

fitness **Life**

LIVE BETTER

NZ'S BEST-SELLING HEALTH & FITNESS MAGAZINE

March 08

WOMEN'S HEALTH

25 page special

Boost your fertility, naturally

WANT TO HALT MID-LIFE WEIGHT GAIN?

CONTRACEPTION
WHAT ARE YOUR OPTIONS?

TONE UP WITH
BODYWEIGHT WORKOUTS



Calcutta's PROSTITUTES
FIND FREEDOM FROM SLAVERY

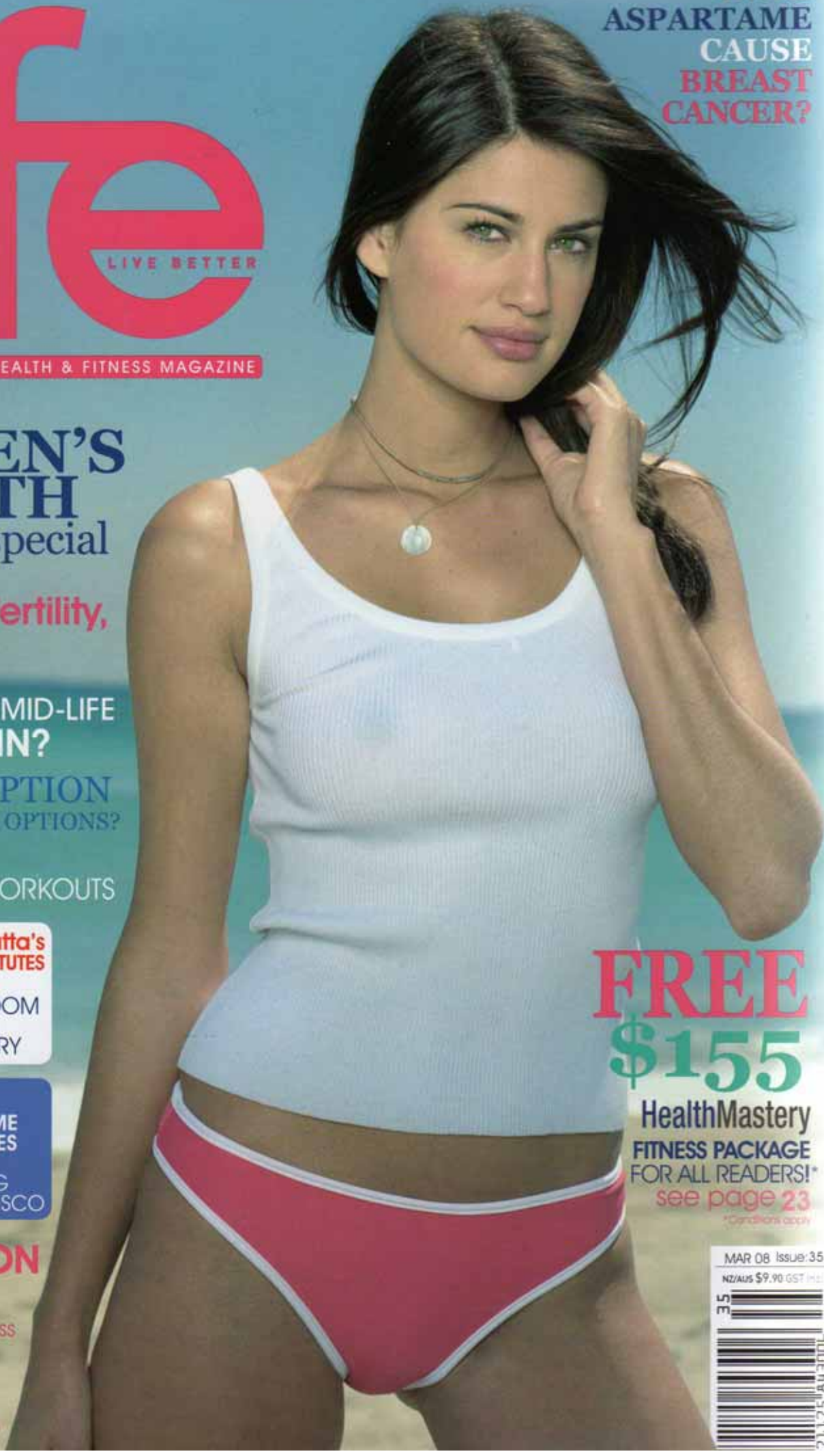


SUBLIME RECIPES FOR DINING AL FRESCO

+ NUTRITION TIPS!

Grape seed goodness
Why you should be eating nuts
What fruit & vegies are good to eat now?

DOES ASPARTAME CAUSE BREAST CANCER?



FREE \$155

HealthMastery FITNESS PACKAGE FOR ALL READERS!
see page 23
*Conditions apply

MAR 08 Issue: 35

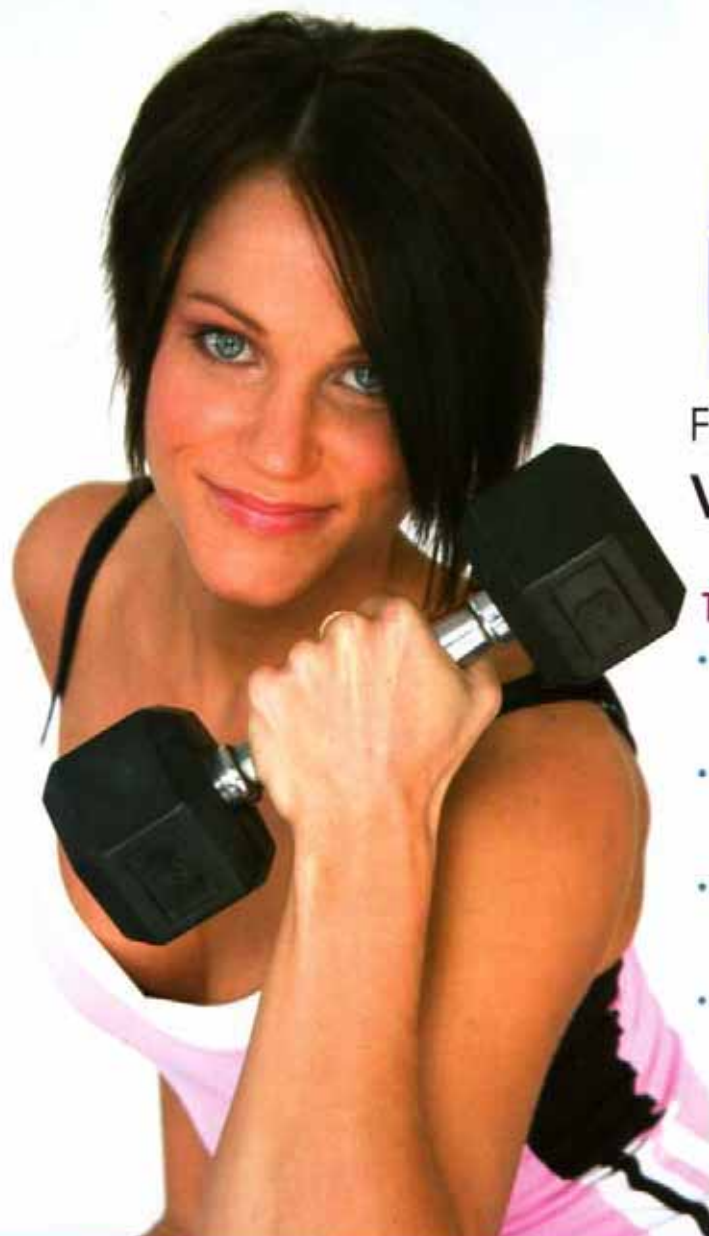
NZ/AUS \$9.90 GST incl.



fitness
life
LIVE BETTER

YOUR
EXCLUSIVE
reader offer

FREE



HealthMastery
Mobile Personal Trainers

Fitness and health package
valued at **\$155**

THE GIVEAWAY INCLUDES:

- **One abs workout video download** featuring a 20-minute abs workout using your own body weight (value \$19.95)
- **One half-hour audio download** on eating right and motivation, with practical tips you can implement immediately! (value \$14.95)
- **20 page e-book download** *Lose 4 kilos in 4 weeks!* Practical tips for changing your habits so you start seeing results (value \$19.95)
- **\$100 Personal training gift voucher** to redeem at HealthMastery (worldwide packages available online)*. Select either one 60-minute introductory PT session or two phone consultations with a HealthMastery PT. Date, time and location are subject to the availability of individual PTs.

HURRY Offer ends 11 April 2008!
This is a *Fitness Life* exclusive offer

TERMS AND CONDITIONS

To redeem your *Fitness Life* HealthMastery free fitness package, simply go to www.healthmastery.co.nz, click on **Fitness Life offer** and enter the 13 digit barcode from the front copy of your magazine to authorise your proof of purchase.

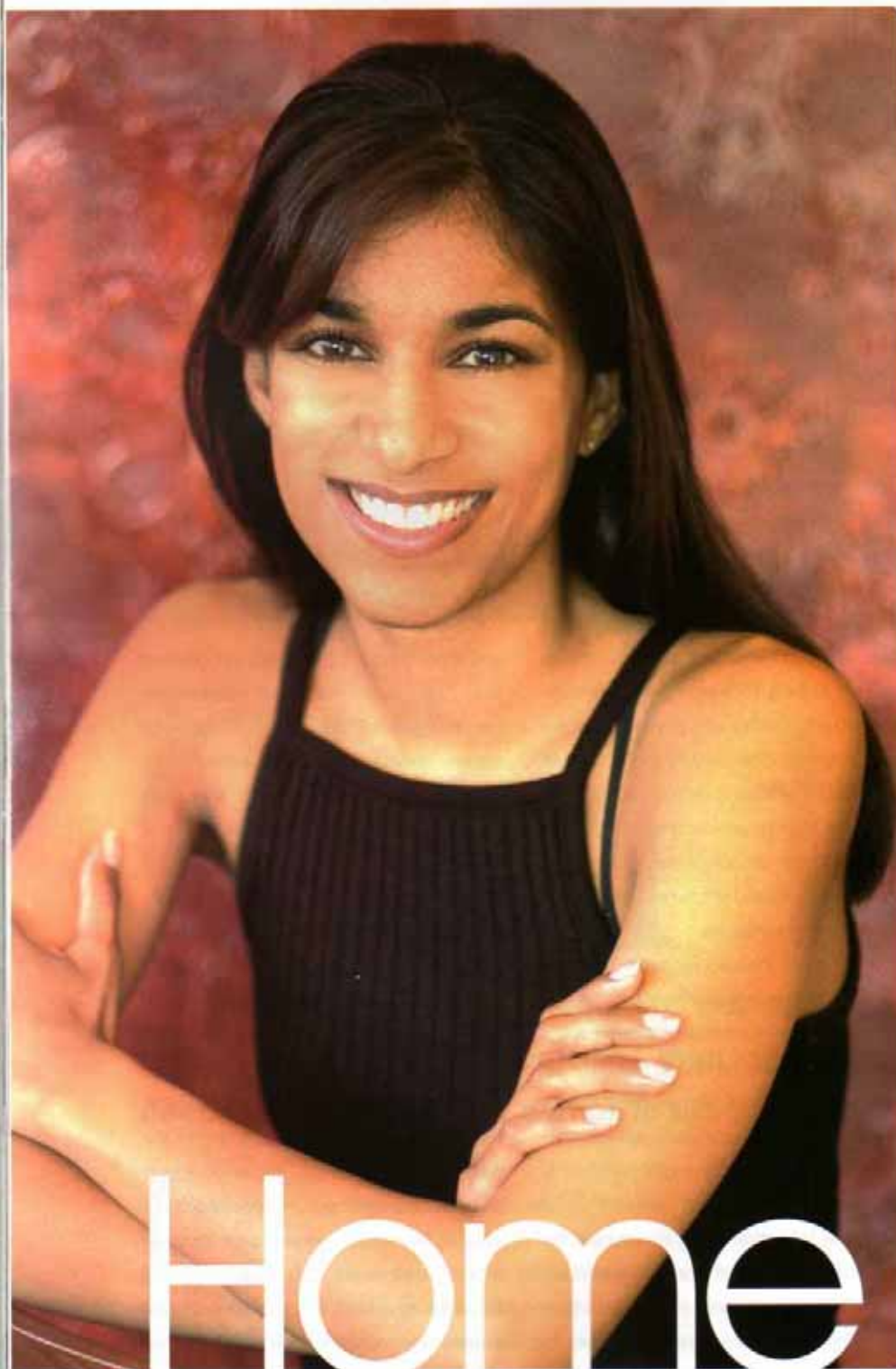
*PT sessions are available in selected areas only, according to location of HealthMastery PTs. (See box below). Phone consultations are available from any location.

Total value
\$155!

ABOUT HEALTHMASTERY

HealthMastery is a Mobile Personal Training specialist. HealthMastery offers one-on-one personal health and fitness training right in the client's home or office. They come to you! All clients are taken through a unique system encompassing physical exercises, nutritional advice, and a motivational goal-setting programme (mind-set). By following the HealthMastery training system, clients ensure their success can be lifelong, rather than a short-term fix. Personalised packages are available nationwide, and also globally for online and DVD training.

HealthMastery operates in Auckland, Wellington and Christchurch, Australia and the UK, as well as via email and DVD



Home tune

What do you do when you can't manage to get out to get fit? You bring fitness to you at home, of course. Rachel Macdonald checks out the idea of mobile personal training

{ Once upon time – that would be 10 years ago – I was what they used to describe as a 'wee slip of a thing'. I was fit, active and somewhat on the scrawny side of slender. A decade later, two children and long work hours have changed all that, and all my old size eight jeans have long since gone the way of the wheelie bin.

Yes, I belong to the gym just down the road, but no, I hardly ever manage to get there. Between the school runs, ferrying the children to gymnastics twice a week and swimming once a week, and wrapping a 10- to 12-hour work day around all that, becoming trim, taut and terrific has progressively slipped to the bottom of the list. In fact, when the opportunity arose to try mobile personal training, the only time I was managing to dedicate to exercise was a half-day out on the beach with a horse once a week, which has been my 'me-time' for the last 15 years.

All this I told Nalisha Patel of Healthmastery, as we sat around the kitchen table filling in the questionnaire that was part of my first mobile personal training consultation. Along with health and past medical history, we discussed my goals and aspirations, and highlighted these to be constantly revisited as both an ongoing motivational tool and a

benchmark of our success.

I then told her how much I ate (not nearly enough and highly erratically) and how much I drank (not enough water and too much of everything else). At that point, she kindly assured me that I was possibly not quite the worst case she'd heard of, but that I had some serious work ahead of me.

Nalisha's good like that, I discovered. Yes, she looks like something out of the pages of a fitness magazine, but that's because she practices what she preaches. She's also dead straight when it comes to expectations and feedback, and I was seriously going to need that over the next couple of months.

Because fitness – as I knew intellectually, but hadn't really taken on board since the days when I never had to work at it – is more about lifestyle habits than simply going for the occasional walk and throwing a couple of weights around. I was about to start on some fairly profound changes to the way I had conducted my life in general for the last few years.

It wasn't going to be quick, because serious change needs to be undertaken slowly and steadily, I discovered. And there were going to be weeks where I just ran out of patience and determination – and sometimes energy after a full-on deadline – and swore to start afresh on the next Monday. However, there was always Nalisha on the end of the phone or email, telling me off, egging me on, and coming up with solutions to issues as I encountered them.

There was, for example, the week when I had deadlines every day and worked until well beyond midnight every night. My husband did the school runs and the only times I stepped away from the computer were to grab a cup

of miso or a handful of nuts to keep my food diary happy. Taking 30 minutes out to do my weights programme just seemed an insurmountable waste of precious time.

After a few minutes on the phone explaining this somewhat hysterically to her, Nalisha pointed out that it was probably a panic-inspired perception problem – half an hour sounds an awful lot when every moment is counted. Therefore, she suggested, why not break my programme into three 10-

I'd promised Nalisha I'd do every other day. Let's face it, this lack of time was what had stood in the way of my getting to the gym. However, as she said, why should I feel so guilty about taking a few minutes out for myself. And I figured it made little difference whether I worked until 1am or 1.30am, anyway.

I have to say, though, the state of muscular pain in which I woke up two days after trialling my programme for the first time did make me question

Fitness is more about lifestyle habits than simply going for the occasional walk and throwing a couple of weights around



minute exercise 'snacks' and do them at the same time as I grabbed those nuts through the day. Such a simple idea, and yet I would never have got there myself.

So, including that resistance training programme into my routine every second day wasn't necessarily easy, timewise. Neither was the brisk walk

again just what I thought I was up to. The exercises combine free weights and working against my own body weight, both carried out until muscle failure is reached. They also take into account an old neck injury, which I'd used for years as an excuse for not exercising when I didn't feel like it. I was sore!

The strength and aerobic elements of

my fitness plan are combined with a food diary, in which I promised to be unfailingly truthful. And eating properly was another lifestyle alteration with which I struggled for those first few weeks. Like exercise, it had always been pushed down the priority list by work and children. Caught between being time-poor and being on medication that makes me constantly crave food, I had almost unwittingly fallen into the habit of eating practically nothing all day and then eating a big dinner – yes, usually home-cooked and relatively low-fat, but still too much in volume for one sitting – in the evenings.

Again, intellectually, I knew this was far from ideal – how could I expect an unfuelled body to put out any kind of energy for me. However, in the real world, habits are dangerous things. And this was another one I would have seriously fought to break, had it not been for the daily monitoring and constant independent oversight.

Now, after eight or so weeks, my body is programmed to demand food every three hours or so. I manage to incorporate protein into three meals a day, and stoke it with a piece of fruit or a tub of yoghurt in between. Of course,

it's essential that this is balanced by exercise to burn it off, as I discovered at the end of a week's holiday. Having managed to do little more than laze in the shade with the children, it rapidly became noticeable how fast gains can start to slip away. And that is, of course, why overall lifestyle change works better than dieting when it comes to weight loss, as the experts constantly tell us.

They say you have to practice a new behaviour eight times before it becomes a habit. Having now fostered some fairly extreme lifestyle modifications, I need to keep this firmly in mind every day, especially as the pace of life picks up towards the end of the holidays. Even though I'm close to finishing my programme with Nalisha, I find myself determined not to let the pressures of life push me back into those old, easier, but less healthy responses. «

Rachel was trained by HealthMastery – Mobile Personal Trainers. www.healthmastery.co.nz. For an exclusive Fitness Life HealthMastery \$155 giveaway for all readers, see page 23. HealthMastery trainers are REPs registered.



Natures Bio power™

100% MADE IN NZ

Bee Potent BioPollenza™

A Unique combination of the 'original' Potentiated Bee Pollen combined with Enzogenol's powerful antioxidants representing one of the best natural sources of complete nutrition available

- A Full spectrum of Nutrients, Amino-Acids, Multi-Vitamins, Potent-Antioxidants.
- Helps with the immune system, energy, feel healthier,
- Fight those ills & chills, and free radicals that destroy the body cells that cause DNA stress.

AND so much more.

100% NZ natural food supplements
100% sourced and made in New Zealand

180 capsule bottle only NZ\$68.00

60 capsule bottle only NZ\$25.00

Order 2 bottles for NZ\$135,
and get a 60 capsule bottle free.

Subbus Ltd
The Exclusive
Distributor



• 0800-222-822 • sales@beepotent.co.nz • www.naturesbiopower.co.nz

We accept Master Card & Visa Cards. Within NZ post and package included. For overseas sales freight costs will be extra.