

WeightWatchers

Australia + New Zealand
magazine

**"I LOST
10 KILOS
& GOT MY
MOJO BACK!"**

Steal cover girl Madison's
slimming secrets

**EATING OUT
SURVIVAL
GUIDE**

How to make
smart choices



SOUP CREAM & CARAMELISED
ONION QUICHE P.59



TARRAGON & LEMON
CHICKEN P.57

99 RECIPES & TIPS

>> Modern barbecue ideas

>> Main meal summer salads

>> Skinny rum & raisin ice-cream

Health check:

**KNOW
YOUR
STATS**

The must-have guide

Lost those
extra kilos?

+ Now get the
rest of your life
in order!

*Get fit as
a family*

Great ideas for
different ages
& fitness levels



The latest buzz: << Postural fitness >>

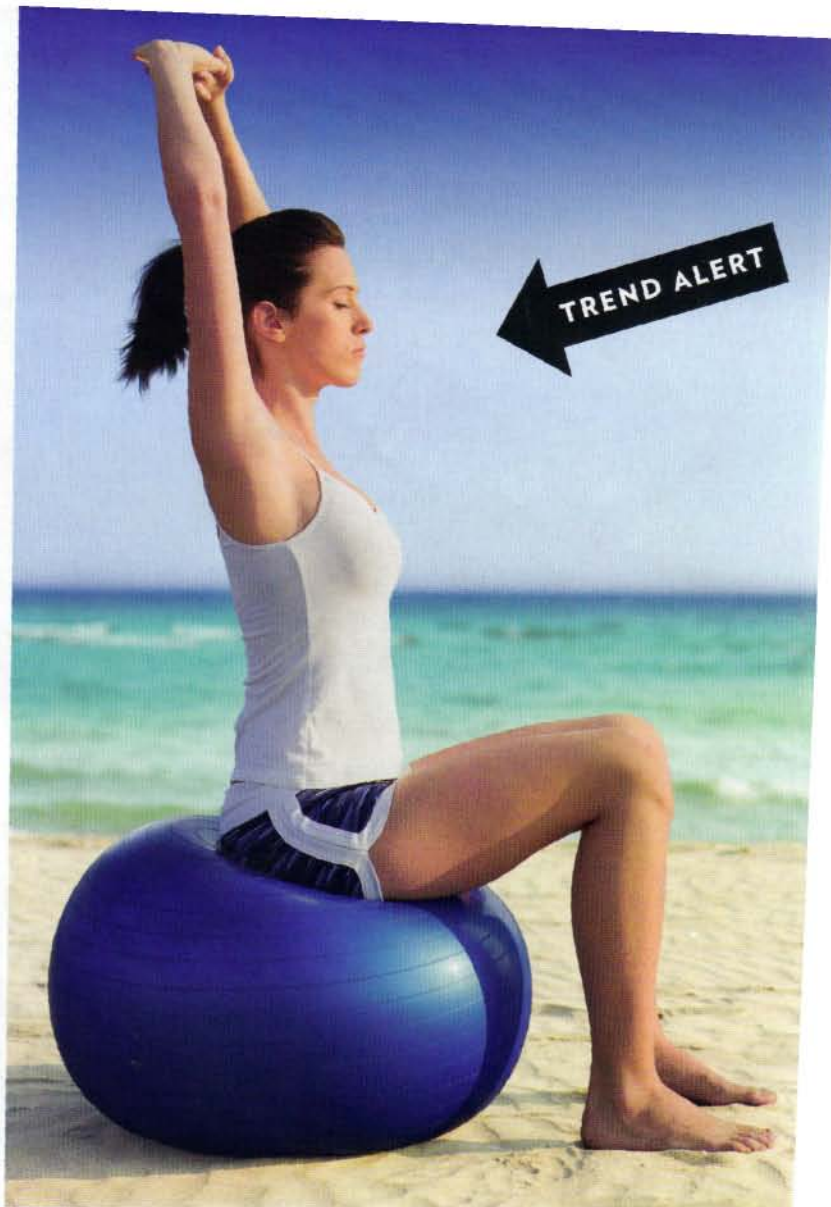
Good posture is like the sturdy foundations of a house, while poor posture can predispose joints, ligaments and muscles to stiffness and potential injury. It can also affect the nervous system. Jason Smith, a physiotherapist and author of *Get Yourself Back In Motion* (Global Publishing, RRP \$34.95), shares his tips for improving your posture:

- 1 If you work at a desk,** make sure your keyboard and screen are correctly positioned. Sitting on a physio ball can help minimise postural sag by engaging your core muscles.
- 2 When walking or standing, think tall.** Imagine you're a marionette hanging by a piece of string from the top of your head and feel your chest and shoulders open out.
- 3 Reset your posture regularly** by standing with the back of your head against a wall, your chin

horizontal to the floor and shoulder blades gently pinched together. Next, flatten your stomach by tightening your abdominals and closing the gap between your lower back and the wall.

4 Practise core contractions of your abdominals, pelvic floor muscles and lower back to better control your spine.

5 Need serious help? Try clinical Pilates. Different from traditional Pilates, it's guided by a physiotherapist and involves more tailored exercises for the individual.



A new diabetic marker

The measure for reporting blood sugar levels in diabetics has changed, bringing Australia in line with international reporting standards. Instead of a percentage measuring HbA1C, you'll receive a result in units, called millimoles per mole, after a blood test. For example, instead of 7 per cent, your HbA1C will appear as 53 mmol/mol. Need to convert your measurements? Go to www.nps.org.au and insert 'HbA1C converter tool' into the search box.

Health & fitness

Fit-friendly catch-ups

Next time you're planning a girl-bonding session, take a leaf out of fitness queen Ali Cavill's book, and skip the coffee for fitness fun. Ali (who's TV appearances include *Home and Away*, *The Circle* and *The Biggest Loser*), loves working out with her sister. "We started running and going to the gym together, and last year we did a fun run." Exercise has also brought Ali and her sister closer. "We talk about health and nutrition and swap recipes. Of course, a bit of sibling rivalry helps to keep us going," laughs Ali. So, next time you're planning a catch up with girlfriends, skip the after-work wine or coffee and cake, and plan a power walk around the park instead.