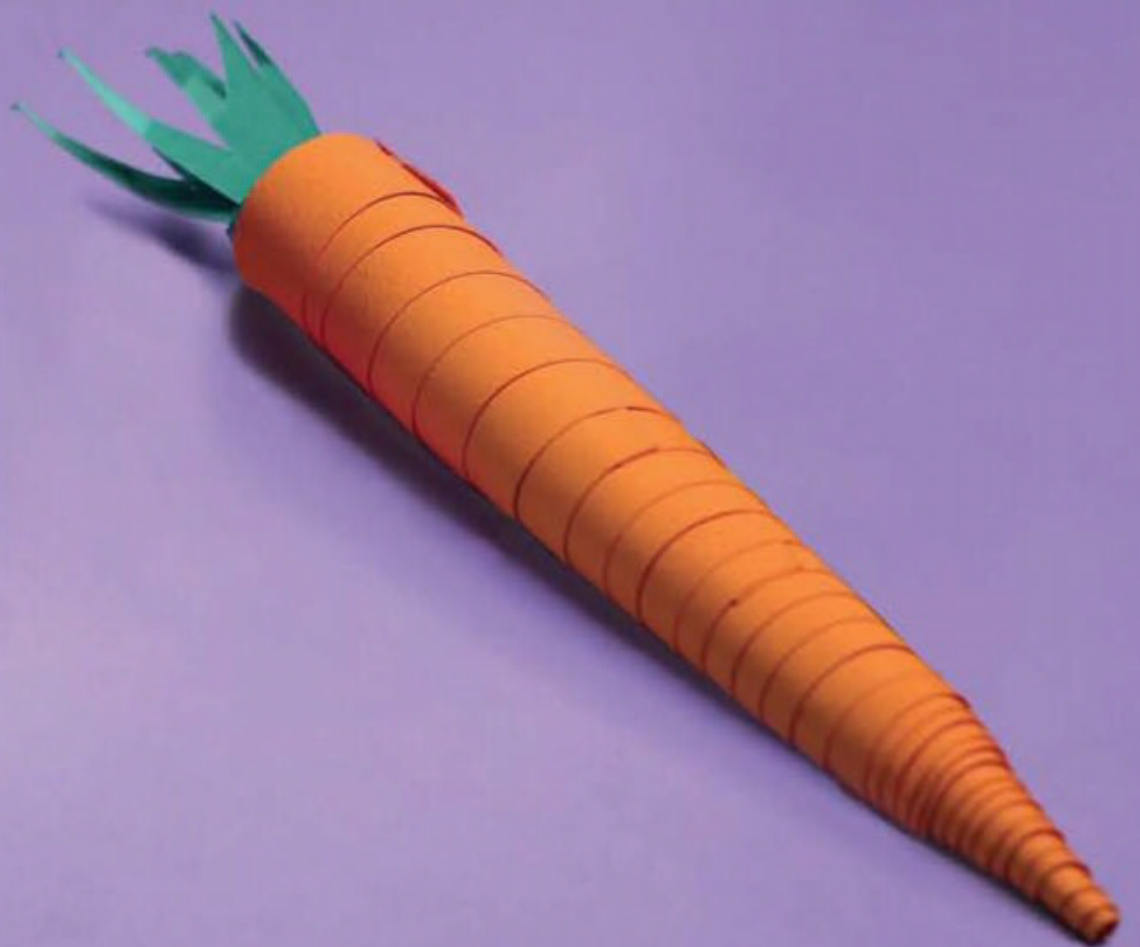




ONE GROWS FROM THE ROOT  
THE OTHER IS A VEGETABLE

HAIR THINNING? | [THEHAIRYPILL.COM.AU](http://THEHAIRYPILL.COM.AU)



# WOMEN'S AUSTRALIAN Health

## Train Smarter **TORCH FAT FASTER**

**Easy New Workouts  
to Build Strength &  
Boost Metabolism**

WAKE UP REFRESHED

**Genius Hacks  
From Sleep  
Doctors**

WELLNESS UPGRADE

**Supercharge  
Your Morning  
Smoothie**

HEALTH REPORT

**The Invisible  
Epidemic  
Affecting  
Women**

MASTER YOUR MINDSET

**Unlock Your  
Happy Weight**

# Emily Skye

**On Motherhood, Mental Health & Her Next Big Move**

WH EXCLUSIVE

**FREE  
30-DAY  
Membership**  
**EMILY  
SKYE FIT**

\*Conditions apply

**Fast  
Filling  
Keto  
Meals**

- **NEXT-  
LEVEL PIZZA**
- **PROTEIN-  
PACKED  
SALADS**
- **HEALTHY  
BURGERS**

# 20

**Zen Yoga  
Moves for  
Stress,  
Energy,  
Focus  
& More**

ZIN\_WH\_0420



# No 1

Health & Wellness

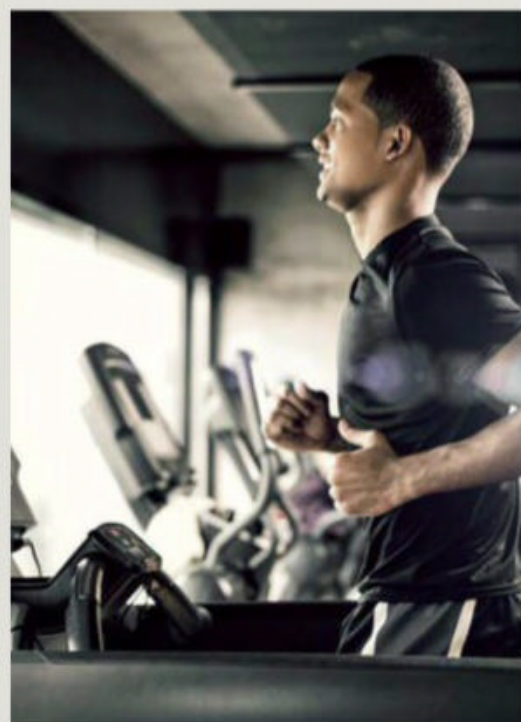


Base your business at 101 Moray Street in this brand new office development in the heart of South Melbourne and you & your employees will enjoy more than just an office.



101 MORAY

DEAGUE GROUP



# WORK TRAIN PLAY REPEAT

Constructed with health & wellness at the forefront of design, tenants of 101 Moray will enjoy a fully equipped gymnasium with pilates & yoga classes, extensive end of trip facilities, a nutritious gourmet restaurant on-site, VIP luxury Mercedes Sprinter chauffeur service and Australia's first ever NeuroPOD station – a twenty minute NeuroPOD session is equivalent to two hours of meditation.

Enjoy being a part of this business community in a premium building with office spaces available for lease from 280m<sup>2</sup> to 5,000m<sup>2</sup>.

LEASE NOW – MOVE IN AUGUST 2020

101moray.com.au | Call 03 9863 9999



# Warm Up

## Contents



**66**

The bold and the beautiful

# Afri



**86**

WH investigates the new gym-dating trend

### DISCUSS

**15**

The latest health and wellbeing news

### BEST BODY

**25** Smoothie operator

Bolster your body with these better-blended smoothies

**28** Should I be eating full-fat dairy?

Skim, low, full – or no? We round up all the theories

**30** Sculpt a strong core

If you crunch the evidence, sit-ups aren't the key

**32** The secret lives of ball stars

The off-field worlds of AFLW players

**36** Detox, retox, repeat

Which accessible, A-level destination ticks all the boxes? You'll be surprised

**38** Bedtime stories

Getting a quality snooze every night needn't be a dream

### LIFE ETC

**43** Why does sorry seem to be the hardest word?

In this new age of apologising, it's still a hard one to get out

**46** The friendship break-up

Ghosting, friendcrumbing – however it happens, the loss of a friend can be brutal

**48** How to nail a fail

Hitting a losing note can actually make the song sweeter

**50** City to ski

The train from Denver to brilliant skiing at Winter Park Resort is still a secret. Shhh...

**52** The power of being your own SO

There's a new girl in town for top partner pick: me, myself, I

### BEAUTY BRIEF

**57** Mani up

Keep your finger on the pulse of all things new in nails

**60** Back to skin school

Dodge dermal disasters with our experts' advice

**66** The bold type

Athleisure gets a blast of loud looks. Your new weekend wardrobe is here!



**104**

Anchor floaty lifestyle goals

### FEATURES

**74** The Skye's the limit

World-leading trainer and humble human Emily Skye on prowess, parenthood and self-esteem

**80** The WH nutrition dictionary

Don't know your aminos from your macros? Read on

**86** Fitness first dates

Can you find a sole mate while getting sweaty? One writer finds out

**92** A flow for every feeling

Fast and fluid yoga flows to keep the chaos of life under control

**98** A life without energy

Chronic Fatigue Syndrome is getting proper recognition – slowly but surely

**104** Set your 2020 goals in stone

Good intentions are worth nada. Lock in your resolutions with our clever reframe

### FOOD HUB

**113** Hassle-free keto

Need a hand to enjoy the low-carb, high-fat diet? Step right up, Pete Evans...

**122** Four ways with jackfruit

Meet a fruit that masquerades as meat. We like

**125** A taste of inner strength

Eat right for strong bones

### REGULARS

**6** Ed's note

**8** The WH team

**10** Ask us anything

**110** Subscribe to WH

**112** The winners' list

**130** Our kinda girl...

**98**

The facts on chronic fatigue





# On the cover



# 74

Mega-trainer Emily Skye on motherhood, mental health and so much more



# Who Runs the World?

Want to hear some great news? Right around the world, the female empowerment movement shows no sign of slowing down. And nowhere is that more apparent than in the sports arena. Just a couple of recent examples? In November, superstar striker (and Matildas captain) Sam Kerr paved the way for other Aussie athletes when she signed a major deal to join the Women's Super League competition, as part of UK team Chelsea, in a signing that made her one of the highest paid female players in the world. In February, 21-year-old American Sofia Kenin became the youngest woman in 12 years to win the Australian Open, declaring that, if you work hard enough, dreams really do come true.

As this issue goes to print, on the eve of International Women's Day 2020, the International Cricket Council is set to make history and attempt to break the world record for the largest ever attendance at a women's sporting fixture. Its vision? To see more than 90,185 people stream through the turnstiles of the MCG in Melbourne and scream their lungs out during the T20 World Cup cricket finals on March 8. As Aussie swing bowler (and current number-one T20 bowler in the world) Megan Schutt said 12 months ago when the ambitious target was announced, "We've had plenty of personal and team success in the last 20 years. But to have the support that we're hoping for in breaking that record I think will speak volumes about where women's sport is heading globally." Regardless of the outcome, one thing is clear: both on and off the sporting field, women everywhere (from all walks of life) are standing up, blazing trails and refusing to be limited by what other people feel they should be capable of. And, to be honest, there's nothing better!

Want to forge your own personal and professional path this year? You've come to the right place. Eat cleaner, exercise smarter and kickstart your career with our guide to slaying any 2020 goal (p104). Finetune your emotional intelligence with advice on the new art of saying sorry (p43). Slash stress, boost your energy, sleep better and enhance your productivity with yoga flows direct from



the experts (p92). And be seriously inspired by mega-trainer, businesswoman and this month's cover star, Emily Skye. Since this cover was shot in London (11 months after her daughter Mia was born), the Queensland-based powerhouse has shared huge family news: she's pregnant with her second child (a baby boy, due in July). We caught up with her to chat about everything that's happened since then, including motherhood, mental health and how vulnerability can be one of our greatest strengths. This incredible leader has devoted the past decade to lifting other women up, and we couldn't be happier to see her on our cover for a second time. Don't miss our exclusive interview from p74. Until then, have a great month.

*Jacqui X.*

**Jacqui Mooney** Editor

**Speaking of women ruling the world... *Women's Health* held one of our favourite nights of the year on Feb 12: our fourth Women in Sport Speed Mentoring event, in partnership with Toyota. Stay tuned for all the behind-the-scenes highlights next issue!**





# City Fertility

Global CHA IVF Partners



## A Global Leader in Fertility and IVF

Now offering new patients **\$1,000 OFF** their  
IVF cycle or a Bulk-Billed Frozen Embryo Transfer\*

*\*This offer is valid until 30<sup>th</sup> June 2020. Additional T&Cs apply.*

Together City Fertility and CHA Medical Group deliver a unique experience  
in fertility care and are leaders in pregnancy outcomes globally, treating more than  
30,000 IVF cycles annually.

**Experience the City Fertility difference**

**Call 1300 817 709**

and quote "women's health"

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



\* **Terms and conditions:** This offer is exclusive to Women's Health readers and is valid until the 30<sup>th</sup> of June 2020 for a consultation with one of our specialists. This offer is limited to either \$1,000 OFF your first IVF cycle or a bulk-billed Frozen Embryo Transfer with City Fertility and is not applicable to egg freezing cycles. This offer is only applicable to new patients to City Fertility. Additional costs may apply such as fees associated with the hospital admission and medications. Patients can opt-out of this offer at any time.



# Warm Up

## Getting it done

"A great pair of sunnies, a killer one-piece and an endless library of books to feed body, mind and soul."

"I just couldn't live without music and stories in my life, so I'd like a solar-powered device that could sustain my Spotify and Kindle addictions. Oh, and Aēsop Lucent Facial Concentrate – it's my grooming spirit animal."

"My entire podcast catalogue, a vat of sunscreen and that bloke from the Fyre Festival documentary who will do anything for water. I can Bear Grylls the rest of it."

"A hammock, unlimited piña coladas and a coconut phone (to call Ginger)."



## MEET THE WH TEAM

*What are your three desert island essentials?*

**Jacqui Mooney**  
Editor

**Lizza Gebilagin**  
Deputy Editor

**Adam Williams**  
Creative Director

**Lisa Balemi-Hughes**  
Art Director

**Alex Davies**  
Features Editor

**Harriet Sim**  
Editorial Coordinator/  
Junior Writer

**Erin Docherty**  
Beauty Editor

**Penny Carroll**  
Contributing Writer

**Lauren Williamson**  
Digital Content  
Manager – Health

**Lucy Bode**  
Digital Content Editor

**Allan Webster** Print Advertising  
Operations Manager

**Fran Vavallo** Vic Sales Director

**Angela Coley** Qld Sales Director

**Courtenay McDermott**  
Senior Marketing Manager – Health

**Ellie Fletcher** Marketing and  
Events Executive

**Kate Goggi**  
Business Analyst – Health

**Adam Blount**  
Head of Consumer and Retail

**Brendan O'Donnell**  
National Business Manager – Retail

**Robert McIntosh**  
Circulation Manager

**Pre-Media Solutions**  
Digital Imaging

**Mark Jones** Production Controller

**Daniel Moore, Chrystal Glassman**  
Copy Directors

**Women's Health**  
is published by

**Pacific magazines**

**Gereurd Roberts**  
Chief Executive Officer

**Guy Torre** Chief Financial Officer

**Louisa Hatfield** Group Content  
and Brand Director

**Nicole Bence** Commercial Director

**Kathy Glavas** Head of Health

**Pacific Magazines, Media City,  
8 Central Avenue, Eveleigh,  
NSW 2015**

Ph: (02) 9394 2000

Subscription enquiries: 1300 668 118



## On the cover

**Cover star**  
Emily Skye

**Photography**  
Ian Harrison

**Styling**  
Saskia Quirke

**Hair**  
Wilson Fok

**Make-up**  
Em-J at BTS Talent

## HEARST

**Simon Horne**  
SVP/Managing  
Director Asia Pacific  
& Russia

**Richard Bean**  
Director of  
International  
Licensing & Business  
Development

**Kim St. Clair  
Bodden**  
SVP/Editorial  
& Brand Director

**Chloe O'Brien**  
Deputy Brands  
Director

**Shelley Meeks**  
Executive Director,  
Content  
Services

## GLOBAL EDITIONS/ EDITORS-IN-CHIEF

### BRAZIL

Camila Borowsky

### CHINA

Chen Ming

### GERMANY

Franziska Bruchhagen

### GHANA

Godfred Akoto Bofo

### JAPAN

Kiriko Kagayema

### LATIN AMERICA

(Chile, Colombia,  
Costa Rica, Dominican  
Republic,  
El Salvador, Guatemala,  
Honduras, Mexico,  
Nicaragua, Panama, Peru,  
Puerto Rico, Venezuela)  
Sergio Rodriguez

### MIDDLE EAST

Danae Mercer

### NETHERLANDS

Milou Turpijn

### NIGERIA

Osagie Alonge

### POLAND

Aneta Martynów

### RUSSIA

Anna Kireeva

### SOUTH AFRICA

Danielle Weakley

### SPAIN

Mónica Martínez

### TURKEY

Sibel Yeşilçay

### UK

Claire Sanderson

### USA

Liz Plosser

# WinS

Women's Health WOMEN IN SPORT

PROUDLY SUPPORTED BY





# hydrate, correct, protect



**moisturises like a cream,  
covers like a foundation.**

Perfects and protects with pure minerals, nourishing naturals and SPF 15. Conceals imperfections, soothes redness and evens skin tone. For healthy, glowing skin every day.

Available in **fair**, **medium** and **tan**.

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

**NATIO**  
NATURAL AUSTRALIAN BEAUTY





## *THE BIG QUESTION* **Are baked potatoes healthy or not?**

**Answer** We blame sweet potatoes for this concern. The tasty tubers have a lower GI than regular taters, which make them an easy swap for the health-conscious crowd. But the humble spud shouldn't be a write-off, because when baked in its skin with a drizzle of extra virgin olive oil, it's pretty wholesome. "Potatoes provide carbohydrates and fibre, plus a wide range of vitamins and minerals, such as potassium, vitamin C and B-group vitamins," says dietitian Rachel Scoular. "The downside is that they're a high-GI food, which means they're quickly digested and absorbed by the body, potentially causing a spike in blood-sugar levels, [so] you'll get a quick hit of energy, followed by a slump and soon feel hungry after." To avoid the crash, serve your baked potato with a lean protein (meat, beans, eggs), vegies and a slow-release carb, such as lentils or chickpeas, Scoular tips. And get creative with those toppings. "Substitute sour cream for Greek yoghurt, make a tomato, avocado, red onion and lime salsa if you feel like Mexican, or try cooking some lean beef mince with canned tomatoes, herbs and garlic for an Italian vibe." The world's your (delicious) spud!



# Ask **WH**

*We Asked So You Don't Have To*



Fully  
loaded

## A friend has been diagnosed with OCD. How can I be there for them?

Despite the frequency with which the term is used, you can't be "a bit OCD". "It's a type of anxiety disorder," says consultant psychiatrist Dr Sarah Vohra. "The obsession takes the form of distressing thoughts, worries or images. To alleviate these, the person affected may repeatedly carry out rituals such as cleaning or counting - that's the compulsion." Want to support your friend? Start talking. "It's easy to assume that it's something they have control

over and can snap out of. But often they don't and can't," says Vohra. "They may be experiencing some shame [about] their symptoms that's preventing them from opening up, so tell them what you've noticed. By sharing your concerns, you create a safe space for them to talk and, in turn, validate their distress." If they've been diagnosed, they should have access to professional support, so try encouraging them to take up that option.



# How long do I need to work out to feel the mental health benefits?

**Answer** On the mornings when you'd sell a family member to stay in bed rather than hit the gym, it's probably the promise of feeling damn good afterwards that gets you out the door. For starters, endorphins are real. "Endorphins work in tandem with serotonin and noradrenaline – two other feel-good neurotransmitters – to give you that high," explains sports psychologist Dr Kip Matthews. One study by Finland's University of Turku showed that although an hour's moderate-intensity exercise and the same duration of HIIT both induced feelings of euphoria, only high-stress HIIT led to a large endorphin release. There's no need to smash yourself, though. "The 'runner's high' is attributable mainly to serotonin and noradrenaline, and you can start to feel their effects after 30-45 minutes," says Matthews. So what's the magic equation for happy vibes? A recent study in *The Lancet* found that 45 minutes of physical exercise, as varied as running, skiing and housework, three to five times a week, provided the greatest mental health benefits, while working out for more than three hours a day was associated with poorer mental health. Moderation, guys!



## ON OUR RADAR What's firing up the wellness world now

### GIRL POWER

If a tri is on your 2020 vision board, check out Foher Co – an Aussie apparel label shaking up the dude-dominated triathlon world. Its gear is designed specifically for women's bodies and comes in a range of fun prints. Who run the world? foher.co

### RUNCH TIME

According to a report by fitness-scheduling app MindBody, lunchbreak workouts are on the rise, with 63 per cent of Aussies saying they feel more productive afterwards. We're officially christening the trend "runching" (run + lunch, geddit?).

### VITAMIN BITES

Fulfil bars deliver a rainbow of nutrients, including B6, B12, C and E, plus 20g of protein encased in drool-worthy flavours such as peanut and caramel, and white chocolate and cookie dough. Find them at Coles, Woolworths and independent supermarkets.



# Ask **WH**

*We Asked So You Don't Have To*

Skip  
in your  
step?

## I've stopped drinking, but still get lumped with the wine bill at dinners. What do I do?

**"We'll just split it six ways. Everyone cool?"** Usually, yes – except when you're forking out your hard-earned cash for an overpriced sav blanc you didn't even sip. Bill-splitting convos can be awkward, but they don't have to be. Paridhi Jain, founder of finance education company SkilledSmart, has some wallet-saving advice...

**Be prepared:** "Don't wait until the end of the night to mention it. Be open and honest [about your lifestyle change] in the planning phase. That way, people keep your needs in mind as the event is organised."

**Bring cash:** "If you haven't told your friends prior to the event, then mentioning it at the beginning of the night is the second-best strategy. This way there is no awkwardness at the end. Make sure you're carrying cash to make splitting the bill easier, and try downloading Splitwise. It's a great app for splitting bills and keeping a running record of how much you owe to which friends."

**Go solo:** "Most people wouldn't expect someone who didn't drink to contribute to their alcohol bill. So just ask if you can grab a separate bill for your portion. 'Do you mind if I pay separately for my share?' is sufficient. If they're your friends, they'll understand."

## How often do I need to exfoliate?

**Answer** One quick scrub. Bye dullness, hello fresh, glowing skin... No wonder exfoliating is so addictive. But if it's part of your daily routine, you may be going too far. "A lot of dermatologists would argue that you don't need to exfoliate because you're already exfoliating as soon as you pick up your face wash and rub your face," explains Bernadette Fisers, make-up artist and author of beauty bible *In Your Face* (Penguin, \$45). "I would say that you only need to exfoliate gently once a week, if you want to, because your skin naturally renews itself." The type of exfoliant you choose for this job is vital, Fisers adds, as rough particles (from ingredients such as sugars or nut kernels) can leave micro-scratches on the skin. "You want a little particle that's round, or you want to use something called a gommage, which is a French exfoliant that's very gentle," she suggests. Chemical exfoliants such as AHAs and BHAs are also effective – just remember, easy does it. **wh**

### TEE OFF

Help Camilla and Marc give ovarian cancer the boot. Proceeds from two limited-edition tees, part of the label's "Ovaries. Talk About Them" campaign, go towards research to find an early detection test for the disease. From \$140, [camillaandmarc.com](http://camillaandmarc.com)







# BEAUTY STARTS WITHIN



WE KNOW THAT TRUE BEAUTY STARTS  
FROM WITHIN AND THAT WHAT WE  
PUT INTO OUR BODY SHOULD BE OF  
THE HIGHEST QUALITY.

At Kissed Earth we have sourced some of the best bovine collagen from around the world and carefully blended it with a unique mix of botanicals, superfoods, probiotics and fibres to allow your body to thrive. We do not believe in using synthetic or artificial ingredients in any of our products and are committed to using the cleanest and most powerful foods from nature.

Use **HEALTH15** for  
**15% off**  
your next order

[kissedearth.com.au](https://kissedearth.com.au)



# Discuss

Juicy news. Shareable stats. Convo starters

## FOAM PARTY

Hot trend? Sneaker tech, with a host of clever innovations set to pimp your running ride. One of the latest to hit the market? The New Balance Fresh Foam 1080v10. Featuring the company's new Fresh Foam technology, which consists of a single-material midsole made of plush, seamless foam, it's precision engineered for an ultra-cushioned, lightweight way to get your kays up. A sole that prizes itself on comfort doesn't exactly sound like it'd stand the test of a long run, right? Wrong. The outsole is constructed from NDurance maximum wear-and-tear compound rubber, so you get the support of a soft sole with maximum durability. In short, they'll do you proud from cross-country to commute. \$250, [newbalance.com.au](http://newbalance.com.au)





# & PUKKA

## feel the power of herbal tea



#feelyourpower  
[pukkaherbs.com.au](http://pukkaherbs.com.au)



# Discuss fitness

WATCHING AN ACTION MOVIE COULD SEND YOUR HEART RATE INTO A HEALTHY ZONE FOR THIS MANY MINUTES – THAT'S EQUIVALENT TO A VERY LIGHT CARDIO WORKOUT. NETFLIX AND NOT-SO CHILL, EH?

SOURCE: UNIVERSITY COLLEGE LONDON

"What's for dinner?"



## Rules of Engagement

There's no doubt the mind-muscle connection – consciously focusing on the body part(s) you're training as you go through an exercise – scores you better results. But what if we told you that, sometimes, *not* paying attention is the way to go? The face-off:

### FOCUS ON YOUR MUSCLES

#### When you're learning a new exercise:

Tuning in to the muscles you're targeting, increases their activation, research shows. So if you're trying to master a move, a mental connection helps ensure you're doing it right.

#### When you have an imbalance or injury:

The brain is powerful. Just *thinking* about contracting a muscle can build its strength, an Ohio University study found. Bum ankle? Pretend you're flexing it anyway.

#### When you're doing a quickie:

Workout, we mean. Quality matters even more when quantity is limited, yet you might rush through a set just to get it done. Zero in on the main muscle you're working for each move – every rep counts extra here.

### FOCUS ON SOMETHING ELSE

#### When you're lifting heavy:

If you're tackling serious weight for only a few reps – think 80 per cent of max effort – try concentrating on moving the weight, not your muscles. It helps you eke out more reps, a new Griffith University study found.

#### When you're tired:

If you're struggling to find stamina during runs or easy strength training, distracting yourself with music or TV should make your workout feel easier. Just don't lose your form.

#### When you're oh-so sore:

Sometimes you don't *want* to increase muscle activation – like when that muscle is in repair mode. For active recovery (yoga), notice your breath, a wall, anything outside your body. (And if a pose hurts, stop.)

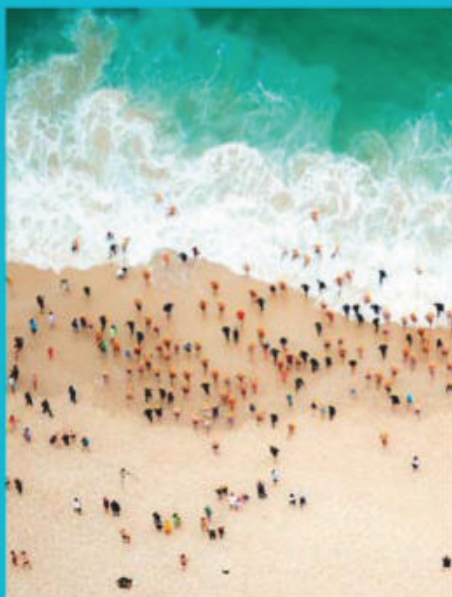


# Discuss **health**

## Wine Time for Your Gut

**Bottom's up! A new study by King's College London suggests a regular glass of red will boost the diversity of your gut bacteria. But this isn't an excuse to mainline merlot – you only need one glass a fortnight to reap the gut gains.**

Gut half  
full



### **HEART HEALTH HOTEL**

Need another push to book that holiday? Vacations are good for your heart – confirmed. According to new research, the more holidays employees take, the lower their risk for metabolic syndrome – a cluster of symptoms that together raise your chance of developing cardiovascular disease. What's more, with each extra break taken, the risk decreased by nearly a quarter. Reason enough to use up your annual leave.

SOURCE: SYRACUSE UNIVERSITY, NEW YORK

# 34

**THIS PERCENTAGE OF US CREDITS TIME WITH LOVED ONES AS OUR MAIN COPING MECHANISM IN THE FACE OF DAILY CHALLENGES. OTHER POPULAR STRATEGIES: SLEEP, EXERCISE, MEDITATION AND FOOD.**

SOURCE: SMILING MIND  
STATE OF MIND SURVEY

PHOTOGRAPHY: GETTY IMAGES



# Monday.



5 night self-guided wellness experience  
RELAX | REBALANCE | REVIVE  
from \$1,495 single, \$831 double, \$655 quad share per person  
[elementsofbyron.com.au/wellness](http://elementsofbyron.com.au/wellness)



**SPUD  
LITE™**

**25%  
LESS  
CARBS**  
THAN OTHER POTATOES\*



# *Lite on carbs. Rite on taste.*

Spud Lite is a potato that naturally has **25% less carbs** than your average potato\*.

Spud Lite is a golden, creamy potato bursting with nutrition, vitamin C and potassium.

With the addition of Spud Lite Micro to the range, you can now enjoy a quick and easy side dish to any meal. Just pop it into the microwave for 4 – 7 minutes and they're done.

The entire Spud Lite range derives from natural cross pollination without any genetic modification resulting in 8.9g of carbohydrates per 100g... that's 25% less than other potatoes\*!

**[spudlite.com.au](http://spudlite.com.au)**



\*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.



# Discuss **nutrition**

## 2017

WHEN KIDS WERE PLONKED IN FRONT OF A CHILD-FRIENDLY TV COOKING SHOW FEATURING NUTRITIOUS FOOD, THEY WERE THIS MANY TIMES MORE LIKELY TO CHOOSE A HEALTHY SNACK COMPARED WITH WATCHING AN EP FEATURING UNHEALTHY EATS. DELICIOUS STUFF.

SOURCE: JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR

## Good Mood Moves

If you're pondering adding another meat-free day to your week, let us serve up further inspo – the plant-based life could be a winner for your mental health. That's the latest from University of Kansas scientists, who recommend prioritising whole foods, plants and fare rich in omega-3 fatty acids (we see you, walnuts) for “optimum psychological benefit”. Oh, and pick up a dumbbell here and there, too. A six-year Uni of Southern Qld study found people who combine strength and aerobic workouts may be less likely to develop depression.

Plate up  
a lift

### TEA TIME

Hit any cafe (or Instagram) and you'll see that offbeat teas are having a moment. So, if you fancy mixing up your options with a new brew, you might want to give these a sip.

#### Parsley

Devotees say the herb, when steeped, aids in digestion and reduces water retention. Parsley is a diuretic (meaning it flushes out excess fluid), according to studies, but it's TBD if it can help you when bloated.

#### Turmeric

A *British Journal of Nutrition* study found that polyphenols in this vibrant spice lowered a marker for inflammation in the body. Intrigued? Get on Pukka's organic Turmeric Active or Turmeric Gold tea blends.

#### Mushroom

Reishi, lion's mane and chaga 'shrooms have known stress-fighting and antioxidant properties, so their tea game is strong. FYI, though: studies have been small and tested the fungi (not their liquid).



# STONE & GROVE™

MAKERS OF THE FINEST OLIVE LEAF TEAS

The antioxidant goodness in olive leaves has  
been known for thousands of years.

So, our olive leaf tea is made using fresh, estate grown  
Australian olive leaves to maximise quality and flavour.

Enjoy pure or in our handcrafted and refreshingly delicious wellness tea range.

**Drink it in.**



Receive 10% off + free shipping on your first online order using the code 'WomensHealth10'.

Browse our tea selection and shop online at [stoneandgrove.com.au](https://stoneandgrove.com.au)

 [\\_stoneandgrove\\_](https://www.instagram.com/_stoneandgrove_)  [stoneandgrove](https://www.facebook.com/stoneandgrove)



# Discuss beauty

## Glow Getter

ICYMI, the non-toxic beauty movement is huge right now, with 37 per cent of us preferring to spend our money on clean skincare and cosmetics, according to the 2019 Australian Organic Market report. Not to be left out, the new wave of low-tox self-tanners swap chemicals for organic, skin-loving ingredients such as coconut and avocado oils. “To be a clean brand means no mineral oils, phthalates or parabens,” says Jules Von Hep, celebrity tanning expert and founder of Isle of Paradise. “When you take all of that out, the tan actually develops nicer. It’ll be more hydrating, last longer on the skin and fade more evenly.” Fake away with Isle of Paradise Glow Clear Self-Tanning Mousse, \$39.

Pop Quiz!

What’s the biggest offender when it comes to a dirty make-up kit?

A  
Lipstick

B  
Sponges

C  
Mascara

ANSWER: B

Yep, that’s right. A recent study found 93 per cent of beauty sponges had never been cleaned, with a quarter having faecal matter present on them. Grossed out? Same. Reach for something like Beautyblender Instaclean Waterless Sponge and Brush Cleansing Spray, \$24, to make sure your tools are squeaky clean.

SOURCE: JOURNAL OF APPLIED MICROBIOLOGY





# CONNECT. INSPIRE. EMPOWER.



GOACTIVE BELIEVES IN **EMPOWERING  
YOUNG WOMEN**, ENABLING THEM TO  
BE DREAMERS, **CRITICAL THINKERS**  
AND **LEADERS** IN THEIR COMMUNITY.

---

INVEST IN GOACTIVE

---

**goactive**  
CONNECT. INSPIRE. EMPOWER.

[goactive@lma.org.au](mailto:goactive@lma.org.au)     GoActiveWomen     goactivewomen



# Best of

Health  
and fitness  
inspo to  
feel amazing  
all over

Power  
blends



# Smoothie Operator

Want blends that work as hard as you do? These health-boosting drinks do more than just taste good

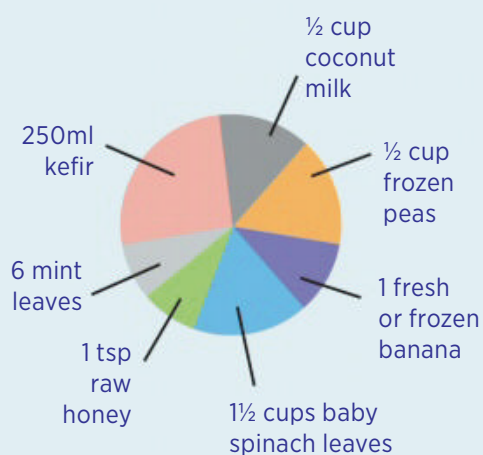
Compiled by Lucy E Cousins

## The Sickness Fighter



Feeling crook? Get on this kefir and coconut smoothie from nutritionist and author **Vladia Cobrdova**.

"One of my favourite gut-healing boosts is kefir, which is now available in supermarkets. It's perfect for when you're sick because it's an immunity builder. Mix it with banana for potassium, which regulates our blood pressure and reduces water retention, as well as frozen peas for a vitamin C hit. The mint leaves are also important, as they may reduce cold symptoms. Serve in a bowl topped with your favourite crunchy granola and fruit."

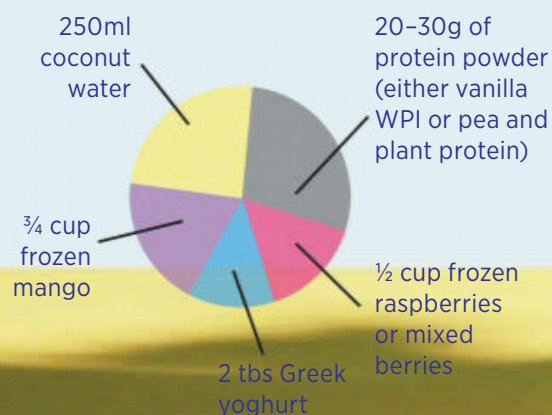


## The Recovery Hero



Attention gym lovers! Treat your body to a creamy mango and berry smoothie after a tough high-intensity workout, suggests performance dietitian **Jessica Spendlove**. Easy!

"The Greek yoghurt and protein powder are important from a muscle recovery and strength-gain perspective. And I've included berries, as they're particularly rich in antioxidants, which have also been linked with improving recovery and reducing muscle soreness. The coconut water and frozen fruit will provide carbohydrates to replenish the glycogen stores you've just used."







Forget having to choose between splashing cash on a blender or juicer. The epic Breville 3X Bluicer Pro does smoothies, juices, sauces and slushies – come at us. \$599, Harvey Norman

## The Bloat Beater



Whether you're riding the crimson wave or rocking a, well, rock in your belly, a mint-cacao blend has you covered, explains nutritionist and author Fiona Tuck.

"This is a great smoothie for when you're bloated or on your period. The bananas and flaxseed supply fibre, which can help ease constipation, the fresh mint supports digestion and the avocado provides good fats as well as potassium, magnesium and B vitamins, which may assist with bloating and hormone imbalance. Plus, the tasty cacao nibs are another good source of magnesium, which may help to alleviate PMT symptoms." Drink up!



## The Stress Soother



Craving calm? Advanced sports dietitian Chloe McLeod's peanut butter and banana combo is a hug in a blender.

"Banana is perfect if you're feeling under the pump, as it's rich in folate, which helps with the production of serotonin. The natural yoghurt also aids [this] production and is a good source of protein. As for the peanut butter, it's rich in magnesium and zinc, which can help improve mental health, while the flaxseeds [packed with plant-based omega-3] can help reduce stress, too. Lastly, this smoothie is creamy and sweet, which will put a big smile on your dial!"



# Fresh Moves

Mix up your smoothie repertoire *and* score a vitamin boost at the same time with these intriguing ingredients

## Frozen zucchini

Adds another serve of veggies and gives a nice creamy consistency. Don't worry, you won't taste its savoury goodness, especially if you blend it with frozen banana.

## Leftover veggie fibres

If you make juice at home, don't waste the nutritionally dense leftover pulp. Instead, portion it into 1/2 cup serves, freeze and use in smoothies to add extra fibre and nutrients.

## Broccoli sprouts

These are a rich source of sulforaphane, which may help protect the body from disease, reduce inflammation and promote brain health.

## Raw nuts

Just one reason they rock? Nuts add protein, fibre and good fats to your blend and help keep you fuller for longer. Try Brazils, walnuts or pistachios for instant rich flavour.

## Celery leaves

Don't chuck 'em – blending these into your smoothie dials up its fibre, folate and other vits and minerals. *wh*



# Should I Be Eating Full-fat Dairy?

**Heard full-cream milk is where it's at? Dietitian Laura Tilt breaks things down**

Ah, fat. Our love-hate relationship with it is well documented – since the '80s, public health campaigns have encouraged the average person to cut back on butter, cheese and other high-fat foods, owing to a link between sat fat and heart disease. Then there's the concern about consuming excess kilojoules, as the number of people carrying unhealthy body fat – linked to chronic disease – rises. After all, gram for gram, fat provides twice the energy of carbs or protein, which has often led to lower-fat foods being hailed as a smarter choice.

But in recent times, the spotlight has shone more favourably on fat. Low-fat products began to be demonised for being high in sugar and sweeteners to replace the taste that fat provides. And, in 2018, there was a buzz after researchers published data showing that eating around three servings of dairy a day was linked with a lower risk of heart disease, with full-fat dairy seeming to have the strongest benefit.

The study in *The Lancet* involved more than 130,000 adults, between the ages of 35 and 70, from 21 countries. At the start, researchers collected data about participants' diets and sorted them into four groups according to their dairy consumption – no dairy, less than one serving per day, one or two servings per day and over two servings per day – with whole and low-fat choices noted. Participants

without existing heart disease were then monitored for an average of about nine years, during which time the researchers tracked how many people experienced a cardiovascular event (we're talking heart attack, heart failure or stroke) and how many died as a result.

After adjusting for variables such as smoking, exercise and red meat intake, the researchers found that those with higher dairy intakes (two or more servings per day) had a lower risk of cardiovascular disease and mortality than those eating no dairy. The benefit was stronger in those consuming full-fat milk and yoghurt.

So, does this mean the switch from low-fat to full-fat is a no-brainer? In a word, no. This was an observational study – good for showing patterns, not so great for proving cause and effect. Though full-fat dairy was linked with the lowest risk, it's not clear why – some suggest dairy products are more than the sum of their fat content, and the beneficial effects may be down to other components, such as vitamin K and calcium. It's also key to note that, in this study, the protective effects were

## Get Your Daily D

**Minds out of the gutter, please. We're talking about dairy – and three ways to score it...**



### KEFIR

Containing live active cultures, a shot of kefir in your usual overnight oats delivers sweet belly benefits.



### YOGHURT

Big fan? Opt for a strained variety (such as Greek), which is higher in protein than regular yoghurt.



### MILK

High-quality protein, carbs and lots of micronutrients, make cow juice a winner for post-exercise recovery.





PHOTOGRAPHY: STOCKSY. ILLUSTRATION: GETTY IMAGES

# Best Body nutrition

## Love Your ♥

Not a dairy fan? These other fatty boombahs also contain nutrients that protect your precious ticker



### WALNUTS

A handful of these can cut your risk of cardiovascular disease, says research in the *Journal of Nutrition*.



### AVOCADO

One avo contains 975mg of potassium, and getting at least 4.7g of P a day can decrease blood pressure, reveals a paper in *Current Hypertension Reports*.



### OLIVE OIL

Drizzle EVOO on it all – a higher intake of olive oil was associated with a 48 per cent lower risk of dying from heart disease, reports a study in *BMC Medicine*.

driven by the consumption of milk and yoghurt only – no significant association was seen with cheese or butter.

But this study isn't free from flaws – dietary data was self-reported and only collected at one time, so it's not clear if people's intakes changed week to week. The follow-up period was also quite short if we're looking at heart disease developing in younger adults, and most of the countries studied were low-middle income, so whether the findings can be applied in Australia is questionable.

At best, we can say – based on a wider body of research – that consuming two or three portions a day of dairy foods (a portion being a glass of milk, a small pot of yoghurt or a matchbox-sized piece of cheese) may protect heart health. As for low-fat milk and yoghurt, if your main goal is to maintain a healthy weight, they can be helpful choices. Milk moustache it is, then. [wh](#)



Contrary to popular belief, the key to getting abs you could eat your seafood linguine off isn't doing thousands of crunches. Just ask PT Andy Vincent. "Excessive spinal flexion can be quite harmful for the spinal discs," he says. "Instead, focus on moves that train your centre as it was intended to function, which is to help prevent motion." Think of any building: a solid, strong foundation is essential. In your body, that's the core. "The better you are at maintaining posture while reducing impact and decelerating your body weight, the greater your ability will be to generate force and become strong." So when it comes to maximising your strength and protecting against injury, anti-tension core training is your new plus one. Vincent has designed the following workout to train your core in three planes of motion: flexion or extension (how you move when you do crunches or cobras), lateral flexion (think side bends) and rotation (Russian twists). Let's get to it.

## Need to know...

1. Do all the moves in 1 session or split them across 2-3 sessions in a week.
2. Weights should be heavy enough to challenge you on the last few reps – but not so much that your form breaks down. Over time, up the ante by increasing load or working at a slower pace.

# Sculpt a Strong Core

Endless sit-ups doing nada for your six-pack? Add anti-tension training into your workout for guaranteed full-body gains

## LANDMINE ROTATION

**Targets:** Core  
**Do:** 3 sets of 6-8 reps on each side  
**(a)** Stand tall and hold the end of the bar in both hands, with elbows slightly bent.  
**(b)** Keeping your core tight, draw the weight down to one side, being careful not to twist your hips or spine with the movement. Return to the top and repeat on the other side.

Let's twist again







A



B

## 4

### KETTLEBELL PULLOVER

**Targets:** Core

**Do:** 3 sets of 8–10 reps

**(a)** Lie on your back with your feet up, and your knees bent about 90 degrees. Hold a kettlebell with the bell end up.

**(b)** Reach your arms back overhead, keeping the elbows straight. The tendency is for the back to arch away from the floor, so try to keep the spine in contact with the ground and reach the arms as far back as you can. Exhale on the way down and hold for 2 secs at the bottom, then reverse back to the starting position as you breathe in. Nice!



A



B

## 2

### KETTLEBELL FRONT CARRY RACK

**Targets:** Core

**Do:** 3 sets of 15–30 mins on each side

**(a)** Front rack a kettlebell in one hand, bracing your core so as not to allow the weight to pull you sideways or forwards.

**(b)** Keep your eyeline down and walk forwards at a controlled pace, trying to stay as tall as possible. You'll feel the muscles of your trunk on the opposite side of the weight working.



A



B

## 3

### PLANK WITH PLATE PASS

**Targets:** Internal and external obliques, transverse abdominis

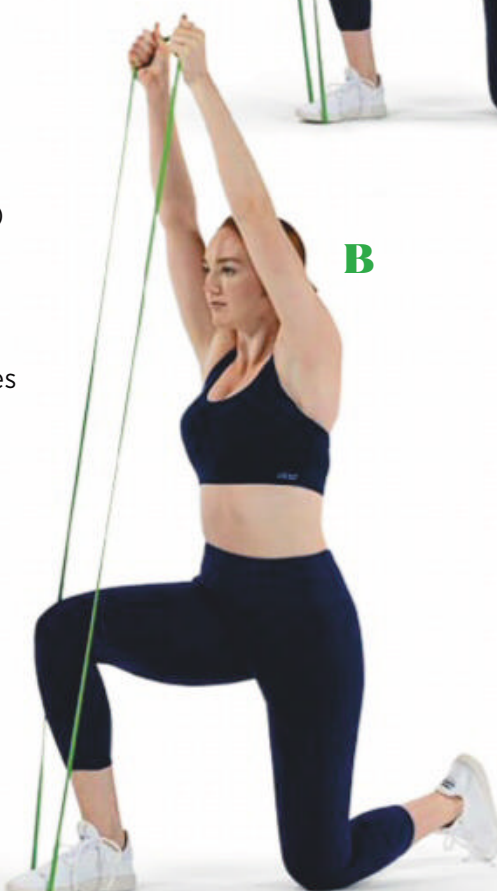
**Do:** 4 sets

**(a)** Start in a strong plank position, with a small stack of 2.5kg plates (no more than 5) to the right of your right hand.

**(b)** With your left hand, start moving the plates one by one to create a stack on the opposite side. The key is to avoid rotating – if you let your hips lift or rib cage drop, it's no longer anti-rotation. Try to move the stack 4 times before resting.



A



B

## 5

### HALF-KNEELING OVERHEAD PALLOF PRESS

**Targets:** Core

**Do:** 3 sets of 10 reps on each side

**(a)** Get into a half-kneeling position to create a strong base, with one end of a resistance band under the foot on the ground. Grip the other end of the band in both hands and pull it up to just above shoulder height.

**(b)** Exhale as you pull the band up above your head. Pause for 2 secs at the top, then inhale as you lower. *wh*





# The Secret Lives of Ball Stars

When they're not kicking epic goals on the field, these AFLW players are hard at work in demanding (and sometimes dangerous) day jobs

By Penny Carroll



## From the Ruck to the ED

**Jess Foley, Adelaide Crows**

Back in 2015, Jess Foley retired from pro basketball to focus on finishing her medical degree. But fast forward a few years and she's now found herself juggling work, study and elite sport all over again. After stepping away from the court, Jess, 36, began playing with a local footy team just for fun. "It all escalated pretty quickly," she says. "At that time, I was putting a sporting life behind me, but [now] I'm right back in it!" Although she'd never played before, Jess

showed a natural talent as a ruck and soon began training with the Toyota-sponsored Adelaide Crows, alongside former WNBL teammate Erin Phillips. Last year – her first season as an AFLW draftee – she helped the team win a premiership, while behind the scenes she was working as a doctor-in-training, logging hours at a GP practice and in the ED.

This season Jess has pulled back to part-time work and study to allow more time for recovery, but she says the juggle is still real, especially when she goes from long days at the practice straight

to training. "Being a doctor sometimes can be challenging; you definitely see some patients and circumstances that are pretty sad ... But, for me, football is a way to use that emotional energy stored up through the day," she explains. "Being around friends and being competitive is a good outlet for all of that emotional stress. It's a real blessing."

With a flag to defend, there's no doubt the Crows have their sights set on the finals this season, but Jess just wants to make the most of her unexpected sporting encore.

"I absolutely love football and there's only so long that I'm going to have to play," she says. "I've got a long career in medicine once that's finished."

Field  
work







## The Triple-threat Talent

**Daisy Pearce, Melbourne Demons**

In her red-and-blue Melbourne Demons guernsey, Daisy Pearce could pass for Superwoman – and considering how much she packs into each day, it'd be an accurate description. You might recognise the 31-year old from her magic on the footy field, her work as an AFL boundary commentator, or her stints on sports radio station SEN. What you may not know is she's also a midwife and a mum of 13-month-old twins Sylvie and Roy.

"My biggest challenge is the juggling act every mum faces: am I spending enough time with my partner, my kids and at work? I'm learning and adapting as I go and trying to find the right balance," Daisy says.

Always a high achiever, the dynamo was back in her commentating role with Channel Seven five months after giving birth, and training for her AFLW comeback while her babies slept. The grind paid off, as she reclaimed the 'Dees' captaincy for the 2020 season. "If you're giving up time with your family, it has to be worth it," she says. "Footy has always been my passion and I love every minute."

When the season wraps for the year, she'll head back to her part-time midwifery job, where she says she honed her signature 'calm under pressure' footy style.

It's clear Daisy is a master of multitasking, so what has she learnt? "The need to be adaptable," she says. "Some days go to plan and [others] don't, and that's OK." Amen.



## The Stevedore with a Golden Boot

**Jess Wuetschner, Brisbane Lions**

As a star forward for the Lions, Jess Wuetschner is known for kicking seriously gobsmacking goals. But when she's not impressing on the footy field, she's putting her body on the line as a stevedore at the Port of Brisbane.

The job involves long shifts, often at night, loading and unloading ships as they come into dock. It's not only physically demanding, but dangerous: earlier this year, Jess, 27, was struck by lightning while working during

a thunderstorm. "I heard a big bang and saw white bolts go up the pole I was holding, then they went up my arms as well," she recalls. "It was pretty freaky."

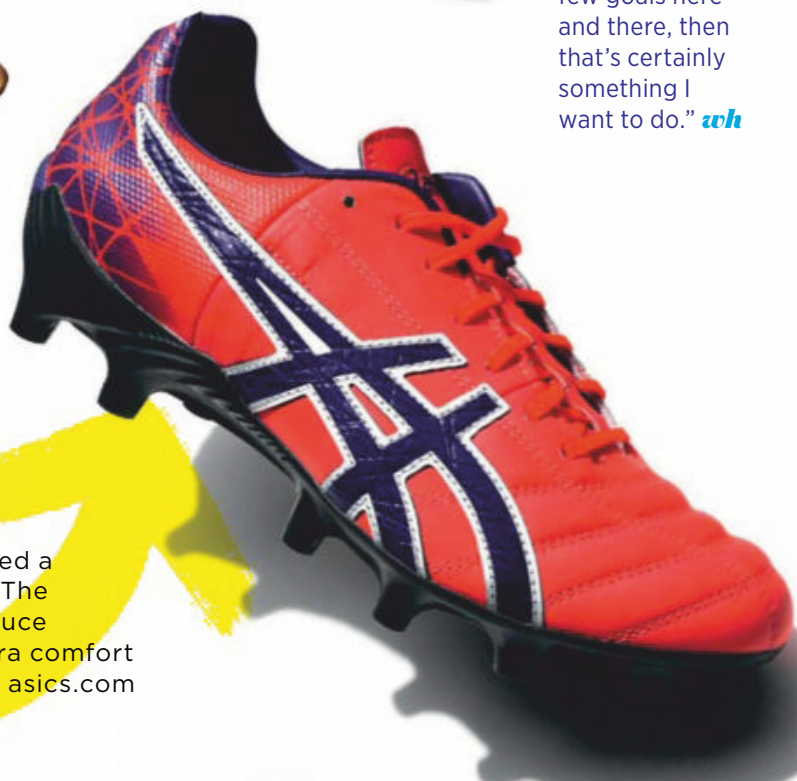
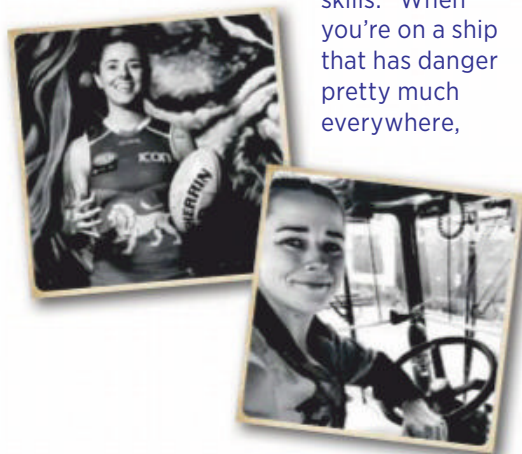
Although she was physically unharmed, the experience left her emotionally shaken. Right now, Jess isn't sure whether she'll continue working as a stevedore, saying she needs to focus on her mental health.

Nevertheless, she credits the job with finetuning her communication skills. "When you're on a ship that has danger pretty much everywhere,

you rely on each other to play your part, and that [idea translates] onto a football field as well."

Whatever career Jess ends up in, her footy background will be an asset. The Tassie-born athlete, who played hockey before switching to AFL at 17, reckons sport is a great training ground for working life. "I think you can get a lot out of playing sport when it comes to treating people with respect," she explains. "It gives you a better mindset to understand people's different reasons for things they do and how they work."

Her goals for the 2020 season? They involve, well, more goals. "I want to be a consistent player, just do my role for the team, and if that means kicking a few goals here and there, then that's certainly something I want to do." *wh*



### Kick like a Girl

Let's hear it for Asics – the brand has just launched a footy boot designed specifically for female feet. The Lethal Tigreor IT FF has a 10mm heel raise to reduce stress on lower limbs, and a contoured fit for extra comfort on the field. Cinderella, eat your heart out. \$240, [asics.com](https://asics.com)

PROUDLY SUPPORTED BY





# nature nurtures best



## aromatherapy for your skin

100% pure essential oils and nutritive plant extracts combine to gently cleanse, nourish and protect. Skin is refreshed, healthy and happy.

Experience 'try me' free testers in-store.  
[natio.com.au](http://natio.com.au)

**NATIO**  
NATURAL AUSTRALIAN BEAUTY



By Lizza Gebilagin

# Detox Retox Repeat

That's the motto of this fitness-and-vice-filled weekend in Australia's newest (and totally unexpected) wellness destination, Brisbane

In a fantasy world, I'd get on the next plane headed for a beachside Muay Thai camp in Phuket or a yoga retreat hidden among the rice paddies of Ubud without a second thought. My reality, however, isn't so Instagrammable: rent, groceries and saving for a friend's destination wedding have all called dibs on my monthly pay and annual leave balance, doing nothing to satiate my need for a fit escape. I'm close to giving up on a break when Brissy casually slides its way onto my radar. The Aussie city that unexpectedly got cool is the destination for W Brisbane's Urban Fuel Weekend. On the itinerary: a couple of nights at the five-star boutique hotel, HIIT sessions with trainer Luke Zocchi (you might've heard of him? One of his PT clients is some actor by the name of Chris Hemsworth), a cooking class with *MasterChef* judge Andy Allen and lots of cocktails in between – all without leaving the country or slashing my annual leave tally. I. Have. To. Go. And so I do. You know what? The trip more than satisfies my active vacay cravings. Here are the highlights...

## DETOX: SPIN IN A BALLROOM

I've only done spin on a handful of occasions and now I can say one of those times was in a ballroom decked with four-metre LED walls, modern chandeliers and a DJ. The session is led by W Brisbane's fitness programmer and InspireCycle instructor Jake Harrison. He's up on the stage, pedalling at a rate I can't keep up with, while simultaneously doing upper-body rolls and dropping truth bombs like, "You can't do the same shit and expect to change." Impressive.



## RETOX: CHEERS TO GOOD HEALTH!

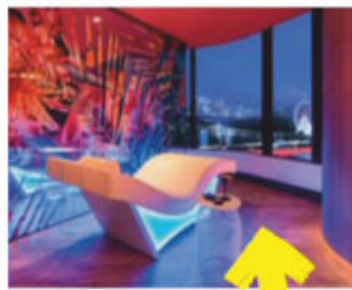
You spin some, you drink some. And thankfully at this retreat it's not all green juice. Although healthier options are on offer, such as the homemade ginger beer at the welcome soiree, a bartender kindly offers to spike it with vodka. There are more delicious cocktails and wine the next day at Three Blue Ducks. But the best part? It's all included in the price of the package.





### DETOX: SWEAT LIKE A CELEB

Everyone's excited when the man who sculpted Thor's guns, Zocchi, arrives to run a HIIT class. There's no doubt he's the big drawcard to this weekend event, but Zocchi is the one who treats the rest of us like we're the stars. Before we start, he introduces himself to every person in the room, then he's high-fiving people as they complete the reps. He's such a nice guy that by the time he's making us race down the ballroom doing bear crawls the next day, how could we be annoyed with him?



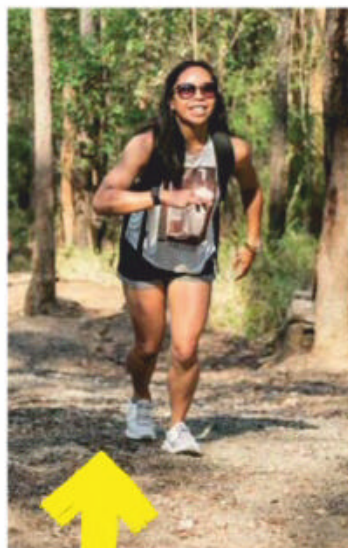
### RETOX: CHAMPERS IN THE HOT TUB

You may have noticed there's a lot of sweating scheduled in. Day one has two sessions (spin and sculpt), day two has three (kayaking, HIIT and boxing or pilates), so does day three (hiking, HIIT and yoga). This is why I skip the beauty workshop and opt for a soak in the magnesium-filled, excellent-for-achy-muscles hot tub at the hotel's Away Spa. They offer a drinks service too, so I turn what could've been a detox into a retox and order a bottle of champagne to drink in the spa. This is the life.



### RETOX: LEARNING FROM A MASTERCHEF

We eat well all weekend. Each morning starts with the breakfast buffet at Three Blue Ducks; we snack at the 24/7 Fuel chill-out zone, located in the hotel's penthouse; and there's also huge healthy lunch spreads daily. The highlight, though, is Allen's cooking class at Three Blue Ducks. Cocktails in hand, we split into groups of three to learn how to make our own bread, pumpkin hummus and roasted broccoli, plus a fermented chilli paste to marinate chicken. Later that same night, we drink more wine and eat the chef-made versions of the food we cooked. So much yum.



### DETOX: EXPLORING THE OUTDOORS

If you're going to see the city, you may as well do it from the view of a kayak as you paddle your way along Brisbane River, like we do. We also head out to Mt Coot-tha and tackle the steepest hill in the surrounding bushland: the Kokoda Trail. Don't be fooled: that big smile on my face (above) is me trying to push through the pain.



→ Want to experience the next Urban Fuel Weekend yourself? Visit [wbrisbane.com](http://wbrisbane.com) for details and dates.

## FITCATION FUNDAMENTALS

**On hols and don't want to stray too far from your health and fitness goals? Not a problem. Celeb trainer Luke Zocchi's got your back.**

# 1

### Train in the morning before you eat

"Twenty minutes is all you need to set yourself up for a good day. You'd be surprised at how just doing a quick workout can change your mood and mindset – and will stop you going completely mad at the breakfast buffet."

# 2

### Explore more by foot

"What better way to check out a new city or town than by walking around? Just by doing this you'll burn way more kilojoules, not to mention discover more along the way."

# 3

### Be smart with alcohol

"If you're going to drink, try to avoid sugary mixers. Vodka – or tequila – with soda water and lime are my go-tos. And always have plenty of water in between drinks."

# 4

### Pack your gym gear

"If you're planning on being active [and you've brought your gear], then there are no excuses!"

# 5

### Don't put too much pressure on yourself

"Holidays are meant to be fun! I find if I try to be really strict I end up standing in front of the fridge and, before I know it, I've devoured a whole block of chocolate. Balance is key, so just relax." *wh*



# Bedtime Stories

Scoring good sleep on the reg can feel like the stuff of dreams. Want to wake up refreshed? Try this expert advice, tonight!

By Aryelle Siclait

Pillow  
fight



Whether it's the symphony of early morning garbage trucks, your kids climbing in next to you before your alarm sounds or your own mind refusing to quiet down, chasing good zzzs can seem like navigating a minefield littered with pillows. So it's no wonder we cling to the personalised formulas that make our eyelids heavy. Thing is, since many of our routines are more DIY than def-backed-by-science, it's tough to gauge whether they're actually helping our slumber. So, we asked sleep pros to hold common habits up to the night light to declare which are in the clear – and which need to be put to bed.

#### SCENARIO

"I head to bed only when I physically can't keep my eyes open anymore, usually around 2 or 3am."

#### Verdict: A seriously biig no-no

Sound familiar? Say hello to delayed sleep phase syndrome (DSPS). In other words, you're a night owl – and the natural finale to your sleep cycle may not hit until 11am. Before you stress, sleep specialist Dr Mandana Mahmoudi says that you can reset your sleep rhythm with light therapy: gradually reduce your exposure to light (stay away from gadgets, lower the shades, etc) earlier and earlier each night, then increase it as soon as you rise (throw open the curtains or get out for a walk). After a couple of weeks, you'll feel sleepy sooner than usual.

#### SCENARIO

"I sleep with my dog in the bed. I love having him in there with me so much, I've convinced myself my sleep doesn't suffer because of it."

#### Verdict: It's nothing to worry about

OK, sleeping with a doggo who might hop off and on the bed or bark if he hears something outside every now and again isn't award-winning sleep hygiene. But who could say no to that face? As long as you're feeling alert throughout the day, you shouldn't lose sleep over snuggling up with a furry friend, says Jerome Siegel, a sleep researcher at the University of California. And if you're not kicking your partner out of the bedroom for waking you up when they get in and out of bed, your dog can stay too. The exception: if you routinely find yourself totally alert during the night because of your pooch, you should train it to sleep in another room.

## Slay Slumber

Sorry, but you can't really take advantage of "gaining an hour" of sleep when daylight saving time clocks off for the year (heads-up for most Aussie states: it ends April 5). Your body will stick to its regular wake-up regardless of how much extra beauty sleep you intend to get; if you stay up later the night before, you lose out on that rest. The best approach is to reinforce cues that make us fall and stay asleep (yep, slash screen time in the pm and amp up light in the am). Do this for two weeks after the time change to give your body the push it needs to release melatonin earlier, putting that early sundown to good use.



# Best Body

## sleep

### SCENARIO

"I often catch-up on sleep on Sundays with a long nap. And I never have a problem falling and staying asleep later that night."

**Verdict: This could actually be a sign of a bigger sleep issue**

If you were getting enough sleep most nights, you wouldn't need to "catch-up" by napping (which, btw, isn't possible), says Siegel. And if you can stay horizontal for a night of zzzs after those afternoon snoozes, Mahmoudi suggests a sleep problem could be at play, in addition to you being short on sleep. Ask yourself a few cluey Qs: do I snore? Are my dreams vivid? Do I toss and turn? These are all indicators of underlying disorders – such as sleep apnea – that often go undetected. So, you might want to hit up a sleep expert just in case.

### SCENARIO

"I *think* I function well on five to six hours of sleep, and with my phone and a baby monitor on my bedside table."

**Verdict: A less-than-ideal set-up**

No matter how rested you may feel during the day, five hours of shut-eye, when it's fragmented by noise coming from a baby monitor or phone alerts, "is definitely not enough", says Mahmoudi. The sleep sweet spot is more like seven hours, she says. By sticking to this nightly habit, you risk chronic sleep deprivation that will strike hard as you get older – think wrinkles and inflammation. Eek. The fix? A commitment to hitting the hay earlier by designating a bedtime, and relegating the baby monitor or phone to a spot across the bedroom, or even in the kitchen. That way you can resist the urge to tune in to your kid's every move throughout the night, but still be able to hear when you're needed. And if your phone lights up with a message, you'll have to relinquish your comfy posi in bed to read it.



## Shut-Eye Tips

Strange but true? Your face, arms, torso and genitals can all be affected by restless legs syndrome (RLS), an uncomfortable tingling sensation combined with the urge to move around after you've been still. The effects of RLS are most noticeable in the evenings, causing twitches every 10 to 15 seconds leading up to and during sleep. If this is your sitch, take notes on your sleep quality and keep track of when these feels are strongest. Your doc can determine whether it's RLS and suggest changes (like cutting caffeine), and possibly meds, to help settle things down.

SOURCE: THE NATIONAL SLEEP FOUNDATION AND JEROME SIEGEL, SLEEP RESEARCHER AT UCLA

### SCENARIO

"I'm currently obsessed with sleeping with an eye mask on. It knocks me right out and the slight pressure on my eyelids is super relaxing."

**Verdict: You're onto something**

Major points for anyone turning to this expert-approved night-time eyewear. However, the pressure is likely not the reason you're feeling rested, explains Siegel. The kudos

should instead go to the mask's ability to block out light: the body releases melatonin just before you fall asleep, and light suppresses melatonin levels. Also, the eye shield keeps early morning sunshine (and the sneaky light that seeps in under your door) from ruining your dream sesh, allowing you to stay zonked right until the dreaded alarm buzzes. [wh](#)



# HOYTS

Extra-comfy  
recliners are just  
the beginning



BOOK YOUR TICKETS NOW AT [HOYTS.COM.AU](https://www.hoyts.com.au)





# Topical Pain Relief



## Relieves

Reduce muscle & joint soreness



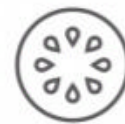
## Hydrates

Moisturises skin & helps relieve symptoms of premenstrual tension



## Pure Magnesium

Organically sourced Magnesium



## Cucumber Extract

Exfoliates & cools skin



## Easy to Apply

Perfect for use before, during or after sport and activities

**AVAILABLE ONLINE and in selected Pharmacies**  
[abundantnaturalhealth.com](http://abundantnaturalhealth.com)



/AbundantNH



@abundantnaturalhealth



@AbundantNH

**ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.**

Abundant Natural Health Magnesium Spray AUST L 315181 and Abundant Natural Health Magnesium Gel AUST L 315378



Useful  
stuff to  
upgrade  
your  
every  
day





# Why Does Sorry Seem to be the Hardest Word?

Apologising is a minefield – here's how to get it right

By Alexandra Jones

It's official: we're in a new age of apologising. Remorse on a grand media scale (think Kanye vs TSwift) is required to be effusive, and in everyday life there seem to be more beg pardons thrown about than ever: sorry that you bumped into me getting on the bus, sorry I'm asking you to fulfil your job description. Intertwined with the thinking that everyone is ready to take offence at pretty much everything (hello, Twitter), people in the public sphere are pre-emptively apologising. And yet, when you really have screwed up and a sorry is needed to regain equilibrium, it's still often the hardest word to say. Huh? We're sorry, but we don't quite understand.

## A Sorry State

Science has shown not only that apologies might play a vital role in helping us get along with others, but that the reason is rooted in brain chemistry. According to a study in the journal *PLOS ONE*, receiving an apology activates the regions responsible for empathy, leading to an uptick in the so-called love hormone oxytocin. Someone apologises to you, this hormone floods your system and you almost immediately feel less stressed, less aggressive and more open.

And as for the apologisee? "Saying sorry can have a powerful effect on your sense of self and allows you to restore a good self-image," says Dr Karina Schumann, assistant professor of psychology at the University of Pittsburgh.

It's unfortunate, then, that apologising too much or too little can chip away at the associated mental health benefits. "[Apologising too much] can come with a cost to perceptions of your competence," explains Schumann. So saying sorry every time you have to call a meeting, or before you ask mates for their time or effort, can make you seem less capable or worthy.

Marketing executive Rachel Miller, 28, has worked to change her overly apologetic habits after fearing it was leading to negative treatment. "I remember the worst time was when I started a presentation to a client with 'sorry'. Afterwards, my manager was annoyed and said it looked unprofessional, which in hindsight I agree with." Working in an all-male team helped her to break the habit. "The guys were less likely to say sorry – not always with good reason – but they seemed to get ahead quicker because of it," she recalls. "[So] I started to copy them."

## Soz, Mate

What about those moments when the S-word remains stuck in your throat? "Apologising for

big offences can feel hard because they reflect something defective in your character, and by saying sorry, you're taking responsibility and admitting to what might be a pretty fundamental flaw – be that incompetence, poor judgement or untrustworthiness," says Schumann. "These things are difficult to face up to – too many perceived flaws can lead to long-term low self-esteem."

The reason driving us to keep shtum is self-preservation. It stands to reason that you care more about what those close to you think of you, rather than the woman who goes for the empty bus seat at exactly the same time you do. But if your stubbornness to say sorry is harming your relationships, how do you break the stalemate? Sociologist Professor Maja Jovanovic suggests examining why you might feel resistance to an apology. "Maybe it's because it's unfair, but more likely it's a sign that something about it is touching a nerve," she says. It's an uncomfortable process, but an important one. "Taking ownership of a mistake and apologising can help you to move past it and mitigate the negative effects of the mistake itself," says Schumann.

So, what's the takeaway? To save apologies for when they count and to put meaning behind them or, even better, try not to do something that warrants one in the first place.



Too late  
now to  
say  
sorry?

# The Art of Apologising

**Sociologist Professor Jovanovic on how to handle a tricky sorry sitch**

**When you're late for something...**

Switch it for gratitude in minor situations. I've seen this dozens of times, where someone says, 'Thank you for waiting, I appreciate your patience.' There's no

apology and it's been fine. People like being thanked. They also like that you've noted their patience. It's a way to make amends without framing your minor infraction in such a negative light.

**When you've hurt a friend's feelings...**

Just be genuine [and say] 'I'm so sorry I hurt your feelings,' 'I'm so sorry I was insensitive.' Ask the other person for clarification on how they felt and then reiterate what they said back

to them – just to make it clear that you understand what they've said. You don't want to look like you're minimising any damage you have done. *wh*



The  
struggle  
is real

By Tara Ali

# The Friendship Break-up

So no one told you life was gonna be this way?

**Salma\* and I bonded in our 20s when we house shared and travelled to Europe together, staying in hostels and living our best carefree lives. Our friendship grew into one that had its own language, and we nursed each other through at least three major relationship breakdowns. So when I found out she'd been spilling deeply personal information that I'd told her in confidence to other people, I felt betrayed. I ended our friendship overnight because forgiveness did not seem like an option.**

In the aftermath, though, I felt something else – bereaved. I also missed Salma dreadfully. Breaking up with a best friend can feel worse than splitting up with a significant other because you were counting on them to be around until your bingo-playing years, even if everything else in life falls to the ground. “We want our friends to know us deeply and to never judge us in the ways that family and partners sometimes can, regardless of what

we do or say,” says Karen Phillip, a counselling psychotherapist and clinical hypnotherapist. “We confide our deepest feelings and secrets, so if that bond breaks down it can be devastating.”

## ***I'll Be There for You?***

Modern female friendships can be glorious, intense and often messy (pop culture knows this too: just check out the likes of *Broad City* and *Girls*). Compared with our grandparents' generation, “we have a greater need for deeper friend bonding,” says Iman Iskander, therapist at cultureofcare.com.au, who runs relationship-building workshops. “The pace of life and the way we interact is different now. People are constantly multitasking so our attention is fragmented, and we often feel hurried, which adds stress. What we need more and more is a sense of deep knowing or being fully present in an interaction.” We're also marrying almost a decade later than our mothers did, giving us more years to invest in female soul mates. Add to this





## **“MY BRIDESMAID GHOSTED ME AFTER MY WEDDING”**

**Arielle\*, 35, pathology collector**

“I’d been friends with Lauren\* for 27 years. She was one of my bridesmaids. A couple of years after getting married, my husband and I moved an hour out of the city for a slower life. With the location, it became a little harder to catch-up, but every time I tried, Lauren would give an excuse not to. Then one day she just stopped replying to my texts and calls. We went from having three decades of friendship to ‘I don’t even want to communicate with you.’ I never did find out the reason, and it really hurt me at the time, but now I just think that maybe I wasn’t what she needed in that stage in her life anymore. I remind myself not to take it too personally. I would rather be around people who appreciate my good qualities and love me for who I am.”

a study published in the journal *Personal Relationships*, which shows having supportive mates in old age is a stronger predictor of our wellbeing than having good family connections, it’s no wonder these break-ups hurt so much.

While we’re primed to understand that romantic relationships come and go, nobody tells us how to navigate healthy adult friendships, or what to do when they dissolve. One thing that helps? Knowing that not all friendships are meant to last forever – most only span seven years, according to a study published in *Netherlands Organisation for Scientific Research*. “There doesn’t have to be a red flag that spells the end,” says Iskander. “It could be just the slow dawning that someone is not there for you.” Phillip adds, “Sometimes you are in different life stages. Or there may be jealousy on one side for reaching certain achievements. There could be selfishness, or just not making the effort that you need them to.”

There’s a saying that if you’re not losing friends, you’re not growing up. While there are times I miss Salma, when I look back I realise that we were growing apart for a while before our break-up. Perhaps we were subconsciously moving on. We’re connected on social media and ‘like’ each other’s photos occasionally, but I’ve accepted that what we once had is now gone. And I’ve made my peace with it. **wh**

## **When the Rain Starts to Pour**

**Relationship therapist Iman Iskander’s advice on how to get over a friend break-up**

### **FINETUNE YOUR RESOLUTION SKILLS**

“Some friendships can survive a fallout, if both sides are willing to discuss things.” Accept your part: “In any conflict, there’s a percentage contributing to it from each side.”

### **TURN DOWN THE SELF-DOUBT**

“Strengthening your internal support system helps when you feel alone”. It’s time to dial up your self-love and do what feels healing to you, whether it’s journalling or karaoke.

### **DON’T FORCE CLOSURE**

If you can’t work through things, “Don’t push the sadness and grief away. Recognise things change and instead use the experience to help grow.”

### **PLAY FAIR**

If you bump into your old mate, be gracious. “Remember that even if they’re not a friend they are still a person, with their own story. Treat them as you wish to be treated.”

### **NURTURE THE SUPPORT YOU DO HAVE**

“List your friends and write down the qualities you appreciate about each of them. Recognise how they have contributed to your life in a positive way.” Wise advice.



A photograph of a melting ice cream cone on a dark asphalt surface. The ice cream is a mix of pink and white, with the pink color being more prominent. The cone is a golden-brown wafer. The melting ice cream has spread out on the asphalt, creating a large, irregular puddle. The background is a dark, textured asphalt surface. The title 'How to Nail a Fail' is overlaid in large, white, serif font.

# How to Nail a Fail

Junior Writer Harriet Sim dons her student cap to find out whether getting an F is the key to success

PHOTOGRAPHY: STOCKSY



It's not often I find myself hugging a stranger. But on a quiet Thursday night in an empty office space, here I am. The evening begins like most social get-togethers. Small talk around a generous charcuterie spread. Games and debates, laughter and wine. You'd be forgiven for thinking I was at a house party with an old friend. In fact, I'm at the Sydney branch of global self-development centre The School of Life. Tonight's topic? How to fail.

Leading our workshop is Adam Jacobs, a philosopher and cofounder of Australia's largest online fashion retailer, The Iconic. Before you scoff at a successful ecommerce mogul giving a talk about failure, hear him out. "Watching my siblings get married and start families, I realised that by giving all of my time to the business, I made a huge sacrifice to my personal life. That is my failure."

The truth is, everyone fails. But, while success is championed and broadcast, failures aren't often spoken about, and so we're recklessly unprepared for them. "We perceive failure as a barrier to success, so as a result we try to avoid it," says psychologist Tara Hurster.

That's why – along with a teacher, accountant, rookie film producer and 12 others – I'm learning how to fail. Over three hours, I start to confront my own resume of failures. Some come easily (such as my inability to cook) and others are a little harder to divulge (people I've let down, words left unsaid and my debilitating fear of rejection).

So, was a five-minute hug with a stranger the antidote to my fear of failure? Not quite. What I did learn was that I wasn't alone in my trepidation, but also to appreciate that failures impact us all and can actually be formative as long as you learn. While setbacks can't always

be swerved, the following tools and realisations can soften the blow and help you find your feet again.

## **Failure is Attractive**

During the workshop, Jacobs asks us to describe our lives in both the most optimistic and enthusiastic way, followed by a pessimistic, negative version. People offer highlight reels of perfect relationships, successful jobs and uber-close families, but during the second half of the exercise, more realistic and balanced pictures are painted, showcasing flaws and all. "What stories did you relate to more?" Jacobs prompts. His point: as humans, we connect to vulnerability and honesty because it makes us feel less alone and more willing to open up. So, overshare away.

**THE EXPERT TAKE:** Hurster reckons the key is to avoid using labels such as 'failure' in the first place. "Your words mirror your thoughts," she says. Think of it like this, she adds, "You haven't failed, you've tried."

## **You Are Not Your Parents**

Walking into Jacobs' class, I didn't anticipate a parent-child role-play. "If you were to speak to your parents about your successes and failures, what would you say?" Jacobs asks. I wonder how my mum and dad's expectations have influenced my relationship with failure. Turns out, they have a lot to answer for (sorry, guys). It might manifest in your perfectionist drive, tough inner critic or constant need for validation – but it's nothing personal. "What's important to understand is that their influence is not malicious, but simply a projection of their own experiences and insecurities," Jacobs explains. While asking for advice from your parents can be constructive, it's good to remember you are a product of theirs, not a project.

**THE EXPERT TAKE:** "If we solely take on our parents' perceptions of success and failure,

we risk losing our sense of self. It's important to acknowledge that your desires may be different to theirs and that's OK," says Hurster.

## **Embrace the Balance**

If you've ever delved into the world of self-development podcasts you've probably heard of the 'Aha Moment'. You know, that light bulb flicker you get when something clicks. For me, it was a simple list. "Write down areas of your life where you are a success and then note the downside of this success," Jacobs instructs us. A few thoughts come to mind: I'm great at maintaining friendships, but struggle to find time for new mates; I have a range of skills, but don't excel at one particular thing; and I'm great at saving money, but it holds me back from social activities. The point is, our failures often come from our successes. Meaning we'll never really be a total success or a total failure, but a happy medium between both.

**THE EXPERT TAKE:** "Avoid the mindset that success in one area of your life means neglecting another. Remember, balance is available to you as long as you manage it effectively by setting boundaries and asking for help," says Hurster.

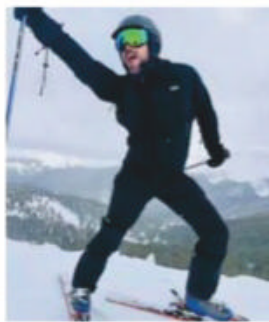
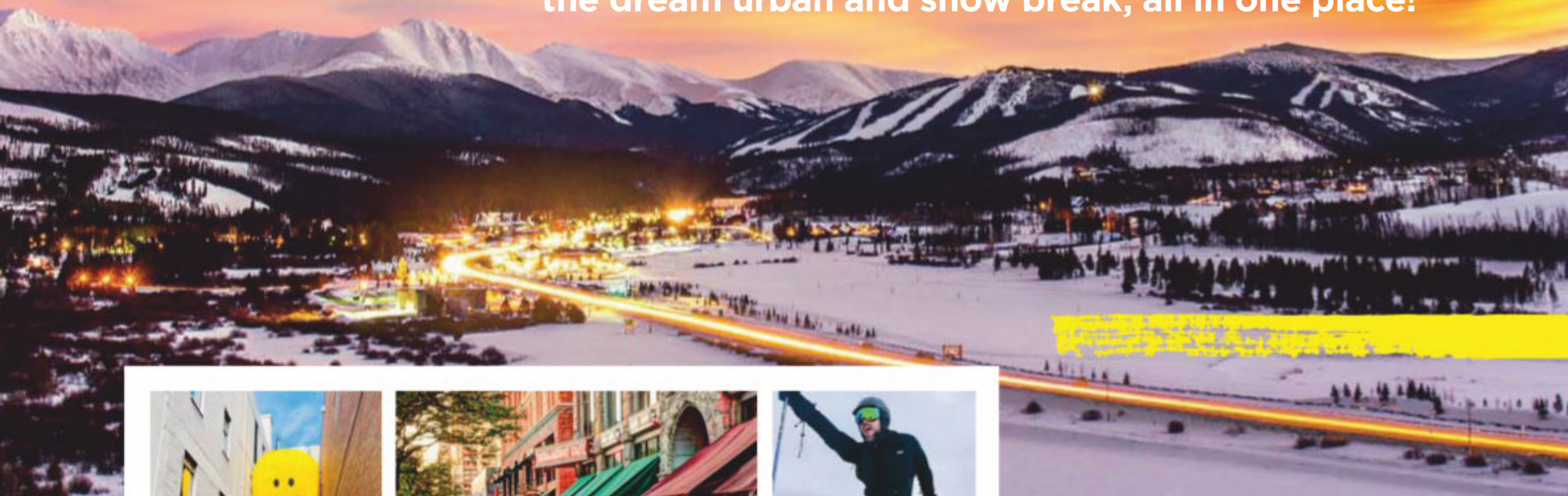
I leave the class that evening full of cheese, wine and plenty of food for thought. Who would I be without failure? More confident – maybe. A culinary whiz – perhaps. A less-wise and relatable human? Absolutely. So, in that case, I'll take the F. *wh*





# City to Ski

WH Creative Director Adam Williams discovers the dream urban and snow break, all in one place!



**What if I told you there's a Hogwarts Express-like service that transports you from the streets of a very cool US city straight to the snow, where you can carve up some ski powder in one of the country's most underappreciated resorts?**

It does exist (and you don't have to run through a brick wall at Platform 9¾ to get on board). You'll find this express ski train in Denver, Colorado. The Mile High City gets its nickname by being 1690 metres above sea level and is the perfect place to acclimatise to the altitude before getting on the train to Winter Park Resort. So, that's what I do: after a 12-hour flight from Sydney to LAX on Virgin Australia, and a short aircraft swap to Denver, I spend the next 24 hours acclimatising with a pre-snow, city sojourn.

My digs in Denver is the super-stylish Kimpton Hotel Born, located a two-second trot from the airport

train link at Union Station. Normally, I'd shy away from staying near a station in a big city (Rome or Budapest: perennially dodgy) but Denver Station isn't like most. Chic restaurants and pimped wine bars cloister the main waiting area of the 1914 heritage concourse. The building shares the same bygone-era modern aesthetic of the Kimpton Hotel Born (with added wood-panelled, cabin-style cosiness).

This eclecticism seems to seep into the very fibre of Denver. I hop on the eTuk Urban Denver City Tour (imagine a regular tuk tuk but powered by electricity and less rickety than the Mumbai version), which takes me around this diverse city. From the hidden art installations that pepper the streets, to the cool bars and micro-breweries of Larimer Street, the tour neatly showcases a city that's currently flourishing. A few locals I speak to credit the boon to

sunny weather, the proximity to the Rockies and a thriving cultural scene where gastronomy features strongly. I have dinner at Larimer Street favourite Rioja – a Mediterranean menu with a twist from famous chef Jennifer Jasinski – and for a post-dinner nightcap, I check out Green Russell and Larimer Lounge too.

## Wakey, Wakey

Now regretting that nightcap, phase two of the trip begins with a pre-dawn wake-up call to catch the Winter Park Express ski train at 7am. The views on the two-hour journey make the early start worth it. The carriages of the Superliner sightseer boast windows that start on the floor and wrap up to the ceiling so that we can take in every inch of the amazing views. Right on cue, a fellow traveller remarks the journey has a "train to Harry Potter's Hogwarts" feel. It's a pretty apt comparison as we marvel at the flatness of Denver's wide-open plains then wind up the dramatic twisty slopes of snowcapped mountains.

## Winter Park notes

### TOP STAY...

**Zephyr Mountain Lodge** literally overlooks the Mountain Gondola.

### INDULGENT EATS...

**Volario's** is the perfect place to pasta-it-up at this altitude.

### WHEN TO GO...

**From March until mid-April** as there's plenty of snow, but with more tolerable temperatures.

### PLAY...

**Not a ski bunny? An off-mountain sno-asis of tubing, ice skating, snow-shoe tours and wildlife spotting will keep you entertained.**



Give  
us a  
bear  
hug!

## Closer to Home...

So, you want that city-to-ski feel but closer to home? Well, that same Ikon Pass also allows you to access Mt Buller in Victoria, plus NSW's Thredbo, where I go for a quick escape.

OK, so there's no Hogwarts-like train to get you to Thredbo from Sydney or Melbourne in two hours, but the resort offers the longest ski runs in the Southern Hemisphere and some top-quality ski lodging at Alpine resort, a mere two minutes from the lifts. Speaking of lifts, this winter they're opening the new Doppelmayr Merritts Gondola that will cut the journey time to the cruiser area from the village to a mere six minutes, as well as quadrupling the capacity. No more wait times for those long antipodean runs! It's the best way to get the most out of your Ikon Pass without heading overseas. Bargain. Visit [ikonpass.com](http://ikonpass.com) for info.

As the train pulls into the platform, we're greeted by a flurry of snow, getting me in the mood for some serious skiing. I'm planning on staying overnight but the ticket also enables you to leave your city garb safely in your carriage's overhead locker while you hit the slopes. That very same carriage will wait on the platform to take you back to the city after the last lift, complete with a well stocked on-board bar for an *apres-ski* hot toddy. It's the most convenient city-to-ski trip around.

I can see why people head here even if they only have one free day spare: Winter Park is an archetypal hidden gem. It's the fourth-largest ski field in the US and one of the highest, yet it's relatively undiscovered outside of Colorado. We're talking 21 lifts, seven distinct territories, 160 marked runs, 1200 hectares of skiable terrain and one brand-new gondola - all at an altitude that means the ski season here runs into late May. It's also part of the Ikon Pass, a season ticket that gives you lift access to a huge network of 41 ski resorts around the globe, from here in the US to Japan, Canada, back home in Australia, and most

recently Zermatt in Switzerland. For as little as \$930, you can hop from resort to resort for one fixed price.

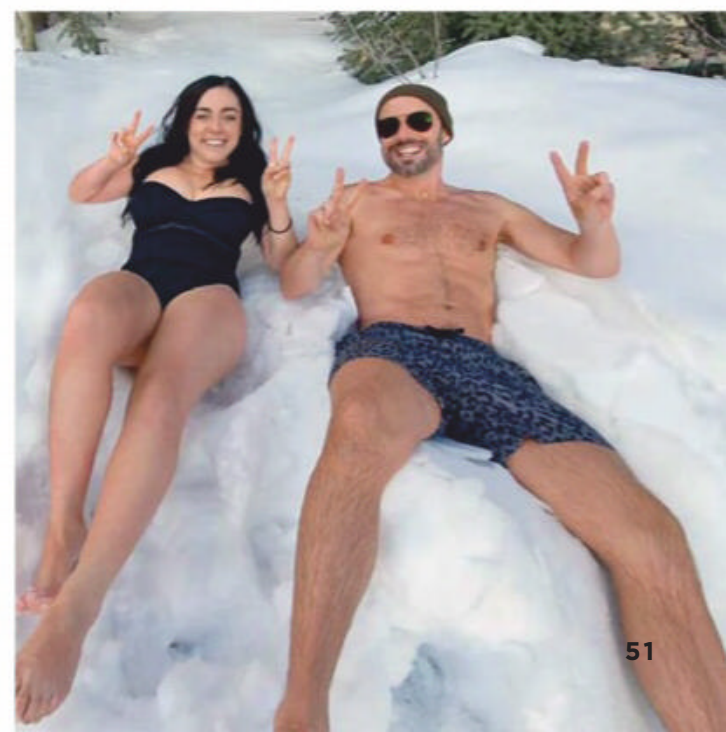
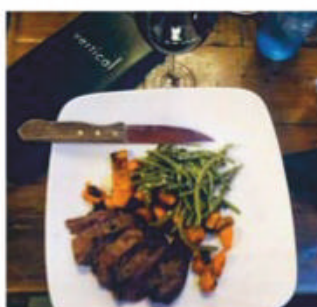
I'm an intermediate skier and Winter Park is a fantastic place to hone my skills. Its hidden-gem status means there's no fighting for space on lifts or slopes and I get as much skiing in as possible. All that terrain leaves me hangin' for some R&R by the end of the day. Our accommodation, Zephyr Lodge - located bang in the centre of the resort - beckons with a steamy outdoor pool to soak my limbs, as well as some powdery snow-

topped lawns to jump into for an ice bath between soaks. Epic recovery.

Winter Park itself is a cute, quiet hamlet that offers some cosy restaurants, perfect for a more relaxing *apres* style with a few mates or

families. A gastronomic highlight is the bavette of elk with roasted squash and buttery garlic greens at Vertical Bistro. The ideal supplement for the day's kilojoule-busting turns.

So, my hankering for a city-ski break vibe was well and truly satiated in Colorado. Now I just need a genius to make planes go faster, so I can pop over every weekend. *wh*





**Just when we finally got used to the idea of ‘conscious uncoupling’ as a quasi-legit way of talking about divorce (thanks GP, it only took us six years), everyone’s now moved on to ‘self-partnered’ as the term of choice to describe single life. It all started when actress Emma Watson told the world last November she wasn’t dating anyone and was totally fine with it. “It took me a long time, but I’m very happy. I call it being ‘self-partnered,’” the 29-year-old revealed to British *Vogue*. But unlike that other celeb-coined relationship term, it’s easy to see why this idea caught on quickly: in a world where #couplegoals reign supreme, learning to be your own ride or die could have major benefits for your happiness levels.**

Author Chidera Eggerue is in. (Fun fact: if her name sounds familiar, that’s because she founded the #saggyboobsmatter online campaign.) After a long run of “romantic attachments to men who were never prepared to love me properly”, the 25-year-old took a year off dating to build a relationship with herself.

“I used to be incredibly co-dependent and found that I was seeking myself through men who only had dysfunction to offer

me,” says Eggerue, the author of *How To Get Over A Boy* (Quadrille, \$19.99). “Now I have developed a relationship with myself [that’s] so healthy that – as much as I’m still attracted to men – my attraction to them will never be more important than my attraction to myself and my happiness.”

## **Me, Myself and I**

The big question? Does this mean being coupled up is going out of style faster than single-use plastic? Not exactly. According to psychologist Gemma Cribb, author of *Doing Single Well: A Guide to Living, Loving and Dating Without Compromise* (Trigger, \$26.95), the new self-partnered movement is simply a rejection of the old, outmoded idea that not being in a relationship makes someone inadequate.

“Singles are often thought to be sad, lonely and desperate,” Cribb says. “This stems from the belief we have in our culture that it’s normal to form intimate pair-bonded relationships. Calling yourself ‘self-partnered’ positions being single as a conscious choice rather than a default or transitory position.”

Just one example of this growing trend? When Sydney marketing manager Courtenay McDermott’s marriage ended in late 2018,

Party  
of one

# *THE POWER OF* **Being Your Own SO**

**How to feel truly happy as a single person in a world that worships pairs? Just ask the growing number of women embracing the new ‘self-partnering’ trend and enjoying the kind of freedom they only dreamed about...**

By Trudie McConnochie



she initially struggled to get comfortable with her solo status, before coming to a place of acceptance and, eventually, pride.

"I was married for five years and that didn't make me happy – your own personal happiness doesn't come from being partnered up with someone," she explains. "I've got a great relationship with myself now, and the best social life."

The number one thing about being her own SO? Freedom. Courtenay's made a new crew of friends she wouldn't have otherwise found, and is eagerly planning solo travel this year – an idea that no longer scares her. "I love the fact that I literally only have to look after myself. In a long-term relationship as a female, you often take on a maternal organisational role and put yourself second, but now I only have to think about me."

Getting comfy with yourself is what being your own SO is about, says Eggerue. "Often we use our relationships with other people as a distraction from ourselves ... [and] as a tool to run away from the responsibility of getting to know who we really are. We are sold romance and relationships as though they are the ultimate goal, but your own company with yourself is just as valuable."

## SINGLE MINDED

A study published in *Applied Research in Quality of Life* reveals singles may be happier than married people, thanks to their enhanced levels of social activity.

Emma Watson and Charlize Theron might be onto something...

## Howdy, Partner

Sounds great. But if you're wondering whether the self-partnered label is just a mask for commitment phobia, Cribb doesn't think that's the case. "How good you are at being in that partnership with yourself – how much commitment you have towards it and how much intimacy you open up for – will vary, just as it does with people in more normative partnerships," she says.

Cribb's tips for rocking life as your own SO include developing a 'loneliness antidote' when isolation becomes uncomfortable (she suggests brewing a cup of tea, reading, having a bath and making a phone call), and finding ways to meet your physical needs (eg, massages, vibes or a casual bedmate).

Don't miss out on solo dates, either. "I do things like have brekkie, get coffee and read a book in a park [by myself]," says Courtenay. "I go to the movies on my own, too – that doesn't faze me whatsoever."

Just like Courtenay found her people, Cribb also suggests expanding your circle. "Find a close group of like-minded and similar-situated people to become your support crew, and get good at asking for what you need," Cribb adds. "Engage in new activities and try to find a sense of purpose or a cause you care about to devote time to."

While Courtenay hasn't completely closed the door on a relationship, she's not waiting around for one, either. To nix biological-clock pressure, she's frozen her eggs to help make motherhood possible down the track – with or without an SO. "I'm not looking for a partner," she says. "I've got bigger things I'm doing with my life." **wh**



# Driving *change*

TOYOTA IS LEVELLING THE PLAYING FIELD  
FOR LOCAL WOMEN'S SPORTING TEAMS  
WITH ITS GOOD FOR CRICKET KITS AND  
GOOD FOR FOOTY GEAR INITIATIVE

What holds women back on the sporting field? It isn't ability – it's opportunity. That's why the new Toyota Good for Cricket Kits and Good for Footy Gear initiative is directly addressing the opportunity gap by providing grassroots women's cricket and AFL teams with uniforms and equipment designed for female players.

It might sound like a small detail, but consider this: many local women's cricket and footy teams are playing in second-hand gear from the boys. Not only are they a poor fit, they often don't meet uniform regulations, putting aspiring female athletes on the back foot from the get-go. The impact runs far deeper than aesthetics. Using hand-me-down uniforms and equipment reinforces the entrenched belief that women's sport is second in priority to men's. On the flipside, specially designed gear empowers players and sends a strong message: women's sport is worth the investment.

## • Spreading the love

A long-time supporter of women in sport, Toyota first identified this resources issue in local women's cricket teams, which were often using retired kit handed down from the men's sides. So, Toyota launched its Good for Cricket Kits initiative in December 2019, donating \$150,000 worth of equipment to local women's teams. The kits, including pads, bats, balls, gloves, helmets and wickets, are an extension of Toyota's long-running Good for Cricket raffles, which have raised over \$3 million for grassroots cricket since 2012.

"Our annual Good for Cricket raffle has helped thousands of community cricket clubs across the country, but one of the things we have found is that the girls sometimes lacked the confidence to continue to develop their cricket skills, despite their passion for the game," explained Toyota Chief Marketing Officer Wayne Gabriel. "Part of that came from often having

to use inappropriate or oversized equipment, so this is a step towards helping address gender equality in cricket and inspire the next generation of Australian women's test champions."

This year, as the official automotive sponsor for the AFLW and community partner for the code, Toyota was inspired to bring this initiative to local women's footy too, with the Good for Footy Gear campaign. Not only will the injection of fresh gear immediately benefit 100 teams around Australia and encourage more women to participate in the game, the uniforms will become a tangible legacy at local clubs, helping to ensure the longevity of women's footy. It's one step closer to Toyota's overarching vision of "mobility for all".

## • Growing forward

Providing uniforms isn't the only way Toyota is helping grow the women's AFL game from the grassroots up. Since 2008, Toyota's Good for

Footy Program has been supporting community clubs around Australia, and last year the Good for Footy raffle program – which empowers clubs to raise their own funds via raffles to win Toyota prizes – generated almost \$400,000 for local AFL clubs. Funds like these can make a huge difference in providing the resources needed to offer training and attract more players to local women's teams.

Having partnered with *Women's Health* on our Women in Sport campaign for the last four years, Toyota knows firsthand what incredible goals can be achieved

when there's a level playing field for all. We can't wait to see how this latest initiative from Toyota drives women's sport even further forward. Game on!







## Good wicket

Toyota launched the Good for Cricket Kits campaign in December 2019, with Australian cricketers Rachael Haynes (left) and Megan Schutt (centre) presenting new gear to Melbourne's Le Page Park and Toorak Prahran cricket clubs. Below left, Wayne Gabriel and Cricket Australia CEO Kevin Roberts pass the bat to a junior Le Page Park Cricket Club member.



WinS  
Women's Health WOMEN IN SPORT

TOYOTA



DISCOVER WHY WE ARE

# *AUSTRALIA'S NUMBER 1*

## ONLINE BEAUTY DESTINATION

THE LATEST **NEWS**,  
**TRENDS** AND EASY  
**HOW-TOS**

DISCOVER 1000s  
OF PRODUCTS,  
**REVIEWED BY YOU**

**TRIAL** BEAUTY  
PRODUCTS  
FOR FREE

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



Beautycrew



@Beautycrew



@Beautycrew

\*BEAUTYcrew is Australia's number one dedicated online beauty destination, as rated by Nielsen within the apparel and beauty category. Source: Nielsen Market Intelligence (Domestic), Average Daily Unique Browsers, as at 18/5/2017.



# Beauty brief

Simple  
ways  
to rock  
your  
fitspo  
world





# Mani Up

After fresh inspo for your digits? Behold, the trending looks to add to your line-up

By Erin Docherty

## Shades of Blue

ICYMI 'classic blue' is Pantone's 2020 colour of the year, so you'd bet it's one of the most in-demand shades at salons here and OS. Not a fan of the ol' blue eyeshadow look? There's an easier way to incorporate it into your life. "Classic blue will resonate on nails, too," says Tracey Winder, national trainer for Mavala. "[As will] teal and everything in between." Sounds pretty good to us!

**TRY:** We like Mavala Mini Nail Color in Cobalt Blue, \$8.50, and the eye-popping pigment of Rimmel London 60 Seconds Super Shine in Roll in the Grass, \$6.95.



## Stick with It

Fun fact: no need to shell out for exy manicures anymore! If you're strapped for time (or cash), opt for press-on nails. Stay with us – they've actually come a long way since the ones you used in high school, we promise. Try Ardell Pro Designer Premium Artificial Nail Collection, \$15.99 – there are tons of designs and colours to choose from (see holographic, marble and chrome, pictured left), and they can last up to a week. More money for ASOS. Gotta love that!



## Gradient

If the words ‘please choose a colour’ fill you with dread (‘cos same), this one is for you. Gradient nails allow you to invite *all* the options to the party (or at least 10 of them). “This visual feast is a fun twist on the traditional manicure,” says Winder. Simply choose a range of shades in the same colour family, and paint each nail with a different one. Enjoy!

## Metallic

Whether it’s a stripe of gold or a pop of silver, metallic polish hasn’t been this hot since the ’90s (and the heavy-metal nostalgia is hitting us hard). “Everything from warm rose gold to icy platinum is big now,” says Winder. Wear it alone or as an accent over a neutral polish.

**TRY: OPI Infinite Shine Nail Lacquer in Made It To the Seventh Hill!, \$22.95, or Revlon Colorstay Gel Envy Nail Enamel in Silky Negligee, \$16.95.**

## Wild Side

Thanks to celebs including Kylie Jenner and Ariana Grande, animal-print manis are having a moment. And we’re not even mad about it. “Animal-print design inspirations will continue to be plentiful [in 2020],” shares Winder. “Think cow, zebra, cheetah, tortoiseshell or snake designs.” If you haven’t got the steady hands (or patience) for this kind of nail art, take some #inspo pics to a nail artist.

## Shattered Glass

Hailing from Korea (like all good beauty trends), ‘glass’ nails take your mani to a whole new level. “The design features a ‘shattered’ look – think tiny pieces of ‘glass’ sprinkled all over the nail. When the ‘glass’ catches the light, it creates a holographic effect,” explains Jade Pham, founder of CJ Artistry. How’s it done? “It’s simply tiny ‘shards’ of cellophane applied to the nails to give an illusion.” Have a crack yourself: after applying your chosen base coat, followed by a clear top one, place on some cellophane shards and then seal with another layer of top coat.

## Brights

If New York Fashion Week’s spring 2020 runway is anything to go by, electric neon nails are in. And while no one likes an ‘I told you so’ moment, Pinterest totally saw it coming, reporting a 131 per cent increase in ‘searches for bright summer neon nails’ towards the end of 2019. We’re talking about juicy shades like citrus yellow, orange or lime green.

**TRY: We’re fangirling over Sally Hansen Xtreme Wear in Daisy Dukes, \$6.95, Kester Black Paradise Punch Polish, \$20, and Colour by TBN Nail Polish in Wicket, \$2.95.**

## Pro Tips



### The new Frenchie

Unlike the blunt French manis of the early ’00s, the new incarnation is low-key and subtle.

“The traditional white/nude French combo is being modernised with quirky colour combinations and interesting [twists] like heart shapes, double Frenches and asymmetrical designs,” says Winder. “The thin or delicate French manicure is also popular, and great for elongating short nails.”

**TRY: Manicare Pink French Manicure Kit, \$27.99**

### Matt Magic

The New York runway also saw an influx of matt nails, courtesy of celebrity nail artist Gina Edwards, so it’s no wonder we’re seeing this everywhere. Sleek and more subtle than high gloss, the look is a cinch to create: just overlay any shade with a matt top coat. “Matt out an entire design for a soft look,” adds Pham.

**TRY: Sally Hansen Miracle Gel Matte Top Coat, \$16.95 *wh***

### Staying Power

Polished off a lifting or boxing session, only to notice your nails have gone to shit? We feel you.

Score longevity with regular mani appointments, suggests Pham. “This will ensure your natural nails are kept healthy.” If you’re more of a DIYer, Winder advises, “Take the time to do all the manicure steps – prep, painting and finishing. Laying the correct foundation is the only way to get long-lasting results.” Oh, and another thing?

“Don’t be too heavy-handed with your polish,” adds Winder. “Opt for a fine polish application that’s lightly layered and more chip resistant. Also reapply a top coat every couple of days.”

**TRY: JINsoon Power Coat Strengthening Base Coat, \$28**



# Back to Skin School

By Erin Docherty

Face suddenly overrun by white spots, while acne makes a comeback to rival bike shorts?

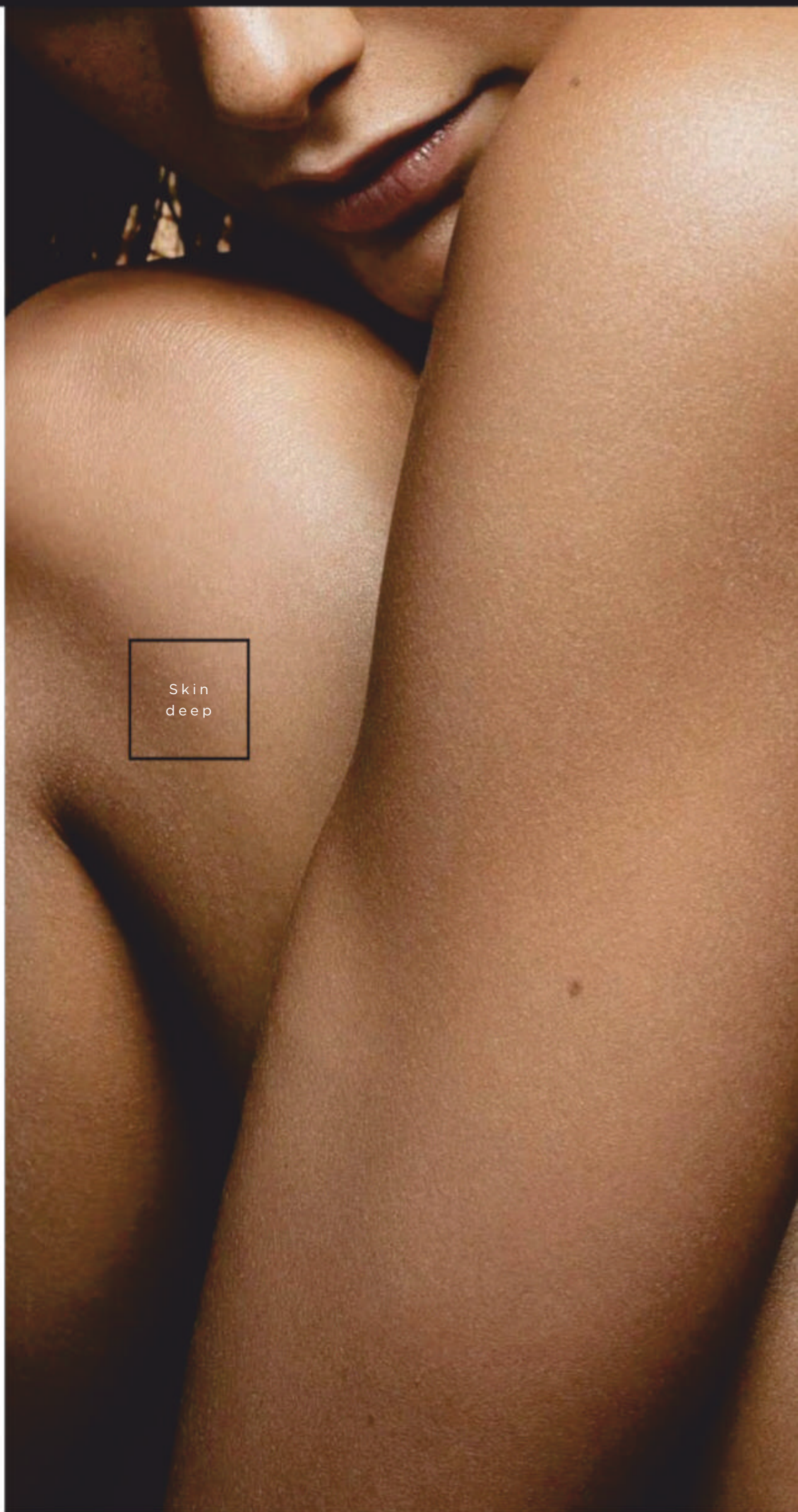
We cornered top skincare experts for a lesson in the most common concerns – and how to score top marks in disciplining them







**Y**ou thought once you'd emerged from your teens, kicked acne in the butt and started wearing sunscreen on the regs (kudos) that your skin would just fall into line. But then you hit your late 20s or 30s and – along with a sudden urge to have a Dyson in your life – you're suddenly blessed with cystic pimples, tiny white unsqueezable bumps or weird blotchy patches around your nose. What fresh hell is this? Several factors contribute to skin conditions in adults, according to aesthetic practitioner Sarah Hudson of Skin by Sarah Hudson. "Emotional or work stress, environmental influences and caffeine, alcohol and rich foods can play havoc with our immune system, which [in turn] manifests through our skin," she explains. "Additionally, women's skin is affected by hormonal imbalances [during] menstruation, pregnancy and menopause." The challenges these changes bring are emotional as well as physical. One study published in *BMC Public Health* revealed that skin conditions are associated with anxiety and depression. The good news? Effective treatments do exist, and experts are constantly discovering new ways to diagnose and address issues such as adult acne. Get clued up and take control with our guide. Class is now in session.



## ✕ Milia

**SWOT UP:** We're talking about those tiny white bumps underneath your skin that seem immune to your squeezing skills. "Milia are caused by a build-up of [the protein] keratin that gets trapped in the skin, causing a tiny cyst to form," explains Dr Giulia D'Anna from Dermal Distinction. "They're found on the cheeks, around the eyes, forehead, nose and chin. They can feel rough, but are harmless."

**TOP OF THE CLASS:** First off, nix the squeezing – milia can't and shouldn't be popped. They sit deep under the skin and, unlike whiteheads, they don't have an opening or connection to the surface. Squeezing milia not only creates trauma and inflammation (hello, red marks) but can also lead to scarring. As the cysts are so deep, it's best to have them professionally removed via a process called lancing. Deep exfoliation treatments in your routine can





1

also help. Products with Alpha Hydroxy Acids (AHAs), Beta Hydroxy Acids (BHAs) and vitamin A assist with cell turnover, while chemical peels and laser treatments are also great if milia are proving more stubborn than that wine stain on your white jeans.

**TRY:** SkinCeuticals Micro-Exfoliating Scrub (1), \$44

## ✕ Keratosis pilaris

**SWOT UP:** If you feel like you have goose bumps 24/7, the culprit might be keratosis pilaris (KP). Also known as ‘chicken skin’, KP presents as raised bumps that can appear scaly and red. “Keratosis pilaris develops when the skin produces too much keratin. This blocks the hair follicles and causes the bumps to develop,” explains Hudson. “It usually appears on the upper arms, thighs, buttocks and can occur on the cheeks. It’s more common in winter, when the skin tends to be drier.”

**TOP OF THE CLASS:** “Using a cleanser and body moisturiser with lactic acid can help to loosen dead skin, keep the skin functioning well and reduce keratin plugs,” says D’Anna. Get into a committed relationship with your body brush, she adds. “Most people forget to exfoliate the back of their thighs, buttocks and arms. Trust me – implement this [into your routine] once or twice a week, and your skin will feel super soft. It’ll turn around any KP.”

**TRY:** Lanat  Face & Body Cream (2), \$29.90

## ✕ Adult acne

**SWOT UP:** A 2017 review in the *International Journal of Women’s Dermatology* found that acne (especially severe) can negatively impact self-esteem. “Acne is caused by sluggish sebum – oil – production as well as an increase in both testosterone and bacteria in the hair follicles [on the skin],” explains D’Anna. Hudson adds, “While teenage acne is characterised by pimples and pustules, adult acne tends to [be] red, painful, inflamed and persistent, occurring around the chin, jawline and neck.” Yep, no fun whatsoever.

**TOP OF THE CLASS:** Before looking at the treatment options, it’s important to understand what’s driving adult acne. “Due to its complex nature, this may vary from person to person,” says Hudson. Let’s break it down:

### Hormonal fluctuations

These happen just before your menstrual cycle begins and are one of the main players behind adult acne. For hormonal-related conditions, such as polycystic ovary syndrome (PCOS), Hudson recommends seeing an endocrinologist, who specialises in select hormonal testing.

### Stress

Not a cause in itself, but the big S can make acne a hell of a lot worse. “Chronic stress causes the adrenal glands to release cortisol, which can create a favourable environment for inflammatory acne,” says Hudson. Focus on getting your stress levels under control and avoid stimulants such as caffeine, sugar and energy drinks.

### Diet

What’s on your plate can exacerbate what’s on your face. “Keep a food diary, then talk to a doctor or dietitian,” advises Hudson. Dietary triggers can include refined grains and sugar, dairy, fast food, items rich in omega-6 (soy and corn oils) and chocolate. While research is still ongoing, a 2019 study by Kabul University of Medical Sciences revealed a link between acne and the consumption of whole and low-fat milk, chocolate, potato chips and egg.

### Make-up

Ingredients found in cosmetics can contribute to and worsen breakouts, so play detective. Hudson advises looking for products that are oil-free, ‘non-comedogenic’ or ‘non-acnegenic’ (meaning they exclude certain pore-clogging and acne-driving ingredients). Also go for mineral-based make-up that’s free from things including fragrances, silicones and parabens.

### Pollution

“Air pollution leaves a layer of toxins on the skin, so it’s important to double cleanse at night, even when you’re not wearing make-up,” tips Hudson. “The first cleanse removes pollution from the skin, while the second gets rid of excess oils and bacteria.” D’Anna notes, “Make sure your



2





cleanser contains a BHA, as this will target the oil sitting in your skin.”

**TRY:** Paula's Choice Clear Pore Normalizing Cleanser (3), \$20

## ✕ Rosacea

**SWOT UP:** If you get next-level flushed when you drink alcohol, eat spicy food, overheat or just because, you might have rosacea. “This skin condition causes redness on your cheeks, nose, chin and forehead. It may make you feel like you are constantly blushing,” explains Hudson. In some cases, pimple-like bumps and dryness can show up to the party, too. “The exact cause of rosacea is unknown, but it tends to be more prevalent in people with fair skin or who blush easily. Hormonal imbalances and changes may contribute, too.” Scientists are also investigating the role of our body’s microbiomes and gut health. A study of almost 50,000 people in the *British Journal of Dermatology* found those with rosacea were likelier than a control group to struggle with gastrointestinal issues such as irritable bowel syndrome and ulcerative colitis. Meanwhile, 2012 research by the National University of Ireland concluded that the condition might be triggered by bacteria living within tiny mites in the skin itself.

**TOP OF THE CLASS:** There are different types of rosacea so, to find the right treatment, get a diagnosis from a specialist dermatologist. According to Hudson, in-clinic light-based treatments such as BBL (BroadBand Light) can be very effective at treating rosacea with visible pustules, whereas laser treatments can work well for less severe cases. Also skip products with fragrances and irritants in favour of ones geared towards sensitive skin. “Often people with rosacea have an impaired skin barrier, so use a gentle milk-based cleanser to avoid stripping,” says D’Anna. “There are some beautiful face serums designed to reduce inflammation, seal and protect. A super-rich moisturiser is important, too.”

**TRY:** La Roche-Posay Rosaliac AR Intense Anti-Redness Serum (4), \$41.95

## ✕ Psoriasis

**SWOT UP:** This is usually characterised by “patches of red, inflamed skin and loose silver-coloured scales, which may flake off every few days,” says Hudson. Severe types include plaque psoriasis, where the skin can be itchy, painful and crack. “A combination of genetic and environmental factors tends to be the most common causes,” she adds. “Exacerbating factors include stress, certain medications, alcohol and smoking.”

**TOP OF THE CLASS:** Coping with psoriasis is no easy feat (just ask Kim KW). While the condition is fairly common – about 2.6 per cent of Aussies are impacted, according to the *Australian Journal of Pharmacy* – it can be confusing when it comes to treatment.

“As there are several types of psoriasis, it’s important to seek the advice of a specialist dermatologist,” says Hudson. “That way, you can receive an accurate diagnosis so the management can be personalised.” D’Anna explains, “Skincare like retinols, which are designed to remove dead skin cells, are perfect for psoriasis.

Generally, stick with a mild non-foaming cleanser and other products for super-dry skin.

Around that, some oil-based serums can be applied to the lesions to [soothe their appearance] and help you avoid the itch.” Sounds like sweet relief.

**TRY:** First Aid Beauty Ultra Repair Cream (5), \$61 *wh*



**90**

THE PERCENTAGE OF THE GLOBAL POPULATION THAT’S AFFECTED BY ACNE AT SOME POINT. WHAT’S MORE, 80 PER CENT EXPERIENCE IT FROM THE ONSET OF PUBERTY UNTIL WELL INTO THEIR 30S.

SOURCE: GLOBAL ACNE MARKET REPORT



**If your  
brand's  
not here,  
*it's nowhere.***

**[advertiseordie.com.au](http://advertiseordie.com.au)**





**PUNCHY COLOURS, PVC AND LOGO DETAILS.  
UPGRADE YOUR ATHLEISURE ATTIRE  
WITH THIS SEASON'S LOUD NEW LOOKS**

# THE BOLD



Fila sports bra, \$70; Hunter jacket (around waist), \$261\*; P.E Nation skirt, \$229; Shoe the Bear boots (worn throughout), \$314\*; Yogamatters yoga mats, \$39 each



# TYPE

Photography by Carla Guler Styling by Saskia Quirke







Lululemon  
x Roksanda  
jacket, \$189;  
Björn Borg  
top, \$59.95,  
and leggings,  
\$89.95; Shoe  
the Bear  
boots (worn  
throughout),  
\$314\*; The  
North Face  
bag, \$260;  
Yogamatters  
yoga mats,  
\$39 each



DKNY jacket,  
\$199, Urban  
Outfitters;  
Nimble sports  
bra, \$79;  
adidas by Stella  
McCartney bike  
shorts, \$86.60\*





Hunter  
jacket, \$393\*;  
P.E Nation  
leggings,  
\$139; adidas by  
Stella McCartney  
backpack, \$607







Nagnata bralette, \$200, and leggings, \$280; Lucas Hugh skirt, \$256\*





Fila hoodie,  
\$260\*; Bershka  
pants, \$50\*;  
London Sock  
Co. socks, \$24\*

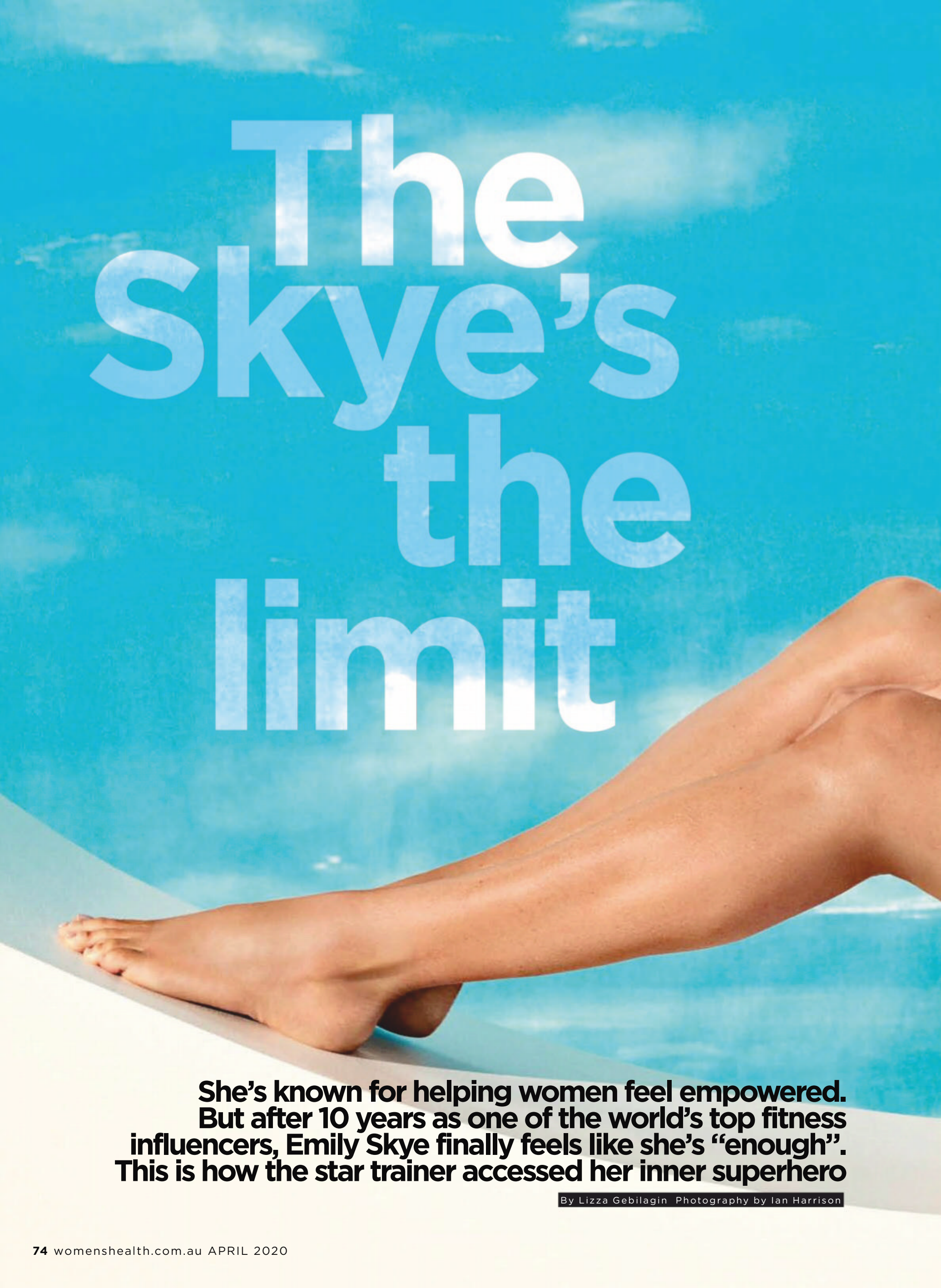
\*CONVERTED PRICES CORRECT AT TIME OF PRINT. HAIR: SHUKEEL MURTAZA AT THE ONLY AGENCY USING BUMBLE & BUMBLE. MAKE-UP: JADE BIRD AT NYLON. ARTISTS USING SHIRO SKINCARE AND FENTY BEAUTY. MODEL: ALEK MALEK AT PRM. FASHION ASSISTANT: ABIGAIL BUCHANAN. FASHION INTERNS: GEORGIA HOWES; ELEANOR TURNER. LOCATION: LOFT STUDIOS LONDON



P.E Nation  
jacket, \$229;  
Fila long-sleeve  
top, \$80, The  
Iconic; Varley  
tights, \$150,  
The Iconic *wh*





A photograph of a woman's legs in a yoga pose, specifically a Dhanurasana (Bow Pose), against a bright blue sky with soft white clouds. The legs are extended upwards and backwards, with the feet planted on the ground. The skin is a light tan color.

# The Skye's the limit

**She's known for helping women feel empowered. But after 10 years as one of the world's top fitness influencers, Emily Skye finally feels like she's "enough". This is how the star trainer accessed her inner superhero**

By Lizza Gebilagin Photography by Ian Harrison







The photos you're looking at right now of Emily Skye are significant. Not because they were taken 11 months after she gave birth to daughter Mia Elise, or that they were shot in London, where she was "unfazed by the ever-present threat of leakage", according to our UK team. ("I made it through!" Emily said after expressing breast milk, post-shoot.) The reason these photos are important is because they represent the first time she felt like she "was enough".

"[At photoshoots] I've thought, 'I'm not lean enough, I could've eaten healthier or trained harder.' This was the first time in my life I'd ever acknowledged that I looked good. Isn't it sad?" Emily tells us. It might seem like a surprising admission from someone who's made the *Financial Review* Young Rich List twice, features on a billboard in Times Square New York, and has a new app for her Emily Skye Fit program out in May (all while running beauty brand, James Cosmetics, and recording podcast *You Can* on the side). Yet, her 2.5 million Instagram followers are used to that kind of honesty from the star trainer. As she gets older, Emily says, "Silly things I was [once] concerned about are [now] insignificant. They don't matter."

We got the 35-year-old on the phone in her home city of the Gold Coast, to chat about things that do matter. Such as family (Mia, now two, partner Declan and their baby boy due in early July), the importance of having a purpose ("It's something that I needed, especially years ago when I was going through depression"), and why lifting makes her feel like a superhero.

**WH: Congrats on your pregnancy! What was Mia's reaction?**

**ES:** I point to my belly and say there's a baby in there. Then I'll ask her, "Where's the baby?", and she'll point, but how can you really understand that?

**WH: When the baby comes out, then she'll understand.**

**ES:** Then she'll probably be jealous!

**WH: Because somebody else has Mum's attention.**

**ES:** I know. Then she'll want it more!

**WH: I love all the videos of Mia working out with you.**

**ES:** She imitates everything I do. I was doing a workout a few days ago and she was doing little squats and leg kick backs. She's so funny.

**WH: Mia sounds like she might be a trainer in the future.**

**ES:** I'm pretty sure she'll follow in our footsteps – she's hyperactive like me and Dec, too. It's going to be hard work for us!

**WH: Were there things that you learnt from being pregnant with Mia that you're doing differently this time around?**

**ES:** Not being so anxious [this time], especially in the first 12 weeks. Not to say I [haven't been anxious] at all, but I just let things happen, rather than freak out. Also, in my first pregnancy I took a lot of people's advice and worried about everything. I'm a lot more relaxed.

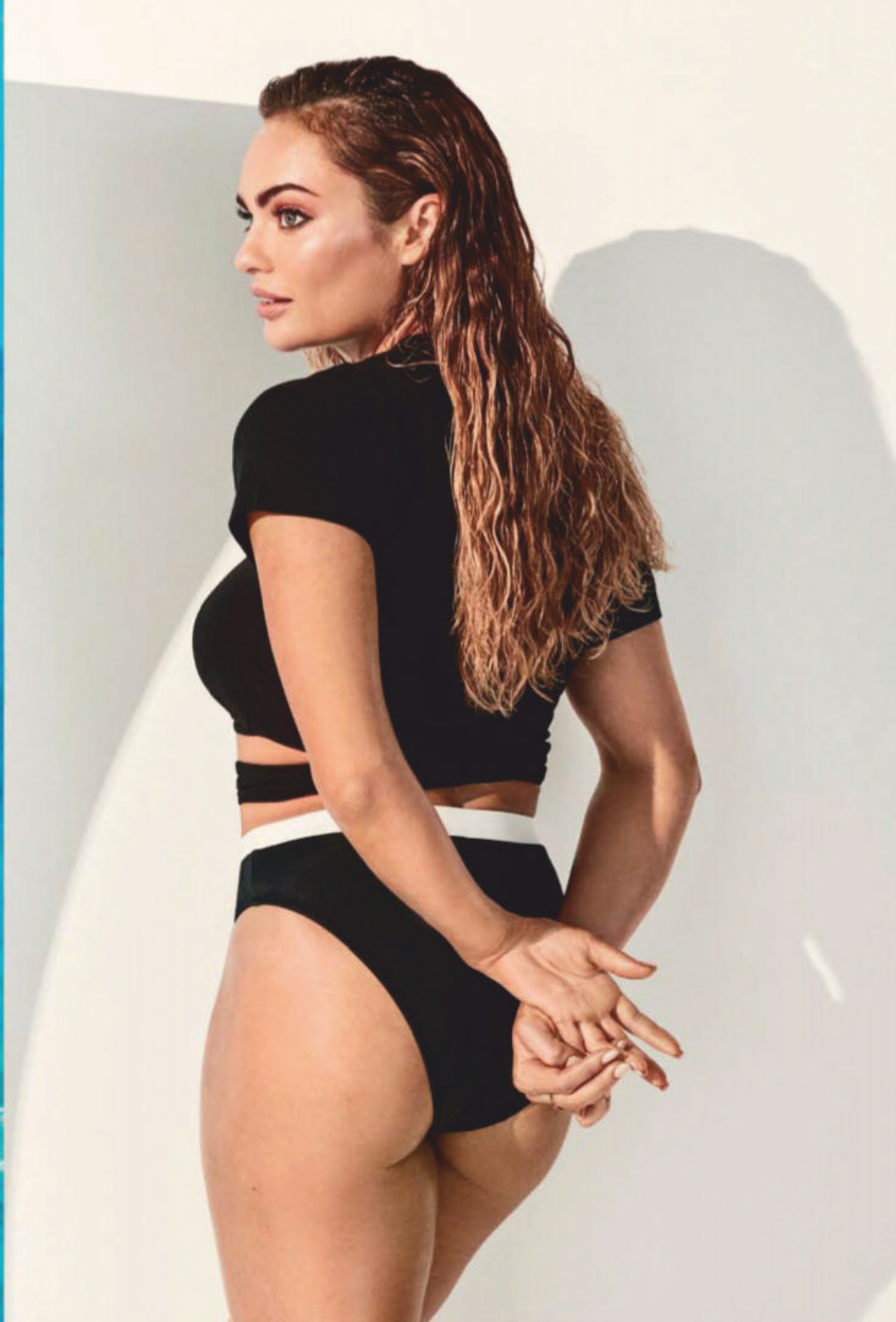
**WH: I read it took you almost a year to fall pregnant. Was it hard letting go during that time?**

**ES:** It was hard. I fell pregnant with Mia after the second month of trying. My family are always saying, "We're very fertile in our family, so it'll be easy." I assumed it'd be easy with the second one, too. That

didn't happen. It took almost a year. Every month, I'd do a test a few days before my period was due, and it would be negative. I'd think, "Maybe it's too early," and then my period would come in. I'd be disappointed [each time] but then I'd go, "We'll try again next month." I'd pick myself up again. But each time you get that negative, it's harder to deal with.

My doctor [told me] there were things I could do to help, like giving up breastfeeding, because it can be a contraceptive for some people. I listened and I started weaning Mia, and that's when I fell pregnant. It could just be a coincidence, or maybe it is true. Who knows?





**WH: All this while you're working on the new app and features of your Emily Skye Fit program!**

**ES:** I had all those workout videos that I needed to do before I started showing. They always say the second pregnancy shows pretty early, so there was a lot to do! [With the new app] I wanted to make something that's fresh, that will motivate the girls more, with new programs, the ability to adjust and plan meals, and a customised weekly planner.

**WH: It's great that you encourage women to be strong – physically and mentally – and not be scared of weights. Why is that important?**

**ES:** Well, for one thing, it changed my life. I turned to fitness and health to help me through depression. I know what it feels like going from one state [depression] to the other [empowered], and how you feel like you can do anything. I wanted other people to feel the same way. When I first started with fitness 10 years ago, women weren't lifting – unless you were a body builder, which was pretty rare back then. I wanted to make lifting weights more popular. That's why I went on a mission to inspire and educate women on the benefits, and here I am today, 10 years later.

**WH: Weight training is meditative, too. You have to be in the moment, because if you take your attention away, you could injure yourself.**

**ES:** Yeah and then your form goes. With lifting weights, you've got to be totally focused. It takes your mind off other things. Then you get the endorphins, and when you start feeling strong, you start feeling like a superhero, as silly as it sounds. You walk around – well I do, maybe it's just me? – thinking to myself, "I'm so strong, and I can carry all these shopping bags home, and I don't need anyone. I can do anything!" It's a good feeling.

**WH: It is a good feeling! My husband takes the piss, though. He's like, "I've got such a strong wife," and I'm like, "Are you going to help me with the groceries? Just because I can carry all of them..."**

**ES:** If I'm training with Dec, which is rare these days, I'll be lifting 120 kilos in a dead lift, and I'll ask him, "Can you help me with the weights and put them back for me?" So, I sort of do the opposite.

**WH: [Laughs] Does he do it?**

**ES:** Most of the time he does. He's like, "You [lifted 120kg], why can't you put it back?" And I say, "But all my energy went into lifting it!"

**WH: See, that's a good argument.**

**ES:** I go on to say that I train harder than him, so he wouldn't know what that's like anyway [laughs].

**WH: Now that you're in your 30s, how has your approach to mental health developed over the years?**

**ES:** Now I'm at a point where I still have bad days, but I've got the tools to get myself out of [depression]. Also, I [used to] put a lot of pressure on myself. I always thought, "I'm not lean enough," or "my back's not big enough" or "my abs aren't out enough." As much as I didn't want to be like that, and I told the world not to be, I wasn't practising it as much as I'd like. But after having Mia, I appreciate what I have a lot more. My goal – obviously not now being pregnant, but before – wasn't to be





super lean or have abs. I wanted to feel good, I wanted to be strong, and I actually got the strongest I've ever been in my life last year before I fell pregnant [this second time].

**WH: What are some of those tools you use for your mental health?**

**ES:** Say something's happened, first of all, I allow myself to feel what I feel. If I'm upset, I'll have a cry or talk to my partner or a friend and work through it. Then I go, "OK, now it's time to pick myself up." I'll get outside or go for a walk or swim in the ocean. I'll get barefoot – I like having my feet on the ground. And I'll unload all the stress and then recharge again. I'll also listen to Dr Brené Brown's TED Talks. She's dealt with similar things and it helps me feel like I'm not alone. Or I'll dance around the house. Anything that sort of snaps me out of it, and I'll start feeling better.

**WH: One of the things you said there is key: let yourself feel first.**

**ES:** Exactly. And not be afraid to ask for help, whether it's from friends or a professional. One other tool I practise is gratitude. I write down everything in my life that's amazing and focus on that. I also look back on things that have been really hard to get through, so [it reminds me] it's going to get better. You're not going to stay there forever.

**WH: What's been a tough challenge for you recently?**

**ES:** At the end of 2018, my period came back and I had it for almost six weeks straight. I went to the doctor [who explained] that when you first get your period back, your hormones are trying to regulate. But it was like postnatal depression had come back a year after giving birth. I felt off-track with everything. I felt unmotivated. I felt depressed. That's when I tapped into those tools that I know: I started exercising, eating healthy food, surrounding myself with positive people, taking time to breathe properly, asking for help. I got through it and started feeling great again, but at the time you feel like, "This is how I'm going to be forever. This is horrible."

**WH: Social media is such a big part of your business. What do you do in times like that when you're not feeling good?**

**ES:** I have a couple of businesses based on there, so I can't go without it [but] I felt like throwing it all away. I wanted to be inspirational to people, but I didn't want to be a fraud either when I wasn't feeling it. I talked about some of it [on social media] when I felt strong enough to do so. Obviously I'm pretty real ... but I don't share 100 per cent of my whole life, especially when I have to protect my mental health as well. I did do a post about how I was feeling pretty shitty. I took a photo [with] tears in my eyes and people liked it because they felt like they're not alone. In

turn, I got great encouragement and support from them as well.

**WH: You've achieved a lot over the years. What's still on your wish list?**

**ES:** Maybe be in a movie [laughs]. It would be cool to be a superhero – because that's how I feel when I train – but that's just me dreaming. That's not to say you can't live out your dreams. Of course you can! I used to say, I want to do this, or I want to be on the cover of *Women's Health*, and people would laugh. It's not as glamorous as you might imagine – you've got to work bloody hard – but you can have these things that you want.

→ If you or someone you know is suffering from anxiety or depression, call Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636.





# GET STRONG WITH EMILY

We caught up with Emily again, this time at 19 weeks pregnant, to give you this total-body strength workout (FYI it's safe for women in their first and second trimesters but always check with your doctor beforehand). Warm up for 5 mins before getting into it. You'll need a pair of light dumbbells, a fit ball and a mat.



## ALTERNATING DUMBBELL LUNGES

**DO:** 3 sets of 8 reps on each side.

**(a)** Stand with your feet shoulder-width apart, holding a light dumbbell in each hand. **(b)** While keeping your core tight, back straight and your head in a neutral position, lunge forward on one leg, then push off with your forward foot to return to your starting position. Repeat on the other side.

**TIP:** When you lunge forward, make sure your knee is in alignment with your foot. That's it!

## DONKEY KICKS

**DO:** 3 sets of 10 reps on each side.

**(a)** Begin on all fours on an exercise mat. Keep your core tight, head in a neutral position and your back straight.

**(b)** Kick one leg back, so that the underneath of your foot is facing upwards. Lower your leg to the starting position to complete the rep. Repeat on the other side.



## FIT BALL CRUNCH

**DO:** 3 sets of 10 reps

**(a)** Sitting on a fit ball, slowly walk your feet out, until your back and shoulders are the only parts of your body lying on the ball.

**(b)** Keep your core tight and your back straight and then place both hands behind your head. **(c)** Gently contract your abs so that your upper body and shoulders come up slightly off the ball.

**TIP:** To get off the fit ball safely, slowly walk your feet back up, so that you're sitting on the ball.



## FIT BALL DUMBBELL CHEST PRESS

**DO:** 3 sets of 10 reps

**(a)** Sit on a fit ball with a light dumbbell in each hand. Slowly walk your feet out, while keeping the dumbbells close to your body, until your back and shoulders are on the ball.

**(b)** Keep your core tight and your back straight and bring the dumbbells out at 90 degrees to your body. **(c)** Press the dumbbells up and then lower them with control.

**TIP:** When you've finished your reps, bring the dumbbells back in close to your body and walk your feet back up, so that you're sitting on the fit ball. And you're done! *wh*



# 30 DAYS FREE!

## EMILY SKYE FIT

Wanna build mental and physical strength with Emily? Thanks to this exclusive offer, every *WH* reader gets 30 days of Emily Skye Fit membership for free\*. Expect daily workouts with gym and home options (think: weight training to sculpt muscles and HIIT to burn kJs). There are also delicious meal plans! Head to [emilyskyefit.com](http://emilyskyefit.com) and use the code WHSF1M. Offer ends 1/4/20. Conditions apply.

\*AFTER THE FIRST 30 DAYS, A SUBSCRIPTION FEE OF \$19.99 PER MONTH WILL APPLY, UNLESS CANCELLED PRIOR. ONLY AVAILABLE TO NEW MEMBERS. VALID 1/3/20 TO 1/4/20. PHOTOGRAPHY: SPIN&CO. (WORKOUTS)



Food  
glorious  
food



# *THE WH* **Nutrition Dictionary**

By Ally Head

**‘Must google that later,’ you think, as someone in your running club waxes lyrical about the amino acid profile of their protein shake. We’ll save you the trouble with this cheat sheet to trending nutrition terms**





# amino acids

(uh.meenoh asuhds)

Even if you were concentrating in biology class, you'd be hard-pressed to remember the details. Well, we suspect your lessons involved amino acids – the building blocks your body uses to store protein, which in turn builds your major muscles, organs and immune system. Think of them as Lego bricks, glued together by cells and built from the animal and plant proteins you eat. Chemists Louis Nicolas Vauquelin and Pierre Jean Robiquet discovered the first amino acid way back in 1806. By 1935, scientists knew of about 20 of the 22 of them, including 10 that your body produces naturally and nine more that are essential for it to function properly. Fascinating stuff.

**KNOW THIS:** Those nine are 'essential' because, without them, your body's proteins (aka muscle) would start degenerating. "You can't actually make these nine essential amino acids yourself, but they're present in foods," explains nutritionist Rhiannon Lambert. "The foods with all nine amino acids are called complete proteins and include meat, dairy, soybeans and eggs. Foods with some amino acids, but not all nine – such as beans, rice and peanut butter – are incomplete proteins." Meaning a protein-packed picnic genuinely constitutes an acid trip.

# antioxidants

(antee oksuhduhnt)

Like a burly bouncer for your cells, antioxidants are chemical compounds found in fruit and veggies that protect against damage caused by free radicals. Free what, now? Let's back up a bit. "Certain substances – alcohol and fried food, but also polluted air – cause the body to produce free radical chemicals via a process called oxidation," says nutritionist Jenna

Hope. "When oxidation happens inside the body, free radicals can cause your cells to become damaged and diseased. This explains why they are associated with diseases such as cancer, Alzheimer's and Parkinson's." And it's where the burly bouncers come in: antioxidants neutralise free radicals, by stopping the oxidation reaction from happening.

**KNOW THIS:** Loading up on fruit and veg is a key pillar of future-proofing your health. They contain antioxidants such as vitamins C and E and beta-carotene, which act as an army for your insides. "Eating natural food sources containing antioxidants – as opposed to consuming them via supplements – is the safest and most reliable way to protect your body," adds Hope. You'll also find them in some meat, fish, whole grains and nuts.

# calories

(kaluhrees)

Poor old calories. Despite being nothing more than a metric, they've weathered a negative rep to rival Wall Street bankers. In reality, they're harmless. "A calorie is a unit of energy; the amount of energy it takes to raise the temperature of 1ml of water by 1°C," says Lambert. The Department of Health recommends the average person eats 8700 kilojoules a day, which equates to about 2000 calories (FYI: the only difference between cals and kJs is the name; the 'kilo' part of kilojoule represents the measurement of one thousand of a certain metric and joules is the unit to measure energy). A calorie surplus results in weight gain, a calorie deficit in weight loss. "Calorie counting has recently fallen out of favour, as it can encourage a disordered approach to eating. It also fails to account for the macro and micronutrient content of a food," says Lambert.

Stacks on,  
anyone?





**KNOW THIS:** Labels may not be accurate, either. In 2013, scientists at Harvard University found that calorie counts on food packaging could be out by up to 30 per cent. Why? The traditional approach to calculating the figure fails to account for cooking, processing or digestion (when they fed cooked food to one group of mice and raw to another, the cooked group gained 30 per cent more fat). While monitoring calories can help you maintain a healthy weight, you could be omitting or overloading on some nutrients.

## enzymes

(enzuym)

Substances naturally occurring in animals and plants, enzymes are known in chemistry as catalysts; that is, they speed up biochemical reactions without altering themselves. Their USP? Breaking down what you eat so it can be quickly processed by your body. “Enzymes work almost like a key in a lock,” explains nutritionist Lily Soutter. Wild.

**KNOW THIS:** “Enzymes are located throughout the digestive system, but most notably in the mouth, where they wait until you eat a type of food they’re equipped to break down,” adds Soutter. The enzyme amylase, for example, works to process carbs into sugar, yet has no effect on protein or fat. Try this bread-based homework: put a bit in your mouth and chew it without swallowing. The amylase in your spit will break down the starch and turn it into sugar molecules, making the bread begin to taste sweet.

## fermented

(fuh mented)

The buzzword on every menu RN. “Fermentation is the process whereby bacteria or yeast converts carbs into lactic acid and, in doing so, produces beneficial bacteria

such as lactobacillus, which extends the shelf life of a product and provides that tangy, sour flavour,” says nutritionist Kristy Coleman. DIY-minded? It’s as simple as chopping up some vegies and covering them in a salt brine (salt dissolved in water) in an airtight container. This encourages the lactobacillus bacteria found on most veg to multiply. Historically used as a preservation technique, fermentation is also a way of delivering a dose of useful bacteria to the gut. How so, you ask? Well, it’s complicated. There are strains of bacteria with evidence behind them, though. The European Food Safety Authority has approved a claim for yoghurt and fermented milk that they can improve the digestion of lactose in those who have difficulty digesting it, for example – though only in products containing certain strains of bacteria, in specific quantities.

**KNOW THIS:** At the moment, there are no large clinical trials to confirm whether fermented foods (such as kimchi) can benefit the microbiome; but this doesn’t mean they don’t. According to the British Nutrition Foundation, designing such studies is difficult, since microbial strains vary from batch to batch, and testing them against a placebo is tough, thanks to that telltale acidic bite. In the meantime, know that a kombucha habit is a lot healthier than cracking open a can of soft drink at 3pm.

## glycaemic index

(gluy seemik indeks)

Like an Uber rating for carbs, the glycaemic index (GI) is a ranking system indicating how quickly a carb-containing food impacts blood sugar levels. Low-GI foods (such as oats) rank under 55 and



take longer to break down, causing your blood sugar to rise slowly. High-GI carbs (eg, a slice of white bread) score 55 to 100 and trigger a sharp spike. It explains why low-GI foods prevent energy slumps.

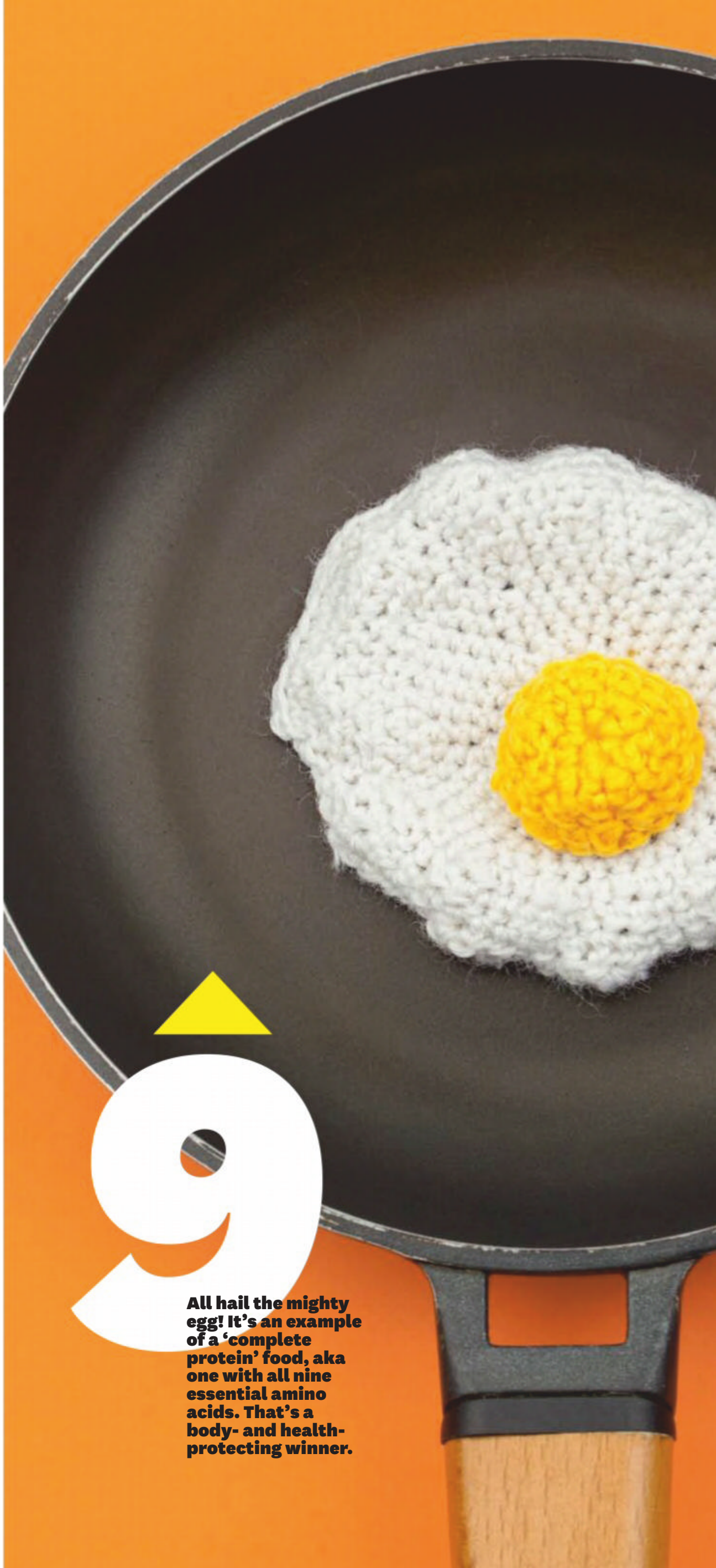
**KNOW THIS:** “The scale doesn’t account for things like portion size or cooking method,” says Hope, who suggests considering diet quality, micronutrients and fibre intake alongside GI indexes.

## ketosis

(kee tohsuhs)

We’re talking about reaching a metabolic state in which your body switches its primary fuel source from glucose to fat. The goal is raised levels of ketones, the compounds produced when fat is broken down. The ketogenic diet was developed in the 1920s as a way to manage epilepsy, but recently it has rocketed in popularity as a tool for weight loss. Ketosis kicks in when you starve your body of its primary fuel source; eating fewer than 50g of carbs per day. It typically takes two to four days for the body to make the switch to fat as fuel. Advocates swear the method encourages a faster weight drop than other diets.

**KNOW THIS:** The macronutrient make-up of the diet – very low carb, medium protein, high fat – makes it controversial. “There are risks associated with the ketogenic diet,” says Hope. “It’s restrictive and doesn’t provide your body with the carbs you need for energy. The only long-term studies show no benefit to using the ketogenic diet over other less restrictive and extreme diets for weight management.” Plus, recent research published in *The Lancet Public Health* has associated high-protein, high-fat and low-carb diets with a shorter lifespan. Bec Miller, nutritionist and founder of Health with Bec, advocates a lower-carb approach that’s less extreme than traditional keto. “A lower carb diet can fall anywhere under 100g per day, but I see the best [weight-loss] results in women who eat 40–60g,” she says. “It’s more realistic – a glass



**All hail the mighty egg! It’s an example of a ‘complete protein’ food, aka one with all nine essential amino acids. That’s a body- and health-protecting winner.**



Sunny  
side up

of wine here and there is fine and you don't have to carefully watch your intake of nutritious vegies." Carb needs vary depending on things such as how active you are, she adds, so it can take some trial and error. "We want a balanced and enjoyable approach, so that it can be kept up as a lifestyle," Miller says. Check in with a nutrition pro for advice. (And flip to p113 if you're after some keto-friendly recipes!)

## metabolism

(muh tabuhlizuhm)

A fast metabolism may well be the reason your mate can live on beer and barbecue Shapes and stay slim. But before you curse your DNA, there's more to metabolism than genetics. It refers to a series of essential reactions that occur within the body and was referenced as early as several centuries BC by Aristotle. "Metabolism is the amount of energy your body uses to burn food, move and function," explains Lambert. The amount of energy your body burns day-to-day is your basal metabolic rate, or BMR. It's unique to you, and it will be faster for some people than it is for others.

**KNOW THIS:** Metabolism encompasses more than just how quickly your body turns food into fuel. "Your metabolism is a melting pot of genetic predisposition, activity levels, calorie intake and more, and will determine how much you need to eat," adds Lambert. "There's not yet any concrete evidence to suggest that anything can influence your metabolism positively, but there are things that can slow metabolism: dieting and restricting, as well as ageing. The best thing you can do to maintain your metabolism is to eat a balanced, varied diet."

## macros

(makrohs)

If Destiny's Child taught you anything, it's that good things come in threes. The term macronutrients

refers to protein, carbs and fats that provide the majority of human energy and without which your body wouldn't function properly. The idea of counting your macros caught on as a more targeted approach to nutrition than simply tracking kilojoules. Carbs deliver energy, fats keep you satiated, while proteins build and repair muscle. "Counting your macros is as simple as monitoring the quantity of protein, fat and carbs you're eating every day," says Lambert. "You can track intuitively, but most people use apps like MyFitnessPal. Bear in mind, though, that while it can be a great way to teach yourself how much of each macronutrient you need to thrive, ultimately, it's just another way of food tracking, which can be triggering and restrictive for some."

**KNOW THIS:** You'll need to eat all three macros to maintain a balanced diet, though the ratios depend on your lifestyle and nutritional goals. For example, eating more protein is essential for maintaining and replacing muscle tissue, while those training for an endurance event will need to consume more carbs to help restore depleted glycogen levels.

## prebiotics

(preebuy otiks)

Essentially, prebiotics are a happy meal (the good kind) for the bacteria in your gut. Not to be confused with probiotics (live microorganisms found in foods such as kefir and live yoghurt), prebiotic foods include the likes of chicory, onions, leeks, artichokes and garlic.

**KNOW THIS:** "Prebiotics are non-digestible compounds – meaning the body can't break them down – which provide fuel for bacteria in the gut that produce beneficial substances for your health," says nutritional therapist Eve Kalinik. That includes fertilising your microbiome, aiding digestion, supporting immune function and communicating with the brain. Clever stuff! *wh*





Eyes  
front

# FITNESS FIRST





Forget after-work drinks or awkward coffees. In today's Tinder-driven world, there's a case to be made for sweating away your first-date facade. One swiped-out journalist swaps bars for barbells in her quest for love

By Emily Pritchard

**DATES**







It's a Thursday night and I'm 15 minutes into a first date when I find myself hunched over a sink, paper towels in hand, rinsing my hair, face and eyeball of sticky white fluid. It's liquid chalk (though I know your mind will have gone elsewhere), and it turns out it's an occupational hazard of going bouldering with a man you met on Bumble. In the two years since my last relationship ended and I emerged blinking into today's swipe-right culture, I've engaged in blue-tick dramas, made small talk over more house wines than I care to count and met identikit men with identikit stories. I don't blame the people, it's the system that's trapped me in a digital dating groundhog day. When the shop window to your personality is six painstakingly chosen pictures and a carefully crafted bio, it's no wonder we're all window dressing, and it means the offline version of someone you have the hots for is often a let-down. Factor in, too, a never-ending carousel of people to swipe right on and who can blame us for filling awkward silences with repurposed anecdotes? So when I learnt that 83 per cent of people who regularly work out want a partner who is equally active, according to dating site Zoosk, and ticketing platform Eventbrite has logged a staggering 389 per cent increase in quirky dating events in Australia in the past five years, I decided I'd wasted my last Thursday evening Google Mapping my way to an off-the-radar bar, only to be left considering alerting the ACCC to the identity fraud enabled by dating profiles. No more. It's time to swap a dimly lit bar for a strip-lit gym in the hope of spending real time with IRL versions of whoever I swipe positive on.



Rewriting the rules of dating makes sense. For starters, everyone's working out anyway. According to ABS data, 18 to 34-year-olds have the highest rates of participation in fitness and gym activities nationwide, while the 2019 Les Mills Global Consumer Fitness Survey showed that 80 per cent of fitness club members are millennials or gen Zers. My own weekly routine features a combination of boxing, running and HIIT. Daters are also – whether smug couples believe it or not – busy. Weeknights are a game of scheduled Jenga,

## WHAT'S LOVE GOT TO DO WITH FIT?

Find your forever workout buddy at one of these events



resplendent with deadlines, drinks and waxes. Want to find a SO? Kiss goodbye to your biweekly mani or learn to multitask. Over in the US – ever ahead of the fitness curve – such is the demand for workouts as foreplay that there's an app for that. "About 60 per cent of millennials here are single, and they're very fitness conscious," says Michelle Pantirer, spokeswoman for US dating app Weights N' Dates, which joins apps Sweatt and Datefit on a mission to connect singles based on their love of fitness. "We find it's more the case that a couple will go for their yoga class or do their own thing in the gym, then meet up for a coffee or a smoothie afterwards," adds Pantirer, while acknowledging that there may be a gap in the dating app market, where the workout itself becomes the date. As someone who only makes phone calls when they're walking somewhere and cleans the bathroom while they're showering, it's in the name of efficiency, as well as gonzo journalism of course, that I dive into the dating pool with serious cardio in mind.

A punch  
above

## \* SOCIAL CLIMBING

In search of an activity for my first fitness date, I put in a call to biological anthropologist Helen Fisher, who moonlights as chief scientific adviser for match.com and has written papers on everything from the nature of romantic rejection to love at first sight. She's the closest thing the academic world has to a love doctor, so I'm keen to hear her take on workouts as a form of foreplay. "The basic brain system linked with romantic love is dopamine – it gives you energy, focus, motivation and optimism," she explains. "When you do physical exercise, you're driving up the dopamine system, and it follows that doing so can help push you over the threshold into falling in love. I don't think anyone has really studied it, so it's cool that you're writing about it," she adds, both terrifying me with the "L" word and stroking my ego as a plucky love guinea pig. Fisher suggests choosing an activity that's both new and challenging in order to hack my dopamine system and, from a getting-to-know-you perspective, I'm on board. Unlike during a trip to the movies or a clock-watching drink, it's harder to hide who you are when you're trying to master something new.

An indoor climbing wall ticks the boxes of both challenging and novel. It promises problem-solving

and teamwork alongside a core and arm workout, and the opportunity to provide a bit of tactile "help". Plus, it's not so hardcore that you're too puffed to talk to each other. I'm hoping bouldering will be the perfect icebreaker with... let's call him Dave\*. As it turns out, I smash that ice pretty successfully on my own when, minutes in, I squirt a stream of liquid chalk – a vital climbing lubricant – into my eyeball. Admittedly, it's comedy gold, and would have been treated as such if my mates were around. Instead, an awkward interval ensues while I retreat to the ladies, mentally mapping the route to the nearest pub so I can settle into a well-rehearsed flatmate story instead.

For the uninitiated, bouldering is basically rock climbing without ropes, which sounds terrifying but – eye health aside – is really only marginally dangerous. The routes – handholds and footholds – are colour coded according to difficulty; so you ease yourself in with a couple of baby-step purple routes, graduate to green, and – if you're good – beyond. Problem is, I am good, and Dave is not. Despite his superior reach (he's 195cm, I'm 170cm), he starts to give up, and his unwillingness to reach just a little bit higher is too easily interpreted as a metaphor for his entire personality. My case against a second date is already 80 per cent built when, over a post-climb G&T, he asks me what my parents do for a living. I claim an early meeting the next morning and then make a dash for the bus.



### Fitness Speed Dating

It's like the regular type, just with more abs. We Click runs fitness-focused speed-dating events around the country for those who enjoy an active lifestyle and want to meet like-minded peeps. Visit [weclick.com.au](http://weclick.com.au) to register for the next event in your local area.



### Cycle Speed Dating

Wheel out your best pick-up lines! Bicycle NSW has run these hugely popular events in Sydney for the past three years, where singles aged between 28 and 40 can get on their bike to meet their match. Visit [bicyclensw.org.au](http://bicyclensw.org.au) for more info. Beats a bar any day!



### Active Escapes

OK, no, it's not *officially* a dating event – but plenty of singles sign up for these luxe fitness retreats in swoon-worthy destinations around the world. You'll sweat together during the day, then bond over a few cheeky cocktails at night. Visit [activeescapes.com](http://activeescapes.com) to book.







## \* LOVE STRUCK

Granted, it wasn't bouldering's fault that Dave and I hit a wall. But in search of a workout more conducive to dating, I defer to the research, and to a study that links endorphins with social bonding. When researchers from the University of Oxford explored the link between the two, they found that participants who trained at the endorphin sweet spot demonstrated better cooperation during a post-exercise game, compared with groups who trained at a pace below this threshold. Separate research has linked higher-intensity exercise with a bigger endorphin release, suggesting that I need something a bit sweatier than climbing. A nudge from Fisher to choose an activity I really enjoy is all the excuse I need to book in a boxing session with my next case study – ah, I mean date.

I've been boxing twice a week for two years, and can vouch for the fact that a session produces both perspiration and happy vibes. I agree to meet Dom\* at a fancy

CBD gym. We're here for a private session (oh, stop it) with a national 60kg boxing champ, though Dom is ostensibly more excited about the gym's luxe changing rooms. Fair enough, they're really very nice. It's a crash course in the basics for Dom and a much-needed licking into shape for me, incorporating some pretty flirty tag-style warm-ups and pad-to-pad faux sparring. We jab, we block, we dodge, and we laugh, a lot. Unlike Dave, Dom doesn't seem to mind that I'm better than him. The man exemplifies the phrase "getting stuck in", even declaring his intentions to take up boxing.

Some 45 minutes of pad work later, both sweat and endorphins are flowing and it's the most fun I've had on a first date. I genuinely like Dom, but I don't *like* Dom. And after the session we've just had, there'd be no denying it if I did, as Fisher explains via a post-date debrief. "The main chemical for the sex drive is testosterone, in both men and women, and testosterone can go up when you're doing a physical activity together." Ergo, if you fancy someone, getting sweaty with them will leave you hornier than a rhino in breeding season. I may not have noticed if we'd met for wine, but when physicality is thrown to the forefront on date one, faking an attraction is just about impossible. Dom and I spend a sweaty half hour laughing over our respective dating horror stories before parting ways. I truly hope the changing rooms were everything he hoped they'd be.

## \* TWIST OF SKATE

Fitness dating is fast proving itself to be the productivity hack my romantic life has been missing; a way of weighing up a potential partner's mindset and physicality in one sweaty swoop, without the let-down of a dismal date two. I'm plotting the perfect activity for my next one when my date beats me to it. On a sunny Sunday morning in my local park, I meet Ravi\*. Reader, I fell hard. On to tarmac. Ravi is a skateboarder, and the reason my ego took as big a bruising as my arse. Like surfing, skateboarding looks easy, while actually working every muscle in your core, legs and bum – and that's just staying upright. The physical battering I could have done without, but losing the upper hand gives me a fresh perspective on dates one and two. Am I a Dave or a Dom? I spend the afternoon straight-up swooning, and by the time we're enjoying a drink in the sunshine, I'm genuinely wondering if my friends will have a problem with his baggy clothes. It's around the same time that he announces his intentions to leave to get on with some Sunday night work. I later learn the real reason for his early exit was an on-off ex. Some things don't change.

In these time-poor, face-first times, exercise dates are certainly a safer bet than a standard drinks date. No spark? At least you got a workout in, babe. But there's another reason to consider a change of scene, and it's one I've been neglecting during yet another commute spent speed-swiping: you *might* just meet someone you have something in common with. But remember, if circumstances require you to vigorously shake a liquid-based lubricant, please, avoid your eyes. *wh*



**NEW PODCAST**

# GROW, TRANSFORM AND REINVENT YOURSELF WITH LESSONS FROM THE **MEN'S HEALTH** **STRENGTH SESSIONS** PODCAST

In this brand new podcast, we chat to movie stars, athletes, musicians, industry experts and extraordinary blokes about how they have overcome adversity to find strength in their lives.



Download the *Men's Health Strength Sessions* podcast on your favourite streaming app or visit [menshealth.com.au](https://menshealth.com.au)



# A flow for every feeling

THERE'S A REASON WE CAN'T GET ENOUGH OF #YOGAEVERYDAMNDAY. NOT ONLY CAN THE ANCIENT EASTERN PRACTICE HELP IMPROVE STRENGTH AND FLEXIBILITY, IT'S ALSO A POWERFUL TOOL WHEN IT COMES TO ALTERING YOUR MENTAL STATE. CAN'T SLEEP? BIG MEETING? NEED A PICK-ME-UP? MEET THE QUICK YOGA FLOWS GUARANTEED TO GET YOU IN THE ZONE



Shape  
shifter





## STRIKE A POSE

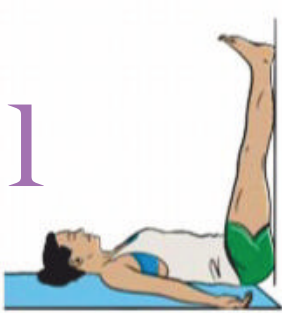
Postures such as inversions (pictured) and forward folds activate your 'rest and digest' system – the opposite of the fight-or-flight response to stress.





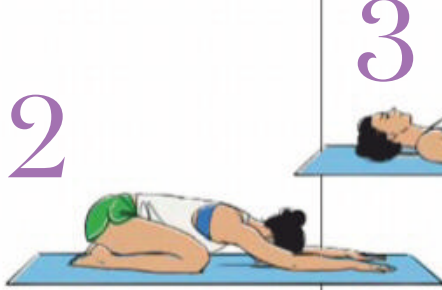
# SLEEP BETTER

Having trouble getting that much-needed shut-eye? Yoga to the rescue! “Restorative postures are the perfect precursor to a good night’s sleep,” explains yoga instructor Fiona Clark. “When the parasympathetic nervous system is triggered, this signals to the body and mind it’s in a safe environment to sleep and restore after the day’s activities.” Try this before bed.



## 1 LEGS UP THE WALL

**(a)** Bring your hips to a wall, with your back flat on the floor and your bum as close to the wall as comfortable (and possible). Pop a pillow under your head if you want a little extra support or chill time.  
**(b)** Gently raise your legs straight up, resting them against the wall. You can also place a pillow under your bum to ease any discomfort in your lower back and help you to hinge at the hips. Stay here for 5 to 15 mins for best results.



## 2 CHILD'S POSE

**(a)** Kneel on the floor with your knees as wide as you feel comfortable and your big toes touching. Exhale and lean forwards to rest your forehead on the floor. You can use a pillow to support your head and stomach if that feels more comfortable. Stretch your arms out in front of you, with your palms resting on the floor.  
**(b)** With your eyes closed, focus on the journey of your breath moving in and out of your body and slow it down to a count of 4 secs in and 4 secs out.

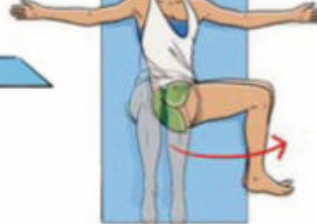
3



## RECLINED GODDESS

**(a)** Lie on your back with the soles of your feet together to form a diamond shape with your legs, the sides of your feet resting on the ground. For a deeper hip opener, draw your heels closer to you; for a less intense one, move them further away. Relax your arms by your sides.  
**(b)** With eyes closed, relax your jaw and forehead. Place one hand on your heart, one on your stomach, feeling your palms rise and fall as you focus on your natural breath.

4



## SUPPORTED SUPINE TWIST

**(a)** Lie on your back with your knees bent, feet in the air. Stretch your arms out to the sides to form a T-shape.  
**(b)** Keeping your knees together and core engaged, lower your legs to one side while turning your head in the opposite direction. Keep your shoulders grounded on the floor. You can use a pillow for support between or underneath your knees.  
**(c)** Close your eyes and relax into your breath. Hold for 3 to 5 mins and repeat on the other side.

5



## CORPSE POSE

**(a)** Lie flat on your back, arms by your sides, palms facing up and legs at least hip-distance apart. If you have any sensitivity in your lower back, bend your knees and place the soles of your feet on the floor, mat-width apart, and let your knees fall in towards each other.  
**(b)** Close your eyes, relax your forehead and jaw and feel the sensation of sinking into the mat, letting go of any tension.

# MANAGE STRESS

When life gets too much, this flow will help you reset and release tension. “Stress causes a fight-or-flight response in your body, which, if present for too long, can cause problems such as chronic pain, poor sleep and IBS,” says yogi Hannah Barrett. “These postures will calm the mind and counter stress responses, like stomach pain.” Feeling calm in three, two...



## 1 CHILD'S POSE

**(a)** Kneel on the floor with your big toes together and knees wide. Exhale and rest your torso down between your thighs, being sure to keep your spine nice and long.  
**(b)** Stretch your arms forwards, feeling a gentle stretch from your tailbone right through to your fingertips. Relax your shoulders and rest here for 5 slow breaths, or longer if you feel you need it.



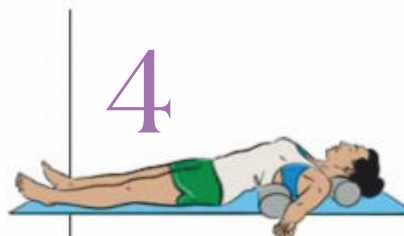
## 2 CAT COW

**(a)** Start in tabletop position, with your wrists underneath your shoulders and knees underneath your hips. Inhale into cow pose, dropping your stomach down to arch your spine and gazing upwards.  
**(b)** Exhale into cat pose, rounding your back, tucking your pelvis under and dropping your head. Continue moving through cow to cat for 5 full breaths.



## 3 FORWARD FOLD

**(a)** Start standing with your feet together, then exhale and slowly bend forwards from your hip joints. Lengthen your spine as you fold forwards, bending your knees if you need to.  
**(b)** Bring your palms or fingertips to the floor or to the backs of your ankles. Press the soles of your feet into the floor and lift your bum towards the ceiling, turning the tops of your thighs in towards each other slightly. Engage your core and let your head hang between your arms.



## 4 RESTORATIVE FISH POSE

**(a)** Place a pillow or block parallel to the short edge of your mat. Gently lie back over the prop, so the bottom edge is level with your bra strap. You can use another pillow or block to support your head if you need it.  
**(b)** Melt your body over the prop(s) and place your arms by your sides, or overhead – wherever is most comfortable. Hold the pose for at least 1 min. To get out of the pose, roll to one side and remove the prop. Easy.



## 5 LEGS UP THE WALL

**(a)** Get ready to put your legs in the air again! As before, bring your hips to the wall, with your back flat on the floor and bum as close to the wall as is comfortable.  
**(b)** Raise your legs straight up, resting them against the wall. Feel free to place a pillow under your bum to help ease any tension or discomfort in your lower back. Hang out here for 5 to 15 mins for the best results.



## DEEP BREATHS

"Observing your breath steers your mind away from external factors that act as a catalyst for stress, sap energy or foster negativity," says Clark.



## BOOST ENERGY

"For a perk-me-up flow, you want to gently stretch your body to warm up the joints and release tension in the muscles," says master trainer Clare Walters. Do this flow first thing in the morn as a great way to get in the zone before the day ahead.



### CAT COW

**(a)** Start in tabletop position, with your wrists underneath your shoulders and knees underneath your hips. Inhale into cow pose, dropping your stomach down to arch your spine and gazing upwards.  
**(b)** Exhale into cat pose, rounding your back, tucking your pelvis under and dropping your head. Carry on moving through cow to cat for as many rounds as you need to mobilise the spine and help loosen up your back muscles.



### DOWNWARD DOG

**(a)** From all fours, tuck your toes and lift your hips up and back to create a triangle shape with your body.  
**(b)** Keep your knees soft and tilt the bottom of your pelvis up so you feel a gentle stretch through your lower back and hamstrings. Imagine pressing the ground away with your hands and then send your chest towards your thighs. Feel free to walk through your feet or take a wriggle.



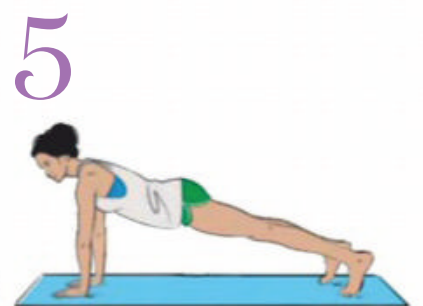
### TWISTED LUNGE

**(a)** Start in downward dog and step your right foot between your hands so that your right knee is stacking above your right ankle.  
**(b)** Keep your left hand on the floor and lift your right hand towards the ceiling; look up towards your right hand if you can. If this feels too intense, your back knee can be dropped down to the ground. Hold for about 5 breaths before you switch over. Nice work.



### SPHINX

**(a)** Lie on your front with your forearms on the ground so that your elbows are in line with your shoulders and your arms are parallel with each other.  
**(b)** Inhale and lift your upper torso off the ground to come into a small back bend, lifting your stomach away from the floor. Stay here for 5 to 10 breaths.



### PLANK

**(a)** Place your hands on the floor underneath your shoulders and step your feet back, forming a straight line from your shoulders down to your ankles.  
**(b)** Press the ground away with your hands so that your shoulders are engaged. Squeeze your glutes and then draw your stomach in. Hold for 10 breaths.





## GREAT MINDS

Studies show that yoga may combat persistent fatigue, boost self-esteem and energy levels, plus help reduce depression and anxiety.

## IMPROVE FOCUS

A big work presentation, a final exam, a first date – sometimes you just need a bit of extra help concentrating the mind. Yoga instructor Aisha Ibrahim recommends poses such as Tree and Warrior II, which call for a single point of focus.

1



### MOUNTAIN

**(a)** Stand with your feet together and arms by your sides. Plant your feet firmly on the floor and make sure that your weight is spread evenly between them. **(b)** Draw your stomach in and engage your quads, rotating them inwards slightly. Keep your neck long – imagine drawing the crown of your head up to the ceiling. Keep your muscles engaged as you hold and breathe through this active pose. Done.

2



### TREE

**(a)** Stand with your feet together and shift your weight on to your right foot. Bend your left knee and lift your leg so that you can reach down and grab your left ankle. Place the sole of your left foot on your right thigh – avoid the knee area. **(b)** Press your left foot into your thigh and focus your drishti, or gaze, on a spot directly in front of you to help you balance. Bring your hands to prayer or raise them above your head.

3



### WARRIOR II

**(a)** Begin standing facing the side of the mat, feet hip-width apart. Step your right foot out to the side so your feet are wide – about 4 to 5 feet apart. Turn your right toes to point towards the front of the mat and bend the right knee over your right ankle. **(b)** Face your hips and shoulders to the side and reach forwards through the fingertips of your right hand, with your left reaching towards the back wall.

4



### BRIDGE

**(a)** Lie down on your back with your knees bent and feet on the floor, with your heels as close to your bum as possible. Keep your arms at your sides, palms on the floor. Exhale and press through your feet to lift your bum up, keeping your thighs and feet parallel. **(b)** Clasp your hands below your pelvis and press arms into the mat to help raise your upper back off the floor. Lengthen tailbone to the backs of your knees.

5



### LIZARD

**(a)** Start in Downward Dog. On an exhale, step your right foot to the outside of your right hand. Slowly, now. **(b)** Lower your left knee to the ground and untuck your left foot. Next, sink your weight down into your hips and, if you can, lower down on to your forearms. Hold for 5 breaths, then move to come back to Downward Dog. Next, repeat the move with your left leg in front. Powerful. **wh**



TRX at 6:30am followed by tequila on the rocks 12 hours later. For women who want to live their best life, energy is currency. So when an illness strikes that robs you of it, you're left feeling not only devastated but invisible, too. Here, one writer shares how witnessing chronic fatigue syndrome up close has taught her that energy is not a certainty but a privilege

By Lauren Clark

# A LIFE WITHOUT ENERGY



The  
never-  
ending  
slump





One day, when I was 12 years old and thumbing through the newly released *Harry Potter and the Half-Blood Prince*, I heard a distressing moan coming from my mum's room. Entering slowly, I found her writhing on the bed as her limbs shook uncontrollably and she tried to fix her frightened eyes on me. That day, back in 2005, was the first time my mum, Liane, then 45, found herself caught in the vicious throes of what was later diagnosed as chronic fatigue syndrome (CFS) – also known as myalgic encephalomyelitis (ME). Initial blood tests failed to reveal why Mum had suddenly become so sick and completely devoid of energy. After six months – having ruled out everything from glandular fever and thyroid problems to Lyme disease and multiple sclerosis – her baffled GP diagnosed her with ME/CFS and later referred her to a musculoskeletal and autoimmune specialist.

In the years that followed, I watched as the unstoppable force that was the mum I'd grown up with became relegated to bed for hours, days, weeks on end. My early teens were spent tiptoeing around our house while she rested. She was forced to turn her back on the 20-year career she'd built as a sexual and reproductive health doctor and my father negotiated fewer hours as an optometrist to try to navigate the dual role of primary carer and family breadwinner. And while it was Mum whose body had been taken over, I resented how the illness impacted me, too. Schoolmates regaled each other with stories of summer holidays, nothing but a pipe dream for me now, and the idea of mother-daughter shopping trips was laughable. Not only did my day-to-day life undergo a seismic shift, but my idea of my future did, too. Googling the disease later, in the hope I'd hit upon something that might help Mum, I discovered that ME/CFS could be genetic. I was horrified. I'd inherited my mum's natural drive and optimistic disposition; had I also inherited the illness that had quashed them both?

## Lost connections

But first, some facts. ME/CFS affects up to 250,000 people

in Australia and an estimated 17 million globally. The chronic illness is characterised by tiredness that renders you immobile, debilitating cognitive issues and acute sensitivity to light and sound. The severity can vary, and a quarter of sufferers are bedridden or housebound, often forced to rely on a wheelchair or live in the dark. Others you may walk past in the street and never realise, because it's a "good day". While ME/CFS can affect anyone, it's most often diagnosed in women aged between 25 and 45 and has been described as the worst hangover of your life, that doesn't fade after a good night's sleep. "ME/CFS is, on average, more disabling than many other major conditions, such as rheumatoid arthritis or cancer," says Dr Luis Nacul, clinical associate professor at the London School of Hygiene & Tropical Medicine. At its most dramatic, ME/CFS can cause sufferers' bodies to "crash" – as my mum's did when I found her in her bedroom. "In just a single day, my body failed me," she recalls. "Overnight, heart palpitations, aching muscles, difficulty sleeping

and trouble getting words out became my new normal."

So what's the cause? Frustratingly, scientists don't know, even though ME/CFS isn't a new illness. Diagnoses of myalgic encephalomyelitis were first made in 1955 when, within just four months, nearly 300 members of staff at the Royal Free Hospital in London developed unexplained limb pain, muscle weakness, nausea, dizziness and severe headaches. Official recognition came in 1969, when the World Health Organization classified ME as a neurological disease. However, in 1970, psychiatrists Colin McEvedy and AW Beard, in a controversial study published in the *BMJ* titled *Royal Free Epidemic of 1955: A Reconsideration*, claimed the condition was "mass hysteria" on the grounds that tests showed no abnormalities or obvious causes of infection among patients. In an example of contemporary gender biases – and the dispiriting body of

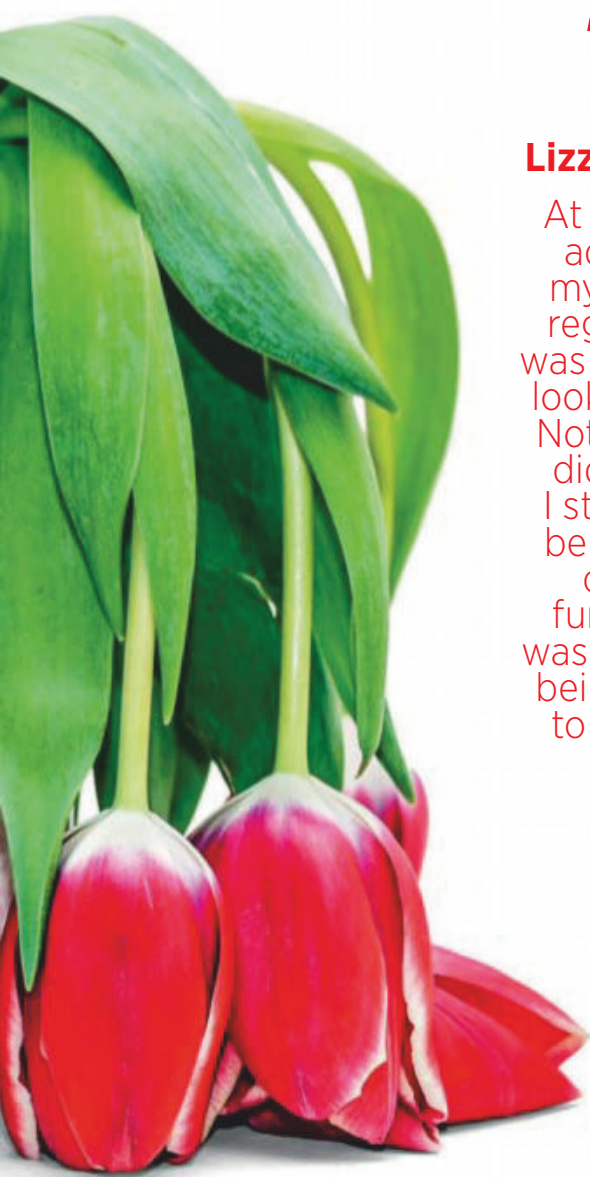




## “SOMEONE ONCE TOLD ME TO HAVE A RED BULL”

**Lizzie Horgan, 29, shares her experience**

At age 22, ME/CFS forced me to quit my advertising job and move back in with my parents. In the end, what helped me regain my health was a year's bed rest. I was fortunate that my parents were able to look after me and were so understanding. Not everyone was like that, and someone did once suggest I just drink a Red Bull. I started feeling a little better each day – being able to read again without getting disoriented and walking further and further. During this time, I realised what was important to me and that I really loved being around people – which inspired me to change careers and pursue teaching.



evidence revealing how women's pain is often dismissed – the pair also suggested that female patients, who made up the majority, were exaggerating symptoms. The study was influential and, for decades, the condition wasn't taken seriously.

### Mind vs matter

So effective was this legacy in cementing the condition as psychological – and thus by the conventional wisdom of the era, not real – that Australia's clinical practice guidelines for CFS still flag that the illness' “unexplained” causes means it overlaps with somatoform disorders, a mental illness where physical symptoms are due to psychological problems. The guidelines were heavily criticised when released in 2002, with the Senate calling for an immediate review. But it took until

October 2019, after accepting an extensive report on ME/CFS, for the National Health and Medical Research Commission (NHMRC) to finally announce its intention to update the guidelines.

In late 2018, those campaigning for greater recognition of ME/CFS as a physical illness were given cause for hope when a team at King's College London found a possible link between the condition and an overactive immune system. Lead author Dr Alice Russell explains, “Our findings in patients with overlapping symptoms suggest there may be a difference in the way the immune systems of ME/CFS sufferers respond to the initial immune or viral attack that triggers their symptoms, compared with the rest of the population.” What's more, a 2017 Stanford University study found evidence of an inflammatory disease in ME/CFS patients; Columbia University research showed disturbed cytokine (small proteins important in cell signalling) production patterns; and other studies have suggested that the cells of ME/CFS patients are in a state of metabolic hibernation.

I discussed these findings with my mum. They certainly appear to tally with her experience: in the years before her first crash, she experienced an uncharacteristic series of infections. The more scientists find out about what could

be going on beneath the surface in ME/CFS sufferers, the more I worry about its potentially hereditary nature. But doctors believe that – while there is a genetic link – it doesn't necessarily mean that everyone in a family will get it, just like cancer or heart disease.

### Not seen, not heard

The condition's physical impact was highlighted recently when Aussie surfing world champion Tyler Wright, 25, revealed that ME/CFS had left her too weak to compete. Jennifer Brea, a Harvard PhD student and creator of the award-winning ME/CFS documentary *Unrest*, was a keen skier and cyclist before the illness left her housebound. After catching a virus when travelling in 2011, she sustained multiple infections and never recovered. In one haunting scene, she tells a handheld camera, “It was like I had died, but was forced to watch as the world moved on. There are some days where I'm just doing a good job by holding it together and not killing myself.”

Indeed, a study published in 2016 in *The Lancet* suggests that ME/CFS sufferers are more likely to die by suicide than those unaffected by the condition (although researchers caution more investigation is needed). Energy is essential, and when you're running on empty, the impact isn't purely physical. “We socially reward people who work and contribute and perceive them as more deserving and more morally upstanding,” explains sociologist Dr Tracey Collett. “For ME/CFS sufferers, the roles they perform – as parent, partner, child, friend – are drastically reduced, but they're rarely afforded the sympathy and care that would come with having another, better understood, condition. And to add insult to injury, their contemporaries







move on without them, building relationships, having children, developing careers and travelling the world – all things that validate your sense of identity and worth.” I remember watching as invisible clouds obscured my mum’s sunny disposition. “There were times when I thought this living nightmare would never end,” she tells me. Of course, I’d known this – I’d often witnessed her in tears over breakfast and when I came home from school. “I never experienced suicidal thoughts because I had good spells,” she adds. “But had I not – like so many sufferers – I can understand how the pain and loneliness could drive people in that direction.”

## A life less ordinary

When it comes to treatment, ME/CFS patients in Australia may not get the best advice. Thanks to those outdated clinical guidelines, well-meaning doctors may offer a combination of antidepressants, cognitive behavioural therapy (CBT), graded exercise therapy (GET) and “pacing” (an activity-

management strategy aimed at limiting the number of crashes that sufferers experience). Their efficacy? Questionable. In 2018, campaigners successfully put pressure on the authors of a 2011 study to reveal the evidence that led to their findings that CBT and GET were “moderately effective” forms of treatment for CFS. It appeared the unpublished data showed recovery rates were grossly inflated.

My mum spent 10 years fruitlessly pacing her activity and taking medication to ease the pain, encourage sleep and regulate her immune system. In the meantime, she missed weddings, graduations, birthdays, holidays and funerals. “I felt guilty about being utterly useless as a wife, mother and daughter,” she recalls. She began to research alternative treatments and discovered functional medicine – which aims to tackle the root cause of a problem via tailored lifestyle and nutrition interventions – then she came across nutritional therapist Marek Doyle. Despite the fact his qualifications seemed less robust than those of the doctors Mum was accustomed to dealing with, she trusted his identification of several underlying problems. These included adrenal issues, gut imbalance and inflammation – none of which doctors had raised – which she believed were caused by her stressful lifestyle working

as a junior doctor in her 20s. She soon began following Doyle’s suggestions of dietary changes and supplements to take. “Over the course of two years, there were ups and downs as my body started to function again,” Mum recalls. “I woke up in the morning with energy and a clear mind. I could plan my life for the first time in years.”

## Future facing

While society’s awareness of the “invisible” illness is increasing, and science is heading in the right direction – last year, the Australian government announced a \$3 million grant for research into ME/CFS, and researchers at Stanford University developed a blood test to diagnose the disease – we can’t forget those for whom progress is too late.

Lost. Left behind. Missing. The words that always come up when you speak to those affected by ME/CFS. It makes me marvel that, when I ask my mum to reflect, she shows sadness but no bitterness. “It’s pointless to dwell,” she says. “I just want to make the most of the future.” I’m doing my best to follow suit, which is made easier by the fact that we can make new memories now. That little girl with her head buried in a book could not have imagined navigating her teens without the mother she thought infallible. Even more inconceivable was that my mum’s health would return – that one day I’d find us pausing for a break on a full day’s sightseeing at *my* request, not hers. She fears that her body may let her down in the future – and so do I. From her research, Mum’s firm belief is that lifestyle is more important than any genetic tendency, but that’s something you can’t know for sure. What is more certain is my belief that good health and plentiful energy are privileges that should never be taken for granted. **wh**

*For 24/7 crisis support or suicide prevention services, please contact Lifeline on 13 11 14 or at [lifeline.org.au](http://lifeline.org.au)*



# AUSTRALIAN Women's Health UNINTERRUPTED ...*is back!*



In our inspiring  
**PODCAST** series, we  
chat to game-changing  
women about life,  
success, health, fitness,  
wellness and everything  
in between.

***New Episode  
Out Now!***

Download the *Women's Health  
Uninterrupted* podcast on your  
favourite streaming app or  
visit [womenshealth.com.au](http://womenshealth.com.au)



# SET YOUR 2020 GOALS IN STONE

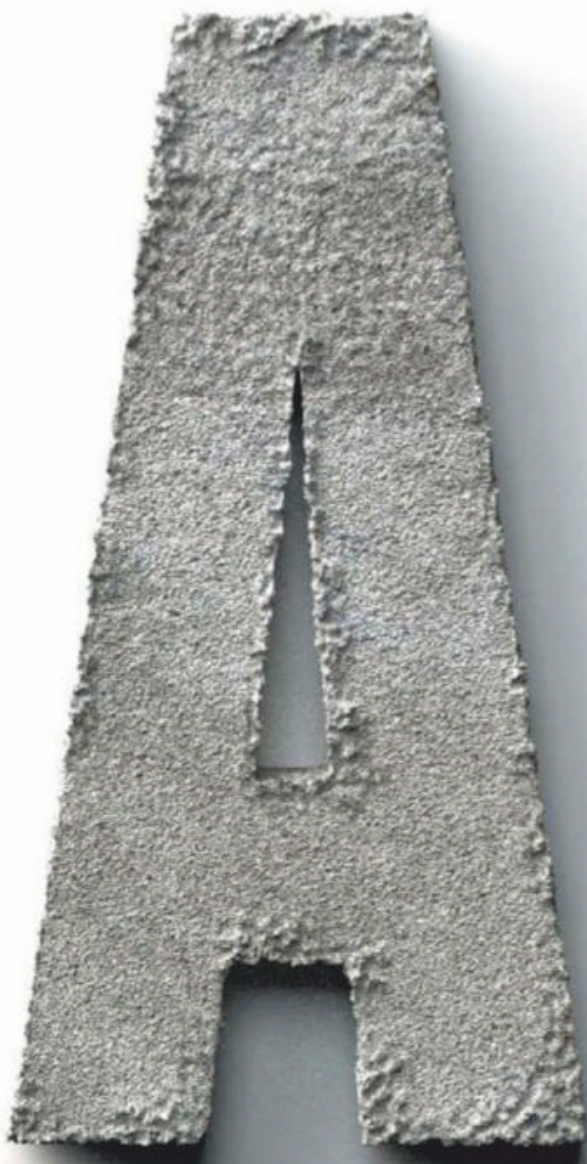
**Want to eat smarter, score a pay rise or unlock your happy weight? We tapped leading experts for the secret to creating sustainable change that actually lasts!**

*By Mini Smith and Roisín Dervish-O'Kane*









A promise of new beginnings is seductive, but whether your life goals have a positive spin (master reformer pilates) or negative (pull back on the Aperol spritz), they're unlikely to be new to you. In fact, you've probably rolled those same aims out more times than @yoga\_girl has her mat. Why? Because they haven't worked so far. Dream goals ripe for an upgrade? The secret is simple: micro change. "People tend to set big goals because the brain underestimates the barriers that hold them back from success," explains neuroscientist-turned-executive adviser Dr Tara Swart, author of *The Source*. "The temptation is to fast forward past all the emotional mastery, good decision-making and resilience, to realise your ambitions." To do things differently this time, we've consulted the best strategists in the biz of health, wellness and 'getting it done' to help rewrite your goals, hit them and make them last. Let's go!

#### OLD GOAL

## Stop snacking between meals

#### NEW GOAL

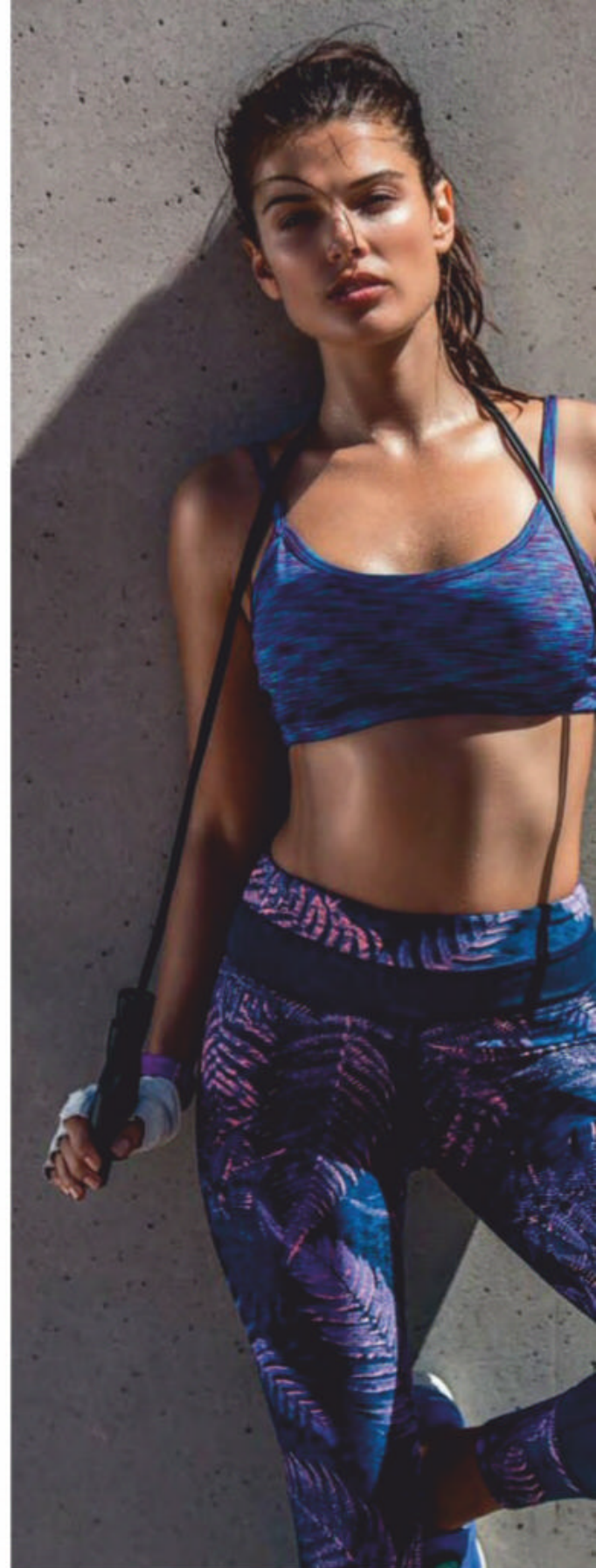
## Set a snacking schedule

A free-for-all when it comes to between-meal nibbles isn't wise, with research in the journal *Lipids in Health and Disease* suggesting that flooding your body with a near-constant supply of kilojoules may cause your liver to store more fat, which could lead to insulin resistance and diabetes. But know this: a total ban isn't the right response, either. "Snacks are important when it comes to sustaining blood sugar levels throughout the day, and if you remove them completely, you're likely to overeat at mealtimes and experience feelings of deprivation in between," explains Anna Groom, a sports dietitian. Snacking smarter means that what you eat between meals can help you reach your health and fitness goals – whether body-composition or performance-based. Sweet.

#### MAKE IT HAPPEN

Snacking with purpose requires planning, so decide on snacks and add them to your weekly shopping list. "If you're a regular snacker, making a habit of having one midmorning and one in the afternoon is a good starting point," suggests Groom. "But, in order for your snacking schedule to be sustainable, it needs to meet your specific energy and

nutritional needs." So you don't need to be super strict about it; if you're not hungry after a big lunch, you might skip those arvo oatcakes and peanut butter – or if you've done a tough weights session, you might have a tub of Greek yoghurt alongside your standard arvo cheese and cashews. If your hands like to wander, stock up on containers and prepare single portions.





**OLD GOAL****Go vegan****NEW GOAL****Eat more plant-based**

Doing your bit for the planet is commendable. But be honest about your existing relationship with food before switching to a restrictive diet. “People who have suffered with anorexia or have tendencies linked to orthorexia [fixating on creating a ‘perfect’ diet and elimination of food groups] need to be careful, as the moral pressure to restrict could

be psychologically damaging,” says Louise Symington, a dietitian specialising in sustainability. “If that’s true for you, reorienting your way of eating towards being ‘plant-based’ – basing the majority of your meals around something other than meat and dairy – is a better option in that you’re not setting strict rules around what you’re eating. And it’s

still an effective way to reduce your carbon footprint.”

**MAKE IT HAPPEN**

Your move to plant-based needn’t be centred on restriction; and Symington insists it can expand your culinary horizons. She reckons starting small is best when it comes to making the switch long-term. “Make one meal each day vegetarian – try lunches.”

**OLD GOAL****Work out four times a week****NEW GOAL****Set a new PB, then improve on it**

If your goal is just to blearily set foot on a treadmill every weekday morning, you risk falling off the wagon faster than you can say ‘fat-burning mode’. “Consistency is important when it comes to achieving your outcome and tracking your progress, but it’s not a goal in and of itself,” explains Andy Lane, professor of sports psychology at the University of Wolverhampton, UK. “[The] key to effective goal-setting is choosing one that excites and energises you.” In the words of a motivational meme, you need to find your ‘why’: something to light a fire in your belly that’s warm enough to lure you out of bed and into exercising.

**MAKE IT HAPPEN**

Think about a physical challenge that you really want to achieve. It could be a race, but it could also be something that’s more of a private challenge, like nailing your first burpee or doing a headstand in yoga. What next? “Set yourself a deadline for when you want to achieve the goal, then break down the process,” says Lane. “What skills do you need in order to improve your performance? If it’s hitting a running PB, the first step might be learning how to run more efficiently, the second might be identifying a training buddy.” Next, work these actions into your schedule and show up – for yourself.



**OLD GOAL**

## Get a promotion

**NEW GOAL**

## Upskill your current role

Stepping up is an admirable goal, but pegging success on a decision only your employer can make outsources all your power – and that's not how professional ascension works. Shifting your focus to excelling on your current rung increases day-to-day satisfaction and amasses the evidence you need come your annual review. "Research shows that people perform and feel better if they pursue goals they set for themselves, rather than working to tick other people's boxes," explains Caroline Webb, a behavioural economist. "The great thing about working towards getting more out of the job you're already in is that you're in control of that process. Someone else can deny you a promotion, but there's always something new you can learn or develop in yourself."

**MAKE IT HAPPEN**

Firstly you need to work out *why* you want that promotion. Is it more responsibility; flexibility; training opportunities? Use that to inform the skill that you'll aim to master over a specific time period. "It could be a technical skill or something behavioural, like learning how to stay more centred when you're in tense conversations," Webb suggests. Establish how you'll measure success, then put a recurring monthly meeting in your calendar with yourself to (honestly) assess your progress. Sharing aspirations with a manager increases accountability, while signalling with actions, rather than words, that you're self-motivated about your professional development. When it comes to promotability, that's priceless. So, if your main motivation for promotion is a pay rise, this strategy should bring you one step closer.

**OLD GOAL**

## Lose 5 kilos by midyear

**NEW GOAL**

## Reach a healthy weight range – and stay there

If you're scale-stepping every morning, this habit is long overdue for an update. "The weight on your scales does not reflect your wellbeing," says Dr Naghete Boukhezra. "Genetics, medical conditions, water retention and hormonal changes can all cause it to fluctuate. Focusing on achieving one number can encourage people to take drastic action in order to attain their desired weight." Enter the crash diet, which includes extreme fasting, cutting out entire food groups or living off soups and

juices. "This can leave you tired, unable to focus and – especially if you've cut carbohydrates – irritable," Boukhezra adds. And susceptible to rebound weight gain. Ironic, right?

**MAKE IT HAPPEN**

The goal of reaching a healthy weight is not to improve some metric, but to feel like your healthiest self. So, if you're sleeping well, enjoying steady energy levels, having a regular menstrual cycle and fitting into your clothes, you probably don't need to think much more about it,

so we'd suggest you save yourself the bother. And if you're struggling to keep your weight stable, see your GP or a dietitian to get evidence-based advice from a qualified professional (not the case if you look for fixes via Instagram's Explore page) and a good understanding of how lifestyle changes will impact your blood pressure and heart rate. Not overweight but very much the tabs-keeping type? Boukhezra suggests thinking of healthy as a three-kilo range, to allow for your body's normal fluctuations.



**OLD GOAL****Be more productive****NEW GOAL****Have more focus**

Getting stuff done requires plenty of concentration. So, in a time where your attention is more in demand than Lizzo, pledging increased productivity isn't enough. Upping your output requires focusing on, well, your focus. The first step is getting all up in your feelings, says Nir Eyal, lecturer at the Michigan Institute of Technology and author of *Indistractable*. "You need to manage that internal trigger; that uncomfortable feeling of anxiety, stress or loneliness that causes you to pick up your phone rather than the task at hand," he explains. "Until you're able to acknowledge discomfort [and not react to it by engaging in comforting behaviour] you'll always be distracted by something." While cutting back external triggers – constant checking of social media, for one – matters, you need to first tackle the emotional side.

**MAKE IT HAPPEN**

Try logging the times when you tend to get distracted: what are you feeling, what distractions do you reach for, what purpose do they serve? Then, Eyal suggests creating a pact with yourself for what you'll do when you feel that urge. "The antidote to impulsiveness is foresight," he says. "You can't rely on self-control and willpower alone, so set up systems." Think: repeating a mantra to yourself that reminds you of the bigger goal you're working towards; taking eight slow breaths; or looking at a motivational image on your laptop or phone screen. Laser focus coming up! **wh**



**JUST  
\$69.99  
SAVE  
25%\***



# **SUBSCRIBE TO** AUSTRALIAN **Women's Health** **and receive...** **FREE** **Rockwear** **tights**

**3**

**great reasons to subscribe**

**JUST  
\$69.99**  
for 12 issues

**SAVE  
25%** off  
the cover price\*

**FREE**  
Rockwear tights,  
valued at \$79.99



**subscribetoday.com.au/WH/Rockwear**

**subscribetoday**  
.com.au

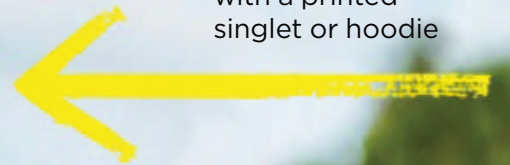
\*Saving is based on your first 12 issues. After your first 12 issues your selection of recurring credit card payment ensures your subscription will continue at \$37 every 6 issues. You can cancel your subscription at any time and you will continue to receive magazines delivered through to the end of your last billing period. We do not provide refunds for partial billing periods. Offer valid in Australia



# Women'sHealth <sup>AUSTRALIAN</sup> *Subscription offer*

Receive a FREE pair of Pocket Full-Length Tights by Rockwear. Shrink and fade resistant with moisture-wicking properties, our Supplex™ fabric will keep you dry even in high impact sessions. These tights offer great support with a compression feel. Great for, but not limited to:

- Any type of workout, whether you're a fan of yoga, Pilates, running or weight training
- Off-duty and casual wear teamed with a printed singlet or hoodie



**FREE  
TIGHTS**  
valued at  
**\$79.99**



**1300 668 118 and quote P04VKZZA**

only until 30/4/20 or while stocks last. We reserve the right to replace the gift with one of equal or similar value. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing and managing your subscription. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available at [subscribetoday.com.au/privacy-policy](http://subscribetoday.com.au/privacy-policy).

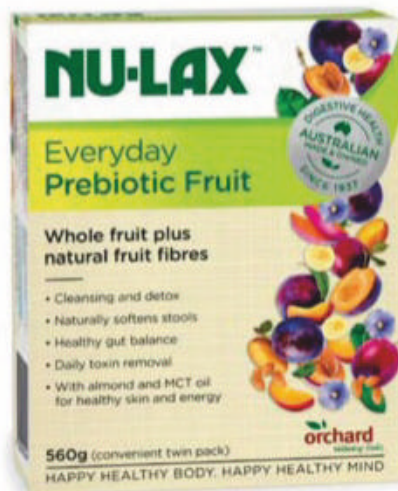


# The Winners' List

EVENTS, PRODUCTS AND PROMOTIONS THAT TAKE OUT THE TOP PRIZE

## GUT FEELS

Digestion feeling like it's 'off'? It probably is! Nu-Lax Everyday Prebiotic Fruit helps nourish your gut microbiota and keep your digestive system in good working order. RRP \$25.95. Visit [nu-lax.com](http://nu-lax.com)



## MORE OF WHAT YOU LOVE

At Palmolive we're all about giving you more of what you love and less of what you don't. That's why our body washes are made with skin-loving ingredients, natural extracts and great fragrances. And it's why we choose to leave out parabens, phthalates, alcohol, silicones, gluten, soap and BPA. Visit [palmolive.com.au](http://palmolive.com.au)

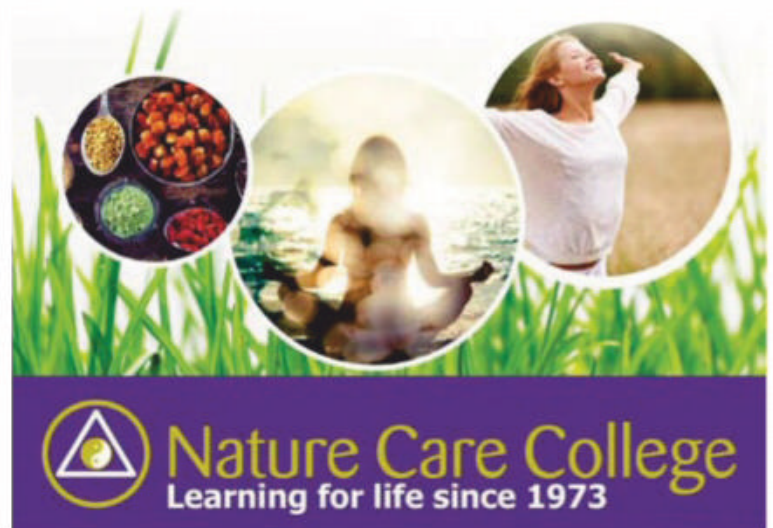
## BRIGHTEN UP YOUR SILVER TONES

PRO:VOKE Touch Of Silver is an expertly created range, including Australia's No.1 purple shampoo, conditioner and an all-new Toning Treatment Mask, to brighten and restore colour and condition to blonde, platinum, white, grey and silver hair. Available from Woolworths, Coles, Chemist Warehouse and Priceline, nationwide.



## CHANGING LIVES SINCE 1973

Are you looking to grow, or find, a rewarding career? Nature Care offers a diverse range of courses in natural health and wellness, with on-campus and online learning options. Discover a world of opportunity at [naturecare.com.au](http://naturecare.com.au)



## ANTI-AGEING FOR AUSTRALIAN SKIN

For an intensive boost, Elucent Anti-Ageing Serum combines the highest levels of AHAs in the Elucent range at 16%, with vitamins B3, E and Pro-vitamin B5 to help visibly reduce fine lines and wrinkles while helping to improve skin texture, firmness and tone. RRP \$49.99.



Hello  
dream  
dinner  
(p114)

## HASSLE-FREE *keto*

Tried going keto, but found yourself asking, “Is butter a carb?” You’re not alone. Here to help you embrace the low-carb, high-fat life is chef Pete Evans and this deliciously satisfying serving of recipes. Dinner’s ready!



You've been living under a wellbeing rock if you haven't heard of the ketogenic diet, a low-carb, high-fat approach that fans claim can drive weight loss and boost health. One of the leading advocates? Chef and *MKR* host Pete Evans. His latest book *Easy Keto Dinners* is packed with simple, nourishing recipes that have you covered, whether you're a total keto convert or just dabbling in that low-carb life. Evans' tip for starting on the approach? "The formula is very simple," he says. "Take a piece of well-sourced meat – grass fed and organic – or seafood that's wild caught and sustainable, or some organic free-range eggs. Cook it in good-quality fat – tallow, lard, duck fat, coconut oil, olive oil – then add a salad or low-carb veggie side and a delicious sauce or dressing. Season everything well." Alright Pete, let's get cooking, shall we?

MAKE THIS IN  
**10**  
mins

## SALMON CUTLETS WITH GUACAMOLE

SERVES 2

- ◆ 2 x 230g salmon cutlets
- ◆ 2 tbs coconut oil or good-quality animal fat

### GUACAMOLE

- ◆ 2 avocados, diced
- ◆ ½ small red onion, finely chopped
- ◆ 1 long red chilli, finely chopped
- ◆ 1 tbs coriander leaves, finely chopped
- ◆ 2 tbs lime juice, or to taste
- ◆ 3 tbs olive oil
- ◆ Sea salt and freshly ground black pepper

1. Place all the guacamole ingredients in a bowl and mix to combine. Set aside.
2. Now for the fish. Preheat a large frypan over a medium-high heat.
3. Next, brush the salmon with the coconut oil or animal fat, and then season with salt and pepper. Cook for 2 mins on each side, or until the flesh is tender and opaque (or cook to your liking). Allow to rest for 2 mins.
4. Place the salmon on serving plates, spoon over the guacamole and serve with some coriander sprigs and lime wedges, if desired.

## THAI PORK SALAD

SERVES 4

- ◆ 1kg boned pork belly, skin scored, at room temperature
- ◆ 1 tbs lard
- ◆ Sea salt
- ◆ 200g Chinese cabbage (wombok), finely shredded
- ◆ 1 Lebanese cucumber, halved lengthways, deseeded and cut into matchsticks
- ◆ ½ green papaya, cut into matchsticks
- ◆ 2 spring onions, cut into matchsticks
- ◆ 2 French eschalots, finely sliced
- ◆ 1 chilli, finely sliced
- ◆ 1 large handful of mint leaves
- ◆ 1 large handful of Thai basil leaves
- ◆ 1 large handful of coriander leaves
- ◆ 1 large handful of Vietnamese mint leaves
- ◆ 1 pinch of chilli powder (optional)
- ◆ Lime cheeks, to serve

### DRESSING

- ◆ 2 chillies, deseeded and finely chopped
- ◆ 3 tsp ginger, finely grated
- ◆ 3 garlic cloves, finely chopped
- ◆ 2 tbs coconut sugar
- ◆ 100ml lime juice
- ◆ 3 tbs fish sauce

1. First up, place all the dressing ingredients in a high-speed blender and blend until it's nicely smooth.
2. Preheat the oven to 240°C (you need to start by blasting the pork with heat).
3. Place the pork belly on a wire rack in the kitchen sink, carefully pour 250ml of boiling water all over the skin, then carefully pat dry with paper towel.
4. Rub the dry pork skin well with the lard and season with a good amount of salt. Place the pork in a large roasting tin and roast for 35–40 mins until the skin starts to bubble.
5. Reduce the temperature to 150°C and continue to roast the pork for 1 hour 15 mins, or until the flesh is very tender. Transfer to a plate and allow to rest for 15 mins, keeping warm. If the crackling isn't crisp enough, place the pork, crackling-side up, under a hot grill for a few mins.
6. Using a sharp knife, cut the pork into bite-sized pieces and set aside to rest.
7. Arrange the cabbage, cucumber, green papaya, spring onion and your eschalots on a large platter. Scatter over the pork and chilli, then drizzle over the dressing. Sprinkle on the herbs and chilli powder (if using) and serve with the lime cheeks for a bit of extra zing.











## SARDINES WITH LEMON AIOLI

SERVES 2-4

- ◆ 15 whole sardines (about 600g), gutted and backbones removed (ask your fishmonger)
- ◆ 100g hemp or tapioca flour
- ◆ 250ml coconut oil, melted
- ◆ Sea salt and freshly ground black pepper
- ◆ 150g aioli
- ◆ Lemon wedges, to serve
- ◆ Smoked paprika, to serve

### MARINADE

- ◆ 4 garlic cloves, finely chopped
- ◆ 1 tbs flat-leaf parsley leaves, chopped
- ◆ 1 tbs oregano leaves, finely chopped
- ◆ 1½ tsp smoked paprika

- ◆ Zest and juice of 1 lemon
- ◆ 1 tsp ground cumin
- ◆ 1 long red chilli, deseeded and chopped
- ◆ 1 tsp sea salt

### CHERVIL SALAD

- ◆ 1 large fennel bulb, finely sliced, fronds reserved
- ◆ 2 large handfuls of chervil leaves
- ◆ Zest and juice of 1 lemon
- ◆ 3 tbs olive oil

1. To prepare the sardines, use kitchen scissors to snip any bones near the head. Rinse well under cold running water and pat dry with paper towel. Place the sardines in a large shallow bowl and set aside.

2. Place the marinade ingredients in a blender with 2 tbs of water and blend to a thick paste.  
3. Rub the marinade over the sardines and toss well to completely coat. Cover and marinate in the fridge for 1 hour.  
4. Working with one fish at a time, coat each sardine in the hemp or tapioca flour, shaking off any excess. Heat the coconut oil in a large, deep frypan over a medium heat. To test the heat, place a sardine in the pan. If the oil or fat immediately sizzles around the sardine, it's ready.

Add the sardines in batches and cook for 30 seconds each side, or until golden brown and cooked. Remove the sardines with a slotted spoon and drain on paper towel. Season with salt and pepper, if desired.  
5. To make the salad, place the fennel, fennel fronds and chervil in a bowl. Add the lemon zest, juice and olive oil. Gently toss. Season with salt and pepper.  
6. Arrange the sardines on plates and serve with the aioli, chervil salad, lemon wedges and a sprinkling of smoked paprika.

## MEATZZA

SERVES 2-3

- ◆ Coconut oil, for greasing
- ◆ 80ml pizza sauce
- ◆ 6 basil leaves, roughly torn, plus extra leaves to serve
- ◆ 1 Roma tomato, finely sliced
- ◆ 80g vegan mozzarella, torn into small pieces
- ◆ Sea salt and freshly ground black pepper

### BASE

- ◆ 200g beef mince
- ◆ 200g pork mince
- ◆ 1 egg yolk
- ◆ ¼ onion, finely diced
- ◆ 1 garlic clove, finely chopped
- ◆ 1 tbs finely chopped flat-leaf parsley leaves
- ◆ ½ tsp dried oregano
- ◆ ¾ tsp sea salt
- ◆ ¼ tsp freshly ground black pepper

1. Preheat the oven to 250°C or the highest temperature setting. Grease a 30cm pizza tray with a little coconut oil and line with baking paper.
2. Place all the base ingredients in a bowl and mix until well combined.
3. Transfer the base mixture to the prepared tray and, using your hands, press it out to evenly cover the surface.
4. Bake for 6-8 mins until the meat is cooked through. Remove and drain any liquid from the tray.
5. Spread the pizza sauce evenly over the base. Scatter over the torn basil leaves, then arrange the tomato slices and vegan mozzarella on top. Season with a little salt and pepper.
6. Return the meatzza to the oven and bake for 5-10 mins until lightly browned.
7. Use the paper to carefully transfer the meatzza to a chopping board or plate. Cut into slices, scatter over the extra basil leaves and serve.











## CHICKEN TARATOR SALAD

SERVES 4-6

- ◆ 600g leftover roast chicken breast and thigh, shredded
- ◆ 1 lemon, halved

### TARATOR SAUCE

- ◆ 300g coconut yoghurt
- ◆ 3 tbs hulled tahini
- ◆ 3 tbs lemon juice
- ◆ 1½ tsp ground cumin
- ◆ 1 garlic clove, finely grated
- ◆ Sea salt and freshly ground black pepper

### SALAD

- ◆ 80ml extra virgin olive oil
- ◆ 3 tbs lemon juice
- ◆ 1½ tsp sumac,

- plus extra to serve
- ◆ 1 cos lettuce (or 2 baby cos), shredded
- ◆ 2 handfuls of coriander leaves
- ◆ 2 handfuls of mint leaves
- ◆ 2 handfuls of flat-leaf parsley leaves
- ◆ 1 small red onion, finely sliced
- ◆ 150g walnuts, toasted and chopped, plus extra to serve

1. Place all the tarator sauce ingredients in a blender, add 2 tbs of water and blend

until smooth and creamy. Taste and season with more salt and pepper if needed. Add a little more water if you prefer a thinner sauce.

2. To make the salad, whisk the olive oil, lemon juice and sumac in a small bowl and season with salt and pepper. Place the remaining salad ingredients in a large bowl, pour over half the dressing and gently toss to combine. Season with more salt and pepper if needed.

3. Smear half the

tarator sauce on a platter, arrange the salad and shredded chicken on top and drizzle on the remaining dressing. Scatter over the extra walnuts, sprinkle the extra sumac and serve with the lemon and the remaining tarator sauce.



## PIRI-PIRI CHICKEN BURGERS

SERVES 4

- ◆ 1 tbs coconut oil or good-quality animal fat, plus extra for brushing
- ◆ ½ onion, finely diced
- ◆ 2 garlic cloves, finely chopped
- ◆ 1 tsp thyme leaves, chopped
- ◆ 600g chicken mince
- ◆ 1 egg
- ◆ Zest of 1 lemon
- ◆ 1 tsp sea salt
- ◆ ½ tsp freshly ground black pepper
- ◆ 1 lemon, halved, to serve

### PIRI-PIRI SAUCE

- ◆ 2 tbs coconut oil or good-quality animal fat
- ◆ 1 tbs sweet paprika
- ◆ 1½ tsp ground cumin
- ◆ 1½ tsp ground coriander
- ◆ 1 red capsicum, deseeded and chopped
- ◆ ½ onion, chopped
- ◆ 3 garlic cloves, chopped
- ◆ 4 long red chillies, deseeded and roughly chopped (leave the seeds in if you like it hot)
- ◆ 1 tsp grated ginger
- ◆ 3½ tbs lemon juice
- ◆ 100ml olive oil
- ◆ Sea salt and freshly ground black pepper

1. To make the piri-piri sauce, combine the coconut oil or animal fat, paprika and ground spices in a frypan over a medium heat and cook for 10 seconds until fragrant. Add the capsicum, onion, garlic, chilli and ginger and cook for 5 mins, or until the onion is softened. Add 180ml of water, stir through the vegetables and bring to the boil. Reduce the heat to low, then simmer for 10 mins until the sauce has thickened and reduced by three-quarters. Allow to cool, then add the lemon juice, transfer the mixture to a blender and blend until smooth. With the motor running, pour in the olive oil in a slow, steady stream and blend until incorporated. Season with salt and pepper, and set aside to cool.

2. To start on the chicken burgers, heat the coconut oil or animal fat in a frypan over a medium heat. Add the onion and saute for 5 mins, or until softened. Stir in the garlic and thyme and cook for 30 seconds, or until fragrant. Remove from the heat and allow to cool. Place the cooled onion mixture in a bowl and add the mince, egg and lemon zest. Add the salt and pepper and mix well. Shape into eight or nine patties.

3. Heat a barbecue grill to medium-hot or a chargrill pan over a medium-high heat. Brush with a little extra oil or fat, add the patties and cook for 4 mins. Turn the patties and continue to cook for 2-3 mins until they are charred and cooked.









## BARBECUED KOREAN KALBI LAMB CHOPS

SERVES 2-4

- ◆ 6 forequarter lamb chops, cut in half lengthways
- ◆ 2 tbs coconut oil or good-quality animal fat
- ◆ Sea salt and freshly ground black pepper
- ◆ Kimchi, to serve

### MARINADE

- ◆ 8 garlic cloves, finely chopped
- ◆ 1½ tbs ginger, finely grated
- ◆ 125ml tamari (or coconut aminos)
- ◆ 140ml kombucha
- ◆ 90g honey

- ◆ 2 tbs sesame oil
- ◆ 2 spring onions, finely chopped

### SEASONED CUCUMBER

- ◆ 2 Lebanese cucumbers, finely sliced
- ◆ 1 tsp sea salt
- ◆ 1 tbs apple cider vinegar
- ◆ 1 tsp sesame seeds, toasted, plus 1 tbs extra to serve

1. Combine all the marinade ingredients in a bowl large enough

to fit the lamb in a single layer. Add the lamb and turn to coat thoroughly. Cover and marinate in the fridge for 4 hours or, for best results, overnight. 2. When you're ready to cook the lamb, heat a barbecue-grill plate to medium-hot or a chargrill pan over a medium-high heat and brush with the coconut oil or animal fat. Remove the lamb from the bowl (reserve the

marinade), season with salt and pepper and cook for 3 mins on each side, or until browned. Allow to rest for a few mins, keeping warm. 3. Pour the reserved marinade into a small saucepan and bring to a simmer. Cook for 5 mins, or until the sauce coats the back of a spoon. 4. To make the seasoned cucumber, toss the cucumber and salt together in a

large bowl and set aside for 5 mins. Gently squeeze the cucumber with your hands to remove any excess liquid. Transfer to another bowl, stir in the vinegar and sprinkle over the sesame seeds. 5. Place the lamb chops on serving plates and spoon over the sauce. Serve with the cucumber, kimchi and extra sesame seeds on the side. **wh**



Hungry for more? Pick up a copy of Pete Evans' book *Easy Keto Dinners* (Plum, \$26.99).



# FEELING --- PLUCKY?



Take the pledge, and choose to only eat at cafes and restaurants that serve cage-free eggs.

[rspca.org.au/the-flock](https://rspca.org.au/the-flock)

**CHOOSE  
WISELY.**  
PUTTING HUMANE FOOD ON THE MENU



[choosewisely.org.au](https://choosewisely.org.au) | [@RSPCAchoosewisely](https://www.instagram.com/RSPCAchoosewisely) | [#RSPCAchoosewisely](https://twitter.com/RSPCAchoosewisely)

An initiative of the **RSPCA** 



# Four ways with... JACKFRUIT

**This meat-alt is the vego ingredient du jour. Here's how to use it**

There was a time when fruit masquerading as meat would have been a culinary crime. But it's 2020, #meatfreemondays are the new norm and any plant claiming to replicate the taste of pulled pork gets our vote. Jackfruit also has a stellar antioxidant profile and packs more protein than most fruits. Name a more versatile ingredient, we'll wait.

## Open jackfruit sandwich

**Apple cider vinegar regulates spikes in blood sugar. Whip up these babies for a fast, vegan al-desko lunch that'll keep you fuelled until dinnertime.**

- ◆ 220g fresh jackfruit, pulled
- ◆ 2 tbs vegan cream cheese
- ◆ 2 slices of spelt, rye or sprouted grain bread, toasted
- ◆ 2 baby gem lettuce leaves
- ◆ 2 tbs beetroot sauerkraut
- ◆ Handful of chives, sliced

### FOR THE BARBECUE SAUCE:

- ◆ 60g pitted olives
- ◆ 1 tbs apple cider vinegar
- ◆ Juice of 2-3 limes
- ◆ 3 tbs tamari
- ◆ 35g coconut sugar
- ◆ 1 tsp ground cumin

- ◆ 1 tsp black pepper
- ◆ Pinch of chilli powder

1. To make the barbecue sauce, blitz all the ingredients in a blender until smooth.
2. Combine sauce and jackfruit, put on a baking tray and bake in a 180°C oven for 10-15 mins.
3. To serve, spread the cream cheese over slices of toast and top each with a lettuce leaf, beetroot sauerkraut and a large spoon of barbecue jackfruit. Sprinkle over some chives for a little wow factor.

SERVES  
2

1322  
KJ

10G  
FAT

53G  
CARBS

8G  
PROTEIN



## Jackfruit fish' cakes

**Not to be confused with gut-health fave kombucha, kabocha is actually a type of winter squash. Combined with jackfruit, it makes a pretty convincing omega-3-packed fish alternative.**

- ◆ 250g kabocha squash, cut into skin-on wedges
- ◆ 1½ tsp salt
- ◆ 225g young jackfruit, diced
- ◆ 1 eschalot, chopped
- ◆ 3 tbs fresh ginger, finely diced
- ◆ 50g fresh coriander leaves
- ◆ 2 tbs red chilli, diced
- ◆ 1 tsp ground turmeric
- ◆ 1 tsp fennel seeds
- ◆ 1 tsp coriander seeds
- ◆ 1 tsp cumin seeds
- ◆ 2 tbs coconut or rapeseed oil

### FOR THE BATTER:

- ◆ 1 egg, beaten (or plant-based egg mix)
- ◆ 200g chickpea flour

1. Preheat the oven to 200°C while you prep your ingredients. Next, sprinkle ½ tsp salt over the squash and bake for 20 mins.
2. Done? Take the squash out of the oven and let it cool. Remove the skin, chop it finely and add it to a mixing bowl with the jackfruit.
3. Next, add the rest of the ingredients, bar the oil, and mix together gently. Careful not to make it too mushy – you want to keep some texture. Divide into golf ball-sized, er, balls, and place in the fridge for around 30 mins.
4. Take the balls out of the fridge and flatten slightly. Dip 'em in the egg, then the flour, then pop them back in the fridge for 20 mins.
5. Pan-fry those bad boys in rapeseed or coconut oil on a medium heat for about 5 mins on each side, then serve. Yum.

SERVES  
2

2912  
KJ

21G  
FAT

105G  
CARBS

26G  
PROTEIN

INFLAMMATION  
FIGHTING






IMMUNITY  
BOOSTING

## Jackfruit tacos with pickled mooli

**Mooli? Glad you asked. The winter radish, aka daikon, is packed full of vitamins A, C, E and B6, as well as potassium. Combine it with jackfruit for a healthy vegan upgrade on a Mexican classic.**

- ◆ 250g fresh jackfruit, sliced
- ◆ 1 packet of corn taco shells
- ◆ Handful of chives, sliced
- ◆ Handful of coriander

### FOR THE PICKLED MOOLI:

- ◆ 125ml lemon juice
- ◆ 100ml agave syrup
- ◆ 1 tsp ground turmeric
- ◆ 250g mooli, finely sliced

### FOR THE TERIYAKI SAUCE:

- ◆ 50g dried apricots
- ◆ 50ml tamari
- ◆ 60ml mirin
- ◆ 1 garlic clove
- ◆ 85ml maple syrup
- ◆ 2 tbs apple cider vinegar
- ◆ 3 tbs brown miso paste
- ◆ 120ml water

1. This one requires some forward planning. Start by pickling your mooli the night before. Combine the lemon juice, agave syrup and turmeric powder, pour over the sliced mooli, put the lid on and let it all mingle overnight.
2. Good morning. Or is it good evening? Whenever the taco mood strikes, make your teriyaki sauce. Blitz all the ingredients in a high-speed blender until smooth.
3. Next, mix the sliced jackfruit with 3 tbs of your teriyaki sauce (stick the rest in a storage container in the fridge – it'll keep for up to a week). Pop on a baking tray and roast in a 100°C oven for 20 mins.
4. To assemble, put some jackfruit in a taco shell and top with a spoonful of the mooli pickles. Drizzle with more teriyaki sauce and sprinkle over some chives and coriander to seal the deal.

SERVES 2 1845 KJ 4G FAT 96G CARBS 9G PROTEIN

## Jackfruit cheesecake

**Don't let the name fool you – this is a cheese-free zone. And swapping the buttery biscuit base for heart-protecting nuts and dates means this vegan dessert is basically a health food.**

### FOR THE BASE:

- ◆ 140g almonds
- ◆ 75g coconut flakes
- ◆ 175g soaked dates (leave in warm water for 5 mins, then drain)
- ◆ 1 tbs coconut oil, for greasing

### FOR THE FILLING:

- ◆ 90g fresh jackfruit
- ◆ 80g cashew nuts, soaked
- ◆ 90ml agave syrup
- ◆ 50g coconut oil
- ◆ Juice of 2½ lemons
- ◆ Pinch of vanilla powder
- ◆ Lemon zest (optional)

### FOR THE SAUCE:

- ◆ 80g fresh sweet jackfruit
- ◆ 60ml coconut water

1. To base camp: start by blitzing the almonds, coconut flakes and dates in a food processor until the consistency is fine. Next, grease a round 15cm cake tin with coconut oil and line the bottom with baking paper. Pack in the base mixture and press it all down evenly. Put it in the fridge for 10 mins while you get cracking on the filling.
2. Blitz half the jackfruit with the rest of the filling ingredients in a blender until smooth, then transfer to a mixing bowl. Dice the other half and stir into the bowl very carefully. Take the base out of the fridge and pour the filling on top. Leave to chill in freezer for 2–3 hrs.
3. To make the sauce, blend the jackfruit with the coconut water until smooth. To serve, remove from the tin and allow to defrost for 20 mins before drizzling with the sauce and scattering some zest over the top. *wh*

SERVES 6 2368 KJ 35G FAT 60G CARBS 8G PROTEIN


HEART  
HEALTHY



Photo: Sam Biddle/OxfamAUS

# OXFAM TRAILWALKER

100KM | TEAMS OF 4 | 48HRS

## TACKLE AUSTRALIA'S ORIGINAL TEAM CHALLENGE

REGISTER NOW

MELBOURNE | 27-29 MARCH 2020

BRISBANE | 19-21 JUNE 2020

SYDNEY | 21-23 AUGUST 2020

ADELAIDE | 16-18 OCTOBER 2020

TACKLING POVERTY TOGETHER  
[TRAILWALKER.OXFAM.ORG.AU](https://trailwalker.oxfam.org.au)



Game of  
bones

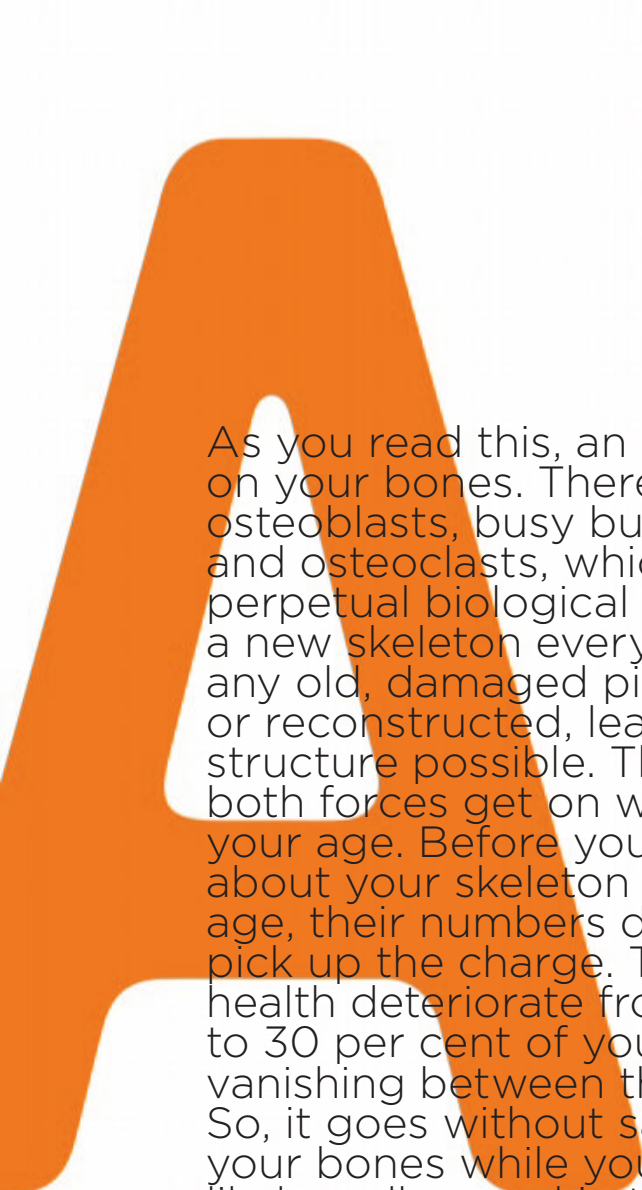


## A TASTE OF INNER STRENGTH

It's official: research shows that what you eat has the biggest effect on your skeleton's strength. Time you boned up

By Helen Foster





As you read this, an army of cells are working on your bones. There are two key regiments: osteoblasts, busy building up the bone, and osteoclasts, which break it down. This perpetual biological process sees you generate a new skeleton every 10 years and ensures that any old, damaged pieces of bone are dismissed or reconstructed, leaving the strongest structure possible. The efficiency with which both forces get on with the task depends on your age. Before you turn 30, osteoblasts set about your skeleton with enthusiasm; after this age, their numbers deplete and the osteoclasts pick up the charge. The switch sees your bone health deteriorate from 40 onwards, with up to 30 per cent of your bone stores at risk of vanishing between the ages of 45 and 70. So, it goes without saying that building up your bones while you still can is key. You're likely well versed in the bone-boosting benefits of lifting, and calcium's skeleton-strengthening star has done nothing but rise since you sported your first milk moustache. It's true that diet and exercise both influence how fast you build and lose bone mass, but the jury was out on which one was more important. Now, in news just in, diet takes it.

## Lab Notes

This was news to the scientists at the University of Michigan who aced the research. "Many studies have shown exercise to have numerous positive effects on bone health, so it surprised us to learn that diet plays such a huge role," says Dr Michael Friedman, who worked on the trial. His team compared two sets of exercising mice, feeding the first group normal mouse chow – a mix of seeds and grains – and the second the same, but supplemented with bone-friendly minerals. Not only did the latter group build more bone when they exercised, they continued to generate more at rest afterwards, too. Nice! While mice aren't people, Friedman says the results translate to humans, suggesting the best path to peak bone health is to combine weight-bearing workouts with healthy levels of bone-building minerals.

No prizes for guessing the number one nutrient on the mouse menu. Eat a food containing calcium, and it will be absorbed through the gut, aided by vitamin D. Then it enters the bloodstream before being stored in the crystals of your bones. In fact, your skeleton stores 99 per cent of the mineral within your body. Here, it has a dual function: the first being to strengthen bone matter by increasing the number of osteoblasts you have and how effectively they work. "It's hard to observe how this happens in vivo (in living human bone), but in vitro (tests performed on materials in a lab) studies show that calcium causes stem cells in bone to increase production of proteins that help form new bone. These

stem cells also turn into osteoblasts, increasing the number you have," explains Friedman. Fascinating.

What's more, calcium is stockpiled within the bones for release into the bloodstream when levels fall too low. Problems arise, however, when calcium supplies are chronically low – meaning the bones need to release them repeatedly – causing bone quality to degrade and become thinner and weaker.

## Numbers Game

Research into the bone-boosting power of calcium has informed nutritional guidelines, which estimate that adult men and women require 1100mg of the mineral per day to maintain healthy levels. Hitting that quota is achievable via a 250ml glass of milk, 30g almonds as a midmorning snack, 150g cottage cheese on your lunchtime salad, 245g low-fat yoghurt sprinkled with half a tablespoon of chia seeds for a 3pm bite, and 150g broccoli with your dinner. Eat actual bones – like those found in anchovies, whitebait, tinned salmon and sardines – and you'll unlock a supercharged form of calcium called hydroxyapatite. A tin of sardines, for instance, delivers 35 per cent of your daily intake.

That said, downing milk with the enthusiasm you have for a free-poured G&T come Saturday isn't necessarily a skeleton-savvy approach. While one glass a day is associated with stronger bones, drinking three or more has been linked with an increased risk of bone fracture. Why? Researchers

don't know for sure. One theory is that the sugar D-galactose, found in higher quantities in milk than other dairy products, damages bones in larger doses by increasing levels of inflammation and oxidative stress – an imbalance between harmful free

**One glass of milk is good for your bones, but more than three ups your risk of fractures**



radicals and antioxidants. It's one reason dietitians suggest varying your dairy sources during the day.

## Mix Your Minerals

While calcium is undoubtedly the star of the show, other nutrients make up a noteworthy supporting cast. In the mouse research, phosphorus shared centre stage. "Phosphorus helps the body use calcium in a number of ways," explains Friedman. "Both minerals are needed to create hydroxyapatite, the substance bone is made from, so to focus on calcium without thinking about phosphorus won't do you much good."

Phosphorus is found in foods that most people eat frequently – rice, bread and oats, as well as chicken, fish and dairy – so you're probably already clocking up the 580mg of the daily average requirement without even thinking about it.

Fat-soluble vitamins D and K play their part, too. "Vitamin D helps calcium pass through the intestines so it can reach the bones, while vitamin K triggers increases in levels of proteins involved in bone formation," explains nutritionist Emma Derbyshire. She's adamant that – because you can only absorb limited amounts of calcium at one time, and because it works in synergy with other ingredients – spreading your intake of the mineral throughout the day is the smartest way to replenish your stores.

Oh, and eating your five a day (and then some) won't hurt, either. Derbyshire points to a study from Massey University in New Zealand, in which women who consumed nine servings of fruit and vegies a day showed positive changes in markers of bone health in as little as three months.

So, without further ado, read on for some lessons in skeleton-strengthening culinary construction.



# BREAKFAST

This vegan option, from *16:8 Intermittent Fasting* by Jaime Rose Chambers (Pan Macmillan Australia, \$30), also features tofu's isoflavones, which prevent bone breakdown during menopause by mimicking oestrogen. Stick it on wholegrain toast – its phosphorus richness will help absorb the calcium.

1552KJ | 34G CARBS | 33G PROTEIN | 15G FAT | SERVES 2

## TURMERIC SCRAMBLED TOFU AND PEAS

- ◆ 300g firm tofu, drained and patted dry with paper towel
- ◆ ½ tbs olive oil
- ◆ 1 spring onion, finely sliced
- ◆ 75g frozen peas
- ◆ ½ tsp ground turmeric
- ◆ Pinch of sea salt
- ◆ 2 tbs coriander (or flat-leaf parsley), chopped
- ◆ 2 slices of wholegrain bread, toasted
- ◆ Hummus, (optional, to serve)

1. Put the tofu in a bowl and use your hands to break it up, then use a masher to mash it until it looks like scrambled egg.
2. Next, heat a frypan over a medium-high heat and add the olive oil. Chuck in the tofu, spring onion and peas and fry for about 4 mins. The tofu should release its liquid, so keep cooking until it evaporates and the tofu starts to fry.

3. Next, add the turmeric, salt and coriander. Stir, then turn off the heat.
4. Divide the tofu scramble between two plates and serve with a slice of wholegrain toast and 1 tbs of hummus, if you like.





# LUNCH

This micronutrient-rich dish from *15 Minute Vegan: On a Budget* by Katy Beskow (Quadrille, \$29.99) is packed with calcium, thanks to edamame beans boasting 63mg of the mineral in every 100g. Add salmon to boost calcium.



1602KJ | 54G CARBS | 27G PROTEIN | 26G FAT | SERVES 2

## KOREAN-STYLE BIBIMBAP BOWLS

- ◆ 6 tbs uncooked basmati rice
- ◆ 3 tbs sunflower oil
- ◆ 10 button mushrooms, brushed clean
- ◆ 1 carrot, peeled and finely sliced
- ◆ 4 radishes, finely sliced
- ◆ 1 small zucchini, finely sliced
- ◆ 2 tbs edamame beans
- ◆ Handful of spinach leaves
- ◆ 1 tbs dark soy sauce
- ◆ ½ tsp soft brown sugar
- ◆ 1 red chilli, deseeded and finely sliced
- ◆ 1 spring onion, finely sliced
- ◆ 1 tbs sesame seeds

**1.** Steam the rice for 12 mins, drain, then allow it to cool before using.

**2.** Heat 2 tbs of the oil in a frypan over a medium-high heat before adding the cooked rice, pushing it down flat to form a rice cake. Cook for 5 mins until the base of the rice is crisp, then separate into two bowls.

**3.** Heat the remaining 1 tbs oil in a large wok over a high heat and stir-fry the mushrooms, carrot, radishes, zucchini, edamame beans and spinach for 2–3 mins.

Spoon in the soy sauce and brown sugar, then stir-fry the whole lot for a further 2 mins.  
**4.** Spoon the vegetables over the rice, then scatter with the chilli, spring onion and sesame seeds.

RECIPES: HEARST FOOD NETWORK. PHOTOGRAPHY: MICHAEL HEDGE; CATH MUSCAT; DAN JONES; ADRIAN LAWRENCE

# DINNER

This hearty feed boasts bone-boosting collagen from the chicken drumsticks, while the sweet spuds are high in potassium; 500g provides 60 per cent of your recommended daily quota. Yes!

6117KJ | 45G CARBS | 48G PROTEIN | 40G FAT | SERVES 4

## WEST-AFRICAN CHICKEN AND PEANUT STEW

- ◆ 2 tbs vegetable oil
- ◆ 8 chicken drumsticks
- ◆ 1 large onion, roughly chopped
- ◆ 5cm fresh ginger, peeled and grated
- ◆ 4 garlic cloves, crushed
- ◆ 1 scotch bonnet chilli, deseeded and finely chopped
- ◆ 2 tbs tomato puree
- ◆ 75g creamed coconut
- ◆ 100g smooth peanut butter
- ◆ 500g sweet potatoes, peeled and cut into 3cm chunks
- ◆ 1 red capsicum, roughly chopped
- ◆ 400g tin of kidney beans, rinsed
- ◆ Salt and pepper

**1.** Heat 1 tbs oil in a casserole dish over a medium-high heat, add the drumsticks and cook until brown, then set aside.

**2.** Next, add the remaining oil, then fry the onion for 10

mins. Add the ginger, garlic, chilli and tomato puree, fry for 2 mins, then stir in the creamed coconut, peanut butter and 500ml water.

**3.** Nestle in the chicken, along with the spuds and capsicum. Bring to a boil, cover and simmer for 15 mins.

**4.** Remove the lid, stir in the kidney beans and season, then simmer for 10–15 mins until the chicken and sweet potato are cooked right through. *wh*





**THE HERBAL FORMULA  
DESIGNED SPECIFICALLY  
FOR WOMEN**

*Designed by Naturopath  
Meah Robertson*

Balances hormones and  
assists liver and digestive  
cleansing. With added  
prebiotics, probiotics,  
and alkalising greens.

Try Fem21 for  
5 days for \$5, visit  
**FEM21.COM.AU**



**Fem21**



100% Australian  
100% Natural  
Supporting your Pet's  
health today and  
happiness tomorrow.  
#TreatThemWell



**40%  
OFF**  
WITH CODE:  
WHEALTH

**1800 985 996** [www.thebugsyshop.com](http://www.thebugsyshop.com)

Beauty without Harm



**Kadee™  
botanicals**

Clean beauty skincare,  
made in Australia with  
Kakadu Plum, Lilly  
Pilly and Jojoba Oil.  
Vegan, Toxin and  
Cruelty Free.

Skincare meets Selfcare.

Use code **WHEALTH**  
and get **15% off**.

 [kadeebotanicals](https://www.facebook.com/kadeebotanicals)  [kadeebotanicals](https://www.instagram.com/kadeebotanicals)

[hello@kadeebotanicals.com](mailto:hello@kadeebotanicals.com) | [www.kadeebotanicals.com](http://www.kadeebotanicals.com)



**Clementine**  
SLEEPWEAR

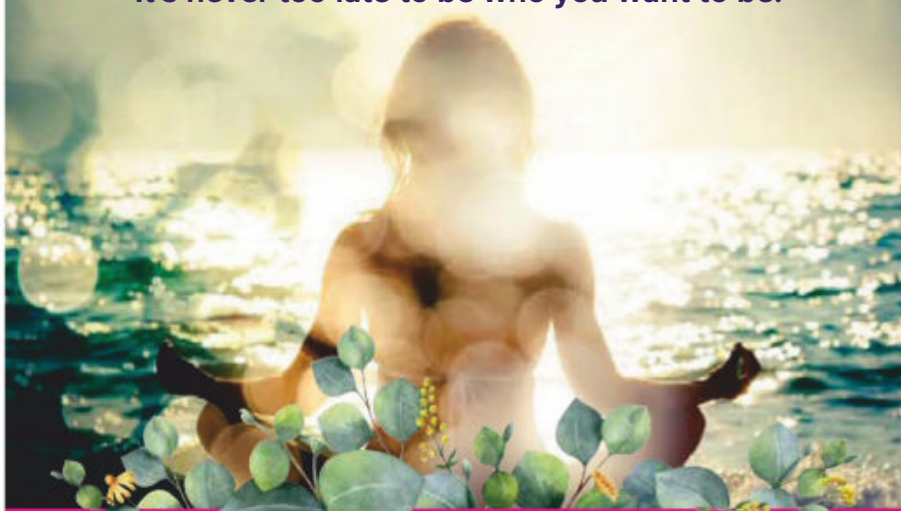
1800 336 153

[info@clementinesleepwear.com.au](mailto:info@clementinesleepwear.com.au)

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

 **Nature Care College**  
Learning for Life - No.1 since 1973

**PURSUE YOUR PASSIONS**  
It's never too late to be who you want to be!



**LOOKING TO GROW,  
OR AFTER A REWARDING CAREER?**

Nature Care offers a diverse range of courses in  
natural health and wellness, with on-campus  
and on-line learning options

02 8423 8333 | [info@naturecare.com.au](mailto:info@naturecare.com.au)  
[naturecare.com.au](http://naturecare.com.au)

**Remy & Remus**  
Love & Life

Add more  
*playfulness* to  
your relationship  
with comfort &  
confidence!



Visit [remyandremus.com.au](http://remyandremus.com.au) to shop our luxurious range  
of cosmetics for pleasure. Free of parabens, allergens,  
mineral oil, artificial colouring & vegan.

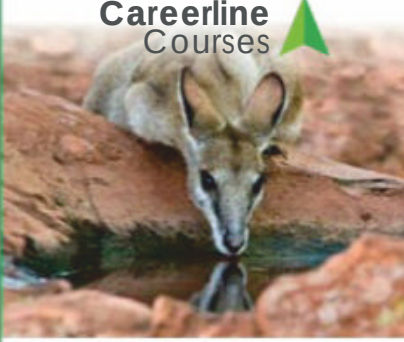
AUSTRALIA'S PREMIER ONLINE CRYSTALS STORE



**Crystal Visions Store**  
[www.crystalvisions.com.au](http://www.crystalvisions.com.au)

**Careerline  
Courses** 



- Wildlife Conservation
- Wildlife Management
- Conservation &  
Environmental Management

[info@careerlinecourses.com](mailto:info@careerlinecourses.com)  
[careerlinecourses.com.au](http://careerlinecourses.com.au)  
1300 172 882



OUR KINDA GIRL...

# Sophie Dillman

On the day Sophie Dillman posed for this photo, she was feeling swollen and sore. The 27-year-old *Home and Away* star is one of 176 million women worldwide with endometriosis – a condition many struggle with behind the scenes, thanks to misconceptions and variable symptoms that can take up to 12 years to diagnose. That's why this Endometriosis Australia ambassador is getting her bake on for the EndoMarch High Tea campaign on March 28, to raise research funds and awareness. Here, Sophie talks strong women, body love and the power of a good sweat sesh.

## Women Are Tough

"We've handled [endometriosis] in silence since the beginning of time. The condition is still misunderstood, misdiagnosed and granted so little funding for research. I was diagnosed about seven years ago. I was having pain and discomfort during my period and wanted to know what was going on. I've had some months of excruciating pain, bloating, fatigue, bleeding and hormonal imbalance, then some with no symptoms. This disease can be incredibly unpredictable. I'm honoured to be working with Endometriosis Australia. Endo can make you feel very isolated, but there are support systems, social media pages and people willing to listen. You're not alone."

## Exercise Is My Meditation

"I do roughly five training sessions a week. I work with Chief Brabon and Emilie Brabon-Hames at the SKWOD Sweat & Social Club in Sydney. We do weights, cardio, functional movement and fun challenges. At the end of a [workout] you feel like you could move a mountain! I also run and do boxing and Spin classes. I love getting my heart pumping. HIIT is fantastic for managing pain, too, so it [helps] keep my endo in check."

## Sport Preps You for Life

"I started rowing when I was 12. I was really lucky to have inspirational coaches who taught me discipline, focus, commitment and sacrifice, which I've carried into my professional life. I wish I could

still row now, but [filming] starts early. I'll go back one day! It's such a great sport. You feel strong, empowered and the focus is on what your body can do, rather than what it looks like."

## Edit Your World

"Before I joined *Home and Away* three years ago, I worked as a nurse and hadn't ever experienced people judging appearances. Public opinion comes with [being on TV], but no amount of warning can ever properly prepare you [for it]. After the first nasty comment about my thick thighs, I cried for days. But [now] I've stopped reading the *Daily Mail* articles and comments, and only follow people [on social media] who have created a healthy relationship with themselves and support others. Katie Willcox's @healthyisthenewskinny on Insta is a must!" **wh**



# ACUPUNCTURE 100% DRUG FREE PAIN RELIEF

## Choose acupuncture & choose a healthy you

Serious pain can have a devastating effect on your quality of life. Whether it is sports strains and injuries, headaches and migraines, acute and chronic back pain, knee osteoarthritis or a host of other ailments.

The most common treatment for temporary relief is medication. However, taking these pain medications can have serious side effects.

Fortunately there is a drug free option used effectively for over 2,000 years. Current research\* shows that Acupuncture is a natural, drug free, pain relief solution.

Visit [www.acupuncture.org.au](http://www.acupuncture.org.au) to find your nearest AACMA registered acupuncturist

\*Chen YJ, Shimizu Bassi G, Yang YQ, Classic Chinese Acupuncture versus Different Types of Control Groups for the Treatment of Chronic Pain: Review of Randomized Controlled Trials (2000-2018). Evid Based Complement Alternat Med. 2019 Dec 4;2019:6283912. doi: 10.1155/2019/6283912



• Since 1973 •

# AACMA

澳大利亚针灸中医学学会