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# FAIL-PROOF FITNESS RESOLUTIONS FOR YOUR AGE

Hitting the gym six days a week might sound like a good idea after four low-cal wines, but research shows that radical, one-size-fits-all goals rarely stick (remember that full-time job, social life and soup kitchen shift). We asked the pros for fitness resos to last a decade.

## THE EXPERTS

- 1 THE YOGA TEACHER ::** Lucinda Marshall, owner of One Hot Yoga
- 2 THE PHYSIOTHERAPIST ::** Jason Smith, author of *Get Yourself Back In Motion*
- 3 THE PT ::** Ali Cavill, owner of Fit Fantastic

## 20s **1 Make the most of your fat-burning bonus. (Thank us in 2020.)**

Your body produces HGH (human growth hormone) up until your late 20s, making it easier to build muscle, trim fat and create solid cardiovascular fitness, which will slow ageing and improve quality of life.

### **2 Put your shoulders back.**

Not just for *Ladette to Lady* contestants, posture is like the foundation of a house; without perfecting good posture from the start, our health can collapse. Poor posture can affect vital organs, nervous system and joints, and increase chance of injury.

### **3 Make exercise a social affair.**

Join a team sport, try group fitness, sign up for boot camp or start a jogging group. The team connection leads to a stronger commitment and better chance of success.

## 40s **1 A man walked into a bar. Ouch. (Okay, find something that makes you laugh.)**

These can be serious years, so it is important to savour the sweetness of life. Laughter is amazing therapy, so partake often.

### **2 Dump the 'No Pain, No Gain' myth.**

It's time to stop embracing burning muscles and take it as a sign that you've done some damage, or are on your way – loading your body too far won't get you better results.

### **3 Farewell the supermodel dream. (Sorry Claudi, you're fired.)**

Instead, exercise for vitality. To stay inspired, swap last decade's go-to workout for something novel – you'll get a bonus dose of enthusiasm (so what if you don't look 20? You'll feel it!)



## 30s **1 Get into good quality food.**

Avoid gaining the statistical average one kilo a year by eschewing fast food and instead choosing whole foods comprising lots of fresh vegetables, fruits, quality proteins and good fats.

### **2 Trade your hotpants for some comfy – did we really say 'versatile'? – leggings.**

It's time to become 'life fit' not 'gym fit'. You don't need to be bench pressing your own body weight or swimming a marathon for good health, but you do need 'everyday fitness'. Walk instead of doing coffee. Do classes you enjoy. Just keep using your body.

### **3 Quit the gym. (There is fine print.)**

You're too busy living to hit the cardio room for an hour a day. Fit fitness in before work or dinner with a simple weights routine, dancing to music, an exercise DVD or using the kids' trampoline. Whatever it is, do 30 minutes.

## 50s **1 Learn a new sport or find a new hobby... must require at least 20 per cent more movement than Sudoku.**

Exercise maintains the fitness of your brain as well as your body. Try activities that are complex, such as dancing, yoga and rock climbing. Plus it is exhilarating to learn new skills.

### **2 Stretch. It will make you taller (got your attention).**

Stretching helps to restore normal length to otherwise shortened and fatigued muscles, which account for loss of height. After 50 it is vital to stretch daily to promote flexibility, blood circulation, more energy and enhanced coordination.

### **3 Get into iron. No Fabulon required.**

Strength and weight-based training increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination and mobility as you age. Strength training can also help with the symptoms of many chronic diseases, including arthritis. ■