back

**SET-UP:** Stand with your feet shoulder-width apart and toes pointed slightly outward. Fold forward at the hips and grab your toes with your hands, keeping your legs as straight as possible.

**ACTION:** Bend your knees and lower your hips to assume a full squat position with a flat back and your knees outside your arms (hands still holding your toes). Hold this stretch for one count, then extend your knees and raise your hips to return to the bent-over position. Hold for one count to complete one rep.

Tip. Press gently outward on the knees at the bottom of the squat to help open your hips, Galbraith says.

# **OUR EXPERT WEIGHS IN**

# **Got Hip Pain?**

You might have FAI (femoral acetabular impingement). With this condition, the ball and socket of the hip don't quite fit together perfectly because of misshapen bones, bone spurs or damage to the labrum, the cartilage that seals the hip socket. FAI is characterised by pain in the lower back, groin, side of the hip and glutes, and it is often confused with bursitis, muscle strains, pinched nerves and even endometriosis. Mild cases of FAI can be alleviated through physical therapy and cross training, while serious incidents may require some time off from certain exercises or even surgery. Ohio State University Wexner Medical Centre vice chair of the Department of Orthopaedics and chief of hip preservation Dr. Thomas Ellis talked to Oxygen about how FAI pertains to gym-going women.

# Is FAI something active women should think about?

• DR. THOMAS ELLIS: For those who have pain that gets worse with activities like lunges, deep squats or intense yoga, yes — it's certainly something they should think about.

# Can you identify some specific signs and symptoms of FAI?

• ELLIS: It tends to be a deep type of pain. Most of the time they feel a dull ache in the hip or hip area, and activity will make that ache worse. They'll also sometimes experience a sharp, stabbing pain during certain pivoting or twisting maneuvers. Sitting for a long time can make it feel uncomfortable, and going from seated to standing can also recreate some of the pain.

# Should someone with these symptoms see a doctor?

\* ELLIS: If you're unsure of what's going on, you should get evaluated. A lot of times you have to search for someone who has a familiarity with FAI. It's becoming more understood within the medical community, but it's still important to see someone who has experience with it.

# How do you treat FAI?

\* ELLIS: Patients should work a lot on core and glute strengthening, especially women who are just starting to get back into shape. Women who have been really active and who have had a baby also lose a lot of their core strength. We might also have them avoid some of the deep squats or lunges or some of the extreme motions found in yoga [to allow for healing]. Surgery to reshape the bone and repair the cartilage is a last resort.

# **Training**

# [Strength]



# **Box Squat**

Target muscles: Glutes, quads, hamstrings

**SET-UP:** Stand directly in front of a plyometric box or weight bench (facing away from it) with a barbell resting across your shoulders and your feet shoulder-width apart. The height of the box or bench should be such that your thighs are parallel with the floor when your glutes touch it at the bottom of a squat.

**ACTION:** Keeping your back flat and your abs tight, bend your knees and kick your hips back to squat and then sit directly on the box. Pause for a split second, then stand back up.

: Don't sit all the way onto the box; touch your glutes down and then stand back up, weight in your heels throughout.

# **Kettlebell Swing**

Target muscles: Glutes, hamstrings, lower back

**SET-UP:** Hold a kettlebell in both hands with the weight hanging straight down in front of you, feet shoulderwidth apart.

**ACTION:** Keeping your back flat and your knees slightly bent, push your hips back to bring your torso down and forward, allowing the kettlebell to travel back and between your legs. Explosively extend your hips and knees to swing the kettlebell up in front of you to shoulder height or higher. Let the kettlebell fall back down via gravity between your legs and go right into the next rep.

Fip: Don't pull the weight with your shoulders or arms; the momentum created from the hips and knees is what should drive the kettlebell up.





Target muscles: Glutes, hamstrings

**SET-UP:** Lean against the side of a flat bench (preferably one bolted to the floor so it doesn't move when you push against it) with your torso about 45 degrees to the floor and your knees bent, feet flat on the floor. Rest a barbell in the crook of your hips and hold it lightly to keep it in place.

**ACTION:** Keeping your knees parallel, extend your hips and drive the weight straight up until your torso and thighs are parallel with the floor. Pause and squeeze your glutes, then return back down under control.

If hip thrusts are new to you, do them without a barbell or try them on the floor to learn the mechanics, Galbraith recommends.



# [Stability]

# Half-Kneeling Chop and Lift

Target muscles: Core, shoulders, upper back **SET-UP:** Kneel on the floor and bring one leg forward, knee bent 90 degrees. Hold a kettlebell with both hands on the horns and extend your arms so the kettlebell is just outside the down leg.

**ACTION:** Keeping your hips square and your arms extended, lift the kettlebell up diagonally until it's outside the opposite shoulder. Slowly lower the kettlebell back to the start position. Do all reps on one side before switching.

Tip: All rotation should occur at the thoracic spine (upper back), not through the hips or lower back. Squeeze the glute of the down leg to maintain optimal alignment, Galbraith advises.









# Single-Leg Romanian Deadlift

Target muscles: Glutes, hamstrings

SET-UP: Hold a light kettlebell in your right hand with your arm hanging straight down toward the floor in front of you. Shift your weight into your right foot and bring your left leg behind you slightly, knee straight.

**ACTION:** Hinge forward with a flat back and lower the kettlebell toward the floor, simultaneously lifting your left leg behind you. When your torso and rear leg are parallel to the floor, reverse the move and rise back to the start. Do all reps on one side before switching.

p: Keep your hips square throughout the move. Focus on a point a few feet in front of you to help maintain your balance.





Step away from the oven. These fresh, flavourful and best of all — no-cook recipes help you beat the heat and stay in shape.

As the weather starts heating up with summer fast approaching, the last thing you want to do is to spend hours hovering over a hot stove to put physique-minded meals on the table. Well, don't sweat it. By taking advantage of healthy, convenient items from the supermarket such as canned tuna and chickpeas, as well as the bounty of in-season vegetables and fruits, no-cook cooking can be your ticket to easy, healthy meals. So say goodbye to bland sandwiches and lifeless salads with these sweat-free recipes that prove you can give the stove the night off and still serve up tasty body-sculpting fare. As a bonus, none of the culinary creations that follow take longer than 30 minutes to put together.

MATTHEW KADEY, MS, RD . PHOTOGRAPHY BY CORY SORENSEN 



Make
it ahead!

PROTEIN
TREAT
Want to boost your
daily protein intake?
Add a scoop of plain
or vanilla protein
powder.

SWEET
REFRESHMENT
This delicious soup is
proof that dessert can
please taste buds
without torpedoing
your toned and tight
body.

BODY BONUS
The health bombs
known as blueberries
are jampacked with
antioxidants shown to
bolster brain
health.

# BLUEBERRY SOUP

# Ready in 15 minutes (not including chill time) Makes 4 servings

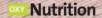
- 4 cups blueberries
- 3/4 cup plain low-fat Greek yoghurt, plus more for garnish
- ½ cup unsweetened almond milk
- 1 teaspoon lemon zest
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ginger powder
- 1/2 teaspoon cinnamon
- 1/3 cup sliced almonds or pecans
- 1/4 cup fresh mint, sliced Juice of 1/2 lemon

Place blueberries, yoghurt, almond milk, lemon zest, lemon juice, honey, vanilla, ginger and cinnamon in a blender container and blend for one minute. Chill soup in the refrigerator for at least two hours before serving.

To serve, place blueberry soup in serving bowls and garnish with an additional dollop of Greek yoghurt, almonds and mint.

**Nutrition facts (per serving):** calories 200, total fat 5g, saturated fat 0g, salt 28 mg, carbs 35g, fibre 6g, sugar 25g, protein 7g

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FRESH APPROACH Collards replace bread, adding mild-tasting nutritious greens to roll up this deconstructed hummus.

THINK FAST! These wraps can be prepared the night before!

# BODY BONUS Chickpeas and collards team up to make this lunch option a fibre powerhouse. You'll feel full all afternoon and avoid a midafternoon trip to the vending machine.

# CHICKPEA COLLARD WRAPS

# Ready in 20 minutes Makes 4 servings

- 1 (400-gram) can chickpeas, drained and rinsed
- 1/2 English cucumber, chopped
- 1 cup cherry tomatoes, quartered
- 2 shallots, thinly sliced
- √₃ cup flat-leaf parsley, roughly chopped

60 grams feta cheese, diced

- 1/4 cup golden raisins
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons tahini
- 2 tablespoons white wine vinegar
- 1 garlic clove, chopped
- 1 teaspoon smoked paprika
- 1/4 teaspoon black pepper
- 8 large collard leaves

In a large bowl, toss together chickpeas, cucumber, tomatoes, shallots, parsley, feta and raisins. In a small bowl, whisk together olive oil, tahini, vinegar, garlic, paprika and black pepper. Toss tahini mixture with chickpea mixture.

To prepare the wraps, cut off the firm white stalks of the collards. With a sharp knife, fillet off the thickest parts of the remaining stalks that run down the backside of the leaves. Place two collard leaves head to foot (stalks at opposite ends) and partially overlap the leaves. Apply some of the chickpea mixture down the centre and then tightly roll the leaves beginning from the bottom, tucking in the sides as you go. Cut in half to serve. If needed, insert toothpicks to keep the rolls intact.

**Nutrition facts (per serving):** calories 353, total fat 19 g, saturated fat 4 g, salt 451 mg, carbs 40 g, fibre 8 g, sugar 10 g, protein 11 g

# Nutritio Nutrition

# **BODY BONUS**

Consider splurging for canned tuna from smaller, eco-conscious companies. They only pack in tuna that is sustainably harvested and low in toxins such as mercury but higher in stuff you want like heart-healthy, fat-fighting omega-3 fatty acids.

### **TOMATO TIME**

Take advantage of sun-kissed tomatoes when they are at their height of flavour and juiciness!

> **QUICK PREP!** Despite its restaurant-worthy eye appeal, this dish comes together quickly enough to be a candidate for a harried weeknight dinner.

# Ready in 20 minutes **Makes 4 servings**

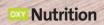
1 cup fresh basil 1/4 cup extra-virgin olive oil Juice of 1/2 lemon 2 (140-gram) cans albacore tuna, drained 1/2 cup plain low-fat yoghurt 1 celery stalk, chopped 1 spring onion, thinly sliced 1/3 cup flat-leaf parsley, chopped 1/4 cup walnuts, chopped 1 teaspoon capers, drained 11/2 teaspoons curry powder 1/4 teaspoon sea salt 1/4 teaspoon black pepper 4 large tomatoes

To make the basil oil, place basil, olive oil, lemon juice and 2 tablespoons of water in a blender container and blend until smooth, scraping down the sides as needed.

Place tuna in a large bowl and flake with a fork. Stir in yoghurt, celery, shallots, parsley, walnuts, capers, curry powder, salt and black pepper.

Slice 5mm-thick off the tops of the tomatoes and guide a small knife around the inside. Use a spoon to scoop out the innards of each tomato. Fill the tomatoes with tuna salad and drizzle basil over top.

Nutrition facts (per serving): calories 309, total fat 21 g, saturated fat 3 g, carbs 6 g, fibre 2 g, sugar 4 g, protein 24 g



Thique flavours!

**CHEESY BITES Bocconcini** (small balls of mozzarella) contains more moisture than harder-type cheeses, which gives this cheese a lower calorie and fat count.

**BODY BONUS** Think of supermarket roasted chicken as your fussfree go-to protein when you want to keep your kitchen cool.

YES TO PIZZA! You get all the flavour without the calories. Shaved raw zucchini is wonderfully tender and offers a surprising foundation to this pizza morphed into salad. If you like, add some pizza-like crunch by using a toaster to crisp up whole-grain sandwich thins and then roughly chopping them and sprinkling on your salad.

# CHICKEN PIZZA

# Ready in 25 minutes **Makes 4 servings**

- 2 medium-size zucchini
- 4 cups baby spinach or other tender salad greens
- 2 cups shredded rotisserie chicken
- 1 cup roasted capsicum, sliced
- 1 cup marinated artichoke hearts, drained and sliced
- 1/3 cup sliced Kalamata olives 115 grams bocconcini pearls or chopped fresh mozzarella
- 1 medium-size tomato, halved
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon minced shallot

- 1 tablespoon fresh oregano or 1 teaspoon dried
- ½ teaspoon smoked paprika
- 1/4 teaspoon black pepper

Shave zucchini into thin ribbons using a flat vegetable peeler or mandoline. Divide spinach among serving plates and top with zucchini ribbons, chicken, roasted capsicum, artichoke hearts, olives and cheese.

Grate the cut sides of tomato on the coarse holes of a box grater into a bowl down to the skin; discard skin. Whisk in olive oil, red wine vinegar, shallot, oregano, smoked paprika and pepper. Drizzle tomato vinaigrette over salad.

Nutrition facts (per serving): calories 402, total fat 26 g, saturated fat 7 g, salt 454 mg, carbs 13 g, fibre 4 g, sugar 4 g, protein 29 g



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Make it ahead!

SCOOP IT UP! This recipe is a great way to sneak in some muscle-up protein powder.

# **BEDTIME** PREP

Who says you have to cook oats? The key to creamy and tender oats is to soak them the night before.

> **BODY BONUS** Peaches supply vitamin C, which has been shown to improve exercise performance and decrease training-induced stress in the body.

# PEACHES & CREAM VERNIGHT OATS

# Ready in 10 minutes Makes 1 serving

1/2 cup rolled oats

1/4 cup plain or vanilla protein powder

1½ teaspoons chia seeds

1/4 teaspoon ground allspice

<sup>2</sup>/<sub>3</sub> cup low-fat milk

1 tablespoon chopped nuts

½ peach, chopped

1 teaspoon pure maple syrup

In a bowl or glass jar, stir together oats, protein powder, chia seeds and allspice. Stir in milk and then top with nuts, peaches and maple syrup. Cover and let soak overnight in the refrigerator.

are consumeration and a construction of the co

Nutrition facts (per serving): calories 432, total fat 12 g, saturated fat 2 g, salt 76 mg, carbs 53 g, fibre 9 g, sugar 19 g, protein 32 g

# 10 different individuals'

Understand what your 'normal' means for you and your life.

THE MORE PEOPLE I TALK TO ABOUT WHAT'S NORMAL TO THEM, THE WIDER THE **MEANING OF NORMAL BECOMES.** Each individual's opinion of what normal is really depends on the type of life that they have lived and experienced.

One opinion I was given during a workshop I was co-presenting at was "the only normal that I know of is the normal wash on

a washing machine!" No truer quote has been said to me on what normal really means.

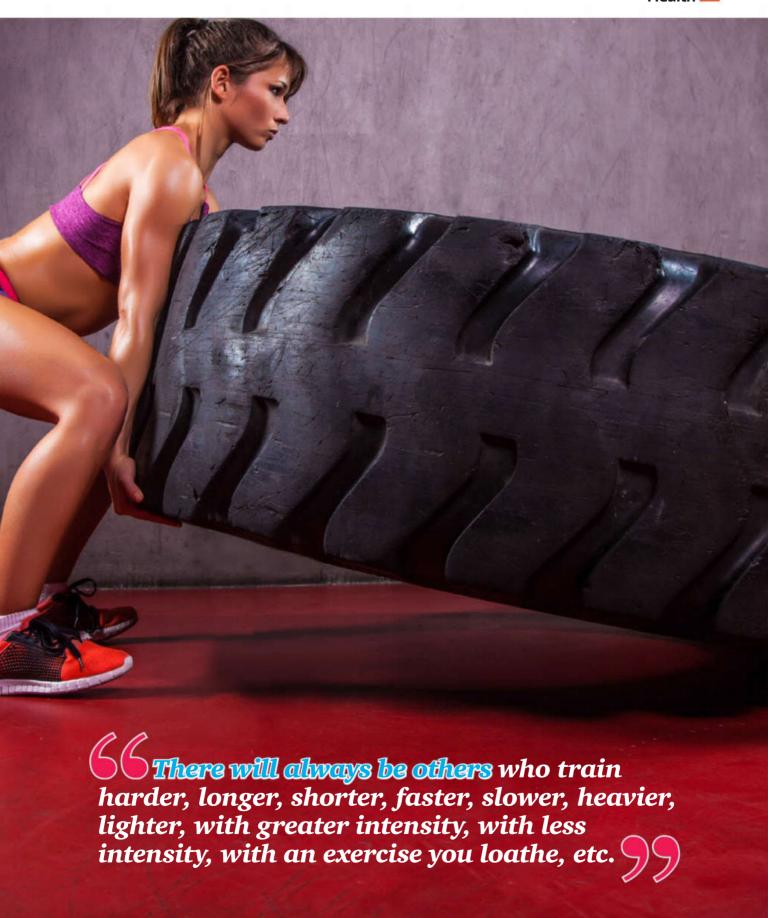
So many of us may have a normal that is similar in many ways, but there are still many differences of what normal really means. Just by looking at a few of the different 'normals' of other people, you can see how much normal varies from person to person.

From the examples on the right, it can clearly be seen that we can, and do, have many opinions of what normal means to us, and justifiably so. Just because an individual's normal isn't like yours or like mine, doesn't mean that it isn't normal for them. We all live very different lives and much of this has to do with what is normal for us.

This principle can be applied to exercise and can help us understand the varying differences of what is normal for each person. Just have a look around at your exercising peers and observe how they exercise. It doesn't matter what type of exercise you do, there will always be others who train harder, longer, shorter, faster, slower, heavier, lighter, with greater intensity, with less intensity, with an exercise you loathe, etc.

ideas of what a normal day's activities may consist of;

- Having a smoke when they first get out 1. of bed:
- Eating a wholesome breakfast before leaving the house:
- Arguing with the spouse over just about anything;
- Being a lounge lizard all day;
- Walking to work;
- Eating fast food regularly; 6.
- Regularly working out on a daily basis;
- Getting a big hug from the kids when getting home;
- Starting work at 4am; or
- Being unable to get out of bed due to illness or injury.





If you have a trainer or coach you may have noticed their role is not only to assist in goal setting and fast tracking the achievements of goals, but also to make sure that you are aware of your weaknesses, whether they be emotional or physical, and know what you have to do in order to get the desired result. They show you how to train at the appropriate intensity that will best achieve your desired result as soon as possible.

Through the above practices, it is very obvious that there is a very big difference between one client's normal compared to another client's normal. Things like medication, injuries, strength, flexibility, goals, stress, height and weight are just a few of the many factors that can decide what normal really is for the client.

Whilst on the subject of trainers and coaches, what about the normal for the professional? I am sure that my normal training parameters are very different from another coach or trainer's parameters. This opens up the whole 'what's normal?' process for one to consider when looking for a training buddy, trainer or coach to speed up achieving results. When you seek one of these people out, you may not be aware of it, but you are actually looking for a new normal.

In making your decision on whether to go with a new trainer or coach, it is important to consider a few questions;

WHAT IF YOU GO TO A
REFERRED TRAINER OR COACH
BUT THEIR WORK ETHIC IS
NOTHING LIKE YOURS?

Answer: As long as you have a connection with the trainer and they have a supportive 'team' feeling with your best interests in hand, then you can get out of your comfort zone and give it a go.

# SHOULD YOU LOOK FOR ANOTHER TRAINER OR COACH THAT WILL SOMEWHAT REFLECT A PROGRAM WHICH YOU WOULD FEEL MOST COMFORTABLE?

Answer: If your current program or way of training hasn't been fruitful with results, then maybe it's time to try another program.

# WHAT WOULD SUIT YOU BEST, A TRAINING BUDDY OR COACH OR TRAINER?

Answer: The obvious benefit of a training buddy is there is no cost, and they are generally available to suit you. However, on the flip side, a coach or trainer will have expertise and experience of specific areas of health and fitness and will also know the best psychological tools to assist you in getting through any personal challenges that may arise.

These questions are all about keeping the existing or setting a new normal. Above all, you should trust your gut feeling when making decisions and do what you feel is best for you. If you're a little unsure of what your normal is, there's no need to analyse it. Simply look at what repetitive actions you take and you will soon discover it.

Your self-belief has a lot to do with how fast you may be able to, or not be able to, achieve your goals. A lack of self-belief will certainly sabotage anything that you wish to achieve and can have a domino affect on your other selfs; confidence, esteem and worth. It may be very normal for you to have a lack of the

above selfs, just as is may be normal for you to be very comfortable with all the selfs functioning strongly.

The three selfs appear when you look in the mirror. Are you happy with what we see in the mirror or do you wish the reflection was vastly different? How many people do you know that can honestly say they are happy with the person in the mirror?

I know some people that seem to have a great attitude and looks that others would and do envy. However, these individuals are not always what they seem. Underneath the strong façade, there is a person who may be weak and unhappy with the person in the mirror. This is their normal. They think it's normal to feel this way about themselves and are usually quite shocked when an open discussion with close friends reveals otherwise.

In a scenario where open discussion on any topic is raised, it is pretty quickly understood just who in the room can identify with another person's normal or who is closest to 'normal'.

As individuals, we are usually searching for another individual, whether it be social or professional, that will somewhat reflect what we like about ourselves and have a similar normal to us. When we meet another person, the first 12 seconds dictate whether or not there will be a future relationship on any level. We are sometimes unaware of the 12-second rule, but our gut feelings let us know if the other person is someone we want to know deeper or not.

This is normal behaviour and we all do it every day in our own way. But remember, next time you compare yourself to another individual, for what ever reason, keep in mind that their normal may be vastly different to your normal. •



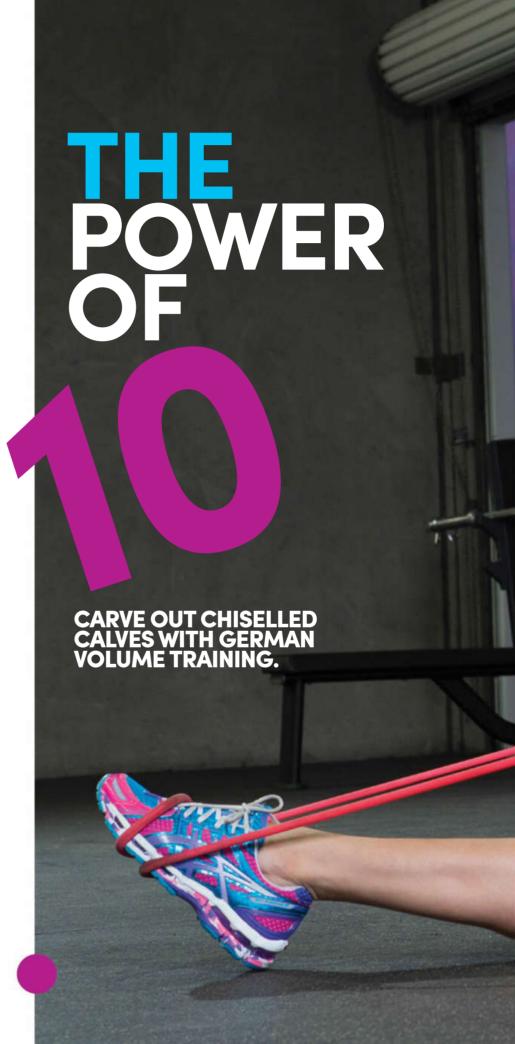
# GREG DOLMAN

Greg Dolman developed an interest in sport from an early age. It was his involvement in rowing that led him to the gym, where he discovered his passion for lifting weights. After other gym members began to notice Greg and approach him to ask for assistance, he found the bodybuilding scene and began coaching his mates through the gym-to-stage process. Greg's interest in the working of the human body soon turned towards the effects emotions have on the different levels of the body's energy

systems, and he undertook studies in kinesiology and healing modalities to expand his knowledge in these fields. Having gained first hand-experience by working through his own emotional and physical challenges, Greg now assists his clients in overcoming their own challenges by understanding the body/mind connection.

When it comes to stubborn body parts, calves often top the list. "The calf muscle can be difficult to grow due a lot to genetics," says Dean Somerset, CSCS, from World Health. "Some people are born with well-built calves. but others have to scratch and claw for any noticeable difference." Fortunately, your calves are about to receive the wake-up call they've been waiting for with German volume training.

GVT, also called the "10 sets method," was first established in the mid-1970s by German weightlifting coach Rolf Feser. Here's the gist: by using a heavy weight and doing 10 consecutive sets with very little rest in between, a group of motor units gets repeatedly taxed. As a result, the targeted muscle develops an improved work capacity, making it more resistant to fatique while growing larger in size. Feser developed the approach for offseason athletes hoping to build muscle while also burning fat. "You'll have thicker, stronger and more defined calves due to the level of force production and muscle damage that has taken place during the cycle," Somerset says. Once the muscles repair and rebuild, the result will be big-time growth. So a warning calves - you're about to get schooled!





# The Plan

The first move in each of these workouts is your GVT set. Choose a heavy weight and perform 10 sets of 10 reps each, resting 30 to 60 seconds between sets. Use a tempo of three seconds to lift and two seconds to lower, and by rep 10 of each set, you should be close to failure. To round out your workout, do two supplementary exercises to hit the calf muscle from slightly different angles, ensuring optimal training stress on the muscle while achieving full fatigue.

You can do each of these workouts once a week, leaving at least one to two full days of rest in between to fully recover. Stick with the program for three to four weeks, then return to your normal program for five to six weeks; repeat as necessary. Because this technique is so intense, you should only use it over the short term as a way to shock your muscles, according to Somerset.

# **WORKOUT1**

Exercise	Sets	Reps	Rest
STANDING BARBELL CALF RAISE	10	10	30 seconds
ONE-LEGGED DUMBBELL CALF RAISE	3	10	60 seconds
RESISTANCE BAND CALF EXTENSION	3	10	60 seconds

# **WORKOUT 2**

Exercise	Sets	Reps	Rest
SEATED DUMBBELL CALF RAISE	10	10	30 seconds
STANDING RESISTANCE BAND CALF RAISE	3	10	60 seconds
WALKING "A" SKIP	3	15 each leg	60 seconds

# >>> WORKOUT1





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# STANDING BARBELL CALF RAISE

- **Set-up:** Stand with your feet hipwidth apart and hold a barbell across your traps.
- Move: Keeping your core tight and your knees straight but soft, rise up onto your toes and pause briefly before lowering back down to complete the rep.
- Tip: Look straight ahead or slightly above parallel to prevent a forward lean with the upper body.

NOTE: To make this exercise more challenging, stand directly on top of a platform or box and position the heels just off the edge.





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#### **ONE-LEGGED DUMBBELL CALF RAISE**

- •Set-up: Stand on top of a low box or platform with your heels hanging off the edge. Hold a dumbbell in one hand and place your other hand lightly on a stable object or wall. Shift your weight to the dumbbellside leg and lift the other foot off the box, bending your knee to bring it behind you. Then sink as low as you can into your working heel.
- Move: Press up through your toes and rise up as high as you can, contracting your calf hard at the top, then slowly lower to the start. Do all reps on one side before switching.
- ●Tip: Bend your working knee slightly to prevent joint strain, and contract your abs to keep yourself stable.



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#### **RESISTANCE BAND CALF EXTENSION**

- •Set-up: Sit on the floor with your legs straight and back upright, and loop a resistance band across the upper portion of one foot. Bend your other knee and open it to the side so the sole of your shoe rests against the inside of your other knee. Hold the ends of the resistance band with both hands to create tension, elbows tucked into your sides.
- Move: Flex your quad, then point your toes as far as you can. Pause and then slowly return to the start. Complete all reps on one side before switching.
- •Tip: Don't let your leg roll inward or outward; keep your toes pointed toward the ceiling for the best activation.

## WORKOUT 2 <<<





## THE WORLD'S GREATEST CALF STRETCH

The intensity of German volume training means your calves will be on fire. Use this stretch to quell the flames burning in the soleus and gastrocnemius muscles that make up your calves.

Stand a few feet in front of a wall and place your hands flat against it at about chest height. Step one foot forward and press your back heel toward the floor with your knee straight to stretch the gastrocnemius. Lean forward to intensify the stretch and hold for a count of 10. Then bend your knee and continue to press your heel downward for a count of 10 to stretch the soleus. Repeat three times, then switch sides.

#### SEATED DUMBBELL CALF RAISE

•Set-up: Sit on the edge of a flat bench and hold a set of dumbbells vertically on top of your thighs by your knees. Pull your feet underneath you a bit so you're on the balls of your feet. • Move: Keeping your back straight, rise up onto your toes and press your knees up as high as possible. Pause in this top position and squeeze before lowering to the start.

•Tip: The closer the weights are to your hips, the easier the move; the closer they are to your knees, the harder it becomes.

#### >>>

#### STANDING RESISTANCE BAND **CALF RAISE**

- Set-up: Stand in the centre of a resistance band with your toes forward and hold the ends of the band just above your shoulders (as if doing a shoulder press). Keep your back straight and your focus forward.
- Move: Rise up onto your toes as high as possible while holding the band steady at your shoulders. Pause at the top and then lower down to complete the rep.
- •Tip: Use a thicker band to make the move more challenging. You also can try this move with your toes turned out to hit the calves in a different way.









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#### **WALKING "A" SKIP**

- •Set-up: Stand with a barbell across your upper back and traps, with your focus forward and your abs tight. • Move: Quickly drive one knee forward and upward to hip height as you rise up onto the toes of the supporting leg. Lower down, replace your leg and continue, alternating sides.
- ●Tip: Use the momentum of your driving knee to help you rise up and even leave the ground 5-10cm, and make the movement fluid, dynamic and continuous. •

# FINAL ADVICE FROM THIS YEAR'S FINALISTS!





#### **KELLY RENNIE**

"Stress dictates much in our lives and learning to control it will aid our health and fitness."

#### **SAM FRAZZETTO**

"You need to love yourself and believe what your body is capable of."

#### **CHELSEY TARNOW**

"Make small changes every day and make time for your workouts. It is your body so cherish it!





A special thank you to Creative Bikinis by Claire Skeet for the super-cute Oxygirl outfits our finalists wore! For more information visit www.creativebikinis.com.au



Time your meals and snacks to make every bite work for you in your quest for a lean, mean, powerful physique!



Diet advice often focuses on what you eat. Eat this and ignite vour metabolism. Eat that and you'll put your fitness aoals at risk. Yet research is showing that it's not iust what you eat but also when vou eat that matters. In other words, the key to a powerful-looking bikini-ready body may be the clock. To help your belly flatten, not bulge, here are the best times of the day to eat the foods vou need to turn into an aroundthe-clock fat-burning machine.



#### 7:30 am

#### Fire up your metabólic furnace

**NEED TO KNOW:** If you haven't already, it's time to beef up your daybreak meal. A study in the journal Obesity discovered that female subjects who consumed more calories at breakfast at the expense of calories later in the day experienced greater fat loss than those who took in substantially more calories at dinner than breakfast. You tend to burn more calories earlier in the day when your metabolism is higher, so if you are eating a larger amount of calories later in the day, they are more likely to go into fat storage (aka your hips). Also, increasing the size of your breakfast produces longer-lasting satiety and reduces the amount of food you eat at lunch.

#### **EAT THIS: OATMEAL**

Some old standbys are worth keeping around. A 2015 investigation by the New York Nutrition Obesity Research Centre found that people who spooned up oatmeal for breakfast felt less hungry and consumed an average of 31 per cent fewer calories during a meal three hours later than those who dined on the same number of calories from a sugary box cereal. The soluble fibre in oatmeal slows down digestion, resulting in fewer hunger pangs and less potential for overeating. Try to avoid those instant oatmeals.

#### **EAT THIS: HARD-BOILED EGG**

Get cracking and make sure to add eggs to your breakfast routine. University of Connecticut researchers found that subjects who ate eggs during their first meal took in an average of 400 fewer calories over a 24-hour period than those who ate a carb-heavy bagel-based breakfast. The protein in eggs is more satiating than processed carbs and also can kick-start your metabolism for the day ahead. Most recently, research has shown that eggs have been unfairly labelled as bad for you.



Maintain energy, reduce hunger

**NEED TO KNOW:** A healthy midmorning snack can help tide you over until lunch and also supply much needed nutrients essential for an active body. But to prevent a fast track to fat city, you'll need to keep those snacking calories in check.

#### **EAT THIS: IN-SHELL PISTACHIOS**

The verdant nut is rich in heart-healthy fats, fibre, protein and must-have minerals. But if you mindlessly eat them, the calories could add up faster than a lawyer's bill. So stash a bag of in-shell pistachios in your office desk or gym bag. Scientists at Eastern Illinois University found that the extra work of shelling pistachios caused people to consume 41 per cent fewer calories than when they snacked on the nuts that were not in their shells. Yet, they felt just as satisfied and full.



RESEARCH SHOWS THAT A 350-CALORIE BREAKFAST THAT INCLUDES PROTEIN CAN RESULT IN IMPROVED WEIGHT LOSS BECAUSE IT REDUCES FOOD INTAKE AT LATER MEALS.



DID YOU KNOW?

WHOLE-GRAIN

CONSUMPTION HAS BEEN

SHOWN TO IMPROVE

INTAKE OF B VITAMINS ONE OF WHICH, B6, HELPS

PRODUCE SEROTONIN AND

MELATONIN. BOTH THESE

NEUROTRANSMITTERS

IMPROVE REST AND SLEEP,

CRUCIAL ELEMENTS FOR

MAXIMISING YOUR POST-

TRAINING RECOVERY.

12 pm

#### Eat now to eat less later

**NEED TO KNOW:** Don't let a hectic work day get in the way of your all-important midday repast. A study in the International Journal of Obesity found that women who made it a habit to consume a large portion of their overall daily calories before 3pm shed more fat during a 20-week weight-loss program than those who ate more of their calories after 3pm.

#### **EAT THIS: WHOLE-GRAIN BREAD**

When it comes to your beloved lunch sandwich, make sure it's closer to nature. A fascinating study published in the journal Food & Nutrition Research provided volunteers either a sandwich made with multi-grain bread or one made with white bread. Even though each meal had an identical amount of calories, the more processed sandwich meal required nearly 50 per cent less energy to digest, resulting in a greater net calorie gain that could lead to waistline repercussions over time. It's more difficult for your digestive system to break down fibre-rich whole grains like whole-wheat bread, which can translate into a boost in your fat-burning metabolism all afternoon long.

#### **EAT THIS: SALMON**

Make sure you reel in plenty of protein for lunch. Recent research shows that spreading your protein intake throughout the day is better at bolstering muscle building than eating most of it during a single meal such as dinner. And the more metabolically active lean body mass you are able to flaunt, the easier it is to torch the fat while maintaining the muscle you've worked at building. As a bonus, the mega-healthy omega fats in salmon may also ramp up fat burning. Add protein-rich canned salmon to sandwiches, or top



#### Maintain your glycogen levels

**NEED TO KNOW:** A healthy snack at this time can put the breaks on vending-machine temptation when the afternoon slump hits. It will also give you an energy boost so your after-work workouts are more spirited affairs.

#### EAT THIS: GREEK YOGHURT WITH BLUEBER-RIES

A University of Missouri study found that women who snacked on protein-rich yoghurt in the afternoon felt less hungry and also increased the time period when they went on the hunt for more food compared to those who ate a lower protein snack. And emerging research suggests that the beneficial critters in the great white may contribute to trimmer waistlines. Top it off with blueberries for an even bigger fat-fighting snack. Pterostilbene, a chemical found in the blue health bombs, has been shown to help in the battle of the bulge by working to hinder fat storage.

#### **DRINK THIS: MATCHA TEA**

Made by grinding up tea leaves into a fine powder, matcha delivers a wallop of antioxidants credited with helping the number on the scale move in the correct direction. It does this by impacting genes associated with fat metabolism. The Japanese brew is also loaded with L-theanine, an amino acid that can calm your nerves when an end-of-day deadline is fast approaching.



GREEK YOGHURT CONTAINS A GREATER AMOUNT OF CASEIN, A SLOW-ABSORBING PROTEIN THAT DELIVERS AMINO ACIDS OVER A LENGTHY PERIOD WHICH CAN AID YOUR MUSCLE GROWTH.



#### 6:30 pm

#### Fill up and fuel up to tomorrow

**NEED TO KNOW:** When it comes to your dinner meal, the goal should be to make it as filling as possible — reasonably speaking — so the chances you'll have a late-night ice cream or biscuit breakdown are squashed.

#### **EAT THIS: CHUNKY VEGETABLE SOUP**

Before you dig into your dinner meal, consider savouring an appetiser. Results of a Pennsylvania State University study showed that when participants started a meal with a low-calorie soup, they slashed their calorie intake during the entree by up to 20 per cent. Kicking off a meal with a brothbased veggie soup or even a healthy salad (read: no creamy dressing!) can add volume and muchneeded fibre for little caloric cost, which helps fill you up so you're less likely to ask for seconds.

#### **EAT THIS: BEEF AND BEAN CHILLI**

DID YOU KNOW? CAPSAICIN, THE COMPOUND THAT GIVES CHILLI THEIR KICK. MAY HELP STOKE YOUR METABOLIC FIRE. MAY HELF STUKE YOUR ME I ABOUT FIKE.

50 DON'T BE AFRAID TO ADD ASSORTED CAPSICUM TO YOUR CHILLI RECIPE.

Homemade chilli is a near perfect fat-fighting dinner option. The dynamic duo of protein via lean ground beef (ground chicken or turkey can be even leaner) and the fibre found in spades in beans will work wonders to keep you feeling full well into the late evening so your hands stay out of the biscuit jar. What's more, protein has a high thermogenic effect, so you'll burn more calories during digestion than with carbs or fat.



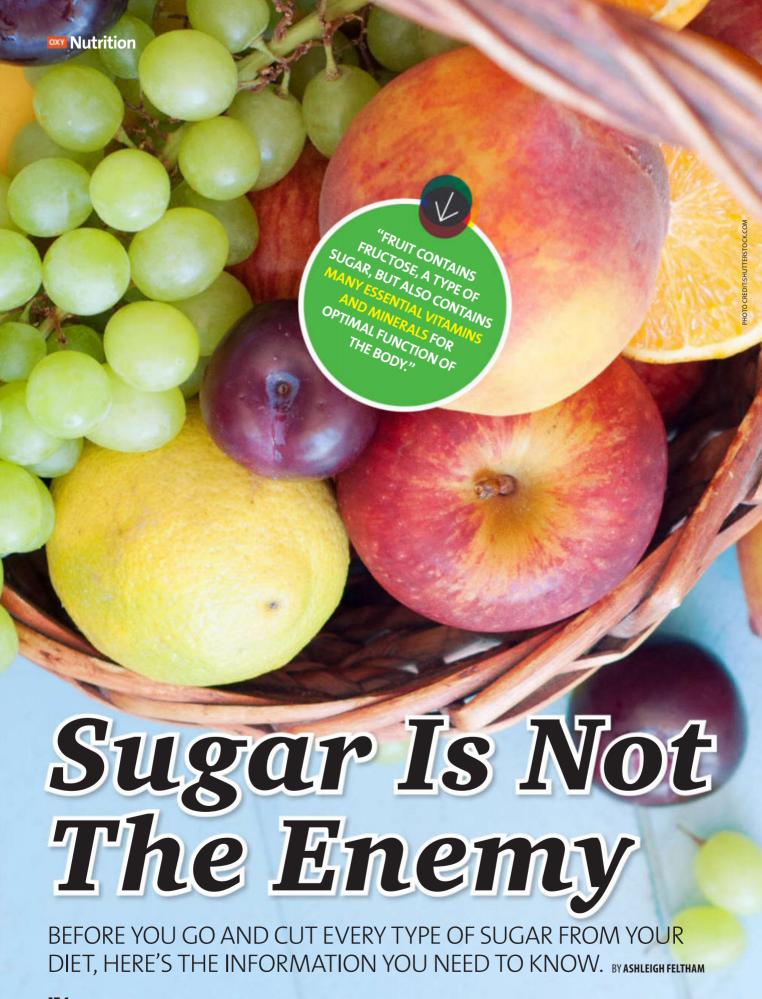
If you must snack, do it wisely

**NEED TO KNOW:** It's true, studies show that simply cutting down on evening snacking can help you whittle the middle. Case in point: a Northwestern University study found that women who often consumed calories after 8pm were more likely to be plumper. So if you need a little nibble before hitting the hay, make sure it works for your figure, not against it.

#### **EAT THIS: AIR-POPPED POPCORN**

While the golden popcorn at the cinemas is a calorie bomb, the homemade air-popped variety has a mere 93 calories in a three-cup serving, making it a less dangerous evening nibble. What's more, the carbohydrates in popcorn work to transfer the amino acid tryptophan into your brain where it's used to fire up the production of the sleep-promoting neurotransmitter serotonin. An important perk, considering that scientists at the New York Obesity Research Centre found being sleep-deprived makes overeating during





ith two out of three Australian adults now classified as overweight (BMI equal or above 25) or obese (BMI 30 over above), the World Cancer Research Fund has introduced new guidelines on recommended sugar intake.

Without knowledge of what types of sugar should be limited, this information could lead many to cut out essential foods which contain sugar but also contain nutrients that are important for the health and functioning of the body.

The World Cancer Research Fund has published recommendations for adults and children to limit free sugar. Free sugar is sugar that is added to products and it also includes sugars naturally present in honey, syrups, fruit juices and fruit concentrates. Free sugar does NOT include sugars naturally found in food or naturally occurring in milk products or milk.

It is recommended to limit free sugars to less than 10 per cent of total daily energy, kilojoules or calories. This is equal to 12.5 teaspoons of sugar for a 2000-calorie or 8364-kilojoule diet. For optimal health, it is recommended to consume no more than five per cent of your total daily energy (approximately six teaspoons) from added sugar. So a 500ml Coke, containing the equivalent of 13 teaspoons of sugar, would blow the sugar allowance completely -in just one can!

However, before you go and cut every type of sugar from your diet, remember sugar alone is not the enemy, it is the sugar added or within food or drinks which has little to no nutritional value. The body needs foods and drinks that contain sugar for health. Fruit, for example, contains fructose, a type of sugar but also contains many essential vitamins and minerals for optimal function of the body. This is

why the Australian Dietary Guidelines recommend adults eat two servings of fruit a day. The type of sugar which should be limited is the fruit juice and concentrates which, for a large percentage, have added sugar.

Lactose is another example of an important sugar found in dairy foods. This sugar is linked to foods and drinks which contain calcium, a vital nutrient for health. Without adequate calcium, the bones in our body become weak and our heart can be affected. The Australian Dietary Guidelines recommend low-to no-added sugar sources of milk and milk products for people over the age of two years. It is recommended girls between 13-18 years have 3.5 servings of calcium a day, women aged 18-50 years have 2.5 servings a day and women over the age of 51 increase this to four servings a day. A serving can be 200ml milk, 200g yoghurt, two 40g (or matchbox

size) of cheddar cheese or half a cup of ricotta cheese.

When deciding what to buy at the supermarket, look for products which contain no more than 15g of sugar per 100g. You can find this on the far right column of most food labels. The key is to take the time to look what is in the food and to check if sugar is high on the ingredients list or not. Ingredients are listed in ranking from the highest to the lowest in amount. Other names for sugar can be dextrose, fructose, glucose, golden syrup, honey, maple syrup, golden syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, raw sugar and sucrose.

So remember, sugar is not the enemy! Whole foods like fruits, vegetables and milk and milk products are important for health. They help us to be active and live with quality of life. •

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  3. Australian guide to healthy eating. Journal of the Home Economics Institute of Australia. 2013;20(1):7.



IH FELTHAM
Feltham holds a Bachelor of Human Nutrition, is a qualified personal trainer and group
Feltham holds a Bachelor of Human Strages industry for ten years. Ashleigh was an elite and has been working in the fitness industry for ten years. Ashleigh was an and has been working in the nuless moustry for ten years. Ashleigh was an elite as an elite rock climber, where she represented Australia for four years. Ashleigh ASHLEIGH FELTHAM gymnast as well as an elite rock climber, where she represented Australia for four years. Ashleigh is in the final semester of a Masters of Nutrition and Dietetics and will soon be an Accredited Practicing Dietician. Ashleigh is passionate about helping others achieve their highest quality of life possible through exercise, mental health and nutrition. Ashleigh believes everyone deserves to live a life of health, and wellness life of health and wellness



#### Fast Facts

Name / Kiara Small

City / Eaton, WA

Job / Group fitness instructor

Age / 25

Height / 168cm

Weight / 67kg

#### **TWO YEARS AGO, AT JUST 24 YEARS** OF AGE, KIARA SMALL WEIGHED **100 KILOS. AFTER HAVING TWO CHILDREN CLOSE IN AGE, SHE FOUND** HERSELF IN A VERY DARK PLACE.

Kiara said the changes to her body after pregnancy left her feeling withdrawn and depressed.

"I self-loathed and couldn't stand to see my body this way. I loved my role as a new mum, but I resented what pregnancy and a huge weight gain had done to my body. I was miserable," she says.

"I had an awful relationship with food too – I would binge badly and then starve myself to counteract the bad eating."

One day her brother took her into the gym. Though she says she was "scared, fat and knew nothing about training",

her brother encouraged her and she pushed through the pain.

"I thought that I had done well, until I tried to get out of bed the next morning... I remember calling my brother and saying "if this is what every morning is going to

"I love power

it gives my

purpose. It

isn't about

what I look

body is."

like; it's about

how strong my

lifting because

body a physical

feel like, I quit!" After a few weeks of pushing through unbearable soreness, it slowly went away!" she says.

Soon enough Kiara found a self-confessed love affair

with weight training.

"I began lifting weights religiously, six days a week. My alarm would go off at 5am so I could be home before the kids woke up – I'd do this day in, day out. I fell in love with the grind!" she says.

Kiara's body began to respond and the weight started falling off. In 2014 she decided it was time to compete on the bodybuilding stage.

As she stepped on stage of the ANB WA State Warfare she weighed in at 57 kilos - that's an incredible 43-kilo loss!

"I stood half naked on a stage in front of people! That moment represented my journey, not only to have lost 43kg but to have found

> a sense of selfworth, a love of my body!" she says.

While Kiara said she didn't expect too much going into the competition, she ended up placing second in the Figure Novice category. The young mum

couldn't believe what she had achieved

Following this event, Kiara felt a fire in her belly, a desire to do more and be more. Weights had really changed her life and she found a passion for powerlifting.

"I love powerlifting because it gives my body a physical purpose. It isn't about what I look like; it's about how strong my body is. I am pushed mentally and physically every workout and always give it 110 per cent," she says.

While Kiara admits it was hard to balance her newfound passion with being a mum at first, she has now found a happy ground for everyone involved.

"As a mum I battled with the idea that I was being selfish having something for myself especially during the prep weeks before competition. You have to give it 100 per cent and it does consume you! I have finally given into this," she says.

"I am a good mum, and I am a bodybuilder. I train at 5am so I am home before my kids wake up for the day. I allow them to be a part of my meal prep and they LOVE making protein balls. I feel in doing this, I am imparting nutrition from a young age. I now choose to see what I do as a positive for my kids; life is about setting goals and dreams - and chasing them!"

#### "Who said mums can't do it all!"

To this day, Kiara finds it hard to look back on her life before she took control of her health.

"How was I so unmotivated, not only just with exercise but with life?" she says.

"Now when my alarm goes off each morning my body tingles with excitement. Bodybuilding and the gym consumes me. It's what springs me out of bed, it's what allows me to make good choices when it comes to nutrition, and it's what drives my happiness."

"Losing the weight allowed a huge burden to be cut from me. I don't think fat, I don't feel fat and more than that, I have a positive image about myself, finally!"

Kiara qualified as a Les Mills Body Pump instructor and now helps others mums ignite their passion. She is focused on her 2016 season of bodybuilding and is currently preparing for the ANB State Championships 2016.

"I'm taking an improved package to the 2016 stage – both mentally and hopefully physically! I continue to push myself and strive for a little better each time!" she says.

She is also excited for what she can bring to the powerlifting platform.

To see more of Kiara's amazing transformation, find her on Instagram @kiarasmallfitnessmum



"I don't think fat, I don't feel fat and more than that, I have a positive image about myself, finally!"

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## BE INSPIRED BY REAL WOMEN LIVING THE *OXYGEN* LIFESTYLE.

# Are You Next?

WE SPEAK TO THE WOMEN WHO ARE WALKING THEIR TALK, AND SETTING A HEALTHY EXAMPLE TO OTHERS.

If you'd like to feature in Oxygen's future of fitness inspiration page, please email us on editorial@oxygenmagazine.com.au



#### Bronwen Stead

CANBERRA, ACT
AGE: 30
WEIGHT: 57KG
HEIGHT: 160CM
MAIN OCCUPATION:
SOCIAL WORKER

#### WORKOUT INSPIRATION? I started

working out as I was dancing every night and wanted to work on my muscle development to support my dancing. I then became very sick with a chronic illness that required chemotherapy. After feeling very ill for a long time and being limited in what I could do, I was excited to get back into my exercise regime. Experiencing such ill health motivated me to enter my first fitness competition as a means of claiming back my body and my health.

ROLE MODEL? My role models are wide and varied, but I am honestly inspired by every individual who commits to the goal of competing. To me, every person who steps on stage is an absolute winner, because they have set themselves a goal, committed to it and seen it through. Every competitor I meet has an amazing story.

FAVOURITE CHEAT FOOD? Red wine and dark chocolate, but indulging for me is also more about the freedom to go out for dinner with friends and enjoy a bit of everything.

WORKOUT PLAN? I have recently been selected as a gridiron player for the pro ladies gridiron team, so my training regime is set to change. Currently I train weights five days a week and I am also an Emeralds Cheerleader for the Canberra Raiders, so my dance training covers my cardio and I also do yoga at least once a week.



ADELAIDE, SA
AGE: 24
WEIGHT: 60KG
HEIGHT: 175CM
MAIN OCCUPATION:

#### **PERSONAL TRAINER**

ROLE MODEL? My nutritionist, Dayni Baker. She has a world of knowledge and has an inspirational journey on and off stage. I look up to her and admire how well she maintains her health, fitness and personal life balance.

**CARDIO OR WEIGHTS?** Both! I'm certainly not a cardio bunny, but I love outdoor cardio, it's 'therapy'. I love to challenge myself in the gym too and the burning feeling after an awesome weights session.

#### **FAVOURITE TRAINING MOVE?** As a

PT it's so hard to pick one, I know billions! I do love training shoulders and legs, so probably heavy shoulder presses and heavy walking lunges.

FITNESS TIP? Be the best version of YOU. Never strive to be or look like anyone else. Believe in yourself and be proud to be you. Being happy and confident is far more sexy than any body part.

#### WHAT DO YOU TAKE TO THE

**GYM?** My gloves, a post-workout shake and pineapple.

**ADVICE FOR NEWBIES?** It will get easier and you will learn to love the pain!

**HOW DO YOU RELAX?** Sleep, go to the movies with my husband or walk my dog on the beach.



#### Jourdana Clarke

MANDURAH, WA
AGE: 29
WEIGHT: 58KG
HEIGHT: 165CM

MAIN OCCUPATION:
EMERGENCY MANAGEMENT OFFICER

#### **WORKOUT INSPIRATION?** In the

summer of 2012 something just clicked in my head and I joined a gym pretty much straight away. My partner leads an active and fit life and I felt I was getting left behind. I made the decision to join in, get fit and happy.

**FAVOURITE CHEAT MEAL?** A supertasty Italian pasta, when I'm not in comp prep that is!

#### FAVOURITE NON-CHEAT MEAL?

Kangaroo snags or baked, crispy sweet potato chips covered in Mexican spice..

## **FAVOURITE TRAINING MOVE?** Leg press for sure. I love training legs, pushing

press for sure. Hove training legs, pushing heavy and seeing my legs take shape as a result of hard work.

**WORKOUT BUDDY?** I prefer to train alone so I can give 100 per cent to my workout while listening to some tunes.

**FAVOURITE CARDIO?** I love the stair climber, I get a good burn in my glutes and hamstrings.

#### **HOW DO YOU BALANCE**

**EVERYTHING?** I balance my work roster, home life and fitness by planning, ensuring food prep is complete and sticking to my routine. A fitness journal is key to success.

#### WHAT DO YOU TAKE TO THE GYM?

Headphones are a must and my post-workout shake.



#### Jessica Marie

MELBOURNE, VIC **AGE: 27** 

**WEIGHT: 52KG** 

**HEIGHT: 160CM** MAIN OCCUPATION:

**PERSONAL TRAINER** 

#### **WORKOUT INSPIRATION?** I joined the gym eight years ago, after having my son. After going to a Pink concert, I was really inspired to

hit the gym and try to get a fit body like hers. I also really wanted to get strong! **FAVOURITE TRAINING MOVE? Split** 

#### squats – I love them because they put me right outside my comfort zone! They really challenge me because they are so hard and there is an

element of fear and pain that I love to push WORKOUT PLAN? Three to four-day split

program focusing on progressive overload.

**FAVOURITE TYPE OF CARDIO?** lenjoy high-intensity training.

FITNESS TIP? Always have a goal, something to aim for. Be flexible, sometimes goals weren't meant to be hit but simply serve to put you on a higher path. Most importantly, don't forget to enjoy the journey!

#### **HOW DO YOU BALANCE**

**EVERYTHING?** It is definitely a juggle. I work in order of priorities; this often changes depending on life events. The key is finding a balance. I regularly write down goals for each different category and strive for growth.

#### WHAT DO YOU TAKE TO GYM? My

phone for tunes, pre- and post-workout shakes and a positive mindset - another workout is another opportunity to improve.



SYDNEY, NSW **AGE: 32** 

WEIGHT: 57KG **HEIGHT: 165CM** MAIN OCCUPATION:

**PSYCHOLOGIST** 

#### MOST REWARDING ASPECT OF

TRAINING? I see body building as a form of art, whereby your body is the canvas or 'sculpture' and the training you do can help carve out the body you desire. I have enjoyed 'starting from scratch' after having each of my children and the process of re-designing my body to the shape I want. There is never an end point, just a change in focus.

**FAVOURITE OUOTE?** "Trust the timing of your life." I appreciate this quote more and more the older I get, it's comforting and gives me a sense of contentment. It's easy to get caught up in "what you want NOW" or "what you don't have NOW" but it's important to be grateful for all the beauty and love you do have in your life right now! The only time that truly matters is the here and now.

#### **ADVICE FOR GYM NEWBIES?**

Consider what values drive your behaviour then set goals around what you'd like to achieve in your health and fitness endeavours. The more you come to appreciate your body and all it does for you, the better you will treat it and the better outcome you will get.

**FAVOURITE CHEAT FOOD?** Authentic Italian gelato.

#### **FAVOURITE NON-CHEAT FOOD?**

Gherkins – so tasty, low in calories and a great probiotic. I eat them with everything!



**AGE: 33 WEIGHT: 54KG HEIGHT: 157CM** 

MAIN OCCUPATION: SENIOR RESEARCH SCIENTIST

#### MOST REWARDING ASPECT OF

**TRAINING?** Being confident with my new physique, doing a fitness model shoot and competing at the INBA Southern Cross Championships, achieving 2nd place in the Fitness Model First Timers division.

#### WHAT HAVE YOU OVERCOME? I have

overcome the fear of being on stage in front of 100s of spectators, judges and photographers, whilst wearing a tiny bikini and giant heels. This has definitely improved my confidence and this confidence has benefited both my personal and professional life.

#### **NUMBER ONE HEALTH LESSON? Eat.**

eat, eat - you must fuel your body with nutritious food every two to three hours. There is no such thing as snacks, eat a meal instead to sustain your hunger throughout your day.

**ADVICE FOR GYM NEWBIES?** Begin with a great personal trainer, this is where your foundations are set correctly i.e. correct food intake, correct technique etc. İt's just like constructing a well-built home. Also, try not to feel overwhelmed, Rome wasn't built in a day! Focus on being head-strong and you will be surprised with what you can achieve.

#### **TIPS TO DEAL WITH LOW**

MOTIVATION? Remind yourself of how amazing you will feel after training and try not to over think. I just get my gym clothes on, get in the car and head to the gym.

# Spottisht CHECK OUT THESE AMAZING GIRLS WHO STEPPED ON TO THE STAGE RECENTLY TO COMPETE!

CHECK OUT THESE COMPETEL

If you'd like the chance to be featured in this spread, send in your high-res image and competition details to editorial@oxygenmag.com.au



#### **Sheena Steinert**

Category: Fitness Model Novice

Place: 2nd



#### **Brooke Turner**

**Event:** Muscle Contest NPC Excalibur Location: Los Angeles, USA Date: December 2014 Categories and places: Top 10 in Bikini Novice and Bikini Open.



#### **Christina Sisamotos**

**Event:** INBA All Female Classic **Location:** Moonee Ponds, VIC Date: June 2015 Categories and places: 1st place

Fitness Model Open and Overall



#### Eliza Nielsen

**Event:** ANB Newcastle Classic Location: Newcastle, NSW Date: September 2014 Categories and places: 1st in Bikini Model and 2nd in Under 21's.



#### Vanesa Ahmetovic

**Event:** INBA Brisbane Classic Location: Brisbane, QLD

Date: May 2015

Categories and places: 1st place Bikini Model and 1st place Overall Bikini

Model.

#### Comp News ow



#### Laura Pace

**Event:** INBA Canberra and Country

Location: Canberra, ACT

Date: April 2015

Category: 30+ Fitness Model

Place: 2nd



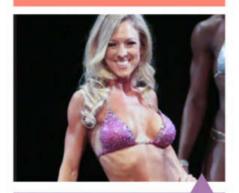
#### **Deanne Lepidi**

**Event:** INBA Perth Classic Location: Perth, WA

Date: May 2015

Category: Fitness Model Momma

Place: 3rd



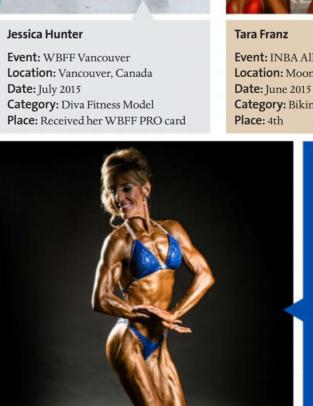
#### Megan Zmetana

**Event:** INBF Central Championships **Location:** Winnipeg, Canada

Date: June 2015

Categories and places: 1st in Bikini





#### **Nicole Tovey**

**Event:** Miami Muscle Beach Pro/Am Location: Miami, USA Date: April 2015 Categories and places: 1st place in Masters Over 35s and 3rd in Open Bikini.



**Event:** INBA All Female Classic Location: Moonee Ponds, VIC

Category: Bikini Model Novice

#### Annabel Buchanan

**Event:** INBA Adelaide Classic Location: Adelaide,

Date: May 2015 Categories and places: 5th in Ms Figure 40+, 3rd in Ms Figure First Time and 1st in the Posing Division.





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