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# Bella Falconi

NPC FIGURE ATHLETE,  
INTERNATIONAL FITNESS MODEL,  
MOTIVATIONAL SPEAKER, AND  
USN AMBASSADOR

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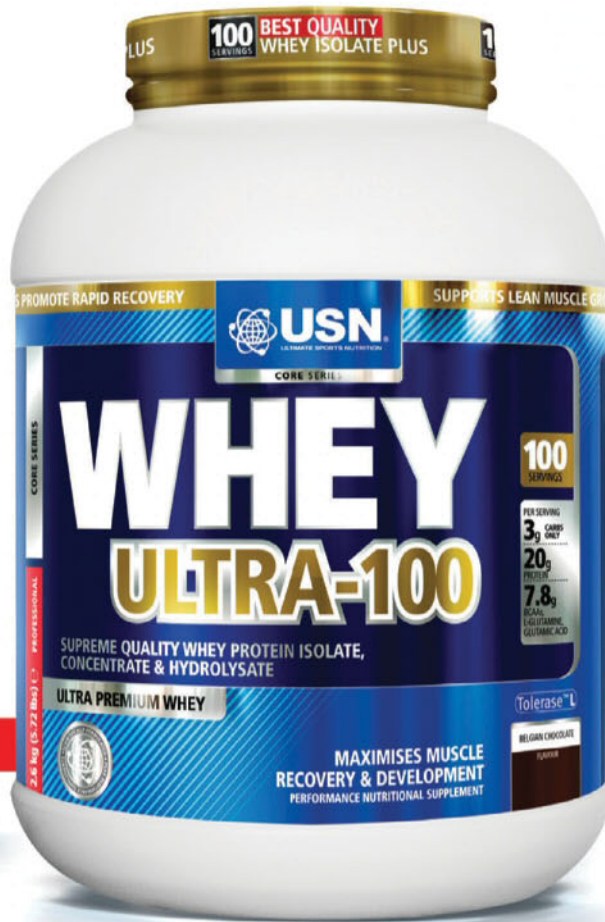
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Lisa Raleigh  
BIOGEN AMBASSADOR  
@LisaRaleighSA

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fitness expert & TV personality



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To enter or for more info, visit [www.welliam.mobi](http://www.welliam.mobi)

Visit our website for more info on Biogen products as well as weight-loss diet programmes and nutritional info or advice. [www.biogen.co.za](http://www.biogen.co.za)

May & June '14

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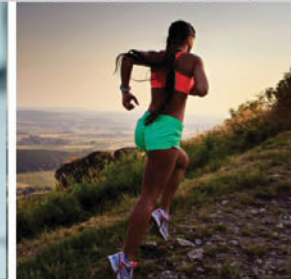
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*Lindsay Messina*  
Shot by Noel Daganta

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## TAKE THAT LEAP

**WHAT MOTIVATES YOU TO GET UP EARLY IN THE MORNING DURING WINTER TO HIT THE GYM OR GET OUT ON THE ROAD FOR A RUN? MY REASON IS SIMPLE: IT'S ABOUT CONSTANTLY IMPROVING AND BETTERING MYSELF.** However, others might set specific seasonal goals, like looking great in a bikini come summer. While we all want to strap on something tiny and look the part, fitness isn't just about your waist and booty size. As such, your reason for training doesn't (and shouldn't) always be about your outward appearance.

There's a big movement toward participation in events purely for the experience – experiential fitness as I like to call it. More and more people are taking on trail running, triathlons and mountain biking, or even the fast growing competitive world of CrossFit, purely for a new experience – and a new challenge. These people want more from their health and fitness focused lifestyle, having become bored and jaded chasing the same goals and the vanilla gym-based training that goes with it. It's no longer just about looking good, it's about feeling good and becoming an active participant of life's adventure.

I too am driven more by this desire. I'm getting older and wiser, which means my priorities have changed. I'm also a mom trying to balance my time between family and work, while also squeezing the most from every moment in Jozi. I therefore want more from my time in the gym - to merge life and fitness, and not always chase slim bikini straps. I therefore believe training should also be about experiencing your surroundings, setting new physical challenges for your body and stimulating your mind, not just chasing a figure. As such the time you spend in the gym should be used to work towards these goals. Setting yourself a new challenge should enrich your life and make you want to do more, be better and run faster. It should open up your world, both inside and outside the gym.

So, if you feel like your motivation is plummeting with winter approaching, set yourself a new challenge, not just a new goal. **Try something different.** I promise that it will renew your fitness spirit as you start a new fitness journey!

Tanja

## YOUR FITNESS MOTIVATION IN THIS ISSUE:



**PG 34** Hlubi Mboya's pilgrimage from the gym, into the mountains, and back again. Her epic journey that has reshaped her body, her inner strength and her perspective on life.



**PG 110** Comparison is the thief of joy: 3 ways that your mindset may be hampering your results.

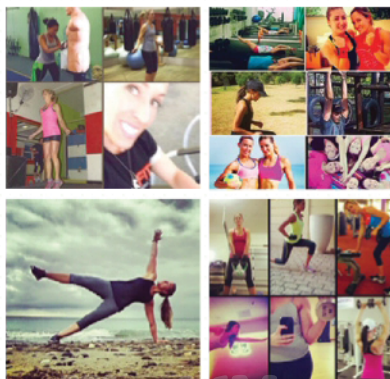


**PG 88** Breaking through plateaus. We eliminate the guesswork and get you back on track to your fitness goals.



### #FITNESSMAGSELFIE

Every Monday we introduce a new theme for our weekly selfie competition. The winners are chosen on Fridays and displayed on our Instagram (fitnessmagsa) account. Here are some of the winners.



# fitness

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**LOOKING FOR A WAY TO CONTROL YOUR WEIGHT?**

Eat red lentils. This anti-ageing superfood is packed with protein that satiates you, leaving you feeling fuller for longer.



**THREE REASONS TO EAT MORE CABBAGE**

- Purple cabbage contains anthocyanins, which are proven to have anti-carcinogenic properties.
- It's also low in saturated fat and cholesterol, and is a good source of fibre.
- As a good source of vitamins C and K, cabbage will naturally bolster the good work your vitamin supplement of choice is doing for your health.



**1**

1 CUP OF NECTARINES SUPPLIES 2.4G OF FIBRE AND 1.5G OF PROTEIN.

**DON'T JUST COUNT CALORIES OR MEASURE PORTION SIZES** when it comes to your diet. It is also important to think in terms of colour, variety and freshness.



### HEALTH BENEFITS OF BUTTERNUT

- It contains more vitamin A than pumpkin, providing up to 354% of your RDA. Research suggests that natural foods rich in vitamin A protect the body against lung and oral cavity cancers.
- Butternut is also rich in B-complex vitamins like folate, riboflavin, niacin, vitamin B6 (pyridoxine), thiamin and pantothenic acid.
- Butternut seeds are a good source of dietary fibre and monounsaturated fatty acids that are great for our hearts. These seeds are also rich in protein, minerals and numerous health-promoting vitamins.

**1 cup**

1 CUP OF MANGO CONTAINS 107 CALORIES, 0.45G OF FAT AND 28G OF CARBS.



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**MAGIC MUSHROOMS**

Gluten and glutamate are two very different components of food. The mushroom has lots of one, but none of the other. There is abundant flavoursome, natural glutamate in mushrooms, yet there is no gluten, which makes them ideal for inclusion in a gluten-free diet. The natural glutamates in mushrooms give them their deep flavour, making them a favourite with meat eaters and vegetarians alike. Glutamate is an amino acid that is found in all foods with protein. Glutamate is also produced by the body, with high levels found in the muscles and brain. It is also used as a neurotransmitter in the brain by half of all nerve cells.



To prevent urinary tract infections take **two teaspoons of horseradish per day.** Horseradish contains oils that have anti-bacterial properties.



**ONE JALAPEÑO PEPPER, WHICH WEIGHS APPROXIMATELY 45G, CONTAINS 153MG OF POTASSIUM, WHICH IS 7% OF THE 2,000MG WE NEED DAILY.**

**FOR RELIEF FROM A COUGH, MIX A TEASPOON OF HONEY WITH A DASH OF TURMERIC.**

**DID YOU KNOW?**

- Strawberries are full of a special substance called ellagic acid which can help fight cancers.
- One medium sized apple is packed with 4g of soluble fibre.
- Red bell peppers are high in vitamin A, which helps to support healthy eyesight.
- Avocados are technically classified as a fruit.
- An eggplant is almost 95% water.
- Coconut oil contains four growth hormones that help the development of many organisms.
- One cup of gooseberries will only add 66 calories to your diet.

**100G OF DRIED FIGS PROVIDE APPROXIMATELY:**

- 5.6g fibre
- 69g carbohydrates
- 0.9g fat
- 3.3g protein
- 249 calories

**100G OF FRESH FIGS PROVIDE APPROXIMATELY:**

- 80 calories
- 1.3g protein
- 0.3g fat
- 20.3g carbohydrates
- 2.2g fibre



**EVOX 3-IN-1 WEIGHT-LOSS COMBO PACK**

Evox has made getting lean and staying in shape even easier with the launch of a 3-in-1 weight-loss combo pack, which contains Evox's Lean Slim Thermo Accelerator, Green Coffee Bean Extract and Raspberry Ketones. Lean Slim Thermo Accelerator is packed with a powerful combination of ingredients, such as HCA, chromium, L-carnitine, taurine, yerba mate and grapefruit powder, and has been designed to assist your metabolism to



potentially burn more body fat. Green Coffee Bean Extract contains chlorogenic acid, which has been shown to slow the release of sugar into the bloodstream and increase activity of fat burning enzymes in your body. Raspberry ketones aid fat loss by breaking down the fat within cells more effectively. This compound has also been shown to regulate adiponectin, a protein used by the body to regulate metabolism.

## DISHING UP SOME DINNER TIME FACTS

If you think that healthy eating is more expensive than fast food, think again. A healthier meal can be more affordable, not to mention quick and easy if you plan in advance. Nestlé South Africa compared the cost and nutritional values of three typical meals for a family of four and found that:

- Beef burgers, chips and soft drinks top the list as the most expensive: R221.20 for four portions and a whopping 4624kJ per portion.

- The home-cooked roast chicken with pap and sauce, and a crisp coleslaw side dish was half the price at R103.95 and contained 3737.7kJ.

- The third meal, a vegetarian butternut and pulse bake with coriander Basmati rice and a carrot salad side dish cost R72.54 and boasted a meagre 1945.2kJ count.

"There is a common misconception that healthy eating is expensive, but the opposite is often true," says Naazneen Khan, Wellness Manager at Nestlé South Africa.

"You can save money by buying healthy food for the whole family and cut down on calories by cooking at home and preparing your meals using healthy methods like steaming and grilling instead of frying." While fast food may not be cheaper

or healthier than a home-cooked meal, the fact that it's almost instantly available means more people are choosing that option in today's fast-paced society. With easy-to-follow



30-minute recipes available on the Internet and a little planning and food preparation on the weekend there's no reason why you cannot have quick and healthy meals ready in minutes after you arrive home from a busy work day. A few top tips to ensure that your home cooking is easy and nutritious include:

- Cook in bulk and freeze portions – easy to reheat for a quick lunch or dinner – especially during the week.
- Try to stick to lower GI carbohydrate foods.
- Cooked rice in a sealed container will last for at least three days in the fridge.
- Cooked beans freeze well.
- Plan your meals in advance so that you can defrost food in the morning and do some of the prep work before you go to work.

For more helpful tips on how to adopt a healthy diet visit the Nutrition, Health & Wellness tab on Nestlé's website [www.tastierhealthierchoices.co.za](http://www.tastierhealthierchoices.co.za). Test your nutrition, health and wellness knowledge using the WelNes IQ tool at [www.welnesiq.org](http://www.welnesiq.org).

**EAT LESS THAN 20G OF SATURATED FAT PER DAY – ANY MORE PUTS YOU AT A HIGHER RISK FOR HEART DISEASE.**

## EVOX SPONSORS WBFF SA

Organisers of the WBFF SA have announced that Evox Advanced Nutrition has secured the title sponsor rights for the 2014 event. The show will be held on the weekend of the 20th and 21st June 2014 at Carnival City, Johannesburg. Registrations are now open.

For more info or to enter visit [www.wbffsouthafrica.com](http://www.wbffsouthafrica.com)



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- They can alleviate oily skin.



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activates your skin's metabolism through the delivery of essential vitamins, minerals and antioxidants. This nutrient-rich formula provides optimal conditioning for your skin resulting in a significantly more radiant appearance.

**PREVENT WINTER BUGS WITH OXIPROVIN**

Give your immune system a natural boost this winter with Oxiprovín, a new 6-in-1 nutritional supplement that contains powerful antioxidants. It protects your body against damage caused by free radicals, helping you to look younger and feel healthier. Oxiprovín contains six vitamins, Grape Seed Extract to boost the immune system and increase energy, vitamin E, which prevents cancer and reduces muscle damage, bioflavonoids, which curb certain effects of ageing and protect against infections, and vitamin C. It also contains Rooibos extract, which lowers blood pressure and reduces cholesterol, as well as selenium, which assists in preventing heart disease and premature ageing. Available at Clicks and Dis-Chem stores nationwide at the RRP of R87.99 per bottle. For more info visit [www.oxiprovín.com](http://www.oxiprovín.com).

**WOOLWORTHS LAUNCHES GLUTEN-FREE BAKERY RANGE**



Woolworths recently launched an extensive fresh bakery range of gluten free breads, rolls, cakes, muffins and biscuits. All products are made in a custom bakery where no wheat or gluten is used.

Woolworths Managing Director: Food, Zyda Rylands explains: "With food allergies and intolerances on the increase and our focus on offering more and more options for individuals with special dietary needs, we took the decision to substantially increase our gluten-free offering."

The new range is currently available in 90 stores around the country, on specially marked gluten-free shelves.

## A BETTER CARB OPTION

Quinoa, pronounced 'keen-wa', is high in protein, low in fat and is cholesterol free. It is a whole grain and a complete protein, which is a rare combination, and it is easy to prepare. It is an ideal substitute for rice, pasta or couscous as it is low in fat. It is also gluten free, which means people who suffer from coeliac disease or who are gluten intolerant can eat this food with no side effects.

It is also a low Glycaemic Index food, which means it does not spike blood sugar levels and is therefore indicated for use by diabetics, as well as anyone trying to control blood sugar levels. Quinoa can be eaten hot as a side dish instead of rice or pasta, or cold, added to salads for some extra texture. It can



be eaten sweet (crunchy quinoa granola) or savoury (curried quinoa salad with broccoli and cauliflower).

*Pouyoukas quinoa is available at Pick 'n Pay, Spar and Checkers and retails from R26,59 for 250g.*

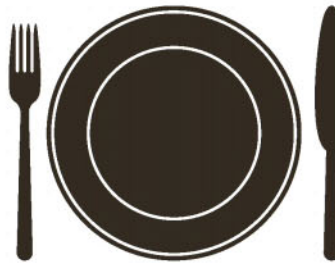
## SISTER JENNY'S JOINTS AND MUSCLE CREAM

This natural remedy helps to ease everyday aches and pains, particularly joint and muscle pain related to arthritis, sports injuries, or severe chronic conditions like fibromyalgia. Users can expect to notice remarkable improvements in the mobility of muscles and joints when using this product.

This cream is quickly absorbed, is non-greasy and can be gently applied due to the smooth texture. It forms an invisible bandage-like coating which keeps the oils in the skin as they are absorbed into the bloodstream. All products have natural ingredients that are non-harmful and non-toxic. *Available at an RRP of R89.99 (75ml) or R120.00 (125ml).*



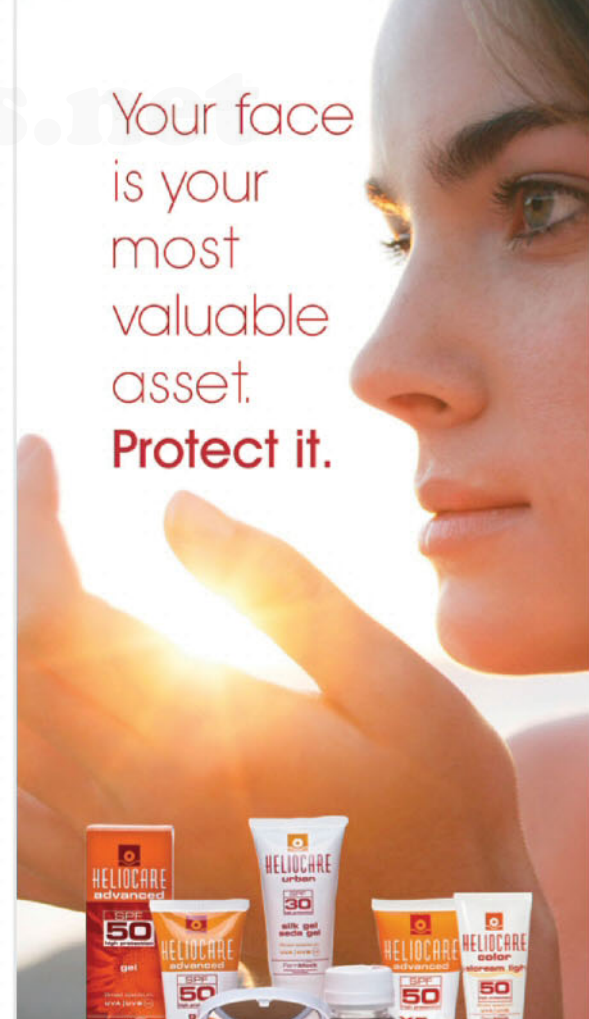
Researchers from the Pennsylvania State University have found that by simply reducing your meal portions by 25% you consume 10% fewer calories daily. Each portion of food should ideally be the size of your fist.



When free radicals oxidise cholesterol, blood vessels are damaged and fat builds up in our arteries, which could possibly lead to a heart attack. The antioxidants in black olives prevent this oxidation of cholesterol, thereby preventing heart disease.



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References: 1. González S, Fernández-Lorente M, Gilaberte-Cabala Y. The latest on skin photoprotection. *Clinics in Dermatology* 2008; 26:614-620. 2. Gomez AJ, Leonard ON, Gonzalez S, Tedesco AC. The antioxidant action of Polypodium leucopodium extract and keto acid: reactions with reactive oxygen species. *Biochimica et Biophysica Acta* 2001; 148:145-154. 3. Gonzalez S, Pardo MA. Inhibition of ultraviolet induced formation of reactive oxygen species, lipid peroxidation, erythema and skin photooxidation by Polypodium leucopodium. *Photodermatology Photoimmunology Photomedicine* 1996; 12:45-58. 4. Pilica N, Corbu J, Chen Y-U et al. Beneficial regulation of matrix metalloproteinases and their inhibitors, fibrillar collagen and transforming growth factor-β by Polypodium leucopodium, directly or in dermal fibroblasts, ultraviolet irradiated fibroblasts and melanoma cells. *Arch Dermatol Res* 2008. Published online 17 April 2008. DOI: 10.1007/s00402-008-0002-4. License holder: Genop Healthcare Pty Ltd, Co. Reg. No. 1984511575/03, 72 Mookwa Close, Chapter Hill Commercial Estate, Cot of 101 and 1A Rose Road, Alandale Est 6, MIDRAND. © 2012 Tel: 081 436 674 www.genop.co.za 02701070204

BY MELANIE HEYNS, Features Writer

### USN CROWNS BODY MAKEOVER CHALLENGE WINNERS

USN announced the winners of its Body Makeover Challenge at a gala event at the Atterbury Theatre in Pretoria in March. Lisl Windt was crowned best female, and also won the People's Choice Award. The winners of the 2012/2013 USN Body Makeover Challenge were chosen from the top 10 finalists after entrants were given a period of 12 weeks to transform their bodies and lifestyles by learning and understanding the true value of good nutrition, regular exercise, goal setting and effective supplementation. The Challenge is built on three pillars of success, namely 'before' and 'after' photos, body measurements and personally managed



reports describing the participant's changed lifestyle. New participants are encouraged to purchase the USN Body Makeover Challenge Starter Pack, which consists of the core nutritional supplements to get participants started, as well as the 12-Week Body Makeover Guide. Participants can also register online at [www.usn.co.za](http://www.usn.co.za) where an effective fat-loss eating plan, training plan and supplementation strategies can be found.

### FITPRO COURSE DATES

#### JOHANNESBURG

- 3 May: Pilates mat instructor course
- 10 May: Scientific weight-loss workshop
- 15 May-31 July: Exercise science course
- 17 May: Functional training workshop
- 24-25 May: Advanced biomechanics workshop
- 31 May: Functional movement assessment workshop
- 7-8 June: Boot camp workshop
- 14 June: Boxing workshop
- 26 June: Personal fitness trainer course



#### CAPE TOWN

- 10 May: Plyometrics workshop
- 31 May: Foam roller workshop

#### DURBAN

- 10-11 May: Boot camp workshop
- 24 May: Running right workshop

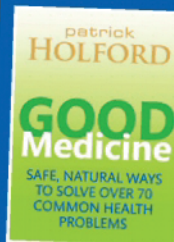
### INTHEBOX DELIVERS FITNESS CONVENIENCE

inthebox, co-founded by recognised South African fitness cover models and sponsored athletes Rudi Pretorius and Nick Robert, recently launched. The inthebox concept is simple: it provides the fitness enthusiast – from the health conscious to the health fanatic – with products, services, information and accessories related to the fitness industry, which are all delivered straight to your door for your convenience. Each box is customisable to your needs, from your favourite supplements, to clothing vouchers, magazines and gym apparel – you can choose what goes into the box.



Visit [www.thebox.pro](http://www.thebox.pro), [www.facebook.com/inthebox.pro](http://www.facebook.com/inthebox.pro) or WhatsApp them on 071 632 6111 for more information.

## OUR TOP FITNESS READS THIS MONTH

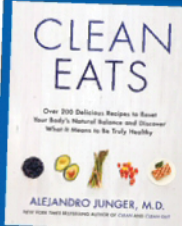


### 1 GOOD MEDICINE

By Patrick Holford

In his latest book Good Medicine Patrick Holford cites that it is not the lack of drugs, but rather the lack of good nutrition causing the plethora of chronic diseases ailing our modern world. Bad health habits, which are not part of our natural evolutionary design, together with the side effects of over-medication and adverse reactions to drugs are the reasons disease and illness plague so many of us. In Good Medicine, Holford explains how most diseases only occur when we have lost our "resilience" as a result of many years of accumulated bad health habits. He also sets out a complete guide based on good science and independent research of the most effective, safest and natural ways to help prevent and also reverse many of the diseases plaguing our society. It covers over 75 of the world's most common health problems and offers nutritional solutions to help prevent or reverse them. R310

Available in all leading bookshops.



### 2 CLEAN EATS: OVER 200 DELICIOUS RECIPES TO RESET YOUR BODY'S NATURAL BALANCE AND DISCOVER WHAT IT MEANS TO BE TRULY HEALTHY

By Alejandro Junger

From Dr Alejandro Junger, author of the New York Times bestsellers Clean and Clean Gut, comes Clean Eats, a cookbook featuring over 200 delicious, easy-to-prepare, healthy recipes all aimed at helping you restore your natural ability to heal yourself. Beginning with a comprehensive introduction that outlines what clean eating means, Clean Eats presents recipes tailored to Clean, Clean Gut, Elimination, vegetarian and Paleo diets, including daily meal plans and detailed nutritional information. Whether you suffer from digestive problems, depression or anxiety, unwanted pounds or simply less-than-stellar health, Dr. Junger provides recipe ideas that can help build your health from the inside out. \$14.74 (Kindle Edition) [www.amazon.com](http://www.amazon.com)

### PURE ELITE NUTRITION STORES OPEN

Pure Elite Nutrition is the brainchild of Drienkie Visagie, a nutritional specialist with 20 years of experience in the supplement industry. She is also the current SA women's record holder in shot-put and has competed in bodybuilding competitions such as Miss Universe Physique. She now coaches school-level sport and is also a personal trainer with the enthusiasm and expertise needed to help her clients achieve their goals. Pure Elite Nutrition stores are located in Bassonia and Meyersdal, offering sports training and advice, supplements and diets, as well as general



advice to promote a healthier lifestyle or transform your body. The stores stock all major supplement brands at reasonable prices, and if the product you need isn't stocked they'll source it for you. Visit Pure Elite Nutrition at 101 Michelle Avenue, Alberton or 19b Camaroviev Shopping Centre, Cnr Soetdoering Ave and Steenbok Ave, Bassonia.

### Continuing Education & Short Courses

[info@hfpa.co.za](mailto:info@hfpa.co.za), [www.hfpa.co.za](http://www.hfpa.co.za)

PLEASE NOTE THAT COURSE DATES APPLY TO THE FOLLOWING REGIONS DURBAN, CAPE TOWN & DURBAN

KIDS DEVELOPMENT	6 MAY
YOGA MUSCLES & MOTION	10 MAY
FIGHTING FITT	17 MAY
SPORTS MASSAGE	19 MAY
GROUP FITNESS	24 MAY
KETTLEBELL TRAINER	7 JUNE
FASCIA THERAPY	26 JULY
SPORTS CONDITIONING WITH SPEED, AGILITY & QUICKNESS	26 JULY

## GNC launches in SA

**Global speciality health and wellness retailer, General Nutrition Corporation (GNC) is now offering their extensive range of health and wellness products in selected Clicks stores across South Africa.**

GNC offers a wide range of vitamins, mineral supplements, herbal supplements, sports nutrition and slimming products, which address the needs of modern consumers who want to improve their quality of life and who place a major focus on their personal health and preventative self-care.

Established in 1935 in the USA and now available in over 8,400 locations in 55 countries, the company has devoted itself to ensuring that it remains on the cutting edge of nutritional science.

Each GNC product undergoes up to 150 manufacturing and quality checks to guarantee a safe and potent product that is able to deliver optimal benefits. GNC is also committed to providing quality sports nutrition products that are free of banned substances and that adhere to the strict guidelines set out by the World Anti-Doping Agency. GNC's range of vitamins, sports nutrition and weight loss products are available at larger Clicks stores nationwide. *Four GNC concept stores are set to open during the course of the year. For more info contact 0860-254-257.*

**GNC**  
LIVE WELL

## Nike Free running collection

The 2014 Nike Free running collection makes a performance statement echoing those famous words from coach and Nike co-founder Bill Bowerman, His belief was that design should focus on the athlete's body and movement. This conviction inspired a design philosophy around the concept of natural motion and sparked the idea for the first Nike Free range in 2004. Ten years later, advancements in technology and product engineering continue to push

the boundaries of footwear design even further in the all-new Nike Free 3.0 Flyknit, Nike Free 4.0 Flyknit, and Nike Free 5.0. The collection allows runners to choose the desired level of flexibility and close-to-the-ground ride. With NIKEiD runners can also customise the performance options between the Nike Free 4.0 Flyknit and Nike Free 5.0, changing the uppers and outsoles to deliver their optimal fit and ride. The Nike Free range is available on Nike.com and in store.



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Keryn Prenter Photographed by Roger Wells is using Bro Fitwear



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### STOCKISTS:

#### PRETORIA (HEAD OFFICE)

Shop 11, Waterkloof Corner  
Shopping Center Brooklyn  
**0124601878 / 0839628755**

#### CAPE TOWN

Toned Boutique  
De ville Centre  
Wellington Road  
Durbanville, 7551  
**0834070863**

#### KRUGERSDORP & ROODERPOORT AREAS

Ultimate Pilates  
Featherbrook State  
Ruimsig  
Madelein Hartzler  
**0829048352**

#### BLOEMFONTEIN

Martie Botes and Colette Howel  
**0722323544**



**IMPI CHALLENGE KZN**

The adrenaline pumping IMPI Challenge heads to KZN in May, with five exciting events to choose from: the IMPI Challenge, IMPI Dash, IMPI Elite, IMPI Corporate and IMPI Mini.

**DATE:** Saturday, 3 May 2014

**VENUE:** Virginia Trails, Eston, KwaZulu-Natal  
For more info contact 076 772 3735, email info@impichallenge.co.za or visit www.impichallenge.co.za.



**ENERGIZER SOWETO NIGHT RACE**

Runners, cyclists and walkers will race the streets of Soweto, which will be illuminated by Energizer for a dazzling once-in-a-lifetime experience. Street culture in this iconic township will glow with energy and light as South Africans come together to race along streets, dirt tracks and single-track footpaths. As participants move through the township along the safe and guided route, they will see Zulu drums and dancers, Vilikazi Street where Nelson Mandela once lived, hear the vibrant jazz at the Sakhumzi restaurant, pass Archbishop Tutu's home and more.

**DATE:** Saturday, 10 May 2014

**EVENTS:** MTB, 10km run and 5km walk

**VENUE:** Soweto, Johannesburg

Enter online at [www.energizerlightrace.co.za](http://www.energizerlightrace.co.za). Spectators can buy tickets from the website as well.

**NEON RUN**

Neon Run is South Africa's most electric and glowing 5km night running, walking, skating, rollerblading and cycling event. Prepare to be wonderstruck as you glide through different glow zones that bring your neon to life. It ends at a fun-filled festival with loads of neon, music and entertainment featuring some of SA's top artists.

**DATE:** 10 May 2014

**VENUE:** Green Point Stadium Forecourt, CT

**DATE:** 17 May 2014

**VENUE:** Wanderers Stadium, Johannesburg

Buy tickets from [www.neonrun.co.za/tickets-and-registration](http://www.neonrun.co.za/tickets-and-registration) or go to [www.neonrun.co.za](http://www.neonrun.co.za).

Follow the action on Twitter @NeonRunSA and on Facebook (NeonRunSA).

**FNB MAGALIES MONSTER MTB CLASSIC**

The FNB Magalies Monster MTB Classic presented by Isuzu is one of the largest one day MTB events in the North West Province. Entrants can choose between a 20km fun ride or the more serious 45km or 78km routes.

**DATE:** Saturday, 24 May 2014

**VENUE:** ATKV Buffelspoort, North West Province  
Follow the event on Twitter @magmonstermtb. For more info contact Stillwater Sport & Entertainment on 086 138 3591, email entries@stillwatersports.com or visit [www.stillwatersports.com](http://www.stillwatersports.com).



Photo by Jetline Action Photo

**100 MILER MTB CHALLENGE**

This year will see the sixth edition of this now iconic ultra-marathon mountain biking event. This is a seeding event for Die Burger.

**DATE:** Saturday, 24 May 2014

**VENUE:** Malmesbury, Western Cape

**DISTANCES:** 160km or 80km

For more info email info@amarider.co.za, contact 021 884 4547 or visit [www.amarider.co.za](http://www.amarider.co.za).



Photo by Cherie Vale / NEWSPORE MEDIA

**FNB PLATINUM TRAIL RUN**

Runners at the 2014 FNB Platinum Trail Run presented by Isuzu can look forward to experiencing fun routes while taking in the breathtaking scenery of Buffelspoort.

**DATE:** Sunday, 25 May 2014

**VENUE:** ATKV Buffelspoort, North West Province

**DISTANCES:** 24km, 12km and 8km

For more info contact Stillwater Sport & Entertainment on 086 138 3591, email entries@stillwatersports.com or visit [www.stillwatersports.com](http://www.stillwatersports.com).

**AUTUMN TRAIL RUN**

The short distances are designed to encourage newcomers, family and friends to participate and the longer distances have great flowing single-track with a reward of magnificent Cape wineland views, with Table Mountain in the distance.

**DATE:** 10 May 2014

**VENUE:** Dirtopia Trail Centre, Delvera Farm, on the R44 about 10 km from Stellenbosch

**DISTANCES:** 15km, 12.5km, 7.5km and 5km

Contact 021 884 4752, email info@dirtopia.co.za or visit [www.dirtopia.co.za](http://www.dirtopia.co.za).

**WINTER FALKE TRAIL RUN #1**

Simonsberg Conservancy trails offers beautiful single-track on various terrain and runners will enjoy spectacular scenery.

**DATE:** 8 June 2014

**VENUE:** Simonsberg Conservancy, Stellenbosch

Contact 021 884 4752, email info@dirtopia.co.za or visit [www.dirtopia.co.za](http://www.dirtopia.co.za).

**PICK N PAY KNYSNA OYSTER FESTIVAL**

Whether you're a fitness fanatic, adventure seeker, discerning gourmand, or are just looking for the perfect family breakaway, the 31st annual Pick n Pay Knysna Oyster Festival will deliver with a diverse programme of over 100 events. Sporting events include the Big 5 Sport Challenge, the first-ever Big 5 Sport Challenge Lite, Salomon Featherbed Trail run, Momentum Weekend Argus Rotary Knysna Cycle Tour and Momentum Cape Times Knysna Forest Marathon and Half Marathon.

**DATE:** 4-13 July 2014

**VENUE:** Knysna, Western Cape

Visit [www.pnpoysterfestival.co.za](http://www.pnpoysterfestival.co.za) or contact Knysna Tourism at 044 382 5510.

Follow @OysterFest on Twitter, or @KnysnaOysterFest on Instagram, Facebook and Google+.

**INBA SOUTH AFRICA NATURAL CHAMPIONSHIPS**

**DATE:** Saturday 26 July 2014

**VENUE:** Randburg, Johannesburg

For more info contact Eugene on +27 (0)83 330 8767 or email info@naturalbodybuilding.co.za. Drug testing will be done.



**CAPE TOWN MARATHON**

Aiming to become one of the world marathon majors, the Cape Town marathon will boast a new route in 2014. The new route will provide runners with a unique car-free experience of the city's stunning natural and cultural attractions such as the 12 Apostles, Camps Bay, Clifton, the Company Gardens, Parliament, the Bo-Kaap, City Hall, the Castle of Good Hope, District 6, the V&A Waterfront and Table Bay. The event forms the focal point of a festival of running that also includes a 10km peace run, a 5km fun run, trail runs and a team-building relay race.

The 2014 42.2km Cape Town Marathon is an official qualifying race for 2015 Old Mutual Two Oceans and Comrades ultra-marathons.

**DATE:** Sunday, 21 September 2014

**VENUE:** Cape Town

**DISTANCE:** 42.2km





# HIS & HERS

Great hair for keeps!

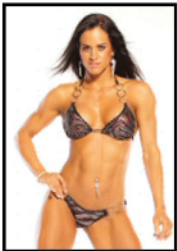


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## COVER MODEL PHYSIQUE



**TAMMY DREYER** (Nee Jackson) is an IFBB pro athlete and the founder of Kini-Girl Inc. an online training and coaching academy for bikini athletes. ([www.kinigirl.co.za](http://www.kinigirl.co.za))

I'm a 26 year old female. I'm passionate about nutrition, health and general wellbeing, and have always dreamed of having a cover model physique. I therefore train really hard in the gym five days a week. I start my session with cardio, followed by weight training. I focus a lot on my legs as this seems to be my "problem area". I do a lot of lunges, squats, walking lunges, adductors and abductors, but my legs seem to stay big with no tone or shape. I am currently taking Lean95 as a meal replacement at breakfast. I try not to eat any carbs after midday, and if I do it will normally only be sweet potato. I eat a lot of fish and other lean protein. I desperately need to lower my body fat percentage and I need to figure out how I can tone and shape my upper legs and glutes. It seems I'm doing something fundamentally wrong in this department. Any advice would be greatly appreciated.

I was really excited about the opportunity to answer this as I often get asked this exact question, and those who have taken my advice have really seen changes to their physique. In terms of your legs, I had really big, muscular legs for many years. It has taken me a few years (not a few weeks or months) to get them to the point they are now. As such the first thing you're going to need is patience, and lots

of it. You'll also need to be consistent, with some serious commitment. I'm not a huge fan of doing "a lot" of lunges, squats and the like, as you mention.

### HEAVY WEIGHT LEG TRAINING

**I've developed my legs by doing heavy weight training, not volume.** My leg sessions focus on the core compound lifts, namely squats, lunges and deadlifts. I never aim to reach a specific number of sets or reps. I prefer to lift as heavy as possible for a specific period of time. For instance, a typical leg session of mine would involve 30 minutes of deep squats, 15 minutes of heavy lunges and 15 minutes of heavy deadlifts.

### INCLUDE CARDIO

**I would also include more cardio into your routine, but not long duration cardio.** Do some high intensity interval training (HIIT), including sprints, for 30 minutes at a time at least three times a week. Your sessions could be done at an athletics track, field or on the road. Intervals can also be done on the treadmill, but I would caution against sprinting on these machines as it can be dangerous (and many treadmills can't go fast enough). I suggest marking out a 20-30m area and sprint between those markers for the duration of the session. Another great way to reshape your legs would be to include HIIT on the stepper or stadium stairs.

With regard to your body fat, you'll need to drop your calories by about 500 per day. This will help you drop the extra weight when done in conjunction with the high intensity training I have outlined above. This type of training – a combination of heavy weight training and HIIT cardio – creates the greatest metabolic disturbance'



### A SAMPLE MEAL PLAN THAT COULD HELP TO LOWER YOUR BODY FAT COULD INCLUDE:

- Breakfast:** 30g oats, 4 egg whites.
- Snack:** 2 brown rice cakes, 3 tbsp fat-free cottage cheese, 1 serving whey protein.
- Lunch:** 120-130g chicken breast, 100g brown rice, 1 cup green veggies.
- Snack:** Meal replacement shake (with carbs).
- Dinner:** 120-130g white fish grilled, salad or green veggies.

If your goal is to become a cover model you should consider hiring a coach to assist with your training and diet. I would then suggest that you enter the next USN Face of fitness cover model search competition. It is a great way to gain experience and get noticed. I would also suggest that you enter bikini competitions to build your name in the industry. Check out [www.kinigirl.co.za](http://www.kinigirl.co.za) for coaching, as well as articles and healthy recipes to help further your dream.

over the course of a day, which helps you burn more calories than a simple cardio session. And please don't worry, you can't build extreme muscle doing this as you are following a calorie restricted diet. It is also important to understand that carbs aren't necessarily your enemy. In fact, when used correctly and in the right form, carbs can actually be your best friend. To try and simplify the role they play, carbs provide the most readily available source of energy in the body, which you need to fuel these high intensity workouts. As you are creating a fast metabolism you will utilise carbs more efficiently, while also burning more calories, which will result in weight loss, most of which will come from a reduction in body fat. So please don't exclude them from your meal plan. If you're looking to lose weight I would only drop carbs at dinner time as you are less active at night.

### DON'T USE THE SCALE

Just remember that when you add muscle to your body your weight may not decrease (it may even increase slightly), but you are reducing your body fat levels, so don't just use the scale to determine your progress.



Visit Tammy's website at [www.kinigirl.co.za](http://www.kinigirl.co.za)



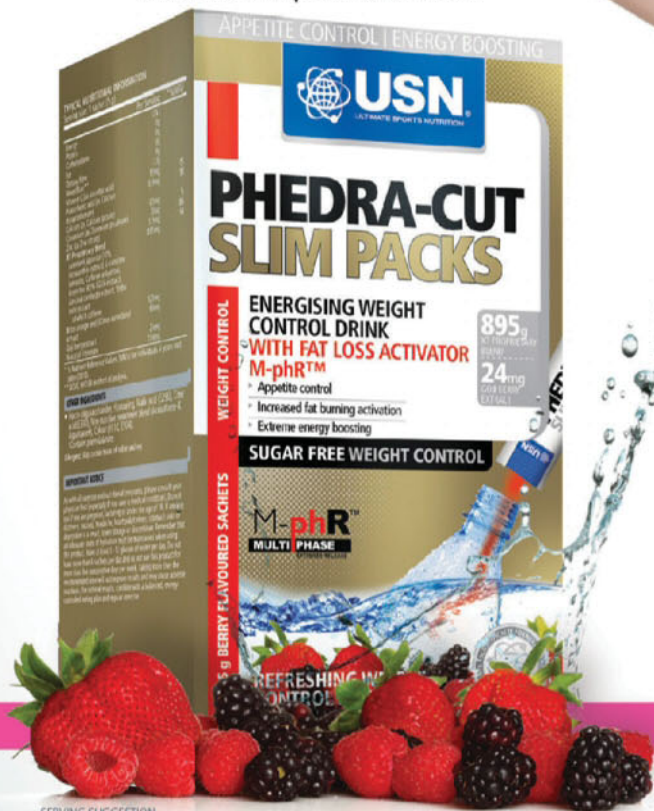
**USN**  
ULTIMATE SPORTS NUTRITION

BODY MAKEOVER SERIES

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Only effective as part of a weight management programme when combined with a balanced, energy-controlled eating plan and regular exercise. Individual results may vary.

## THIS WINTER PREPARE YOUR SKIN FOR THE FLU

Follow these beauty-boosting tips to help prepare your skin for flu season...

### 1. DON'T DRY OUT YOUR SKIN

Avoid dehydrating ingredients such as alcohol-based products. Some cleansers and toners may strip your skin of essential moisture during the winter months. Try using more gentle formulas.

### 2. HYDRATE WHILE YOU SLEEP

Add hyaluronic acid to your routine as it's like a magnet for water in the skin, retaining up to 1000 times its weight in water. This is a super plumping and hydrating ingredient that's perfect for everyone

### 3. EXFOLIATE ALL OVER

An all-over body exfoliation will help keep your skin smooth, preventing flakiness and allowing moisturisers and body creams to be more easily absorbed by the skin. This will leave your skin soft and smooth all winter.

### 4. ADD VITAMINS TO YOUR ROUTINE

Products that contain vitamins A, C and E will all help to keep your skin healthy and glowing this winter, while also preventing premature ageing.



in your beauty bag...

#### 1. DR GOBAC EXFOLIATING MASQUE

Contains papain enzyme to dissolve dead keratinised layers of the epidermis. Also contains vitamin E acetate which feeds skin, improves elasticity and is a protective antioxidant. Retinyl palmitate and palmitic acid are easily absorbed deep into the skin to help control and stimulate cell growth. **R425**

#### 2. DR GOBAC WASH

A creamy foam cleanser that can be rinsed off with water. Oat amino acids act as a conditioning cleanser and sodium cocoyl, derived from coconut oil, delivers dense, luxurious foam to leave skin

feeling revitalised and healthy. Tones, cleanses and balances the skin's pH in one easy step. **R219**

#### 3. BEAUTÉ PACIFIQUE CRÈME MÉTAMORPHIQUE VITAMIN A ANTI-WRINKLE CREAM

A rejuvenation treatment that works throughout the skin's deepest layers. Reduces wrinkles and repairs even severely sun damaged skin. Provides the skin with two forms of vitamin A to rebuild collagen fibre structures. For stockists contact 011463 9912 or visit [www.pranaproducts.co.za](http://www.pranaproducts.co.za). **R950**

#### 4. FILORGA SKIN-STRUCTURE FIRMING AND REDEFINING SERUM

Restores the structure and density of the skin to lift and tauten facial contours by boosting skin density, redefining facial structure and boosting volume, and visibly lifting the skin. The active ingredient Voluform targets cells responsible for increasing density and firmness, plumps the skin and restores strength resulting in visibly firmer skin. **R785.00 (30ml)**

#### 5. VITABIOTICS' PERFECTIL PLUS

Protects skin, hair and nails from the inside. A Nutri-dermal capsule contains nutrients that support the building blocks of skin, hair and nails,

thus maintaining their health and appearance. Available from Clicks, leading pharmacies and [www.vitabiotics.co.za](http://www.vitabiotics.co.za). **R195 (28 tabs)**

#### 6. SKINPHD

A complete range of cosmeceutical skincare products that are clinically tested and aren't tested on animals. Includes a facial care range with products that rely on bio-active ingredients to provide beneficial changes in the appearance of skin, a body care range that reduces the appearance of cellulite, and restructures and tightens the skin to reduce the visible appearance of stretch marks. Available from [www.skinphd.co.za](http://www.skinphd.co.za).

# HOW FAR DO YOU WANT TO GO!

If you want to **Go!** that extra mile  
**Go!** beyond your limits **Go!** faster  
**Go!** better **Go!** somewhere  
 or just **Go!** to the next level  
**Go!** supplements will get you there!

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Go! MAN is a daily vitamin, mineral and anti-oxidant supplement developed for MEN. The range of quality ingredients can assist the body to support; the immune system, heart function, bone strength, energy levels and sustain mental alertness.\*

Go! WOMAN is a daily vitamin, mineral and anti-oxidant supplement developed for WOMEN. The ingredients can assist the body to support; the immune system, heart function, the nervous system, bone strength, energy levels, manage PMS symptoms and sustain mental alertness.\*

Go! FOCUS can deliver an array of benefits including concentration and memory support. It can also support the heart, immune function, nervous system and help to sustain energy levels.\*\*

Go! OMEGA is a nutritional supplement that contains the essential fatty acids DHA and EPA with added vitamin E. This can be used as a daily supplement to increase the levels of DHA and EPA in the body and to supplement essential fatty acid deficiencies.\*\*

**Go! WILL GET YOU THERE!**

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\*Efficacy of support may vary between users. \*\*Refer to typical nutritional information on leaflet.  
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fitness magazine reserves the right to edit any question submitted.

# expert health advice

Your training questions answered by Mario Van Biljon



Send us your training, diet or health-related questions and stand a chance to win with SUPASHAPE. Email your questions to [info@fitnessmag.co.za](mailto:info@fitnessmag.co.za)

The prize, sponsored by SUPASHAPE, consists of: Supashape Guilt-Free Snack (consists of Supashape Cocoa Lean, Supashape High Protein Cookies, Supashape High Protein Pudding and Supashape Jelly Lean)

WINNING QUESTION

## BUILDING STRENGTH

**Q** Most people have a goal to lose weight, but my problem is somewhat different.

A few years back I suffered from severe weight loss and all the ailments that go hand in hand with it, such as anaemia. I've managed to gain most of the weight back and currently weigh 56kg. I am 1,63m tall at age 38. Most people would be happy with this, but I would like to work on my muscles to strengthen them. I also need to strengthen my core muscles to help my back. I'm very health conscious - I don't smoke or drink, and I try to eat a lot of fresh fruit, veg, salad, chicken and fish.

However, this proved to be a bit "unhealthy" for me with regard to my iron levels. I have now included some red meat, chicken livers and nuts into my diet which feels like it's working. My long-term fitness goal is to build up enough muscle, fitness and stamina to enjoy my workouts and be able to work out daily. I enjoy spinning, road running and yoga. However, if I want to take it up a notch or compete then something is going to have to change. My eventual goal is a half Ironman and then the full one. Can you help?

*Katherine Shaddock*

**A** Your decision to include some red meat, chicken livers and nuts in your diet is a good one. With your history of anaemia I would suggest that you consider including the following foods in your diet on a regular basis:

With your goal of wanting to build up enough muscle, fitness and stamina to eventually compete in an Ironman triathlon you are going to need to include some weight training in your exercise schedule to build more muscle and improve your strength, in addition to the spinning, road running and yoga you are currently doing. Just remember the importance of providing the muscle building nutritional support to back up any strength training programme you embark on. In this regard I would suggest taking a daily multivitamin or a daily multi-nutrient pack (with iron), additional essential fatty acids in the form of EFA or fish oil soft gels, a protein supplement such as whey



protein or a high protein meal replacement powder. Boost your protein intake by including a reasonable amount of foods such as meat, fish, eggs, chicken, game meat and fat free dairy in your daily diet.

### THE WORKOUT

Once you have built up some base strength with this programme, which will also help to improve your body composition and teach you basic lifting techniques and movement patterns, you can then progress to a more sport-specific strength and conditioning programme. This should include more technical exercises like Olympic lifts and plyometrics. I would advise that you hire the services of someone who is qualified to prescribe, programme and instruct you on the correct execution of these movements though. This approach will go a long way to improving your sports performance in Ironman or any other sporting event you choose to participate in.

As far as a weight training programme to build up your lean muscle and strength goes, here is an example of the kind of weekly programme you should be looking to adopt to develop a strong base:

EXERCISE	SETS	REPETITIONS
<b>Day 1 - Chest, front deltoids and triceps</b>		
Incline Barbell Bench Press or Incline Bench Press on the Smith Machine	4	+/- 15, 10, 8, 6-8
Flat Barbell or Dumbbell Press	3	+/- 10, 8, 6-8
Machine Shoulder Press or Overhead Dumbbell Press	3	+/- 10, 8, 6-8
Dumbbell Side Raises or Machine Side Raises	3	+/- 10, 8, 6-8
Triceps Pushdowns	3	+/- 10, 8, 6-8
Lying Overhead Extensions with an EZ Bar (Skull Crushers)	2	+/- 10,6-8
<b>Day 2 - Quadriceps, hamstrings, calves and abdominals</b>		
Smith Machine Squats	4	+/- 15, 10-12, 8-10, 8-10
Leg Press	4	+/- 10-12, 10, 8-10, 8-10
Leg Curls	4	+/- 12-15, 10-12, 10, 8-10
Standing Calve Raises	3	+/- 15, 12-15, 10-12
Seated Calve Raises	2	+/- 12-15, 8-12
Crunches	2	+/- 12-15, 10-12
Hanging Leg Raises	2	+/- 12-15, 10-12
<b>Day 3 - Back, rear deltoids, trapezius and biceps</b>		
Lat Pulldowns (to upper chest)	4	+/- 10-12, 10, 8-10, 6-8
T/Bar or One Arm Dumbbell Rows	3	+/- 10, 8, 6-8
Bent Over Dumbbell Lateral Raises or Machine Rear Laterals	3	+/- 10-12, 10, 8-10
Dumbbell Shrugs	2	+/- 10-12, 8-10
Barbell Curls	3	+/- 10, 8-10, 6-8
Standing or Seated Alternate Dumbbell Curls	2	+/- 8-10, 6-8



training

## add this to your diet

<b>MOLLUSCS (CLAMS, MUSSELS, OYSTERS)</b> Iron in 100g 28mg (155% DV)		3.6mg (20% DV) Dark chocolate and cocoa powder Iron in 100g 17mg (97% DV)	
<b>SQUASH AND PUMPKIN SEEDS</b> Iron in 100g 15mg (83% DV)		<b>LIVER (PORK, CHICKEN, TURKEY, LAMB, BEEF)</b> Iron in 100g 23mg (129% DV)	
<b>BEANS AND PULSES (WHITE BEANS, LENTILS)</b> Iron in 100g 3.7mg (21% DV)		<b>BEEF AND LAMB (LEAN)</b> Iron in 100g 3.7mg (21% DV)	
<b>DARK LEAFY GREENS (SPINACH, SWISS CHARD)</b> Iron in 100g		<b>NUTS (CASHEW, PINE, HAZELNUT, PEANUT, ALMOND)</b> Iron in 100g 6.1mg (34% DV)	

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# WEARABLE FITNESS TECH EXPLOSION!

The 2014 Mobile World Congress (MWC), which takes place every year in Barcelona, Spain, saw a number of technology manufacturers add products to the rapidly growing wearable fitness technology market. A few of the bigger announcements include:



## < S-HEALTH 3.0 APP SUITE FROM SAMSUNG

The unveiling of the Samsung Galaxy S5 included news of a suite of fitness monitoring tools collectively called S-Health 3.0. The apps have been designed to work with Samsung's range of Gear smartwatches and devices, including the new Gear Fit (read more below), for real-time fitness coaching and tracking. Fitness app functionality includes an on-device heart-rate sensor that can be tailored to each user. It stores daily heart rate information, which is then graphed for easy reference. A pedometer and diet and exercise recording capabilities are also included.



## < SAMSUNG GEAR FIT

The Samsung Gear Fit health band has been designed for use with a synced Galaxy smartphone. The band has a 1.84-inch curved super AMOLED display and runs a range of fitness applications. Health and fitness tracking features include a

pedometer, heart rate monitor, sleep tracker and a stopwatch. The straps are changeable and the device is dust and water-resistant. Using Bluetooth 4.0 the band can also receive notifications from the user's smartphone and can double as a media controller. The Gear Fit weighs just 27g.



## ^ HUAWEI TALKBAND B1

Huawei launched a Bluetooth-enabled crossover sports band that doubles as a headset. In fitness device mode you can use it as a pedometer and calorie counter. When you get a call you can remove the 1.4-inch flexible OLED display and place it into your ear for use as a Bluetooth 4.1 headset.



## GARMIN VIVOFIT

Garmin has released the vivofit wearable wellness band which allows users to set personalised goals and track general everyday activity. The lightweight band logs steps taken, distance covered and calories burned, and also monitors sleep quality. Users can also pair their vivofit with an ANT+ compatible heart rate monitor to monitor their daily heart rate and calorie expenditure. The device tracks progress and reminds users when it's time to move. Info is shown on a curved display, while the replaceable batteries can last for over a year, even when tracking you 24/7. Data can then be uploaded to the Garmin Connect website for analysis and sharing. You can also join online challenges and earn virtual badges for extra motivation. This feature allows you to connect, compete and compare with friends and family around the world. The band is also water-resistant up to 50m. Available in five colours (black, purple, teal, blue and slate) at a retail price of R1899 and R2299 (heart rate monitor bundle).

For more info visit [www.garmin.co.za/vivo](http://www.garmin.co.za/vivo).



## < SONY ANNOUNCE SMARTBAND SWR10

The Sony SmartBand SWR10 is a fitness and health tracker.

It can also monitor sleep cycles, with the ability to wake users up at the optimal time using its vibration functionality. As it can connect to smartphones via Bluetooth or NFC the device can receive notifications of calls, texts, tweets and Facebook likes, and can also handle media playback in the Sony Walkman app. The device is also waterproof and comes with a 'Lifelog' app that lets users track where they've been, how they've been communicating, what they've listened to, what games they've played, how active they've been and what pictures they've taken.



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## THE MOVE: MEDICINE BALL PUSH-UP

### what it works

Performing a push-up on a medicine ball, regardless of the variation, is a great way to develop upper body strength and improve core stability. These exercises will also increase the range of motion used during the push-up movement, which helps to activate more muscle fibres and develop greater strength.

**Starting:** Kneel on the floor and place one hand on the medicine ball. Place your other hand on the floor, slightly wider than shoulder-width apart. Position your shoulders in line with both hands. Extend the arm not positioned on the ball, and maintain a bent elbow in the arm positioned on the ball. Straighten your body by placing your feet behind you positioned shoulder-width apart.

### THE MOVEMENT

Lower your body until a slight stretch is felt in the shoulder and/or chest. Immediately push your body back up to return to the starting position. Repeat for the required reps before swapping the medicine ball to the other side.



#### PROGRESSION 1: 3-point medicine ball push-up

To make the move more challenging perform the medicine ball push-up as described above, but raise one leg upwards during the movement. This will require greater core stabilisation during the exercise.

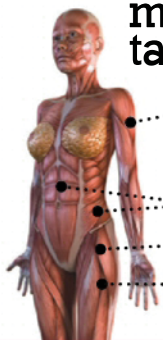
#### PROGRESSION 2: Two-handed medicine ball push-up

Place both hands on the medicine ball and perform a push-up as directed below.

**Beginners:** Start from a kneeling push-up position.



### muscles targeted



**Primary:** Pectoralis, deltoids and triceps.  
**Secondary (stabilisers):** Abdominals and core stabilisers, rhomboids, erector spinae, rotator cuffs, glutes and quadriceps.

**Intermediate:** Perform the push-up with your body extended and your feet positioned shoulder-width apart or narrower.



Modelled by Melissa Nicholson, 2013 USN Face of Fitness winner; Photography by Cindy Ellis; Hair and make up by Tamzin Reynolds



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References: 1. IMS Data, December 2013. 2. Impact RX Data December 2013. \*Muscle cramps is a recognised symptom of magnesium deficiency. <sup>50</sup>Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H/24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority, Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007. Report adverse events to [drugsafety@merck.co.za](mailto:drugsafety@merck.co.za) or +27 11 608 2588 (Fax line).

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### CELLULITE NIGHTMARE

**Q** I live in Postmasburg in the Northern Cape. It's a small town without a gym or any qualified trainers. I'm 45 and up to now I've never really struggled with my weight. I watch what I eat as I'm cautious about cellulite - I've always been cellulite free because of all the products I use. Last year I had two operations on my breasts because they thought I had cancer. Due to all the stress I

lost even more weight. It turned out not to be cancer though, just a 15 year old prosthesis that needed to be replaced. After my second surgery last May I started gaining weight around my stomach, thighs and buttocks and developed cellulite on my legs. I then began trying various fat loss pills but none seemed to work, and my once sleek legs are now full of cellulite. I have now stopped everything and feel depressed because I don't

know what to do. I have started walking on the treadmill, but since my personal trainer left town two years ago I've never really exercised properly again. I honestly don't know what to do anymore, but I can't live looking like this anymore. I buy every *fitness* magazine because it's my dream to look like the girls on the cover. As you are my role model I'm asking you for help to get my body where I want it to be.

*Elanza Fourie*

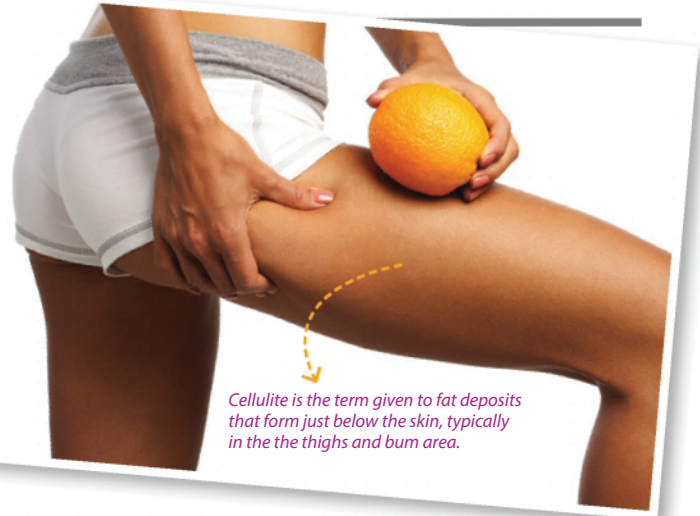


**A** Don't fret. All women have this problem. In fact, I recently met with a few 21 year olds who were dealing with cellulite. The issue is that as we age these things tend to worsen due to the changes our bodies undergo. However, the good news is we can win this battle with a bit of cellulite cream, exercise and a healthy diet.

Cellulite is the term given to fat deposits that form just below the skin, typically in the abdomen and lower pelvic region, especially the thighs and bum. There are various reasons why

cellulite forms, including a poor diet and questionable lifestyle choices, hormones, your genetic predisposition and age. However, the one common denominator to all of these factors is the accumulation of toxicity in your body. Your body stores toxins in your fat to help minimise how much toxicity your vital organs are exposed to. This is why even a skinny person with an unhealthy lifestyle could be susceptible to cellulite.

I would therefore look for the answer to your problem in your eating habits before placing the blame elsewhere. The likelihood that the fat burners you used caused



*Cellulite is the term given to fat deposits that form just below the skin, typically in the thighs and bum area.*

### MY CELLULITE-FREE TIPS:

**1. Eat a clean, alkaline,**

**unprocessed diet** – Eating this way helps to rid your body of toxins. Consider juicing vegetables for even faster, more effective results.

**2. Stay hydrated** – Drink lots of water and stay away from stimulants and diuretics as much as possible.

**3. Change to sea salt** – Refined salt dehydrates your body and creates toxicity.

**4. Skin brushing and creams** – Stimulating the lymphatic system (lymph nodes sit underneath the surface of your skin) through dry bristle skin brushing and massage helps to eliminate toxins by increasing circulation, which also helps to reduce water retention and increase skin firmness. Moisturising also increases the elasticity of your

skin so it appears smoother and less lumpy. Most cellulite creams only do one of these functions, but I use a product called Shrink to Fit (stocked at JVL) which does both.

**5. Exercise** – Sweating releases toxins, while toning with weights firms skin.

**6. Potassium** – This releases excess water retention in a natural way which, in turn, would eliminate plumpness.

**7. EPA and GLA oils** – These essential fatty acids not only keep your skin, hair and nails strong and healthy, but they also help to prevent the formation of harmful fatty deposits in blood vessels. They also help to burn the subcutaneous fat that can provide a home for waste material, which leads to increased cellulite.

your cellulite is slim. However, long-term use of thermogenic fat burners can negatively impact on your hormonal system and adds to the toxicity in your body. As such I would suggest you take a break from these products as you work to get your diet right.

As we mature our eating habits should change, so eat for your decade! And make sure to get a product called PHactor from JVL. I believe in creating homeostasis within the body so it can flourish. This product will help return your body to a more balanced state, which promotes health and weight loss.

I would also suggest that you stop buying pills because random people advise you to use them. Women can be easily influenced when we're at our most vulnerable. Rather find a source you trust and stick to that advice. Once you have fixed your body using a more natural approach (as per my seven tips) you can

introduce a fat burner into your routine that will complement, not counteract, your hard work. Just remember, there are no wonder tablets or miracle cures.

If you have Internet access why not try an online coach. You are welcome to schedule an appointment with me at [info@jvl.co.za](mailto:info@jvl.co.za) so that I can offer you more personalised advice and select the perfect supplement range for you. Alternatively we can do a Skype consult.

Otherwise, invest in yourself and become a trainer. There are many courses you can do over the Internet. Who knows, you could even start a personal training club for girls in Postmasburg. You can also visit my YouTube page or website for some at-home workouts and other great ideas to get you motivated and moving in the right direction ([www.legallyfit.co.za](http://www.legallyfit.co.za)).

### This issue's winner has won:

*Thermodrine fat burner sponsored by JVL Wellness & Lifestyle Centres and Myogenic. Join our JVL Challenge today: [www.jvl.co.za](http://www.jvl.co.za) [www.legallyfit.co.za](http://www.legallyfit.co.za). For all the products mentioned in this article please visit your closest JVL outlet or ask about our national deliveries.*

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BY WILNA APPEL, Head Coach and Owner of CrossFit PBM

**C**rossFit has a defined, albeit unpredictable schedule each year. The CrossFit Games season runs for six months, starting with the Open. During this time a competitive athlete has to be able to perform the workouts given to them at nearly 100% capacity every time. Getting this right is a tricky proposition, especially if your aim is to reach the CrossFit Games.

Many people see CrossFit athletes on TV or the Internet competing at the Games and think "I want to do that". However, they don't realise the amount of time and effort that goes into the preparation needed to compete at that level. Firstly, Dave Castro, who programmes the Games, tests fitness on a whole new level, combining gymnastics with weightlifting, athletics with powerlifting, and also tests endurance and fitness. This not only tests physical preparedness, but also an athlete's degree of toughness in terms of both body and mind. To be able to compete for a 3-4 day period, at 100% every day, is a remarkable feat in itself.

### PERIODISE YOUR TRAINING

**Planning your training accordingly takes time and some ingenuity.** A CrossFitter or coach needs to carefully craft the right plan to improve their weaknesses and enhance their strengths, bearing in mind what you're physically capable of doing. The season basically consists of four phases: off-season, the Open, Regionals and the CrossFit Games. During these specific phases athletes will focus on different things, whether it's tapering to peak at Regionals or focusing on technique and high volume, high intensity workouts to prepare for the gruelling four day test at the Games. And gone are the days of taking it a bit easier during the Open. The growth in CrossFit means it is extremely competitive from the start. Participation has basically doubled every year since 2011, which means that it will take

## Planning your season

more heart and stamina than ever before to make it.

### FACED WITH THIS CHALLENGE I LIKE TO PERIODISE PROGRAMMING FOR MY ATHLETES AS FOLLOWS:

The off-season is the time to get stronger – a time when your weaknesses should become your strengths. We work on squats, front squats and back squats to get our numbers up. It's advisable to do squats at least 2-3 times per week while following a squat programme like the Smolov Jr three week squatting protocol or the Hatch squat cycle that lasts for 12 weeks. We combine this with technique work on the Olympic lifts, particularly snatches and clean and jerks from various positions. Every Saturday we work up to a 1 rep max on the snatch, clean and jerk and squat. We also

*It's advisable to do squats at least 2-3 times per week while following a squat programme like the Smolov Jr three week squatting protocol or the Hatch squat cycle that lasts for 12 weeks.*



use this time to work on gymnastic skills like muscle up variations, toes to bar, chest to bar pull-ups, kipping work and handstand push-ups. WODs should be short but intense to maintain fitness levels.

Nine weeks prior to the Open we start focusing on the specific workouts. The Open tends to have approximately 20 different movements and these need to be focused on more, while also increasing your fitness levels to ensure you remain competitive.

The Open itself is a five week competition. During this time a competitor needs to manage their training properly to be prepared for the weekly WOD, while continuing to work on Olympic lifts, squats, gymnastics work and any weaknesses. It is a balancing act. We usually follow our normal training schedule from Monday to Wednesday, but train twice a day doing strength and Olympic work in the mornings and workouts in the afternoon. We rest on Thursdays to prepare for the Open WOD on Friday or Saturday. During the Open every competitor needs to train at 80-90% during the week

to keep their strength numbers up and increase their fitness or General Physical Preparedness (GPP).


Regionals can be unpredictable, so we prepare for various possibilities. Specialising in any one area of CrossFit won't benefit anyone; you have to be varied and competent at all 10 fitness principles to perform at Regionals. Between the Open and Regionals it is best to keep doing heavy Olympic lifts and squats every week, while also working on weaknesses and mastering gymnastic movements.

Aim to peak for the first time in the season at regionals. If you make it to the Games then you should hit your second performance peak in the season. Remember to listen to your body at all times. When you feel it's time to rest then do so as this is when adaptation occurs.

### NUTRITION

During the three-day Regionals event, which has two workouts per day, make sure to keep your food intake high. Drink water often to stay hydrated. If there's time between workouts, go lie down and sleep for 30 minutes or so.

### HEAVY AND HARD WORKOUTS

In the lead up to the Games competitors should focus on increasing their GPP even more. Heavy and hard workouts are the order of the day, doing as many movement variations as possible. The Games have a tendency to surprise everyone, every year, so be prepared for it. Know that you'll get something that you haven't even thought of, so add a few long runs, rows and swims into the mix while continuing to work on the other elements already mentioned. Recovery will be the key aspect of the Games if you've prepared properly so have a plan. After the Games take some time off and recover before you start preparing for the next season. 

*Listen to your body at all times. When you feel it's time to rest then do so as this is when adaptation occurs.*

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### Body...



Turbovite's capsule range comprises of the following variants: **Original** capsules with vitamins and minerals for energy, and Ginkgo Biloba for brain power (available in packs of 10 and 30s), **G-Whizz** capsules include the addition of Ginseng to the original formula for extra brain boosting and stamina (available in packs of 10s and 30s), and **Decaf** capsules offer the same herbal and energy formulation but without caffeine as an ingredient in the formula (available in 30s)

### Work...



The Whizz-Fizz Granule Effervescent Tonics are for individuals looking for a fast acting, slow release energy product. Just one sachet per day served with water will give you all the benefits of the body and mind boosting energy formulas made famous by Turbovite. Available in **Whizz-Fizz Original** with Ginkgo Biloba, Ginseng and Vitamin C and **Whizz-Fizz Decaf** with the same energy and brain boosting formula - but without caffeine.

### Study...



The Turbovite 10ml sachet ('Study Buddy') syrups offer all the same vitamins and brain boosting energy as the traditionally bottled syrups, but in handy and convenient single servings. Available in **Original** with Ginkgo Biloba and Caffeine, **G-Whizz** with Ginkgo Biloba and Ginseng, and **Decaf** with Ginkgo Biloba and B-group vitamins.

### Play.



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**Hlubi Mboya's pilgrimage from the gym, into the mountains, and back again**

The last time we featured Hlubi Mboya in this magazine she was lean and muscular. Hours spent in the gym had sculpted a celebrity physique that women all over South Africa aspired to. She even stepped onto the competitive stage for the first time in 2012 at *Body Beautiful*. By all accounts she was hooked on gym and the fitness lifestyle. But then a new challenge presented itself which has reshaped her body, her inner strength, her fortitude and her perspective on life, not to mention her approach to health and fitness.

# An epic journey

BY PEDRO VAN GAALEN, Managing Editor



## The call of the mountains

It was early in 2013 when Hlubi accepted a new challenge in the name of global awareness. "I'm a National Ambassador Against Hunger for the United Nations World Food Programme," she explains.

"It was my fifth year working for the UN and they had created an initiative aimed at inspiring and motivating young girls across the globe through education to help them overcome the metaphorical mountains in their lives. In a symbolic act we planned to summit Mount Kilimanjaro as part of an all-women expedition. The team featured seven women from Nepal, who had already conquered Everest as part of the Seven Summits Women Team. Kilimanjaro would be their fourth peak. I formed part of the African contingent, which contained three Kenyan girls and two women who worked for the UN."

According to Hlubi, she didn't change her training for this expedition. She just did more leg training in the gym and included some incline treadmill walking into her programme. "I was still hitting the weights, doing my Pilates and my beloved spinning classes." Her preparations went well and the expedition summited as planned on International Women's Day on 8 March 2013.

"Overall it wasn't too taxing on me. We took five and a half days to go up the Uhuru Peak route and one and a half days to come back down. Summit day was the toughest as we left at 00h00 and we were working towards a deadline. It was also the steepest incline and most technical part of the climb. Overall we were walking about 8-9 hours a day, but we had great support. Our guardians ensured we ate well, with lots of protein and carbs. We ate lots of porridge, bread, soups and drank Milo. We also ate lots of red meat and I had my Evox energy bars and protein bars as snacks to keep me going."

Despite not being pushed to her boundaries the experience awakened a yearning for adventure in Hlubi. "The whole experience was amazing as I got lost in the ecological diversity of the area – the mountain has every ecological system on earth – and it turned into somewhat of a spiritual voyage for me." This opened up new horizons for her as to what it meant to challenge yourself physically.



## An epic adventure awaits

### Feeling energised after the experience

**Hlubi didn't have to wait long before the next adventure came knocking at her door.** "It was around June or July 2013 when Absa approached me to do the Cape Epic as part of Team Absa, a group of sporting icons, actors and business luminaries who ride the world's toughest mountain bike stage race for a cause." In 2014 Team Absa would ride in support of the Diepsloot Mountain Bike Academy.

It was a new challenge, but one that was on a much bigger scale than anything Hlubi had ever attempted before. "I considered the offer, and came to realise that things like this may only happen once in a lifetime. I was also still enchanted with the majesty of mountains, so it fit the bill for my next adventure. I also love doing something for a greater cause, and what better way is there to get fitter?"

Hlubi agreed, and began a nine-month journey that would test her resolve, commitment and physical and mental strength. "While I am a spinning queen I had never been on a bike, never mind a mountain bike. This meant it would be a baptism of fire ahead of the most challenging and technical mountain bike route anywhere in the world."

After getting kitted out with a Rocky Mountain 26-inch dual-suspension bike, as the preferred 29er mountain bike for races of this nature was too big for her, Hlubi began her training with Team Absa. "I felt very privileged to receive a bike from Rocky Mountain and get all the support I needed from Team Absa. It really made the task that lay ahead that much easier on me."

## Sacrifice

**Hlubi started training in August under the guidance of Andre Ross, her original riding partner from Absa Capital, and Ernst "the boss" Viljoen.** "It was the biggest sacrifice I have ever made. I had no social life for eight months. I would wake up every day at 04h00 to train for two hours during the week, with another session in the afternoon, which was normally a spinning session. Weekends were used for our long rides. We would leave home at 05h00 and get back at 14h00. I was spending 14-20 hours a week on the bike."

This left little time for anything else, including her beloved gym training. "I managed to squeeze in a few Pilates sessions to maintain my core strength, which helped my

climbing a lot. This made me realise the value of a functional core as that's where you generate your power from."

Hlubi's training focused a lot on improving her mountain biking skills, and putting in the mileage required to finish the eight-day, 718km race from Meerendal Wine Estate in Durbanville to Lourensford Wine Estate in Somerset West, which would include 14,850m of climbing.

During this time Hlubi got to ride a great deal with members of the Diepsloot Mountain Bike Academy, Team Absa's nominated charity for 2014. "I fell in love with the girls and the academy itself, which gave new meaning to what I was doing this for. I also got a chance to race with them, which accelerated my learning curve. I'm 36 years old now and these kids, who are half my age, were really pushing me."

**"I CONSIDERED THE OFFER, AND CAME TO REALISE THAT THINGS LIKE THIS MAY ONLY HAPPEN ONCE IN A LIFETIME."**

Her preparations also included two training camps in and around the area where the Absa Cape Epic would take place, as well as an ultra-marathon mountain bike race – the Fairview Attakwas Extreme Challenge, a 130km mountain bike race from Oudtshoorn to Great Brak, which took place in January.

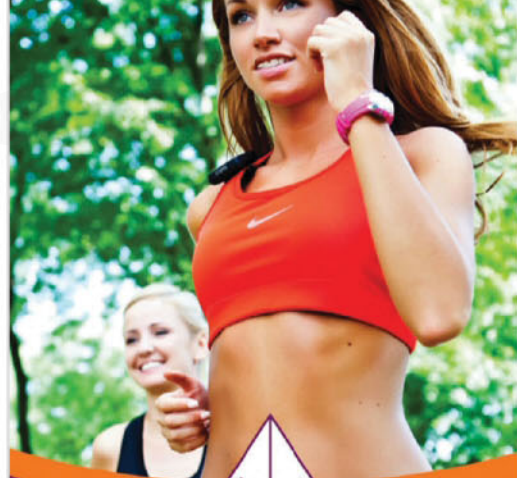
"The camps were essential as they taught us about race nutrition, particularly how to eat on the bike, which is critical for recovery and

meeting the energy requirements of the next day's stage. We also learnt how to plan our race and pace ourselves to make it to the end. This all helped me to overcome my nerves as we experienced some of the terrain we would ride in the Cape Epic."

The programme she was given also ensured that she didn't peak prior to the race. "After eight gruelling months my training then started to taper down, which was about two weeks before the start. Having gone through that experience I now have the biggest amount of respect for people who invest the time it takes to get ready to race a bike, be it road racing or mountain biking. We had ex-Springboks in our team in the



Hlubi Mboya and her riding partner Gugu Zulu have a solid cycling bond and friendship.



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form of John Smit, Stefan Terblanche and Joel Stransky, who all said that they have never trained this hard before."

## Race day approaches

**One final curve ball was thrown Hlubi's way before the start, when her training and riding partner, Andre Ross had to withdraw from the team.** However, 2013 Team Absa member and race finisher Gugu Zulu, who had been part of Hlubi's training group, was brought in to fill his spot. "I believe that this was a blessing in disguise as Gugu and I ride well together and have a great team dynamic."

Many endurance athletes will tell you that the hard work is done in the lead-up to a big event, but in the case of the Absa Cape Epic this isn't always true, as Hlubi soon found out. "The prologue went well and I started to feel really good on stage 1 (day 2) despite some muddy conditions, but then mother nature really stepped in to impose her might on the race. We awoke to heavy rain on Tuesday morning for stage 2 (day 3) and rode for most of the 103km stage in the wet. The mud was thick, which made going tough and slow, and caused many mechanical problems for riders. Thankfully we didn't have any and we finished one hour ahead of the cut-off."

Stage 3 (day 4) was the longest stage, with 134km of riding and 1,800m of climbing, but it was the wind that got to Hlubi. "It was the hardest day on the bike for me. I am small so the wind was really affecting me. It was eight hours of torture, but it was on that day that I experienced the essence of mountain biking first hand. So many riders came to help me by providing shelter from the wind or pushing me up climbs. I got so much support and the camaraderie was amazing. I loved that aspect of the experience."

Stage 5 (day 6) was the queen stage – a



**"I ACHIEVED MY GOAL AND HAVE SHOWN OTHER WOMEN THAT IT CAN BE DONE."**

110km stage which included a climb up Rusty Gate on a day that had 2,900m of climbing. "I shed a few tears as I rode up that climb. It was the only time that week when I questioned why I was doing this as it put me in the hurt locker. But I managed to ride up all the way, which I am really proud of. However, as far as I was concerned, it was hump day for the race. I knew if I could finish this stage I would make it to the end. We were already exhausted by this stage though, and the heat was also a factor. Thankfully I had the surprise of a lifetime as my fiancé showed up at the start of the stage, which gave me the motivation to finish."

Hlubi explains that the rest of the time she just had to keep her wits about her as a simple mistake could have ended her race so close to the finish. "Stages 6 and 7 were the shortest days, with loads of single track, which I had grown to love. I still needed to focus though as I was really tired. At this stage it was about your mental strength as you just need to keep your legs moving. Your body is in survival mode and running on instinct."

The last day dawned and the excitement was palpable in the race village. "There were a



few stings in the tail, but I was singing during the uphills and the camaraderie was amazing on the last day, which gave everyone that added boost of energy to see them through to the end."

## The next adventure

While reflecting on her achievement Hlubi says the magnitude of her accomplishment still hasn't sunk in. "One thing I have realised is the value of the whole experience, from the start of my training to crossing the finish line. For me this is not about the finisher's medal or the eight days. The value of this epic journey lies in the culmination of everything that got me to the start line. I am very proud of the legacy I have left having only started mountain biking eight months before the race and finishing. I achieved my goal and have shown other women that it can be done. I have also made many people proud and helped to raise funds for a worthy cause. The experience has also helped me to discover my competitive spirit, while reaffirming my thirst for adventure in life. If I do this again I will need to commit more of my time and effort, and make bigger sacrifices to ride it properly as I would want to improve. As such, I am still thinking about doing it again. For now I'm just enjoying a break and basking in the achievement."

With a few battle scars to show for her efforts, and wonderful memories from the route, Hlubi is also ready for a new challenge. "All this cardio has destroyed my hard earned muscle. At the start of this everyone told me that I would have to eat my way through it if I didn't want to disappear, but I still dropped down to 43kg during the race. I am grateful for the access I had to Evox supplements and the food provided by Team Absa as this stopped me from withering away. But my most immediate challenge is going to be putting that lost muscle back onto my body. I know that I am going to struggle to find a gym programme that will give me the same endorphin rush that training for and riding the Absa Cape Epic did, but I'm excited to see how my gym routine changes because of it." Despite this Hlubi says she is ready to take on any new challenge that comes her way as she hopes to continue inspiring other women, particularly those of colour. "Hopefully my Absa Cape Epic experience shows them that anything is possible if you put your mind to it, and any chance I get to reinforce that message I will take." 



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GETTING TO GRIPS WITH THE DETAILS, ESPECIALLY A LACK OF SELF CONTROL

# IRRATIONALITY IN FITNESS

BY NICK VAN DER LEEK @NickVDL

WORLD-CLASS ATHLETES ARE ABLE TO MAINTAIN EXTREMELY STRICT BEHAVIOUR PATTERNS BOTH IN TERMS OF THE FOODS THEY AVOID, AND THE EXERCISE REGIMENS THEY MAINTAIN.

**W**hile Professor Tim Noakes sketches a great overarching narrative by stating "Believe in the Outcome", how does one get the details right? How does one get to fine-tuning the basics of fitness?

Well, one can't get any more basic than self control, and there are few more knowledgeable folks out there on this subject than Duke University's Dan Ariely. Ariely is an Israeli-American professor of both psychology and behavioural economics. Ariely's question is a simple but profound one: "Are we really in control of our own decisions?"

To introduce us to our own self control, Ariely

posed the following questions during a TEDTalk: "How many people here, in the last week, have procrastinated more than you wish you would? How many people have exercised in the last week less than you wish you would? Have eaten more than you wish you would? Have had more unprotected sex than you wish you would?"

In a nutshell, the problem with self-control is that we have some

deep desires and ambitions for the long-term, yet over the short-term we do very different things. For example, why do we get into debt when we're trying to save for the long-term? When interviewing elite athletes it's obvious that one of the major differences between those immaculate specimens of human health and the rest of us is that world class athletes are able to maintain extremely

strict behaviour patterns both in terms of the foods they avoid, and the exercise regimens they maintain. The effort involved to achieve these levels of Olympian-like consistency can be hellish, but the rewards, as we all know, are rapturous and transcendent. Why is it that despite wanting something as much as we obviously do, we don't seem to have the chutzpah to achieve it?

Self-control can have a deep influence on a wide range of activities. And there is some good news: if we can find a way to improve self-control, maybe we could do better.

## WHY SELF-CONTROL IS SO HARD

If self-control feels difficult at times, if not impossible, that's no accident. Temptation is woven into society and the marketplace. It's part and parcel of that thing called the consumerist society, and what better market is there than one that cannot control its own demands, like a market with an insatiable appetite for a more borderline addictive society.

Ariely writes on his blog, "If you think about the environment we live in, you will notice how it is essentially designed to challenge every grain of our self-control. Businesses have the means and motivation to get us to do things NOW, not later. Krispy Kreme wants us to buy a dozen doughnuts while they are hot; Best Buy wants us to buy a television before we leave the store today; even our physicians want us to hurry up and schedule our annual check-up." Ariely emphasises: "The whole capitalist system [is] designed to get us to take actions and spend money now – and those businesses that are more successful in that do better and prosper (at least in the short-term). And this of course continuously tests our ability to resist temptation and exercise self-control." It is within this context that understanding self-control becomes important. Proper insight into this cannot only deliver us to better bodies and health, but overall success and happiness as people.

Ariely, the author of the New York Times Bestseller 'Predictably Irrational, The Hidden Forces That Shape Our Decisions\*', believes that even the "the scientific community is ... coming to realise how central self-control is to many important life outcomes. We have always known about the impact of socioeconomic status and IQ, but these are factors that are highly resistant to interventions. In contrast, self-control may be something that we can tap into to make sweeping improvements [to] life outcomes."

## THE MARSHMALLOW METHOD

Parents (and sports coaches) are well advised to develop self-control in their progeny (and athletes). Ariely references the research of Walter Mischel many years ago in this regard. Mischel discovered the amount of self-control exerted independently by preschoolers tempted with small rewards (the catch being they could receive an even greater reward if they resisted) is, in Ariely's words, "predictive of grades and social competence in adolescence". Interestingly enough, a contemporary television commercial playing now in South Africa illustrates this by giving a little girl one marshmallow and telling her if she doesn't eat it she'll get a second. The commercial advocates the importance (and difficulty) of saving.

Ariely references a study made by his colleagues at Duke University where researchers followed 1000 children over a 30 year period. The effects of self-control were monitored in many areas, including health, wealth and public safety. "Controlling for socioeconomic status and IQ," Ariely writes, "they show that individuals with lower self-control experienced negative outcomes in all three areas, with greater rates of health issues like sexually transmitted infections, substance dependence, financial problems including poor credit and lack of savings, single-parent child-rearing, and even crime. These results show that self-control can have a deep influence on a wide range of activities. And there is some good news: if we can find a way to improve self-control, maybe we could do better."

Self-control can be a difficult thing to see, and in this Ariely demonstrates how easily our visual brains can be fooled. When speaking at the 2013 Discovery Vitality Summit he provided slides showing how our brains insist on colour and spatial differentials, even when these are clearly illustrated to be false. Ariely says that the key to beating our own irrationality (including the preference of short-term gratification at the expense of deeply held long-term aspirations) is to recognise one thing: we are limited creatures. This can seem counterintuitive when one is trying to become a world number one, or the fittest person in the gym. Surely we should forget our limits?

Perhaps in setting out the overall objective yes, but in the day-to-day execution, a humbler attitude is more effective. "When it comes to the mental world," Ariely says, "when we design things like healthcare and stock markets, we somehow forget the idea that we are limited. I think if we understand our cognitive limitations in the same way that we understand our physical limitations ... we could design a better world."

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### KNOWING WHAT ISN'T WORKING!

If it seems excessive to advocate humility in terms of our approach to daily fitness, consider this advice from Ariely: "We have very strong intuitions about all kinds of things — our own ability, how the economy works, how we should pay school teachers. But unless we start testing those intuitions, we're not going to do better." Often when intuitions are tested, they reveal themselves to be flawed, or at least, less than appropriate. By taking action though, we move through our confusion and are able to verify what works for us and what doesn't. It begins though with keeping an open mind, and a humble one, because setting out on a long-term goal with a preconceived view can create a cage. For example, Olympic swimmer Ryk Neethling trained for many years under the assumption that he was a long distance swimmer (1500 metre). Few people realise that prior to Neethling's success he actually threw in the towel. When he started again, it was with a new mindset, simply swimming for the sake of it, and enjoying it. He emerged not long after as a short-distance (100-metre) champion. The change required both an adjustment of mindset and perhaps an additional element of humility. "The most difficult thing is to recognise that sometimes we too are

blinded by our own incentives, because we don't see how our conflicts of interest work on us." This explains, to a large degree, how professional cyclists rationalise doping, and how stock market traders often cannot see the wood for the trees in particular shares. Ironman athletes are especially susceptible in the sense that their tough no-nonsense mindset can lead to a blurring of the line between effective training and overtraining. Here humility is once again a valuable tool for discernment. Self-control is not just about training enough, but also knowing when enough is enough.

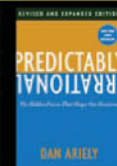
### TRANSCENDING THE HAMSTER WHEEL

Of course, both in work and in exercise routines, it's tough to stay motivated about doing the same routine over and over again. Lance Armstrong may be a bad example to use these days, but even if you know you can win a race, after seven times the process loses its lure. Ariely says that "there is something about [cyclically] doing something over and over that seems to be particularly demotivating."

So how does one get around this? How does one stay inspired, stay motivated, stay self-controlled, stay interested in fitness, and healthy eating, and playing office drone to big business? One way is to recognise what it is that motivates people in general, and secondly, what motivates you. Ariely asks whether people are purely motivated by money, by bonuses and perks at work. If that is true, why do some successful people engage in mountaineering — a dangerous, difficult, life-threatening and often miserable experience? Richard Branson risked life and limb to set balloon records. Is it for money? No, it's for the challenge, isn't it? Most of us thrive, it turns out, when we make constant progress and feel a sense of purpose. In other words, we are happy when we are growing, and we're growing when we're open to learning and improving all aspects of ourselves. But for that to happen constantly we have to be constantly open to that — constantly flexible to change and adapt. There has to be a hard

resilient shell that understands the long-term pain involved, but there has to also be a softer inner body that grows within the shell, so that, over time, the entire organism expands in both power and capability. To address self-control at its source requires honesty, and an honest answer to the question: is this really working for you? Once you're clear on what's not working, you can begin to invest your whole heart into doing what is.

For more practical advice on this topic Ariely produces a weekly podcast: 'Arming the Donkeys' <https://itunes.apple.com/itunes-u/arming-the-donkeys/id420535283?mt=10>



\*Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decision, by Dan Ariely. Paperback published by Harper Perennial: R150 plus shipping from Amazon.co.uk.

### ARIELY'S METAPHOR FOR SELF-CONTROL\*\*

A helpful metaphor is the tale of Ulysses and the sirens. Ulysses knew that the sirens' enchanting song could lead him to follow them, but he didn't want to do that. At the same time he also didn't want to deprive himself from hearing their song. He asked his sailors to tie him to the mast and fill their ears with wax to block out the sound so he could hear the song of the sirens but resist their lure. Was Ulysses able to resist temptation? No, but he was able to come up with a strategy that prevented him from acting on his impulses.

It seems that Ulysses and children's ability to exert self control is less connected to a natural ability to be more zen-like in the face of temptations, and more linked to the ability to reconfigure their environment (tying ourselves to the mast) and modulate the intensity by which it tempts them (filling their ears with wax). If this is indeed the case, this is good news because it's probably much easier to teach people tricks to deal with self control issues than to train them with a Zen-like ability to avoid experiencing temptation when it is very close to their faces.

\*\*From DanAriely.com





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PHOTOGRAPHED BY Noel Daganta  
BY PEDRO VAN GAALEN Managing Editor

# Lindsay Messina

Adding extra 'class and sass' to the world of fitness

**A**fter winning back-to-back WBFF Bikini Diva titles at the World Championships Lindsay Messina has big plans for her fitness career and is busy building a veritable fitness empire. From coaching, modelling and personal training, to workshops, competition bootcamps and more, this girl has ambition. Is she the next JNL? We caught up with her to get some insight into what drives this fitness diva extraordinaire...

**Please can you give our readers some insight into who Lindsay Messina is?**

I have a decade of experience as a fitness model and have appeared on multiple magazine covers and in print. I'm also a personal trainer, television fitness personality and an award-winning fitness competitor, with two WBFF Bikini Diva World Championship titles. I have helped more than 100 clients achieve their fitness goals, be it preparing to compete at an international level, getting into top shape for life events or losing pregnancy weight.

**What's your philosophy regarding a health and fitness focused lifestyle?**

I believe everyone can transform their life and body to achieve all fitness and emotional goals. My wholehearted approach to health and fitness includes defining my clients' personal goals, helping them to embrace their journey, accepting all experiences, including life struggles, as well as providing and teaching them how to have the courage to stay motivated. Through years of preparation to be in top physical shape I have developed the best training routines and diet regimens to achieve any goal. I've been through emotional, physical and mental struggles, and I was forced to overcome many

of those struggles at a very young age. These included growing up with and overcoming dyslexia, and coming from a family that struggles with obesity and cancer. These challenges taught me how to develop routines to build confidence, courage, motivation and self-worth. My life has taught me that anything is possible. My mission is to therefore support women in achieving their personal health and fitness goals, help them achieve the best vision of themselves, and uncover and embrace their class and sass. I use tested workout

**Please could you elaborate on your competitive career to date?**

I started competing in 2006 when I was just 22 years 'young'. I won Ms Bikini Atlantic in 2006 and 2007, Ms Bikini and Model NY in 2006, Ms Bikini America and Ms Fitness America in 2008, and secured the WBFF Bikini Diva World Champion title in 2012 and 2013. I've competed in multiple federations all over the United States and I now coach aspiring models and bikini competitors.

**What, in your opinion, is the key to success in any avenue of life?**

You need passion and self-belief as these traits foster success. When you have passion behind your goals you'll work that much harder and be that much stronger. Life has ups and downs, so it's inevitable that things will go wrong, but if you stay true to who you are and have belief, with passion behind your goals, nothing will derail you from success.

routines, meal plans, positive psychology, encouragement and connection to create a balanced and individualised approach to health and fitness.

**Quick facts:**  
**Favourite music?** Club or house music  
**Favourite colour?** Purple and teal  
**Favourite exercise?** Deadlifts or rear delt flyes  
**Favourite cheat meal?** Pizza  
**What's in your gym bag?** High heels (to practise my Messina strut) chapstick, deodorant, socks, sneakers, earphones, hair brush, extra gym clothes and a hat

### What is your philosophy with regard to training? Should women focus on weights or cardio, or a combination of both?

I believe women should definitely use a combination of both, but the main focus should be on weights. There's nothing more attractive than a woman who lifts – it gives her the power to change her body. I always tell my clients that it's not about the scale, your body frame or shape – it's about feeling confident and 'sassy' in your clothes with a tight and toned body.

### How do you approach diet and nutrition, both in terms of your physical development and that of your clients?

As 80% of our success is determined by our nutrition it can sometimes be very frustrating. My personal beliefs are that having variety in your diet is important. While I eat minimal dairy and gluten, I don't eliminate everything. I set an alarm on my phone to go off every 2-3 hours. This ensures I eat when I'm supposed to. You have to treat your eating just like everything else

in life... plan, especially if you want to see change. My rule is simple – eat for life, not a quick fix. The first four weeks is when you'll notice a difference. At eight weeks your partner will notice a difference, and in 12 weeks your friends and family will notice. Just continue to make small changes every week and give yourself small goals that will lead to bigger results.

### What supplements do you use?

I use a lot of different supplements, but my favourite is a multivitamin called Vi Pak from Visalus. I feel a difference in my energy levels, hair, skin and nails when I take it. I'm also a big fan of the Vi Shake because it has a sweet flavour and helps curbs those cravings. I also cook with the Vi Shape Shake.

### What has been your motivation to succeed on stage and in your fitness career?

Myself! Every year I go to the gym every day and prep all my meals to compete with Lindsay Messina. I always want to get better and improve. My motivation is to get my body in better shape than last year and keep on inspiring others.

### What has been the most rewarding aspect of your career?

There are many, but I have to say that coaching my model and athlete team called the Fitness Divas gives me great joy and pushes me to be my best. I always have to bring my

game for them and keep improving and innovating my business. The 15 magazine covers I have achieved to date are also highlights, along with winning the WBFF Bikini Diva title in 2012 and 2013. Being part of my clients' transformations also drive me to succeed every day. I also love what our team and I have created over the last eight years, and our efforts to expand internationally really excites me.

### What does a typical day in your life consist of?

I wake up around 07h30, get ready for gym and do some laundry (it's my obsession). I check emails from 08h00-09h30, then plan my work day. I work out from 10h00-11h30, then work from home from 12h00-19h00 as I'm developing two new projects, coaching, designing competition prep programmes, organising workouts and developing systems for my business. Between 19h30 and 21h30 I have dinner and spend time with my dog and boyfriend. I'm in bed by 22h30.

### What do you like to do to relax?

I like to go hiking, play with our dog, paint (I love art), listen to personal development audio books or decorate my house. I also love to travel.

### What are your plans for the future?

Right now I'm going to focus on building The Fitness Divas, and

### Lindsay's daily meal plan:

**Breakfast:** Protein shake, 4 egg whites or 2 regular eggs with berries and oatmeal.

**Snack:** Apple with almond butter.

**Lunch:** Turkey marinated in tomato sauce, onions, crushed red pepper or taco seasoning, with brown rice and string beans.

**Snack:** Fat-free cottage cheese with flaxseed granola and agave.

**Dinner:** Bison, chicken or turkey (with a soy sauce or taco seasoning marinade) with spinach or broccoli.



continue empowering women all over the world with more videos, motivational conversations and workshops. I'm also in the process of developing a training course to help aspiring models and competitors, and plan to expand my Diva workshops to New York and North Carolina. I'm busy building two new websites – Thefitnessdivas.com and Fitnesscovermodel.com – which aim to help competitors and models get into our industry. In terms of modeling, I just signed with an agent in North Carolina and plan to do more mainstream jobs. For instance, I recently did a furniture commercial. I'm also planning to go to all the WBFF shows and other fitness competitions to support my clients and teammates. And, while I'm still working my butt off to get into the best shape possible, I'm not sure if I'm going to compete this year. I will make that decision in June. 

For more info on Lindsay:

Website: [lindsaymessina.com](http://lindsaymessina.com) (sign up for the newsletter for regular updates)

 Lindsay Messina

 lindsaymessina

 @lindsaymessina1



### What does your eating plan consist of?

I plan and prep my meals every Sunday and Wednesday. If I don't get caught up in work, so I forget to eat. I pre-cook turkey, chicken, bison and egg whites, and eat a lot of dark green veggies and sweet potatoes, brown rice, and quinoa. I also love berries, nuts and avocado.



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GIVE YOUR MOTIVATION LEVELS A BOOST TO REACH YOUR 2014 FITNESS GOALS

# MOTIVATION MAKEOVER



**W**ith New Year's resolutions a distant memory your motivation to eat and train properly may be waning.

By now you would have realised that on your journey you'll have a few bad days, you may hit a road block and will face numerous challenges that may make you want to throw in the towel. But there are a few tried and trusted tricks that you can use to boost your motivation levels and stay the course.

## BUDDY UP

Have your daily gym sessions become a struggle to make on your own? When the time comes to hit the gym do you find that you're just not in the mood lately? If so it may be time to buddy up. Being accountable to someone other than yourself will ensure that you haul your butt to the gym no matter what. You can enlist the services of a friend who shares the same goals as you do or you can hire a personal trainer. Signing up for a class or two could also do the trick.

REMEMBER YOU CAN'T OUT-EXERCISE A BAD DIET. YOU NEED TO FOLLOW A STRICT CALORIE-CONTROLLED DIET.

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8		9	10

BY MELANIE HEYNS, Features Writer

## SCHEDULE IT

Some people find it easiest to train first thing in the morning while others find late in the afternoon is best. The point is to have an allocated time or schedule for your daily exercise session and to stick to it. You can sit down each week with your week's schedule and find an hour or two to allocate to exercise three or four times a week. Write your workout on your calendar and rearrange things around this time to avoid skipping your training or scheduling other meetings and events over this time. You could even use email reminders, workout journaling websites or various iPhone applications to keep you on track.

So how do we fight this exercise boredom? The best way is to add loads of variety to your workout routines and challenge yourself on a daily basis. Not sure how to go about this? Why not try a danceercise class that changes choreography every week or join a trail running club that offers a variety of routes and races. Whatever you choose just remember to include activities which you'll actually enjoy and look forward to.

## WRITE IT DOWN

Are you exercising to lose weight, to get fit or just to relieve some stress? Whatever your reasons for joining the gym it's always a good idea to write it down and keep a record of your progress. Seeing how far you have come and what you have accomplished will keep your spirits up and will also motivate you to push on to even higher goals. The other benefit in writing it all down is that you'll soon find out exactly what worked and what didn't, which means your rate of progress should start to accelerate.

## ADD VARIETY

Humans crave variety and challenges, so why should your exercise routine be any different? As such, if we do the same exercises over and over again every day it's just a matter of time before we get bored and lose interest in our training routines altogether.



### MAKE IT A COMPETITION

We all watch those reality competitions such as **The Biggest Loser** where people battle it out to see who can lose the most weight or improve their health the most. So why not take a page out of their book and turn your workouts into a competition of your own? This will help make the pursuit of your goal more interesting by increasing your dedication to the process. When competing against other people you may also end up pulling one another along as you see progress in those around you. You can make your competition about almost anything. For example: who walked the most steps, the most hours spent at the gym in one week or determining who has lost the most body weight.

### UPLOAD A FRESH PLAYLIST

There are few things that can lift our spirits or boost our motivation levels like the beat of our favourite music. If your workout routine is as stale and boring as your iPod playlist it may be time to purchase a few new tracks and make a new one. Choose songs that are upbeat, have inspiring lyrics and leave you feeling like you can conquer the world. A lot of fitness websites even have workout playlists that you can download.

### DON'T PACK IT AWAY

If possible don't pack away your workout gear, or at least put the following day's workout outfit in a spot where you'll see it the next morning. A visual cue like this is a reminder that you need to exercise.

### REAFFIRM YOUR REASONS

It is very easy to lose sight of the goals you set for yourself at the end of 2013, or forget the reasons that drove you to make a commitment like this in the first place. May is the ideal time to revisit the reasons for your new-found training and healthy eating inspiration. Hopefully you took our advice and wrote them down. If so, it's as simple as reading over them again and recommitting yourself to the cause. Once you're in the correct frame of mind again your motivation will return, hopefully stronger than ever.

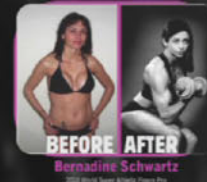
Do exercises that you enjoy and consider fun.

### THINK FUN

If you're putting a lot of pressure on yourself to lose weight or stressing out about putting in a certain amount of hours at the gym then your training and eating will seem like a burden. Rather than focusing on how many calories you burnt on the treadmill do exercises that you enjoy and consider fun. You could join a weekly group run, spend an hour or two at the pool, join a boot camp class with friends, or do something that's completely out of your comfort zone like rock climbing. Soon enough you'll be shedding the kilos without even realising it because you've been having so much fun.



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OVERTRAINING IS A TERM OFTEN USED IN THE GYM AND VARIOUS OTHER SPORTS AND EXERCISE SETTINGS, BUT JUST HOW CONCERNED SHOULD YOU BE ABOUT THIS CONDITION? GIVEN THAT JUST ABOUT EVERY SERIOUS ATHLETE OR ACTIVE INDIVIDUAL DREADS THIS CONDITION IT IS OBVIOUSLY IMPORTANT TO KNOW JUST HOW MUCH TRAINING IS TOO MUCH.

BY PEDRO VAN GALEN, MANAGING EDITOR

# OVERTRAINING

Before delving further into the topic it is important to elaborate on the phrase “how much training” as it can relate to volume, both in terms of time or total distance, as well as intensity.

However, basic overtraining or overtraining syndrome – an imbalance between training and recovery leading to symptoms associated with neuroendocrine dysfunction – is more complex than that simple distinction.

First everyone is different. We all have different physiologies and different genetic make-ups. According to Ian Craig, BSc MSc CSCS, an exercise physiologist, nutritional therapist and sports coach, we also have vastly different training histories, and are all exposed to varying types of lifestyle stressors and degrees of stress. “This all has a bearing on how much training can lead to overtraining. As such, there is no simple, straightforward answer to the question, ‘How much training is too much?’”

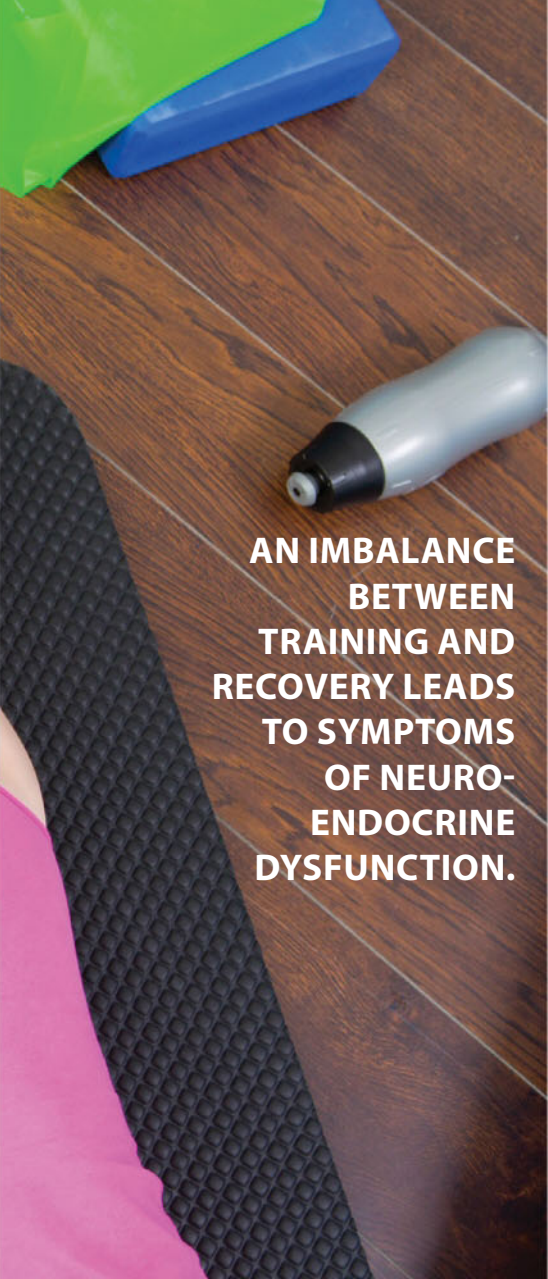
## HOW MUCH IS TOO MUCH?

**To understand how a person can become overtrained it is critical to understand the physiological responses our bodies have to various stressors, be it physical stress from exercise, mental stress from work or emotional stress.**

Craig makes reference to the work of Dr. Alex Concorde, a renowned immunologist and NLP practitioner. “She often refers to the three Ps of stress – psychological, physiological and physical. Training, a manual job, biomechanical dysfunction from extended periods of sitting, diet-induced stress

and life stress all interact seamlessly to create an environment conducive to overtraining.”

And it’s not just the amount of stress that matters; it’s also important how we deal with it. “On the one hand, elite professional athletes can engage in the volume and intensity of training required to compete at that level as their lives are structured around training and recovery. They have the time to get the correct amount of rest and sleep their bodies require, see the physio or go for regular massages. They also have access to the best advice and



**AN IMBALANCE  
BETWEEN  
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ENDOCRINE  
DYSFUNCTION.**

coaching, and their nutritional needs are met with personalised diet plans and the best quality supplementation. Athletes who are fully sponsored don't have to worry about financial stress either. On the other hand, regular gym-goers, weekend warriors or amateur athletes, whether they're serious or merely recreational competitors, have to deal with the stress of balancing work, home life and training, which means that overtraining should certainly be of concern to them," states Craig.

"Any athlete has the potential to break down their bodily systems, specifically their muscular, neurologic, endocrine and immune systems through the combination of excessive exercise, lifestyle-related stress and other environmental stressors. And this holds true for any level of athlete, regardless of their experience and the base they are coming off," explains Craig.

**TRAINING  
VOLUME  
AND HISTORY,  
AS WELL AS  
LIFE STRESS  
CAN IMPACT  
OVER-  
TRAINING.**

In fact, Craig uses this opportunity to dispel a commonly held belief that more experienced athletes who have decades of exercise behind them (a large base of training) are less likely to become overtrained. "Someone who has trained from the age of 10 and has 20 years of training behind them might in fact be more likely to become overtrained than someone who only decided to get serious about their training in their twenties."

### **STRESS AND HORMONES**

This phenomenon is best explained by allostatic load, a biological framework concept proposed by Bruce S. McEwen PhD and Eliot Stellar PhD in 1993, in a published paper titled "Stress and the Individual. Mechanisms Leading to Disease". Simply stated, allostatic load refers to "the wear and tear on the body" caused by exposure to repeated or chronic stress.

Craig explains that excessive physical activity and exercise can be classified as a type of allostatic load as stress is imposed on various systems in the body. This stress initiates various catabolic processes and the overtrained state this leads to can be classified as either parasympathetic overtraining or sympathetic overtraining.

Parasympathetic overtraining results in a state in which your body is chronically trying to repair itself, while sympathetic overtraining results in a hormone imbalance that cascades down affecting other endocrine systems, and eventually the neurological system too. "The effects of stress on the endocrine system are particularly important in this regard, most notably the hypothalamic-pituitary-adrenal (HPA) axis," he says.

The hypothalamus and pituitary gland, both located in the brain, and the adrenal glands, located at the top of the kidneys, work together to regulate much of the endocrine system, controlling important functions such as your body's response to stress, your mood, digestive function, immune response, libido, metabolism and energy levels.

The key hormones related to the HPA axis include corticotropin-releasing factor (CRF), which is produced by the hypothalamus and stimulates the pituitary gland to release the hormone adrenocorticotropic hormone (ACTH). In turn, ACTH stimulates the adrenal glands to produce a type of steroid called glucocorticoids, the most important of which in this instance is cortisol. These steroids regulate our metabolic rate, as well as the inflammatory and immune responses to various stresses, including injury, lack of sleep, excessive exercise, anxiety and depression. These hormones also mediate other responses in the body, such as the release of norepinephrine (noradrenaline) as part of your fight-or-flight response.

"Overtraining is one of the quickest ways to create imbalances in your HPA axis," continues Craig.



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# "Any athlete has the potential to break down their bodily systems, their muscular, neurologic, endocrine and immune systems."

"It's important to understand that, like most endocrine systems in your body, the HPA axis operates on a feedback loop. When there is an initial over-expression of a hormone such as excessive cortisol production caused by chronic stress and/or excessive exercise this feedback loop ceases to function properly." The increased demands placed on the endocrine system will eventually lead to endocrine fatigue and associated conditions such as adrenal insufficiency (reduced production of steroid hormones, particularly cortisol). This, in turn, can lead to neural fatigue and failure if stress levels are not addressed as these systems are intertwined.

"It is when you down-regulate endocrine function in this manner that you start experiencing symptoms associated with

overtraining such as fatigue, exhaustion, suppressed immune function, loss of appetite, impairment of psychological processing, biochemical dysfunction, decreases in performance and a lack of adequate adaptation to exercise, and even detraining in certain instances."

According to Craig, it has been shown that there is a "sweet spot" in the HPA axis that promotes health and vitality, which is achieved through moderate amounts of training. "However, this is a different value for everyone and is not merely a factor of the amount and intensity of exercise you do. It is when the total amount of stress on an athlete, including their training load, exceeds their body's capacity to cope and recover when overtraining occurs."

*Each morning before you go training, quickly score yourself on this quiz. It will only take a couple of minutes. As noted, scores under 20 may be an indication of overtraining and might suggest that resting or easy exercise would be best. Mark the scores daily in your training diary and talk to your coach or adviser about any deviations from normal.*

## FINDING THE RIGHT BALANCE

**Craig goes on to clarify that there is a degree of high-intensity and/or high-volume training required to improve. "It is the time spent pushing boundaries that will elicit an adaptive response to training.** However, if you train at this level over a prolonged period of time it will down-regulate the endocrine system, which is why periodisation and cycled training are essential, and why other lifestyle stress factors need to be considered. It is for this reason that not listening to your body can prove to be extremely detrimental. As such, those athletes and active individuals who always work to a schedule and try to hit certain distances each week are more likely to become overtrained. You need to listen to your body and don't push through fatigue or feelings of tiredness."

Many people also fail to individualise their approach to training correctly, says Craig. "It is common for people to follow the same exercise programme as that of their peers or training partners. The fact of the matter is our physiology, genetics and the composition of our muscles (slow-twitch versus fast-twitch muscle fibres) may require different volumes and intensities to adapt optimally and avoid overtraining."

With so many factors in the equation it may seem overly complicated to determine how hard you should hit your next training session. However, there are various tools you can use to determine your current stress levels, some of which are largely subjective, while others offer an objective view based on specific biofeedback measurements.

"A subjective approach would be rating your mood, sleep quality, levels of fatigue on waking or your general willingness to train. The recurrence of illness, especially upper respiratory tract infections may also be a good indicator of overtraining. If you prefer to be more precise you can look at measurable physical factors such as your resting heart rate, heart rate variability, your waking body temperature or use lab tests to directly measure circulating stress hormone levels," says Craig.

Other signs and symptoms of parasympathetic overtraining may include severe fatigue, insomnia, lost libido, chronic tiredness, low motivation levels, a low resting heart rate, and low blood pressure. Sympathetic overtraining, on the other hand, may present as irritability, restlessness, poor sleep quality, weight loss, poor performance and lost libido.

"It is important to note that there is some overlap in symptoms, and that these may often be nothing more than false positives. For instance, while some people may lose their appetite, others

may become more hungry as their body tries to repair itself. In terms of sleep quality, in the early stages of sympathetic overtraining you may experience a reduction in sleep quality due to hormone imbalances. As your state of overtraining progresses to parasympathetic overtraining you are likely to sleep like the dead. However, despite this extra sleep you are likely to still wake up feeling groggy. This relates to adrenal insufficiency and the resultant drop in cortisol levels as it is an important hormone in regulating our sleep-wake cycles. Our cortisol levels should be at their highest when we wake, but if they're not we tend to wake up feeling groggy in the morning. An inability to fall asleep may be caused by excessive cortisol production and is therefore an early indicator of overtraining."

With this in mind Craig advises that you measure and record certain metrics daily to avoid reaching an overtrained state. "Other important metrics to take relate to your heart rate. For instance, the more variability you have in heart rate the more you're in a parasympathetic state. Less variability means you're more likely in a sympathetic state as your sympathetic nervous system is trying to cope with the response to training."

*Relaxation, meditation, massage, additional sleep and rest can help to alleviate sympathetic overtraining.*

SOURCE: CRAIG COACHING

**Each question is scored:**

- Strongly disagree – 1
- Disagree – 2
- Neutral – 3
- Agree – 4
- Strongly agree – 5

## WELLBEING QUIZ

**Question 1:**

I slept really well last night.

**Question 2:**

I am looking forward to today's workout.

**Question 3:**

I am optimistic about my future performance(s).

**Question 4:**

I feel vigorous and energetic.

**Question 5:**

My appetite is great.

**Question 6:**

I have very little muscle soreness.

**Score > 20 okay; Score < 20 take a rest!**

## REMOVING THE GUESSWORK

Thankfully there are now a number of devices that can do these measurements for us. "A number of heart rate monitors and GPS-enabled devices now offer a training effect feature, which can be used as a guideline to manage workout intensity and can also indicate the onset of overtraining. For example, if you run the same route and your time is the same, but your training effect is different then it may indicate some degree of overtraining. In addition, a monitoring device like the OmegaWave can measure your heart rate variability, and is then able to determine your parasympathetic and sympathetic tone. By measuring your heart rate variability every morning the device and programme can determine how you are recovering and responding to your training. A number of fitness apps like TrainingPeaks and Strava also have the capability to track multiple metrics and variables, which can all help you determine if you're reaching or are already in an overtrained state."

In the absence of suitable technology Craig advises that you "try to collect as much information as possible to make a determination. Measuring your waking heart rate every morning is a good starting point to determine how your body is responding to exercise." A 10% variation from your baseline or average resting heart rate could be an early sign of overtraining, for instance. "You can also use a standardised questionnaire to




*Waking heart rate and heart rate variability are key indicators for overtraining.*

measure how well you slept, rate your appetite and score your motivation levels as they relate to training. However, people tend to underscore in areas as they aren't in tune with their bodies and can't effectively rate perceived fatigue or feelings, which leaves room for error when using this method."

## AVOID OVERTRAINING

It should now be clear as to why there is no single figure that can be given to determine how much training is too much. "Everyone is different, with different propensities for soft tissue injury based on load and intensity. Their immune response also differs, as does their ability to recover between

bouts of heavy exercise. As such, you can't train in the same manner as everyone else, something that is a major issue in most team sports. Thankfully we are more capable than ever of reducing the chances of reaching an overtrained state thanks to technology and advances in sports science," concludes Craig.

With that in mind, it is important to take a holistic view of your life and training. Consider your physiology, genetics, lifestyle, current stress levels, your entire training history and current training load. Use technology to track a few key metrics on a regular basis and use all of this information to plan your next phase of training to reduce your chances of overtraining. 

### IF YOU ARE ALREADY OVERTRAINING CONSIDER THE FOLLOWING:

**SYMPATHETIC OVERTRAINING** - Use parasympathetic-based recovery techniques such as relaxation, meditation, massage, additional sleep and rest, reductions in training intensity, use active recovery techniques and avoid stimulants.

**PARASYMPATHETIC OVERTRAINING** - Use sympathetic-based recovery techniques such as deep tissue massage, thermal contrast therapy (alternating hot-cold therapies like ice baths and saunas), electro muscle stimulation, reductions in training load (volume and/or intensity) and active recovery.



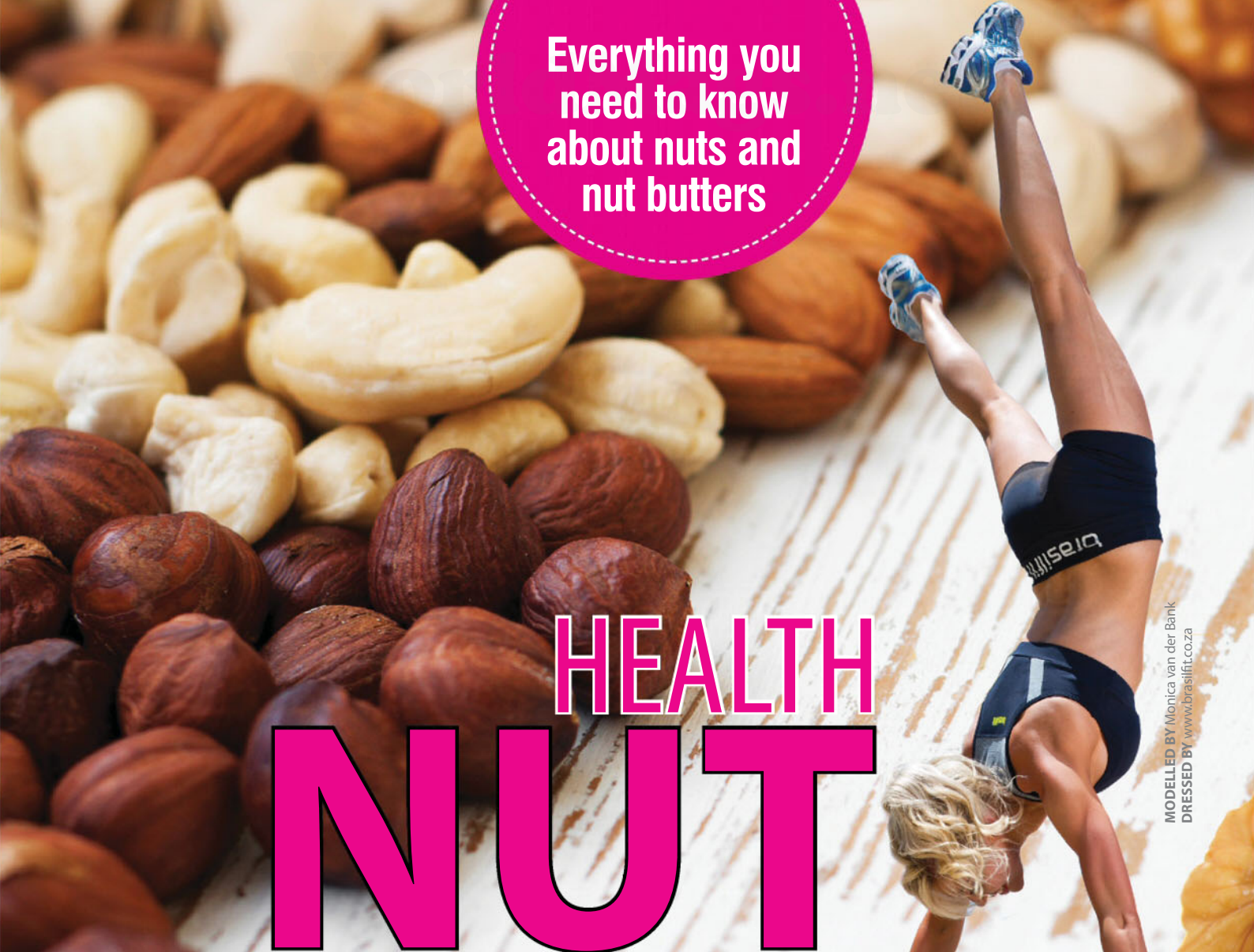
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# HEALTH NUT

MODELLED BY Monica van der Bank  
DRESSED BY www.brasifit.co.za

WRITTEN BY Melanie Heyns and Pedro van Gaalen

**O**ften when you read an article on nutrition, whether it be from a newspaper, magazine, website or journal, you'll learn about the many health benefits of nuts and why they should be included in your daily eating plan.

However, you may also read articles that discuss how nuts can 'damage' your waistline due to their fat and calorie content. As with so many other areas of nutrition it can get confusing. This then begs the question, should you be eating nuts, and if so, which nuts should you be eating?

## THE RIGHT DOSE

A handful of nuts, which is approximately 28g, contains around 160-200 calories, 80% of which is derived from fat. As such, that is your daily recommended dose – and yes, you should be eating nuts daily. Despite the calorific nature of nuts, a study has found that the more people eat nuts, the leaner they ended up being. A Mediterranean study that tracked the effects of nut consumption on weight gain over the course of 28 months found that those who frequently consumed nuts gained less weight than those who never ate nuts. They were also 43% less likely to become overweight or obese.

However, it is important to choose the right kind of nut to get the greatest health benefit. Matthew Ballenden, founder and owner of natural and organic food market Fresh Earth, explains that peanuts are the most pervasive type of nut in modern Western diets as they

are the easiest and cheapest to cultivate. "The peanut is a type of ground nut, which makes it the most suitable for commercialised farming. Unfortunately, it is a calorie-dense nut that offers fewer health benefits than other types of nuts. It is also really rich in omega-6 fats, which exacerbates the omega-3 to omega-6 imbalance we already have in our modern diets." Ballenden adds that various nuts also have a higher protein content, making them an ideal source of plant protein, which is less acid-forming than animal protein. "More importantly though, certain nuts contains all the fats and minerals you want in your body, which makes them super-nuts."

CHOOSE THE RIGHT KIND OF NUT TO GET THE GREATEST HEALTH BENEFIT.

## CALORIE COUNT

The lowest calorie nuts at 160 calories per 28g serving are almonds (comprising 6g protein and 14g of fat); cashews (comprising 5g protein and 13g of fat); and pistachios (comprising 6g protein and 13g of fat). Macadamia nuts (comprising 2g protein and 21g of fat) and pecans (comprising 3g protein and 20g of fat) have the most calories (200) per 28g serving. Frequently consuming nuts has also been linked to a reduced risk of major chronic diseases, such as heart and blood vessel disorders and type-II diabetes. Each type of nut also has a different benefit or nutrient that it provides our bodies with.

## MACADAMIA NUTS

According to Ballenden, macadamia nuts are another super-nut thanks to their nutritional value, and they're also more palatable than walnuts. "As such, I always ride with a handful of macadamia nuts for my race fuel as they are a great source of energy." Macadamias are also a rich source of omega fatty acid, with a favourable 3:6:9 ratio (skewed towards a greater omega-3 content) and between 78-86% of this nut's fat content is healthy monounsaturated fat.

In addition, macadamia nuts contain palmitoleic acid, a type of monounsaturated fatty acid that may speed up fat metabolism, thus reducing the body's ability to store fat. They have a very high mineral content, particularly calcium, magnesium, sodium, iron, potassium and phosphorus. They also have a great vitamin profile.

## ALMONDS

Almonds contain the most fibre compared to other nuts. They are also the richest nut source of alpha-tocopherol, a form of vitamin E that is important to our muscles because it helps prevent free radical damage after workouts or muscle damage. Research also shows that almonds are especially healthy for those worried about their blood sugar levels. Almonds contain around 17% of our daily requirement of vitamin B2, which is what helps our bodies convert food to energy. This vitamin also has a positive effect on athletic training, performance and strength.

In addition to being good for healthy skin, hair, eyes and liver, almonds are rich in calcium, magnesium and potassium, which are all essential for bone health. "Almonds are also a great alkalising food and have a high protein content," continues Ballenden.

## WALNUTS

Walnuts are considered to be a super-nut as they contain antioxidants that help protect our bodies against cellular damage, which is often associated with heart disease, cancer or premature ageing. Walnuts are also naturally high in omega-3 fatty acids, particularly alpha linolenic acid, which helps to reduce inflammation and rebalance our omega 3:6 ratios.

Walnuts are also a good source of fibre, which means they help to promote satiety. As walnuts contain the hormone melatonin they also help to promote healthy sleep. Biotin, a vitamin known to strengthen hair, reduce hair loss and improve hair growth, can also be found in walnuts.

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## CASHEW NUTS

These nuts are particularly rich in iron and zinc – iron helps deliver oxygen to all of our cells, which prevents anaemia, while zinc is critical to our immune system and eyesight. Cashew nuts also contain healthy monounsaturated fats, which means they can help to promote cardiovascular health. They're also rich in antioxidants, which eliminate free radicals that may cause some cancers.

High in copper these nuts also aid energy production, and improve flexibility in blood vessels, bones and joints. However, these nuts have a high energy density due to the overall carbohydrate content. "It is not a super-nut either as the nutritional value is lower than the other super-nuts, so these nuts should be consumed in moderation," explains Ballenden.

## BRAZIL NUTS

Just one Brazil nut packs more than 100% of our daily recommended intake of the phytosterol selenium, which could help prevent certain cancers, including bone, prostate and breast cancer, due to its enzymatic role in the production of specific antioxidants. Selenium also encourages the production of glutathione, another important antioxidant enzyme. As such, selenium is well known for fighting free radicals and boosting our immune systems. Selenium is also essential to thyroid gland function and helps to prevent blood clotting.

These nuts are also particularly rich in palmitoleic acid and oleic acid, which help lower our bad cholesterol and increase good cholesterol levels in the blood. Brazil nuts are also a good source of complete proteins.



**Brazil nuts help lower bad cholesterol and increase good cholesterol levels.**

## HAZELNUTS

These nuts are most notable for their high levels of monounsaturated fats, which can improve cardiovascular health and help to manage type-II diabetes.

Hazelnuts are a good source of oleic acid, which helps to lower bad cholesterol (LDL) and can raise good cholesterol (HDL) levels.



## NUT BUTTERS

While Ballenden recommends that people eat raw nuts as often as possible, he also recognises the need and desire for greater food convenience in our modern lives. "We therefore manufacture a range of natural nut butters as they are easy to use and can easily be included in a number of other meals or snacks like smoothies or spread on health bread or fruit. Our aim with our range, made from roasted nuts with no additives or preservatives, is to introduce nuts, in any form, into everyone's diet due to the convenience factor and greater palatability," he says. "In fact, we even manufacture a peanut butter, but we include flaxseeds to increase the omega 3:6 ratio." The Fresh Earth range of nut butters are manufactured on a smaller scale using a dry roasting method to ensure that the nutritional value of the nut is not lost through the production process, as is usually the case when using mass production methods.

## NUTS AND SPORTS



Today's athletes routinely enjoy nuts and berries as a part of their healthy eating plan. This is because intense exercise can be hard on your bodies, and therefore proper recovery is essential to rebuild and repair the body. Healthy fats and foods that are naturally rich in antioxidants, essential vitamins and minerals can help to protect and repair bones and connective tissue. The right choice of nut can also meet most of your energy requirements during an event.



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# AN UPDATE ON THE CONTINUED GROWTH AND STATE OF HEALTH OF THIS FITNESS PHENOMENON

BY DEVLIN BROWN AND PEDRO VAN GAALEN

**D**espite the controversy surrounding this form of training and its many detractors CrossFit continues to go from strength to strength.

The CrossFit boxes who do it right have enjoyed massive success, both at a competitive level and in helping their clients achieve their goals, whether it is a body transformation or enhanced sporting performance.

There are the exceptions to the rule of course and many of the legacy issues we brought up in our previous feature still persist. Anecdotal evidence from physiotherapists and biokineticists, for instance, would indicate that CrossFit continues to drive a resurgence in injury rehabilitation work in a number of areas across the country.

However, given the growth and success of this form of exercise it would be erroneous to make pronouncements about the effectiveness of CrossFit based only on these shortcomings, most of which are perpetuated by those who only seem to have their own interests at heart when getting involved in the industry. We therefore investigate to bring you an unbiased and comprehensive look at the current state of CrossFit.

# *The state of* CROSSFIT

## THE GOOD

Since we last featured CrossFit in this magazine the growth of this fitness phenomenon has continued unabated. To put this into perspective, in 2000 there was one CrossFit affiliate. In 2005 there were 13 affiliates. At the time of going to print the official CrossFit affiliates map showed that there are now 8,782 global affiliates, 119 of which are located in South Africa.

As far as the sport of fitness goes, the CrossFit Open, Regionals and Games have also enjoyed exponential year-on-year growth. According to consumer insights company Channel Signal, the 2012 CrossFit Open experienced 166% year-on-year growth over 2011 participation figures. Stats available from TabataTimes.com show that this number doubled in 2013, with a growth rate of 99%. That meant a total of 138,000 athletes from 118 countries took part in the 2013 Open.

These stats, combined with the growth in affiliates, translated into net income for affiliates of \$2-billion in 2013, according to Channel Signal, and a failure rate for opening a CrossFit box of just 2%. For anyone wanting to open a business in any industry those odds seem favourable and this has certainly been a big driver in the continued growth of the health and fitness industry amid weak global economic conditions.

From a local perspective, Wilna Appel, head coach and owner of one of SA's most respected boxes, CrossFit PBM, states that in 2011, when the Open debuted, nearly everyone who competed in the Open went to Regionals. In 2012 the number of competitors doubled, and in 2013 it doubled again. This year there are more than 35 teams and nearly 2,000 local CrossFit athletes taking part in the CrossFit Open.

CrossFit PBM officially opened its doors on 1 March 2012 with 20 clients. "Over the past two years we have seen nearly 1,000 clients and we currently have 220 active members. Within six months of opening our doors we had 100 active members, a 500% increase in membership. At the moment we keep our membership numbers between 200-220 as we feel this is adequate for us to keep a personal connection with all our clients," explains Appel.



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These clients have included someone who lost 22kg using CrossFit, with average weight loss among her client base of 4-6kg over a three-month period. In terms of performance metrics a number of endurance athletes have successfully implemented CrossFit as a form of cross-training at her facility, with one female Ironman competitor decreasing her time by

over 15 minutes, while a cyclist improved his Cape Argus Cycle Tour time by 20 minutes, and a competitive runner ran a personal best marathon by supplementing half of his training time with CrossFit. Appel also states that the average person who comes for training at CrossFit PBM decreases their Fran time (a benchmark CrossFit WOD) by two minutes within three months.

And she has also enjoyed a great deal of success as a coach, guiding her team to top three finishes at the 2012 and 2013 Regionals. At the time of writing this feature CrossFit PBM were leading the team division in the 2014 CrossFit Open. With credentials like that it is little wonder that Wilna and her team have enjoyed so much success.

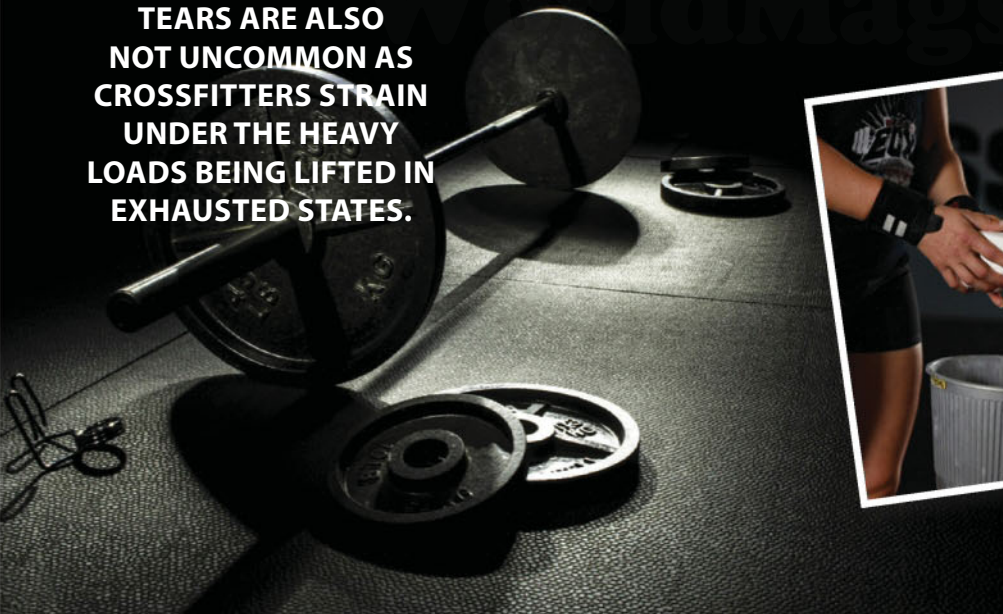
Another box, where the coach takes a scientific approach to CrossFit training, with a strong emphasis on technique and Olympic lifting coaching, is CrossFit Jozi, headed by Imtiazi Desai. "As a facility we're only three years old. We were the fifth affiliate ever in SA to start with zero members and we now have over 300. We have also just opened a second facility, and have eight coaches and a growing coaching intern programme," he explains.

CrossFit Jozi runs 3-4 lifestyle challenges a year, with about 50 participants each time, who all have different goals. "On average we see a 15-25% change in body fat and up to a 30% improvement in fitness after each six-week challenge." Desai also provides anecdotal evidence that members who consistently train at least three days a week and follow their prescribed dietary recommendations at least 80% of the time never stop progressing. >>

**A FAILURE RATE FOR OPENING A CROSSFIT BOX OF JUST 2%.**

**WILNA APPEL**  
 Age: 27  
 Weight: 54kg  
 Height: 158cm  
 Box: CrossFit PBM  
 Sponsors: USN and Futurelife  
 PBs: 60kg Snatch, 77kg Clean & Jerk, 135kg Deadlift

**TENDON AND MUSCLE TEARS ARE ALSO NOT UNCOMMON AS CROSSFITTERS STRAIN UNDER THE HEAVY LOADS BEING LIFTED IN EXHAUSTED STATES.**



en. Make it your mission to be the best coach in the world. Use the Level-1 as only a starting point to a lifetime of continuing education and always, always coach your clients from a position of humility. This means that you understand that hubris will get them injured, and humility will

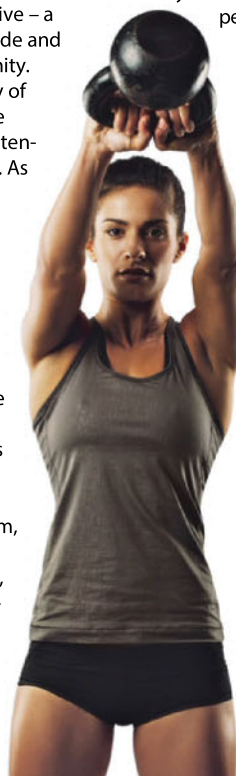
get both you and your clients the best information available on how to become more fit."

This fact is what continues to fuel the debate between traditional strength and conditioning coaches and CrossFit-affiliated coaches. While some of the anti-CrossFit commentary can be vitriolic, prominent proponents of the CrossFit community do concede that some boxes and trainers tarnish the name of the brand.

Julian Reichman-Israelsohn, owner at CrossFit Platinum, the most successful local CrossFit box in the team competition to date, says unscrupulous boxes are allowing unqualified trainers to put untrained individuals through complicated moves that they themselves do not understand. "Some

people are not in it for the right reasons and damage the reputation for the entire CrossFit community," he says.

Owner of The Yard Athletic, strength and conditioning coach Scott MacIntosh made an interesting observation in this regard. "A question to ask is this: if CrossFit in South Africa has grown in a few years from a few boxes to over a hundred, with, say, five coaches per box – where do these new 500 'skilled' coaches come from? In a country like South Africa there has never been an abundance of quality education opportunities available for trainers, especially when it comes to Olympic weightlifting, powerlifting, calisthenics and gymnastics. These are specialised disciplines and coaching these requires high levels of skill and training. With CrossFit training involving these modalities in some way or form it becomes obvious that there will be a big issue when it comes to the availability of quality coaching."



## THE BAD

**Search the Internet for information about CrossFit and you're bound to run into comment about the risk of injury, some severe and some less so.**

For instance, we stated in our previous feature that cases of 'rhabdo', a severe condition where muscle fibres rupture, releasing their contents, including myoglobin, into the bloodstream, have previously been reported in the US. In extreme cases it can lead to kidney damage or even kidney failure.

Tendon and muscle tears are also not uncommon as CrossFitters strain under the heavy loads being lifted in exhausted states. However, these injuries are possible in any sport where extreme directional forces and heavy loads are imposed on the body. Is there a bias towards these types of injuries in a CrossFit environment? Unfortunately, there is no repository of information that we can currently access to make a determination, but from general discussions online and anecdotal evidence from the broader health and fitness community there are boxes out there where the risk of injury is higher due to a lack of expertise.

One key area of concern that still remains since we last featured CrossFit in the magazine is the low barrier to entry for CrossFit coaches. In order to become affiliated to CrossFit, a trainer still only needs to complete a weekend-long Level-1 Certification. Once he or she has this certification they can register a name, create a website and open a box.

From our interaction with the industry it is the trainers and coaches who have additional sports or health and fitness qualifications – a degree, diploma, or certificate – or a proven track record in the industry that offer a better level of service. And those with a background in coaching Olympic lifting (or a dedicated specialised

coach), who focuses on proper technique by offering on-boarding classes to ensure clients are proficient at the technical stuff before entering mainstream classes, experience fewer injuries and achieve better results.

Sadly, the fact remains that a number of boxes have opened simply to make a quick buck. These motives, coupled with the low barrier to entry, means that a registered affiliate is no guarantee of the quality of coaching you'll receive – a recurring topic of debate inside and outside the CrossFit community.

However, as the popularity of CrossFit has grown so has the public's knowledge of the potential pitfalls in many instances. As such, more people are doing their homework and getting references before joining a box, ensuring that owners and coaches are correctly qualified, passionate about what they do, and have the best interests of their clients at heart. This ensures that the successful boxes continue to thrive, while the fly-by-nights tend to fall by the wayside.

But this is not just a local issue. On breakingmuscle.com, Patrick McCarty, a certified

CrossFit coach and masters-level athlete, says: "I met a guy at my Level-1 Certification who had literally started CrossFit three weeks earlier. He told me so. He specifically said, 'I don't even know what I am doing here.' That guy could have started coaching the following Monday. Level-1 certs are a dime a doz-

**A TRAINER STILL ONLY NEEDS TO COMPLETE A WEEKEND-LONG LEVEL-1 CERTIFICATION. ONCE HE OR SHE HAS THIS CERTIFICATION THEY CAN REGISTER A NAME, CREATE A WEBSITE AND OPEN A BOX.**

**"If CrossFit in South Africa has grown in a few years from a few boxes to over a hundred, with, say, five coaches per box – where do these new 500 'skilled' coaches come from?"**

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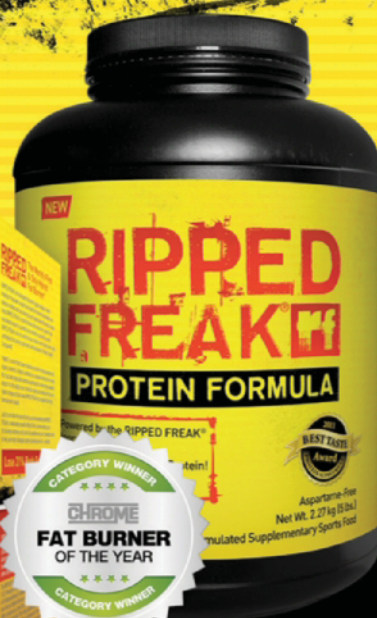
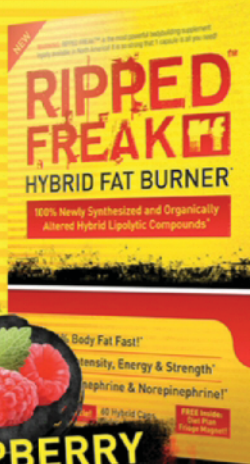
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## THREE OF AFRICA'S FINEST CROSSFIT ATHLETES



Celestie Engelbrecht



Mona Pretorius



Cindy Ellis

### SOME PERSPECTIVE

**In a recent column she wrote, Appel echoed these sentiments to some degree, but also pointed out that CrossFit as an exercise modality and poor coaching are two separate issues that often get lost in the debate: "despite a great deal of controversy and some sensationalism, CrossFit itself is not dangerous or bad for you. If done correctly, under the supervision of a qualified and experienced coaching team, it will make you stronger and fitter than ever before."**

For more of an outsider's perspective, Off the Grid Athletic owner and respected coach Lil Bianchi was asked for her take on CrossFit. What does she think about the criticism levelled at CrossFit regarding safety and programming?

"CrossFit has received some immense criticism from the strength community over the last few years, especially for its use of Olympic and power lifts as part of their WODs. The critique surrounding CrossFit and their rate of injury, in my opinion, is very narrow minded. Play any sport – rugby, hockey, football – and you are at risk of injury. It is up to you as an athlete to ensure that you find coaches and boxes that are legit, with specialised instructors and trainers. Any gym with trainers running around with half-arsed certifications are going to get a bad rep. It's important, as the client, that you do your research. I think it's essential that if you are to take CrossFit seriously as a sport that you look to outsource qualified Olympic lifting coaches and powerlifting coaches to assist you. This will ensure safety and will make you the best you can be at your chosen sport. I personally have no hate for CrossFit, but I do feel that it's not for everyone."

With these comments in mind, skill is obviously the foundation of efficacy and safety. By all accounts, boxes that prioritise skills development under the guidance of qualified trainers and coaches will be better than boxes that don't. This is logical and applies to all gyms where trainers have clients going through high-intensity routines that

require a certain level of skill.

Supporting the notion that proper coaching from skilled and qualified staff, adequate periodisation and a dedicated focus on mastering technique reduces the risks, Desai states that since he opened there have been only three severe injuries at CrossFit Jozi, all of which were freak accidents. "These include an Achilles tendon rupture, grade three sprain of lateral ankle ligaments and a dislocated shoulder. However, the guy with the dislocated shoulder had a history of dislocations. All of these clients have been rehabilitated to full functional and athletic capacity using CrossFit.

Most other injuries we deal with are from people who joined us with underlying or existing injuries sustained from various sports or inactivity. We've also been able to successfully help people recover from various injuries including hip replacements, ACL reconstruction, fractured clavicles and chronic low back pain. And I can confidently say that none of our members have ever experienced any sort of overuse injury due to CrossFit."

And the same seems to ring true at CrossFit PBM. Appel explains that most of the injuries in her gym stem from previous sport-related injuries, which are exposed due to the demands of CrossFit.

"We have had two shoulder dislocations, which happened when a snatch and a handstand walk went wrong. There was also a hip dislocation when a client jumped off a box and fell backwards. But that's it since we opened our doors. We've also helped people to recover from low back pain, knee injuries (torn ACL) and a torn Achilles tendon."

### BUILDING A REPUTATION

**The fact of the matter is that CrossFit is not a franchise, so there are no quality standards implemented across the industry.**

**Each box is its own business.** Its affiliation with CrossFit allows it to use the CrossFit brand name and logo – a business move which is mutually beneficial. "People will notice that all boxes are different. They have their own set-up, design, colours, style, personality and success," explains Reichman-Israelsohn.

With a franchise you know what to expect, and if the franchisee does not deliver what you expect the owner will have to answer to the parent company. Going from one CrossFit box to another is not the same. CrossFit box owners themselves say there are good boxes and bad boxes.


Appel wrote in the same column referenced earlier that: "It's the coach's responsibility to ensure that the athlete moves correctly and is able to control the bar at all times. As such, bad coaching can easily lead to injuries and will impede an athlete's ability to improve his or her fitness, and experience the great results that CrossFit can offer."

Reichman-Israelsohn suggests that educating the public will go a long way to preserving the reputation of CrossFit. "We need the public to understand that there are boxes out there who are not looking out for their best interests. They must check the credentials of the trainers. They should try out a few places and see what works for them. They must

take the time to find the right box for them. When competitions come around the truth about which boxes produce the goods is usually clear to see."

During research for this article we also had an off-the-record discussion with members of the CrossFit community, who suggested that some kind of quality-control body was required to hold boxes accountable, and enforce minimum coaching standards and continued education – much like how the commercial gyms use the Register of Exercise Professionals of South Africa (Repssa) as a means to ensure their personal trainers are continuously meeting the minimum requirements for continued education.

It remains to be seen whether any such body will be created or even agreed upon. In the meantime it seems like the only way people will know whether they're choosing the right box is to do their homework. Which boxes have reputable and experienced trainers? Which boxes have a good track record? Which boxes offer value and personalised attention? Which boxes are suited to me and my requirements? Which boxes are getting results at an Open and Regional level?

It must be stated quite clearly that, just like anything else in the world, and specifically with CrossFit boxes, there are good apples and there are bad apples. For now it remains unclear exactly how many bad apples it will take to spoil CrossFit's apple pie. 



### Want to know more about strength training?

Learn what works for you and your body. Scott MacIntosh (@Scott\_MacIntosh), owner and trainer at The Yard Athletic, talks about strength training and its importance in a fitness regime. [www.fitnessmag.co.za/blog/](http://www.fitnessmag.co.za/blog/)

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WRITTEN BY STACEY HOLLAND @STACEYHOLLAND  
IMAGES BY CINDY ELLIS

# AFRICA'S FITTEST WOMAN

## Carla Nunes Da Costa

**A**s I type this article, "Africa's fittest woman" for 2013 is in danger of not making the 2014 CrossFit Africa Regionals. Carla Nunes Da Costa was ranked 122 in Africa after the Open week three, with the fifth and final workout due to be released in a mere two weeks. Only 46 spots are up for grabs at Regionals. The reason for this was that this Angolan-born CrossFitter was in her country of birth, where she lacked access to the world-class facilities in which she's qualified before. Trying to qualify for the Regionals

requires a gargantuan effort. Doing it without the standard equipment found in a CrossFit box makes it nearly impossible.

During the interview Carla bemoaned the challenges that she's had to face in Angola in order to participate in the 2014 Open, but it made me realise why she's managed to compete in four Opens, three Regionals (twice in Europe) and a CrossFit Games: this woman is mentally tough!

"The open has been chaos. This is my fourth Open and the first one away from a CrossFit box. This

means I can't be where I want, doing what I want. For example, a WOD with bar muscle ups and barbell work would have been out of the question because the gym does not have a place to do so. There are bars at the bench, but if the WOD included barbell work, running and bar muscle ups, the chances are I might come back to an empty spot where there was once a barbell." And, not only did she have to contend with a lack of equipment, but an error in her barbell weight during 14.3 cost her 40 reps and set her back on the leaderboard.



### A CHAMPION IS CREATED

Carla grew up in Angola, but has also lived in the Netherlands and Cape Town. As such, this 37-year-old lawyer-turned-CrossFit coach has become accustomed to dealing with change and hardship. One of six siblings, she admits that growing up presented its fair share of problems: "Life wasn't easy that's for sure, but I learnt a lot from [my mother]. Fatima Nunes da Costa is quite the lady, a force of nature. My mother is one of those eagles who takes their offspring up the mountain, shows them the ropes, throws them down, watches from a safe distance and only comes to the rescue when it looks like you may crash". It's no secret then where Carla gets her tenacity from.

### WHERE DO YOU SEE THE SPORT IN THE FUTURE?

*I think more athletes will join the community as more CrossFit boxes open. I believe the sport has the potential to become mainstream in the next 5-10 years due to its excitement factor and the sheer athleticism it showcases.*

What is surprising is that she believes that she wasn't primed for sport, "up until my 19th [birthday] I was as active as an African child back in the days before computers and games. As a teenager I started to do Jane Fonda workouts in my parent's living room." At the age of 19 Carla moved to South Africa, which is where she was introduced to sprint kayaking by an old housemate who dared to tell Carla that the sport would be too difficult for her. She went on to compete for South Africa and eventually the Netherlands as well. That drive is what got Carla to qualify for the 2011 European CrossFit Regionals with a mere six months of training.

On the surface of this Menina De Angola (girl from Angola – also her twitter handle) it appears that she's as tough as steel, but if you take the time to dig a little deeper you'll find that there is a duality to Carla that is hard to describe. If you've only ever engaged in one or the other you'll miss the quintessential power that embodies this gladiator: humility.

My first encounter with Carla was at the 2013 Africa Regionals during the dreaded 100s workout, where she was competing for Cape CrossFit.

As the emcee I was standing in front of her during her wall balls. She had a visible calmness to her and a clear strategy, which was in stark contrast to many of the other athletes. She would perform a set of wall balls followed by a short rest, which she timed by looking at the clock. She did this meticulously, not missing a single wall ball or adding on an extra second of rest. The almost military execution of her plan ensured she was crowned Africa's fittest woman at the end of the competition. As the winner Carla went on to compete at the CrossFit Games in California later that year.

### MORE THAN JUST AN ATHLETE

Based on this experience my first impression of her was that she was feisty, strong and unshakable, but after meeting her I realised there was a gentleness to her. There is no doubt that she is a multifaceted woman, with a wealth of experience in sport and in the corporate world. In fact, most people don't know that she studied International Criminal Law and Human Rights Law at the University of Utrecht. She was at the International Criminal Yugoslavia Tribunal, the International

Criminal Court and did some work for a defence team at The Special Court of Sierra Leone. She has also helped female victims of human trafficking through various NGOs. This all stems from Carla's desire to play an instrumental role in retribution, peace and reconciliation, which she developed as a child in war-stricken Angola.

All of this experience, coupled with some great international exposure, has clearly stood her in good stead to handle the mental, emotional and physical strain that comes with competing. It's valuable experience that many of our CrossFitters need in order to compete at a much higher level. She has also been able to glean important insights while competing overseas, which she feels could improve CrossFit locally. "Growing the sport locally starts with camaraderie between athletes and box owners. I found [Regionals] a lot less friendly in South Africa to be honest. I absolutely loved European Regionals. We worked hard, but there was massive interaction at the athletes' area. I made quite a lot of friends who I am still in contact with".

Initially she thought that it was perhaps her ability to zone in and focus intensely during a competition that led to her impression of a lack of warmth at Africa Regionals, but she quickly came to realise that it was the high level of politics in this growing sport that was to blame. She believes that in order to grow the sport on the continent a lot more effort needs to be placed on developing a stronger community spirit, which is really strong within boxes but is lacking in the competitive arena.

### FUTURE PLANS

When asked about her future plans Carla states: "My life has changed so much. I am back in my home country (the last time she was there was 1996). I look the Angolan part, but there are a lot of things I don't understand or can't identify with anymore. But I feel the need to be home, in my own country, with my family. Last year was rough, both emotionally and physically. There were moments when I questioned how on earth I was still standing, but I did not die." She now plans to open up her own box and, despite the need for a substantial financial investment, she acknowledges that she's fine with the process and the journey. "My coach often says 'God must think you are a badass' and I hold on to that when things seem to stretch me to what I, at times, think may be beyond my ability to cope (with)." 

**DIG A LITTLE DEEPER YOU'LL FIND THAT THERE IS A DUALITY TO CARLA THAT IS HARD TO DESCRIBE. IF YOU'VE ONLY EVER ENGAGED IN ONE OR THE OTHER YOU'LL MISS THE QUINTESSENTIAL POWER THAT EMBODIES THIS GLADIATOR: HUMILITY.**

### FAST FACTS:

**Box affiliations:** Currently trains with Cody Burckhart and Brian Mackenzie from Athlete Cell. When she's in Angola she trains alone (she is a qualified coach). She trains at BlackRiver CrossFit or CrossFit District 6 when in SA.

**Sponsors:** PurePharma, Nutritech RSA, and Xendurance

**Favourite food:** Bacalhau com natas (Portuguese food)

### Favourite

**CrossFitters:** Lucas Parker and Elisabeth Akinwale

### Any guilty pleasures?

Chocolate fondant

**Ideal vacation?** Costa Rica, Montezuma

### CARLA'S TIPS FOR BEGINNERS

- Slow yet progressive training is essential, building on a foundation of good form and technique.
- Get strong first, then master technique.
- Learn how to master movements with strict form first before you start doing the variations.
- Work unilateral movements to iron out imbalances.
- Get an experienced coach to do the programming for you.
- Ensure your training sessions have a goal.

Using fitness for rehab has allowed Lizelle to live a better quality of life and she has the results to prove it!

# MAKING LEMONADE FROM LIFE'S LEMONS



**T**here's a popular saying that many of us would do well to live by. "When life throws you lemons, make lemonade". Sadly few people have the mental fortitude to stand up in the face of adversity, overcome their challenges and do something special in spite of their limitations. If everyone did then people like Lizelle Hoffman wouldn't be such an inspiration.

Born with hip dysplasia, a congenital misalignment of the hip joint, Lizelle has had to face many challenges, not least of which is constant pain and discomfort, and limited mobility. But her can-do attitude and commitment to remaining active has given her a quality of life that many others with her condition seldom realise.

### THE START

"I started swimming in pre-school because it offered various benefits with regard to my hip problems," she explains. "Then

the health and fitness bug really bit when I was in primary school and I've followed an active and healthy lifestyle ever since."

However, despite her daily exercise routine Lizelle explains that the mobility in her hip continued to deteriorate as she got older. "It got to the point where I started each day counting the steps I would need to take that day to prepare myself for the physical exertion required. That's not exactly a winning recipe for a positive mindset. This led me to the realisation that I needed more intensive rehab, particularly as my condition was starting to also affect my work, especially during winter."

### OVERDOING IT

Lizelle also admits that she tended to overdo her training, and often still does. "It has always been a problem for me as I enjoy training so much. I would often fill every available minute with some form of exercise and I often tended to get carried away. Afterwards I was often too sore to walk, which was hugely demoralising."

That's when Lizelle sought professional advice. She went in search of qualified personal trainers and physiotherapists who could guide her in terms of her training and rehabilitation. "I got in touch with Angelique van der Linde, a blond blessing from heaven who I truly think is an "Angel of Fitness". She listened to my situation and didn't hesitate to help me. I had a private session with her, following which she put together a training programme that changed my life."

### PROGRAMME

Lizelle's programme focused on strengthening all the muscles around her hips and the surrounding areas. "While many were basic, simple moves it was scary how many of them I couldn't

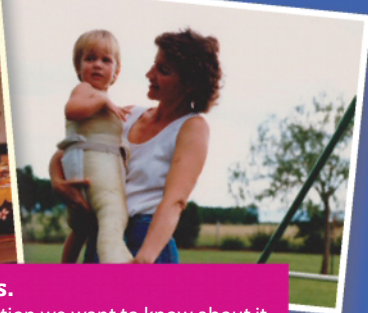
do. It was an eye opener to realise just how weak my body was when I performed certain movements, despite all my previous activity."

Lizelle also consulted with local fitness athlete and trainer Hannes Alers, who contributed greatly to her body transformation. "We would regularly revise my exercises and make adjustments based on how my muscles had responded and improved."

### NUTRITION

Having taken care of her physical development Lizelle then turned her attention to her nutrition to achieve the body she always wanted. "Nutrition is such a huge part of living a healthy lifestyle, so it was only when I stopped chasing diet fads and trends that I started

Lizelle was born with hip dysplasia and a congenital misalignment of the hip joint.



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"I NO LONGER BELIEVE THAT CERTAIN PROBLEMS HAVE NO SOLUTION. SOME SOLUTIONS ARE JUST HARDER TO FIND, BUT THEY'RE THERE. YOU JUST NEED TO KEEP GOING AND STAY POSITIVE."



**Top tip:** It is your responsibility to ensure that your body and mind are conditioned to the point where you can seize every opportunity and live to your full potential.

to achieve the results I wanted. Obviously my inability to train in certain ways or at certain intensities requires a strict diet to achieve the condition I want. Thankfully I come from a family who can cook, so I revise each recipe and make sure it's healthy, otherwise I replace certain ingredients. Meeting Wayne Kaminsky of FitChef was another key moment in my transformation journey as he has shown me that healthy cooking can be exciting."

### RESULTS


And the results are plain for all to see. With her rehab and transformation on track Lizelle started to reap the rewards of all her hard work. "The migraines I would regularly get due to the stress and strain placed on my lower back all but disappeared thanks to Angelique's programme. And while my hip issues will never disappear completely my mobility and the associated pain continue to get better, even though the progress is often slow. However, I have never been happier with my body."

### BENEFITS

And the benefits of this lifestyle are more than skin deep. Lizelle has learnt a great deal about herself, and this process has helped her to build character and grow as a person. "I've learnt that life is about making the most of what you've got. Facing these challenges and hardships have helped me discover my inner strength, which has made me an eternal optimist. Life is about becoming the 'ultimate me' – the best person I can be in all aspects of life, regardless of the hand I've been dealt. I therefore take pleasure in the little things and am always thankful for what I have. Most people get up every morning and start the day without realising just how blessed they are to have a fully functioning body."

Accordingly her approach to life has changed. "I no longer believe that certain problems have no solution. Some solutions are just harder to find, but they're there. You just need to keep going and stay positive. As far as I'm concerned a problem

is simply an opportunity for some redirection or the reevaluation of one's circumstances. I can also say with certainty that we are capable of doing anything in life, as long as we believe it with our heart and soul. So never let anyone tell you that you can't do something."

Having achieved the body of her dreams Lizelle continues to work on her ultimate goal – being able to get up every morning and walk around without any pain or effort. "The cherry on top would be the ability to run again, as the last time I did that I was 12 years old." And armed with the will-power to work through any challenge and her positive mindset few would bet against her achieving it. 

**Lizelle's favourite health food dish:** Xtra-lean Beef Cautage (low GI cauliflower mash) pie from FitChef and the FitChef carrot, orange, butternut and apple (COBA) smoothie.





# FACE OF FITNESS

## 2014 COVER MODEL SEARCH



2013 TOP 6: Mellissa Nicholson (winner) | Monica van der Bank | Danielle Boerop | Isabel Elizabeth Dube | Jadwiga Malkiewicz | Lice Bernman



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*Mellissa Nicholson*

...Launched her fitness career when she was crowned winner of the 2013 cover model search competition and appeared on the cover of *fitness* Jan/Feb 2014.





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# HOW FUNCTIONAL TRAINING CAN MAKE YOU BETTER AT LIVING

BY NADINE DU TOIT, GloryGirl Fitness and Pedro van Gaalen, Managing Editor  
MODELLED BY Lelanie Nabal, GloryGirl model and fitness athlete  
PHOTOGRAPHY BY Kevin Sawyer  
HAIR AND MAKE UP Chloe-Grace Salmon  
SHOT ON LOCATION AT Flux Fluid Motion functional training studio, Umhlanga  
LELANIE DRESSED BY Apparel Sponsor Adidas

# Take LIFE ON!

**T**he term functional training has been somewhat abused over the last few years. Various fitness professionals have adopted and used the term loosely in an attempt to jump on the fitness trend bandwagon. But what is functional fitness, and should you be doing it?

The short answer is yes, definitely. The main reason to include more functional training in your routine is that it makes you more effective and efficient in many aspects of everyday life. As a wife, mother or career woman, or any combination of the three, you need the vitality, energy, strength and mobility to move from one

activity or task to the next with ease. This basically means that you need to be fit for your job, your recreational activities and your families, which is where functional training can deliver the greatest benefit.

## FUNCTIONAL TRAINING

Full-body functional training programmes have the ability to improve your posture and balance, increase your range of motion, build strength and endurance, and reduce the pain and discomfort associated with inactivity and the dysfunction that our modern sedentary lifestyles cause. A functional training

programme that is true to the basic principle of improving human movement will therefore target your muscles as integrated units, which is how they were designed to perform or, to be more specific, function.

As such, functional training programmes don't generally isolate muscle groups with specific exercises. Functional exercises tend to be multi-joint exercises that incorporate multiple muscles. This also means that they can deliver a weight and fat loss benefit as they burn more calories than single joint lifts.

IF DONE CORRECTLY,  
FUNCTIONAL EXERCISE SHOULD  
IMPROVE FUNCTION, NOT  
REINFORCE DYSFUNCTION.

Enhance movement efficiency by strengthening movement patterns.

## The programme

EXERCISE	SETS	REPS
1. Squat press	4	6-10
2. Pike press	4	6-10
3. Kettlebell one-legged deadlift	5	8 on each leg
4. One legged push-up	4	6-10
5. Rope pull-up	4	6-10
6. Kettlebell overhead jack knife	4	6-10
7. Kettlebell pistol squat	4	8 on each leg
8. L-Sit chin-ups	3	5
9. Hanging side leg raises	3	8 each side
10. Front squat calf raises	4	30 seconds
11. Kettlebell overhead pendulum	4	10 each side
12. Seated rope slams	5	30 seconds

Follow this order of exercises. For a full explanation of how to do them turn over.

### IMPORTANT

#### BEFORE YOU START: If you carry dysfunction into the gym then you are going to reinforce it with functional training.

For instance, most people carry biomechanical dysfunction in their hips, pelvis, core, glutes and hip flexors due to the fact that they sit in one position for 40 or more hours a week. If these areas of dysfunction aren't corrected before starting your programme you'll strengthen them when exercised or, worse, you'll create compensatory movement patterns to work around weakness and muscle imbalances. Whatever posture you have, if it's not balanced you're going to strengthen it with exercise. It is therefore important to ensure your body is in balance through an assessment with a qualified fitness professional. Some corrective training may be required before you engage in this or any other functional training programme. It is also essential that the exercises prescribed are done correctly. A strength and conditioning coach or suitably qualified personal trainer should demonstrate correct form and help you work on improving technique at the start of any programme.

**A final consideration** – To be truly functional exercise needs to be specific in terms of the movement patterns it enhances and strengthens. As such, this programme is aimed at general movements we encounter in everyday life. It is not specific to particular tasks or requirements – for that you will need a personalised programme from a qualified strength and conditioning coach. >>

# THE EXERCISES

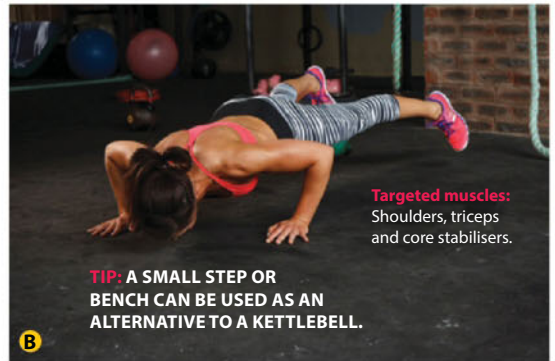


**Targeted muscles:**  
Hamstrings, glutes and lower back.

A



A



**Targeted muscles:**  
Shoulders, triceps and core stabilisers.

**TIP:** A SMALL STEP OR BENCH CAN BE USED AS AN ALTERNATIVE TO A KETTLEBELL.

## ONE-LEGGED PUSH-UP

**How to do it:** Place a kettlebell on its side and position one foot on it while assuming the push-up position. Keep the

leg parallel to the ground and move it outward away from the kettlebell. Bend your elbows and slowly lower your

chest towards the floor while keeping both legs straight. At the bottom of the movement slowly push yourself back up to the starting position.

## PIKE PRESS

**How to do it:** Rest the toes on a bench, wall or step and get into the push-up position. Keep the legs straight and walk your hands

towards the wall or bench in order to bend at the waist until your head and shoulders are pointed towards the ground. Bend at the elbows and lower your shoulders until your head

touches the floor. Slowly push yourself back up.

**For beginners:** Initially start the pike press by keeping your feet on the floor, shoulder-width apart, while bending at the hips so that the body forms an upside down "V".

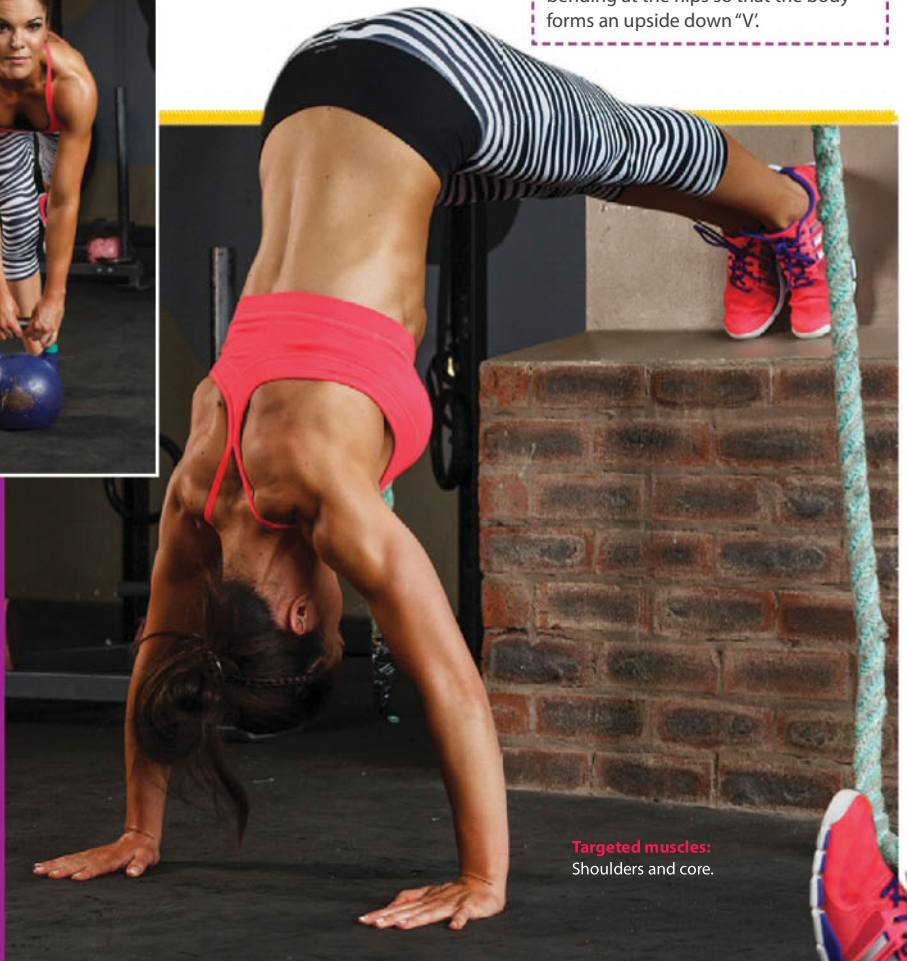


B

## KETTLEBELL ONE-LEGGED DEADLIFT

**How to do it:** Stand upright holding a kettlebell with both hands. Shift your weight onto one leg, keeping the knee slightly bent. Perform a stiff-legged deadlift on one leg by bending at the hip and slowly lowering the kettlebell to the ground. As you do so extend your free leg out behind you for balance. Once you are parallel to the ground slowly lift the kettlebell back to the upright position while maintaining your balance.

**For beginners:** Start off with a lighter weight and hold the kettlebell with one hand to assist with balance.



**Targeted muscles:**  
Shoulders and core.

## ROPE PULL-UP

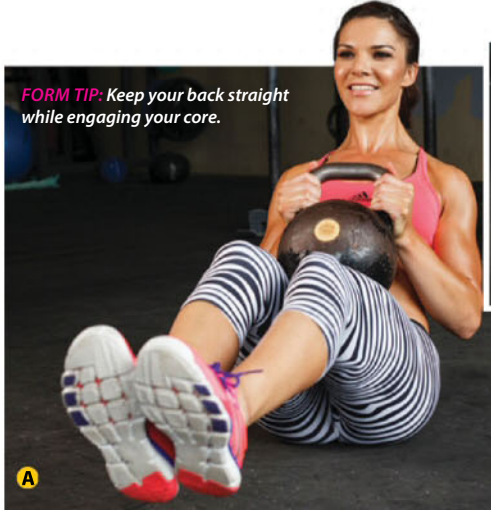
**How to do it:** Hold the ropes with your arms extended and feet flat on the floor. Pull on the ropes, relying on your lats to lift your body off the floor as high as possible. Drive downward with your elbows to engage the lats and keep your legs slightly bent behind you. Hold this position for five seconds and then slowly lower yourself back to the starting position.

**For beginners.** Start by keeping your feet on the floor. Grasp the ropes and lean back keeping your legs and body straight. Slowly pull yourself towards the ropes keeping your body straight and your elbows close to your sides.

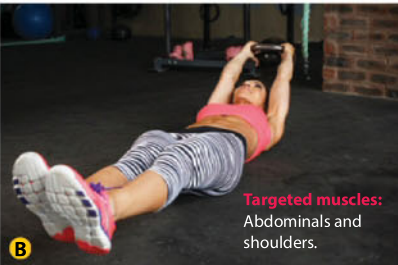


**Targeted muscles:**  
Lats, biceps and grip strength.

**FORM TIP:** Keep your back straight while engaging your core.



A



**Targeted muscles:**  
Abdominals and shoulders.

B

**Form tip:** Your arms should be straight in the extended position while your kettlebell and feet should only be a few inches off the ground.

## KETTLEBELL OVER-HEAD JACK KNIFE

**How to do it:** Lie on the ground or mat on your back. Hold the kettlebell close to your chest with the handle facing down and your elbows close to your body. Raise both legs off the ground with your knees bent towards your torso. Slowly extend the kettlebell straight back behind your head while extending your legs at the same time, like you would with a jack knife.

## KETTLEBELL PISTOL SQUAT

**How to do it:** Pick up a kettlebell with two hands and hold it by the horns. Hold one leg off of the floor and squat down on the other by flexing the knee and sitting back with the hips. Keep holding the kettlebell up in front of you. Hold the bottom position for a second and then reverse the motion to return to the starting position by driving through your heel and keeping your head and chest up.



**Targeted muscles:**  
Quadriceps, calves, glutes, hamstrings and shoulders.



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**Targeted muscles:** Abdominals (entire core), shoulders, back and biceps

**B**



## L-SIT CHIN UPS

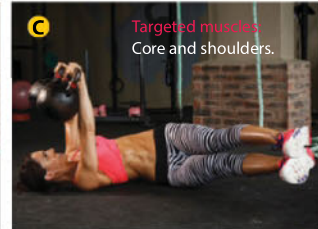
**How to do it:** Raise your legs until they are parallel to the floor. Pull your upper chest towards the bar while maintaining the L-shape position.

**For beginners:** Initially build your strength by performing normal chin-ups to build arm and shoulder strength.

**Intermediate:** Perform chin-ups with legs bent at 90 degrees at the knee to build up strength in the hip flexors and abs.

↓ **FORM TIP:** KEEP THE KETTLEBELLS STRAIGHT ABOVE YOUR CHEST WITH YOUR ELBOWS LOCKED FOR THE DURATION OF THE WORKOUT AS THIS WILL STRENGTHEN SHOULDER STABILITY.

**FORM TIP:** MAKE SURE TO DO THIS MOVEMENT SLOWLY AND IN A CONTROLLED MANNER WITHOUT EXCESSIVE SWINGING.



**Targeted muscles:** Core and shoulders.

**FORM TIP:** PUSH BACK YOUR HIPS UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR.

## KETTLEBELL OVERHEAD PENDULUM

**How to do it:** Lie with your back on the floor or mat while holding two kettlebells straight above your chest with your elbows locked. Raise both legs until

they form a 90-degree angle with your hips. Keep your legs straight as you slowly lower your legs to the left. Rotate them until they almost touch

the floor. Return your legs to the upright position and then slowly lower them to the right side in the same manner.



**Targeted muscles:** Major muscles of the shoulder and arm.

## SEATED ROPE SLAMS

**How to do it:** In a seated position with your feet out in front of you, grab the ends of the rope in each hand with a neutral grip. Lean back slightly. With your arms slightly bent at the elbows explosively alternate your arms in an alternating up and down motion to create waves that run down the length of the rope.

**FORM TIP:** ENSURE THAT YOU MOVE YOUR HANDS HIGH AND LOW, AND FAST ENOUGH FOR THE WAVES TO MAKE IT ALL THE WAY DOWN THE ROPE.



## FRONT SQUAT CALF RAISES

**How to do it:** Assume the static squat position (see static squat). Lift both heels off the floor without raising your hips, then drop them back down.

**Targeted muscles:** Calves.

## HANGING SIDE LEG RAISES

**How to do it:** Hang from a chin-up bar with arm and legs straight. Raise your legs sideways, aiming towards your elbow, while bending your knee at a 90-degree angle. Go back to the starting position and repeat the movement on the other side.

**Targeted muscles:** Abdominals

**For beginners.** Side leg raises can also be done on a bench in order to support the back.



A



B

**FUNCTIONAL TRAINING TEACHES MUSCLES TO WORK TOGETHER RATHER THAN WORKING THEM INDEPENDENTLY BY ISOLATING THEM**

Functional training helps prevent injuries and improves quality of life.



MULTI-JOINT MOVEMENTS HELP TO BURN MORE CALORIES THAN A SINGLE-JOINT MOVEMENT.



## SQUAT PRESS

### HOW TO DO IT:

**Squat** – Get into the rack position by cleaning two kettlebells to the shoulders. Squat down while looking straight ahead and keeping your torso upright. Push your knees outward as you squat down. Slowly rise up again by driving through your heels.

**Press** – Upon rising up from the squat position use momentum from the legs to drive the kettlebells overhead. Once the kettlebells are locked out overhead, lower the kettlebells back to the rack position and repeat the squat press.

*NOTE: This exercise requires good to above average upper body strength.*

**Targeted muscles:** Shoulders, triceps, glutes, quads and calves.

» Health » Nutrition » Wellness



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Tipco 32 Veggie Juice is a 100% veggie and fruit juice that is high in vitamin A, C and B2. It is also high in fibre, improves digestions, is easy to drink and has no greeny taste. One box of 1000ml contains the juice of 32 veggies and fruits, and is equal to 10 salad bowl servings.



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High intensity exercise may temporarily weaken the immune system and, over time, could even derail training programmes and performance gains. Biogen Wellmune WGP® is a natural beta 1,3/1,6 glucan, clinically proven to boost the body's immune strength before and after exercise, sustain energy levels and maintain overall health. Wellmune has regulatory approval worldwide, including FDA GRAS notification and offers both competitive and recreational athletes an ideal immunity edge to support a consistent training regime.

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BY MELANIE HEYNS, Features Writer

Flavoursome

# HEALTHY WINTER RECIPES

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## BLACK BEAN AND QUINOA CHILLI

Servings: 8

### Ingredients

5 ½ cups black beans, rinsed  
1 cup quinoa, rinsed and uncooked  
3 cups vegetable stock  
2 cups water  
½ cup sweet corn, rinsed  
½ cup diced tomatoes  
1 green pepper, chopped  
½ medium onion, chopped  
1 cinnamon stick  
2 tbsp chilli powder  
1 tsp cumin powder  
1 tsp onion powder  
½ tsp ground pepper  
½ tsp sea salt  
¼ cup green onions, chopped  
2 avocados, sliced

### Method

- In a large pot combine all the ingredients.
- Turn heat to medium/high and bring to the boil.
- Cover and let simmer on low heat for about an hour.
- Serve with diced green onions and avocado.



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## CHICKEN, LIME AND PEANUT SALAD

Serves 4

### Ingredients

- ¼ cup lime juice
- 20g grated ginger
- 800g chicken fillets
- 240g carrots
- ½ cup fresh coriander leaves
- 4 green onions sliced thinly
- 35g coarsely chopped peanuts

### Dressing

- 1 tbsp fish sauce
- 1 tbsp sweet chilli sauce
- 2 tbsp lime juice
- 1 small red chilli deseeded

### Method

- In a large bowl combine the lime juice and ginger, add chicken then refrigerate for 3 hours.
- Stir-fry the chicken in batches until cooked through.



CHOOSE LOW-FAT MOZZARELLA CHEESE.



## CAULIFLOWER CRUST PIZZA

Serves 2

### Ingredients

- 1 cup cooked, riced cauliflower
- 1 cup shredded mozzarella cheese
- 1 egg, beaten
- 1 tsp dried oregano
- ½ tsp crushed garlic
- ½ tsp garlic salt
- Olive oil (optional)
- Pizza sauce, shredded cheese and choice of your toppings\*

### Cauliflower grain

- To 'rice' the cauliflower take a large head of fresh cauliflower, remove the stems and leaves, then chop into chunks.
- Pulse in a food processor until it looks like a grain. If you don't

have a food processor you can simply grate the whole head with a cheese grater.

- Place the riced cauliflower into a microwave-safe bowl and microwave for 8 minutes. No need to add water as the natural moisture in the cauliflower is enough.

### THE CRUST:

- Preheat the oven to 220°C.
- In a medium bowl, stir together the cauliflower, egg and mozzarella.
- Add oregano, crushed garlic and garlic salt, continue to stir.
- Transfer to the baking sheet and, using your hands, pat out into a 9 inch round (optional:

brush olive oil over top of mixture to help with browning).

- Bake at 250°C for 15 minutes.
- Remove from oven.
- Now that your crust is baked add the sauce, your choice of toppings and cheese.
- Place under a broiler at high heat until cheese is melted (approximately 3-4 minutes).



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BY JANE HORTON



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3



1



2

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Designed with the female athlete in mind, the Faas 300v3 features a lightweight, technical platform and a minimal and deconstructed upper to create a lighter, faster running experience. Faas 300v3 features lightweight and minimal PU Skin overlays, which provide optimum support while keeping the weight down. The FaasFoam+ Midsole with EverRide+ forefoot blown rubber provides cushioning. The Faas300vs3 features EverTrack technology with high-abrasion resistance rubber that lasts. With a splash of colour and an ombre finish, these shoes bring style and comfort to your daily run. Available from selected retailers and PUMA stores. For stockists customers must please call 021 551 0832. **R1,199**

### 4. LUCAS HUGH KNEE-LENGTH RED SHARD CAPRI PANTS

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**TIP:**

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# FRUIT

## -the good sweet stuff

Weighing in on the debate around the inclusion of fruit in a healthy diet



50 calories in 100 grams.



**T**he modern nutritional landscape is complex and, in my view, often contradictory. Dieting, food and exercise philosophies are seductive and addictive – we can't get enough and we keep looking for the next big thing, magical guru or ancestral descendant to help pave the way to perfect physical shape and optimal health.

Accordingly fruit has become the most recent victim of fad trends. Today it is often vilified and regarded with suspicion because the current buzzword at the moment is "sugar". As such, many of us eat nature's sweet

treats with extreme caution in an attempt to create the perfect physique or achieve optimal health with the right nutritional strategy.

But before you discard your fruit bowl, ask yourself the following: Do you eat fruit as your treat? Do you eat fruit instead of chocolate or ice cream, or in addition to these guilty pleasures? These distinctions are key in deciding if you're over-consuming fructose – the main sugar found in fruit.

### THE TRUTH ABOUT FRUIT

There are few foods that are as perfectly packaged as fruit is. They offer nourishment to the animal kingdom in trade for seed dispersal: a perfect

symbiosis. For mankind fruit has always been the perfect sweet treat – nature's takeaway snack – loaded with nutrients and vitamins to keep us healthy.

So what happened? Well, humans are famous for playing the role of "food gods". We are the creators of genetically modified foods and selective breeding, which has been used to make fruits sweeter, juicier, bigger and rounder. Some have even been manipulated to have a glossy waxed sheen. We have also developed super-bugs to ward off natural occurring fungi and bacteria.

As such, most of the food we consume today, from both the plant and animal kingdom, has been selectively bred for both flavour and ease of eating, and fruit is certainly no exception.

Photography by Cindy Ellis; Modelled by Hlubi Mboya



Modern fruits are therefore completely unlike anything we encountered in the past. For this reason, it is fair to deduce that the problem isn't fruit.

### UNDERSTANDING FRUCTOSE

Fructose is a simple sugar found in fruits and some vegetables. While it has the same chemical formula and caloric content as glucose, it has a different structure and is processed differently. Because of differences in the pathway used to metabolise it, compared to other sugars, and the known effect of fructose on blood triglyceride (fat) levels, many nutritional authorities consider fructose and fruit as nutritional demons.

Fructose is one of three monosaccharides (single sugar molecules – the other two are glucose and galactose) that occur naturally in foods. Sucrose (table sugar, a disaccharide) is also 1/2 fructose. However, free fructose only occurs naturally in a few foods, notably some fruits (hence its common name of 'fruit sugar') and honey, with the majority of our dietary fructose coming from the ingestion of sucrose. Fructose is also found in small amounts in a few vegetables. The rest of the fructose we consume is from high fructose corn syrup (HFCS).

In recent years the amount of fructose being consumed

*It's not fructose itself that's bad – it is the massive doses we're exposed to that make it dangerous.*

has increased significantly. One large scale analysis puts average daily amounts in the range of 90-100g, which is a significant increase over the last two decades.

This increase has been caused not only by an overall increase in the consumption of sugars, but also because of the increased use of HFCS which may contain 42% or 55% free fructose, with the remainder being glucose (HFCS is 55% fructose and 45% glucose). So, on top of an overall increase in fructose consumption, the use of HFCS has caused a significant increase in the consumption of free fructose.

### THE ISSUE WITH FRUCTOSE

According to health and wellness guru Dr Joseph M Mercola, if your diet was like that of people a century ago you'd consume about 15g of fructose per day—a far cry from the 73g per day the typical person gets from sweetened drinks alone.

Dr Mercola explains that food and beverage manufacturers began switching their sweeteners from sucrose (glucose) to corn syrup in the 1970s when they discovered that HFCS was not only far cheaper to make, but is also about 20% sweeter than

conventional table sugar that has sucrose. As such, many of the sweeteners used in food and beverage manufacturing today are made from corn in the form of HFCS. And the very products most people rely on to lose weight – the low-fat diet foods – are often the ones highest in fructose.

**However, it's not fructose itself that's bad – it is the massive doses we're exposed to that make it dangerous. There are two overall reasons that fructose is so damaging:**

1. Your body metabolises fructose in a much different way from glucose. The entire burden of metabolising fructose falls on your liver.
2. People are consuming fructose in enormous



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## WHAT ABOUT DRIED FRUIT?

Dried fruit seems to be a popular snack food, especially for young children, as it conjures up the image of a healthy alternative to sweets. The history of dried food dates back to our hunter-gatherer ancestors. When fresh foods were abundant our ancestors would dry their excess food so that they had something to eat when the winter months came and food was scarce.

With food so abundant these days we don't need to use dried fruit as a survival food source, but we consume it as a convenient snack. This is okay if it's done occasionally, but some people are eating dried fruit up to six times a day. It's like rocket fuel in the bloodstream. The fact of the matter is that we are too sedentary to be eating so much dried fruit.

Dried fruit is also hard to digest. It's important to add water for these foods to be properly digested.

If water isn't added then your body has to add the water when the fruit reaches your stomach, which causes dehydration. In addition, "wellness warrior" Jessica Ainscough notes alarmingly that the following are also often added to dried fruit: sugar, dextrose, glucose syrup, fruit juice, colouring derived from fruit, glycerin, sorbic acid, sulphur dioxide, paraffin, edible fats and oil.

A quick way to tell if oil has been added is to look for a shiny, greasy appearance to the dried fruit. If oil hasn't been added it will look dusty. And if oil is there you can be sure that butylated hydroxyanisole (BHA), a cancer-causing oxidant, is also there. 



**If water isn't added then your body has to add the water when the fruit reaches your stomach, which causes dehydration.**

quantities, which has made the negative effects much more profound.

## A NEW BREED OF FRUIT

In addition, the fruits that we are designed to eat no longer exist. Most natural fruit was actually very bitter and had no resemblance to the fruit we eat today as we've bred our fruits over the past 200 years to be much sweeter, bigger and easier to cultivate.

However, fruit is actually not a very large source of fructose. To get 50g of fructose per day from fruit alone would require an intake of approximately 10 pieces per day, far more than all but the most extreme intake would provide.

On average, fruits such as cherries, pears, bananas, grapes and apples contain anywhere from 5-7g of fructose in an average sized piece of fruit. Fruits such as strawberries, blueberries, oranges and grapefruit contain

2-3g of fructose per 100g serving. Honey is an exception, containing 40g of fructose per 100g serving, but its extreme sweetness would make eating a lot of it difficult.

The other important element to consider when determining your fruit intake is that fact that, much like vegetables, they contain vitamins, minerals, enzymes and beneficial phytonutrients, which all moderate the negative metabolic effects of natural sugar. I therefore recommend eating low-fructose fruits whenever possible. These include kiwi, berries, grapefruit, melons, lemons and limes.

## LIQUID DANGER

Another commonly held belief is that drinking fruit juice is the lesser of two evils compared to sugar-laden fizzy drinks. However, drinking fruit juice should raise another red flag, especially if you buy the commercially available kind.

And juicing fruit isn't the answer either – rather leave that for vegetables. Could you eat eight oranges one after the other? No. So why would you drink the juice of eight oranges? It isn't natural. All the fibre is also removed through juicing. Commercially made fruit juices often contain grape juice and other concentrates for extra sweetness, which makes everything worse. As such I'm not an advocate of dried fruit or fruit juice. They are simply too concentrated and affect your liver as well as your blood sugar levels.

## REACHING CONSENSUS

If fruit is your only source of fructose in a day then 2-3 pieces are fantastic, but try to stick to seasonal organic fruit as often as possible as they contain a lot more phytonutrients and vitamins. And always eat your fruits, don't drink them.

## WIN! WIN! WIN!



We're giving away a three month's supply of the super multi-nutrient Marcus Rohrer Spirulina to one lucky reader. Simply like the Marcus Rohrer Spirulina Facebook page and comment briefly on this article there. The winner will be announced on the Facebook page at the end of May 2014.

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BY PEDRO VAN GAALEN, Managing Editor

Athletes and active individuals today are spoilt for choice when it comes to fitness tracking devices. The functionality of smartphones, developments in GPS tracking technology, and advancements in design means there are phones, purpose-built fitness trackers, GPS-enabled watches and other devices that track multiple variables, and they offers in-depth feedback. It's a far cry from the basic stopwatch and 'guesstimation' methods athletes a generation ago used to track and log workouts and measure performance.

However, very few people use these devices to their full potential despite the massive investments they make when purchasing them. Merely tracking your time, distance, route and calories burnt, and sharing that information via social media only scratches the surface of what these devices can do.

**AT THE TOP END OF THE SCALE A GPS-ENABLED DEVICE SUCH AS A TOMTOM MULTI-SPORT, SUUNTO AMBIT OR GARMIN FORERUNNER 910XT OFFERS SOME OR MOST OF THE FOLLOWING IN-DEVICE FUNCTIONALITY:**

- Distance
- Duration/time
- Heart rate, including customisable zones
- Speed and/or pace
- Average pace
- Altitude
- Map – route
- Recovery index
- Training effect
- Total mileage – lifetime totals
- SWOLF swimming efficiency score
- Movement efficiency tracker (running and cycling)
- Training or race route navigational prompts
- Race historical races or training runs to beat your previous bests
- Graphical or virtual training partner and racer
- Various goal-oriented training modes such as interval training, pacing or fartleks
- Customisable views
- Training programme prompts



# TRAINING WITH A DEVICE

GET THE MOST FROM TECHNOLOGY TO BOOST YOUR PERFORMANCE

## MEASURING METRICS

John Hamlett, Nike SA running coach and TomTom GPS watch ambassador, explains that the key functionality besides basic time, distance and pace tracking requires your heart rate. "This biofeedback is used to determine the intensity of your training session or race and calculates your overall training load, which informs your recovery requirements. All my athletes train with heart rate monitors as this information is so vital."

Marc Bainbridge, category manager for fitness and outdoor at Garmin Southern Africa, explains that it is therefore essential that you set up your heart rate data correctly before using any fitness device. "Your maximum heart rate and resting heart rate are the two most important variables to input into the device. This will enable your device to accurately assign heart rate zones to track exercise intensity and informs other device functionality such as Training Effect (TE) and Recovery Advisor."

Chris Frankiskos, brand manager at Suunto South Africa, adds that any device will only be able to determine an accurate TE when the body metrics you input are correct and accurate. "Factors such as your weight and resting heart rate can change based on your goals or the volume and type of exercise you're doing. As such, any changes need to be updated as and when they happen. Your height and activity level or class are also important factors to get right, especially as most people generally over-report their average activity

levels, albeit mistakenly in many instances."


According to Frankiskos heart rate zones are also important when you integrate with other training applications. "Without an accurate Maximum Heart Rate these zones will also be skewed, either due to an over – and underestimated MHR, which has a knock-on effect on other important metrics."

## DATA ANALYSIS

With so much information at your fingertips coach Hamlett states that trying to track all of these variables while you're out training or racing can be distracting and overwhelming. "The real analysis should happen when you download the data to an online portal, like TomTom's MySports site." Garmin offers Garmin.Connect while Suunto has movescount.com.

Coach Hamlett explains that the other important information you need to monitor on the online training portal is cumulative training totals. "Pay attention to specifics such as distance, speed and intensity – measured as a factor of your average and max heart rates. What you want to see is a gradual increase over time in terms of distance and/or speed, from week to week and from one training block to the next. This informs how much additional work you can do as part of a properly periodised training programme. Haphazard training won't get you to your goals, and will probably lead to overtraining and injury."





**Unlock the full potential of these devices as they can do so much more than merely track and share training information.**

## RAISING RED FLAGS

The best way to track and monitor for overtraining or other potential issues is to check historical data over the same training route or workout. "If you complete the same route or workout in the same amount of time, but see a spike in your average heart rate or maximal heart rate for that route then it could indicate some form of overtraining (if conditions are the same)," says Hamlett. And the converse is also true. "If your average heart rate was lower, for instance, it means that your conditioning is improving."

In this regard Suunto's movescount.com portal offers a great depth in functionality. "Users have the ability to overlay multiple sessions to compare their performance variables. The data provided is also extremely granular. For instance, certain Suunto devices measure your heart beat in milliseconds, tracking the R-R intervals of your heart beat (two peaks of consecutive R waves that represent the time between two QRS complexes of a

heart beat) allowing the programme to make more accurate distinctions about heart rate variability or resting heart rates that could indicate early signs of overtraining, illness or poor recovery," explains Frankiskos.

## INFORMING RECOVERY

Making gains and avoiding things like overtraining all hinge on adequate recovery. As the saying goes: gains aren't made during training, they're made in the kitchen and in bed. As such, it pays to know how long you should recover for between sessions to allow adaptations to occur and ensure complete recovery. In the past this was based largely on instinct and best estimates, but modern fitness devices have taken a lot of the guesswork out of recovery for many athletes.

"An overall TE is calculated by determining how much time you spend close to your

maximal heart rate while exercising," explains Frankiskos. "This summary of how hard your session was informs your recommended recovery time. This figure is cumulative and should be used as a guideline for optimal recovery. It is up to the athlete to determine how much should be done at the next session based on other variables as well, such as sleep quality, stress levels and stimulant use, among others."

Garmin's Recovery Adviser, available on devices like the ForeRunner 620, is also able to tell a user how well they have recovered since their last session. "This allows users to make a more informed decision about the intensity they should train at during their next session," says Bainbridge. "It also starts to build up a more detailed profile the more you train, which then becomes more accurate over time."

Suunto also offers Excess Post-Exercise Oxygen Consumption (EPOC) metrics on movescount.

com, a key component to achieving optimal recovery, particularly on a multi-day stage race. "This is often one of the most misunderstood element of recovery, but can deliver huge benefits if the information is interpreted correctly and the best recovery technique is applied."

For instance, if your EPOC effect from exercise is high it is a good idea to use ice baths or contrast showers to reduce your body temperature as quickly as possible. You can also drink ice-cold water or cold recovery drinks. This will limit the metabolic demands of the recovery process between stages or training sessions.

"If you can understand this effect when you analyse your data it becomes a powerful training tool as it can help to determine the point at which you might 'blow' after exercising at a specific intensity (measured as per your heart rate) for a specific amount of time," continues Frankiskos. "When graphically represented on movescount.com EPOC should



**Most device manufacturers now have apps, which allow you to access your training data anywhere, any time.**

mimic altitude. Any deviation above this alignment could indicate a point where you are exercising behind your threshold."

And brands like Suunto are also ensuring that achieving optimal recovery is that much easier with the integration of third-party apps into the movescount.com ecosystem. "By making the API available to developers we have seen some real innovation as people are able to take the data stored on the site and use it in other practical applications," he says. "A great example is the Workout and Refuel app. Movescount.com users can integrate this app into their profile, which then analyses their training metrics. The app will then give then a recommended macronutrient ratio to optimise recovery from post-race or post-training nutrition. Supplement manufacturer Power Bar did something similar for during-race nutrition as the app works out the optimal time to take your next gel with an on-device alert."

## IMPROVING PERFORMANCE

And, as Frankiskos points out, "when all else is equal, he who recovers fastest wins". What this popular phrase means is that optimal recovery, be it after an event, or even during, has a direct impact on performance.

However, there are other, more direct

ways in which the latest fitness technology can enhance performance.

Multi-sport devices like the TomTom Multi-sport, Suunto Ambit and Garmin 910xt also track your swimming efficiency by calculating your SWOLF score (the number of strokes you require to cover a specific distance).



## THE REAL ANALYSIS HAPPENS WHEN YOU DOWNLOAD THE DATA TO THE ONLINE PORTAL.

Devices like the Garmin ForeRunner 620 now has technology that delivers metrics on performance variables like movement efficiency in running. "The heart rate monitor has a built-in accelerometer which tracks cadence, ground contact time and vertical oscillation based on how much and how high your chest bounces," explains Bainbridge. "This data helps to rate your movement efficiency, which can then be used to improve technique. As an example, if

based on your metrics, which Bainbridge claims is 98% accurate when compared to lab testing. This metric measures your maximal oxygen consumption and, while it is largely determined by genetics, it can be increased with the right type of training. Intervals, fartleks and incremental rises to max heart rate are all great forms of training that can all be used to increase your VO<sub>2</sub> max and, subsequently, your performance. And thanks to modern

power meters for bicycles. "This information can inform your decision to focus more on technique or strength work," continues Bainbridge. "For instance, if you are not transferring your power efficiently to the pedals then you are wasting whatever strength you may have. Improving technique before working on developing more strength would therefore be a better approach to enhance performance. Ideally this should be done early on before a large training base is built up

**"When all else is equal, he who recovers fastest wins." Optimal recovery has a direct impact on performance.**

a runner bounces up and down too much they are wasting energy and aren't moving forward efficiently. If you have this information you can then work on your running technique or see a coach to help you." You can also purchase peripheral devices from the various manufacturers to incorporate some of this functionality if it isn't built-in already, like cadence monitors.

The Garmin 620 is also able to predict your VO<sub>2</sub> max

and biomechanical issues arise." technology there is now an easy way to track it. "This information is also used for the Garmin's Race Predictor functionality – an estimated, indicative time that you should complete a 5km, 10km, 21km or marathon race in based on your physiological metrics – which can help you determine if you are on track or behind a specific goal," explains Bainbridge.

Multi-sport devices like the TomTom Multi-sport, Suunto Ambit and Garmin 910xt also track your swimming efficiency by calculating your SWOLF score (the number of strokes you require to cover a specific distance). And most devices and brands now integrate with third party devices like

and biomechanical issues arise."

Another function available from these online portals that can help to improve performance and take the guesswork out of your training is the availability of expert-designed programmes that can be downloaded. "There are a variety of training programmes available through the numerous apps on movescount.com. You can categorise them based on your activity level, and have the ability to individualise them based on your specific needs," says Frankiskos. "If you have the knowledge and proficiency in exercise science then you can also design your own training programmes for devices like the Ambit 2, 2R and 2S using the Training Moves function. The programme will be updated to your device." Similar functionality is available on Garmin Connect through the Training Pages function.

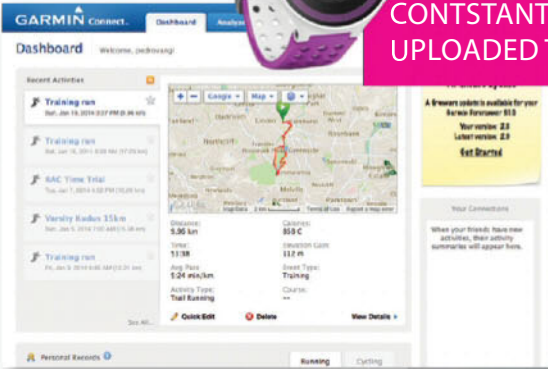
## PRACTICAL APPLICATION

According to coach Hamlett, with so much information available to us now, there is no excuse for turning





CONSTANTLY REVIEW YOUR METRICS ONCE  
UPLOADED TO THE ONLINE PORTAL.



up at a training session without a plan. "The trick is to take all of this information into account and plan your next training session or training phase based on your recovery requirements and your goals."

All the experts interviewed for this feature advise using cumulative data – volume and intensity – to periodise your next training phase properly. "Focus on improving one key element at a time," says Hamlett, be it a base phase, speed, power or recovery block.

"This level of planning needs to be done upfront, with the device used as a tool to guide and inform the implementation of the plan," states Frankiskos. While the predetermined plan is important, it is also essential that you remain flexible in your approach and make changes based on your metrics as there are many factors that can affect a training cycle.

Frankiskos elaborates: "Once you know how hard your previous session was you can then set parameters for your next training session. Set parameters beforehand based on the available information such as distance, speed and heart rate zones, and then set alerts to ensure you stick to this plan. When used in conjunction with

TE this way of training becomes extremely powerful. For instance, if you are fresh based on your cumulative TE then you may need to do more to hit your goal than initially planned. It may require 40 intervals instead of 30 to hit the right target for the adaptation to occur, which is something you wouldn't have known before this type of technology became available to the mainstream market."

And with a specific goal in mind coach Hamlett explains that you can customise the on-device feedback you get during a session to make sure you reach your goals. "It is a far better approach than merely having

your device scroll through various screens to get random feedback like time, distance or calories burnt. This approach won't get you the results you're after."


**WHEN USED CORRECTLY, THEY ARE THE ULTIMATE VIRTUAL COACHING AID.**

As practical examples, coach Hamlett offers his proposed approach for a novice, intermediate or challenger and serious or addicted running athlete. "The novice or beginner would generally focus on distance to finish his or her first 10km, for example. The other variables aren't that important so there is no need to get caught up in the detail. The goal here would be to track cumulative distance over time, slowly building up to the goal distance over a set period using the

right periodisation techniques and your device as a guide."

An intermediate or challenger level runner would then start paying closer attention to speed and heart rates to improve their performance over a set distance. "Pacing functionality on your device now becomes really helpful as it will give you the information you need to finish in a specific time. Besides that, heart rate zones will indicate if you are approaching your threshold, which can keep you from blowing during a PB attempt. These athletes don't require more info than that out on a run," he says.

"More serious athletes should be aiming to run on the very edge during a race. It is a fine balancing act, so knowing where the edge is and setting up your device to let you know when you get there is really important. This is where a fitness device can be really helpful. In this instance max heart rate is the most important factor to track on the run. When your goal is to win, regardless of time, then I prefer to pace according to heart rate, not speed."

But what if your goal is simply to lose weight? Well, then you don't really need all this added functionality. A basic heart rate monitor that tracks calories will be sufficient. 



## A FINAL WORD

*Bainbridge reiterates the importance of constantly reviewing your metrics once you've uploaded a training session or race to the online portal. "Look at the data in context. If you see a decrease in performance then go back and check what has changed recently, then make decisions based on that information. This is when you will unlock the full potential of these devices as they can do so much more than merely track and share training info. When used correctly they truly are the ultimate virtual coaching aid," he concludes.*

BY PEDRO VAN GAALEN, Managing Editor

# BREAKING THROUGH PLATEAUS

We eliminate the guesswork and get you back on track to your fitness goals

OUR BODIES ARE TRULY EXTRAORDINARY ORGANISMS. THEY HAVE AN AMAZING ABILITY TO ADAPT QUITE QUICKLY TO ANY NEW STIMULUS. HOWEVER, THANKS TO THIS ABILITY, IF YOU DON'T VARY OR CHANGE THAT SAME STIMULUS REGULARLY YOUR BODY WILL STOP ADAPTING, WHICH IS WHEN YOU CAN REACH THAT DREADED PLATEAU.

This will stop your progress and can even reverse your gains if it goes on for prolonged periods of time. So, if you want to keep

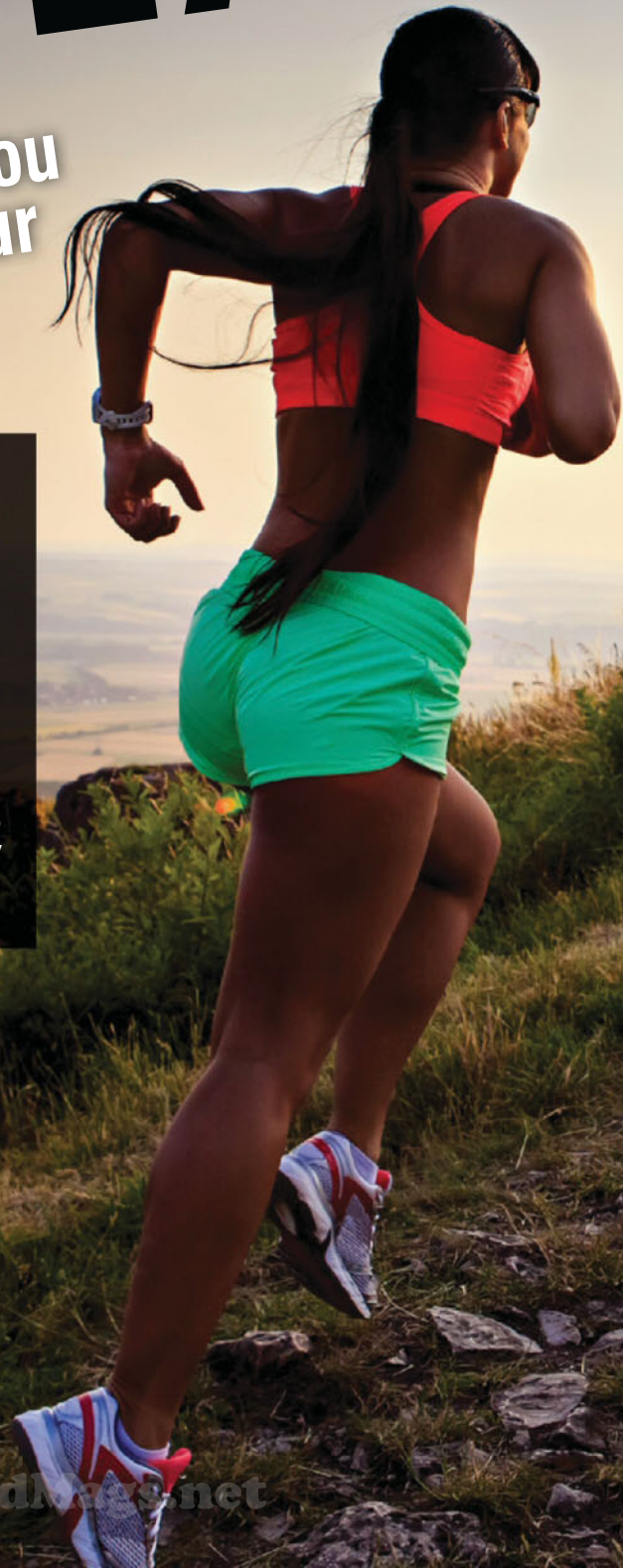
making progress, realise performance gains and keep seeing changes to your body you've got to start switching things up.

## TOP TIPS TO BREAK THROUGH PLATEAUS:

**1. Track everything** - what you're eating, how you're training, how much you're lifting, how far you're running. It makes referencing much easier to determine where you've gone wrong if you do plateau.

**2. Change your workouts every 4-8 weeks**, and aim to increase at least one variable every 1-3 weeks (by no more than 10%).

**3. Change aspects such as your volume**, intensity, frequency, type of exercise or routine, but not all at once.



# SPOT REDUCE FAT

## WHAT IF YOU COULD TARGET TROUBLE SPOTS?

Under normal conditions spot reducing is not possible, however **Body Sculpt** could actually help with problem areas.

### HERE'S HOW

After you lose a bit of fat you start getting to more and more stubborn estrogenic fat that is leftover. The fat is very hard to get off because it is resistant to fat loss because of the high density of A2 receptors. High A2 receptor fat is usually in locations, such as chest, inner thighs, and love handles. This is where Yohimbine gets to work.

The best time to use **Body Sculpt** is when you have low body fat and just can't get rid of fat from certain problem areas. If you are fat all over, there is no point in trying to spot reduce fat in one area with **Body Sculpt**. Your first priority should be to reduce overall body fat. Once you get to a low body fat percentage and you hit a fat loss plateau, then add **Body Sculpt** to the problem areas.

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### PROGRESSIVE OVERLOAD DRIVES CHANGE

There are two key training principles that apply to managing and overcoming a training plateau – adaptation and progressive overload. Adaptation refers to the your body's physiological response to training and the demands it places on your muscular, cardiovascular and endocrine systems, among others. When you do a new exercise, start a new programme or change the load (number of reps, sets, set structure or the weights used) your body will be forced to respond to this new stimulus or stimuli.

It typically takes anywhere from four to eight weeks for your body to fully adapt to a new training stimulus (in sports science parlance 'accommodation sets in'), so you should aim to change something about

your routine within that time period to continue 'overloading' your systems. This could include changing the frequency, intensity, duration and/or type of exercise used to avoid plateaus and continue challenging your body. Progressively increasing the weight, reps or sets you do as part of the same routine would also suffice until you reach a point where your body is no longer able to adapt.

### HAVE YOU HIT A PLATEAU?

The most obvious sign that you've reached a plateau is an inability to make further progress towards your goals, be it weight loss, increased strength, improved fitness or enhanced sporting performance. Another key sign is a dip in your motivation levels. This is a psychological response to the stagnation of a programme or the lack of variety in what you're doing.

### BREAKING THROUGH

The secret to avoiding a plateau is ensuring sufficient variety in your training to keep your body 'guessing', but not so much variety that you don't give your body time to adapt properly in the first place. The best approach is to plan a cycle of training or programme in advance, with a specific goal or outcome in mind, and make small incremental increases or changes over that period of time.

However, if you reach a plateau don't try and 'blast' through it by making huge changes to your exercise programme. A few days or a week of active recovery or reduced training volume and/or intensity (referred to as a training taper) will allow you to maintain your gains and will ensure your body has rested enough to start a new phase of training.

## ASK YOURSELF

### PLATEAUS VS OVERTRAINING

People often mistake a plateau for overtraining. To tell the difference, consider the following:

- Is my training resulting in illness?
- Am I regressing or becoming detrained?
- Are there changes in various physiological markers like my resting heart rate and heightened feelings of perceived exertion during familiar routines?

IF YOU ANSWERED 'YES' TO ANY OF THESE QUESTIONS THEN YOU MAY BE OVERTRAINED, NOT AT A FITNESS PLATEAU. YOUR APPROACH WOULD THEN NEED TO DIFFER (TO LEARN MORE ABOUT OVERTRAINED STATES AND HOW TO CORRECT THEM READ MORE ON PAGE 46).



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# ProNutro AfricanX

trail run presented by New Balance

QUENCH YOUR THIRST FOR ADVENTURE



**T**here is little doubt that trail running in South Africa is still on the rise – and we’ve been saying that since 2010. But the figures don’t lie – 600 trail running events are set to take place in the country in 2014.



Various trail running series are now on offer, which add to the numerous single day events already taking place. And then there are the incumbent and legendary multi-day stage races like the Wildcoast Wildrun (which we profiled in 2012) that are still attracting record numbers year after year. Even the extreme trail events like The Puffer, an 80km ultra-endurance event in the Western Cape, are over-subscribed, with entries selling out within minutes and long waiting lists eagerly awaiting lottery entries.

### THE LURE OF THE TRAIL

By all accounts trail running’s attraction mimics that of mountain biking, with hordes of road runners now joining the trail purists for a change of pace and scenery, as well as a new challenge. While I wouldn’t classify myself as a trail convert (I don’t particularly like assigning myself labels and I still love road running) I have been including a few trail runs and races

into my programme as my thirst for adventure deepens. With a number of single day trail runs under my belt I was invited to give what is arguably one of the biggest and toughest multi-day trail running stage races a go.

In its sixth year the three-day ProNutro AfricanX trail run presented by New Balance takes runners through and over some of the most scenic mountains in the country – the Overberg, which is located in local trail running’s spiritual home, the Western Cape (46% of all trail events in 2013 were hosted in the Cape).

The 2014 edition took place over the weekend of 14 – 16 March 2014. Runners descended on the Houw Hoek Inn, which is nestled in the heart of the Kogelberg Biosphere Reserve, to register and set up camp for the weekend. The

event is fully serviced, with options for tented accommodation and all meals catered for, or just race entries for those who want to make their own plans (R2500-R3500).

To keep things interesting and fresh for the entrants, particularly those who keep coming back to run the race (of which there are many) race organisers made more changes to the route in 2014, having moved the race from Kleinmond to Houw Hoek Inn in 2013. According to event manager, Nicola Collins, stage one of the 2014 event incorporated the best sections of stage one and stage three from 2013’s race. That also meant that 2014 would see a brand new stage three route.

### REGISTRATION

**One thing that stood out for me, having done a few mountain bike stage races already, was the size of the event.** The Houw Hoek Inn is a quaint lodge off the N2 between Grabouw and Botrivier, which lends itself to the more intimate atmosphere that the race organisers seem to want to create and maintain.

A total of 275 teams – 550 competitors – registered to run the race, which is by no means small. However, the atmosphere is certainly more personal than a mountain bike event like the FNB Wines2Whales, which is organ-

### THE ESSENTIALS:

- Running pack with bladder or water bottles.
- At least 1.5 litres of water.
- First aid kit.
- Emergency blanket.
- A whistle.
- Some food or solid race fuel.
- A cellphone.



Day one dawned with bright sunshine and no wind – perfect conditions for a day of trail running.



used by the same team and takes place in the same area. As such registration was quick and easy, and we were unpacked and settled into our tents within minutes of arriving.

Our first dinner and race briefing followed that evening. Aside from outlining the day's route, the hosts and emcee for the evening offered their tips for the stage and ensured everyone was entertained during the course of dinner. One key element highlighted at the race briefing was the mandatory elements runners needed to carry with them during each stage.

### ADVENTURE AWAITS

**Day one dawned with bright sunshine and no wind – perfect conditions for a day of trail running.** What lay ahead was anything but a 'loosener'. Starting and finishing at Houw Hoek Inn, we would cover 33km and 900m of vertical ascent. The stage delivered a good balance of technical sections and more open trail running on jeep track and dirt roads, but it still punished the ill-prepared among us.

There was also a sting in the tail, with a few steep climbs towards the end of the stage. The route took runners through sections of the Kogelberg Biosphere and the picturesque Paul Cluver Wine Estate. Some tough climbing up to the contour at the base of the Groenlandberg

provided epic views, giving those of us near the back of the field some time to rest and recover as we stopped to enjoy the scenery.

Without any frame of reference for a trail run of this nature – the terrain, distance and the amount of climbing involved – I was taking 'best guess' estimates of how long it would take to finish. This is something I would avoid in future as I was way off, and trying to work towards a set time at your first trail running stage race is not a good idea. We were reasonably on track for the first 12km, but then the wheels started to come off. In our case it took us an hour longer to finish than I predicted, which can play havoc with the mind. Thankfully the scenery and the friendly people ensured we kept pushing on, despite a few falls and some really sore legs.

Day one also showed up the areas of my preparation that were sorely lacking – downhill conditioning to be specific. Running downhill can be jarring if you're not proficient at it, even on the road. On steep mountain trails this is

compounded as you need to negotiate tricky terrain in addition to the steepness of the descents. If you're not proficient at this then you also tend to take small, choppy steps that can

be even more jarring on the legs. This type of running causes more micro-trauma to the leg muscles, especially the quads. Suffice to say, by the end of the stage my quads had taken a beating.

As such, once we crossed the finish line recovery became the name of the game – as is the case with any form of multi-day stage race. A carb-protein supplement followed by a cold shower and then a whole food meal with a good serving of protein, some complex carbs and lots of vegetables all helped the recovery process. This prepared the body for day two, which was set to be even tougher than day one. A stretching session before bed ended off my first day.

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## THE QUEEN STAGE

**Stage two of the 2014 AfricanX should be classified as a mountain run, not a trail run.**

Traditionally billed as 'dress up day', as competitors are encouraged to dress up in themed garb to win prizes and create a more jovial atmosphere, the fun element was off-set somewhat by the task that lay ahead.

While day two's route is a seasoned trail runner's dream stage, as 80% of it is single track, most of the climbs were so steep and the mountain paths so technical that we were walking for between 8-10km of the route.

After starting at the bottom of Sir Lowry's Pass at Ongegund Lodge, following a quick bus trip down, runners would cover 34km, with 1100m of ascent. The climbing started from the gun as we headed up to the historic Gantouw Pass, where wagon wheel tracks are still clearly visible in the rock. A long descent to the Eikenhof Dam at the Grabouw Country Club was followed with an unrelenting climb up the Groenlandberg Mountain. Starting at around the 20km mark this proved to be the toughest challenge yet for our weary legs. However, we were rewarded with spectacular views and, thankfully, the final few kilometres were on gravel roads to the Paul Cluver Amphitheatre.

### Overall race results:

#### **Katya Soggot and Chantel Nienaber (ProNutro Ladies)**

claimed gold in the women's team category of the 2014 ProNutro AfricanX Trail run presented by New Balance after completing the three day stage race in a combined time of 08h11m58s. Robyn Kime and Su Don-Wauchope (The North Face) claimed the second spot on the podium after three days of racing, while Danette Smith and Helene Roux (Team Mizuno) finished third.

#### **Meg Mackenzie and Andrew Erasmus (Team Salomon)**

claimed victory in the mixed team category after completing the three stages in a combined time of 07h39m57s. Landie and Christiaan Greyling (Salomon Mixed) claimed the second spot on the podium after three days of racing, while Marie Wessels and Eddie Lambert (Contego Mixed) claimed third.

Due to all the walking up steep climbs we had really stiff calves to compliment our now completely tortured quads. However, it really was the most amazing experience. While a number of runners complained that the final distance was between 1-2km farther than advertised, I felt the stage offered the perfect opportunity to lose yourself in the essence of trail running.

*\*Pedro was a media guest of Stillwater Sport & Entertainment. For more info on events organised and managed by the company call 086 138 3591 or email entries@stillwatersports.com.*

*"An event so wild and fun you get lost in it" -  
Born to Run by Christopher McDougall*

### A TALE OF TWO HALVES

Traditionally billed as the shortest, and easiest stage, day three held some serious surprises for runners. At 21km with just 650m of ascent it certainly looked to be the easiest day on paper, however, most, if not all of the climbing would happen in the last half of the race.

Setting off from Houw Hoek Inn for the last time we had a fast start ahead as we ran down a section of the historic Kat Pass into Botrivier for the first 10km. From there the route took us through the vineyards at Beaumont Farm before we started the relatively long, steep and technical climb up to some of the most spectacular single track I have ever run. Traversing mountain paths that run parallel to the Kat Pass jeep track and railway line certainly made for some of the most memorable trail running from the weekend. Running on this type of terrain, with those views and sheer drop offs mere inches away was the epitome of trail running in my mind.

Everyone in the group I was running with thoroughly enjoyed it, despite their aching legs. Obviously what goes up must come down, and the steep mountain

contour paths were once again torture on poorly conditioned quads, but the approaching finish line and the completion of yet another fitness adventure spurred us on to the end.

### A LESSON IN TRAIL RUNNING

Despite a great build up in terms of training volume ahead of this event I was largely unprepared for what awaited me at the AfricanX. The trail runs I did prior to the event didn't offer the type of climbing and descending I needed to train on to prepare my body, particularly my legs, for the punishing technical descents. Thankfully our approach was to take it easy from the start, which ensured we were able to finish each day.


Adequate trail running shoes are also essential. There were a few people on the trails who were wearing road running shoes and they complained terribly about their inability to cope with the turns and terrain due to a lack of grip and inadequate foot support.

It is also essential that you

train with your backpack on, whether you plan to run with a bladder or bottles. Trying it for the first time on a stage race is a recipe for disaster as it can lead to chaffing and discomfort on the run. When you're tired and the mind is faltering you certainly don't need an irritation like that adding to your woes.

Lastly, getting your recovery right between stages is of paramount importance. That means supplements and food, along with stretching and self-massage. Contending with the heat is also important, especially when you are staying in a tent. Whenever you camp being well prepared makes the whole experience more comfortable, and when you're dog tired and sore you don't want to fuss.

**IT IS ESSENTIAL THAT YOU TRAIN WITH YOUR BACKPACK ON, WHETHER YOU PLAN TO RUN WITH A BLADDER OR BOTTLES.**

Despite the hardship out on the route I plan to take this amazing event on again next year. There is definitely something special about trail running, and when an event as well organised as this offers you the chance to run in what I consider one of the most beautiful places in the world you need to try it out at least once. 



For more info on the 2015 event keep an eye on [www.africanx.co.za](http://www.africanx.co.za) or follow @runtheafricanx on Twitter. Entries open on 7 April 2014.

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BY CAROL ANTHONY

# A healthy

## ALTERNATIVE

### THE BENEFITS OF INCLUDING MORE PLANT-BASED PROTEIN IN YOUR DIET

**A**s more people try to make the shift from processed food back to natural whole foods, to take advantage of the various health benefits offered, the contentious issue of plant-based protein often comes up. The main concern most people have is: "Can you meet all your protein requirements from a vegetarian or raw food diet?" Rather than attempt to solve this conundrum it is probably more relevant to highlight the benefits of including more plant-based protein into your diet as not everyone wants to go completely raw or vegetarian. However, should you choose to follow a vegetarian or raw food diet there are also a number of important tips in this article that will guide you to achieve optimal protein intake.

#### NUTRITIONAL BALANCING ACT

**Balancing your macronutrient intake, with the right ratio of protein, carbs and good fats is crucial to any healthy, sustainable eating plan.** The right protein intake is therefore essential, even if a raw food or vegetarian diet is being followed as it is vital for all cells, tissue, bone and muscle. It makes up 40% of the body's dry matter and is key to the growth and repair of muscle, bone, ligaments and other tissues, as well as healthy hair, skin and nail growth. Protein plays a significant role in immune system function as it helps the body fight infection. It also assists in

maintaining bodily functions such as our digestion, metabolism and circulation.

Amino acids are the building blocks of protein. Animal protein is considered to be a source of complete protein as it contains all nine essential amino acids – those amino acids that the body cannot produce itself. Raw foodists believe that animal protein is not necessarily superior to plant protein as some plant proteins, especially the superfoods, contain all nine essential amino acids. As such, including certain superfoods in your diet can be extremely beneficial.

#### TIP - BOOST YOUR PROTEIN INTAKE

Juicing is a great way to start each day. By juicing chlorophyll-rich foods like wheatgrass we are ensured of a potent protein shot to kick-start the day.



#### ANIMAL PROTEIN CAN BE BAD

**For this reason it is pertinent to consider the inclusion of complete or almost complete plant proteins at the expense of some of the animal protein we consume every day. Animal proteins are classified as 'higher quality' proteins because of their complete amino acid profile, which more closely resembles the amino acid profile required by our bodies. While these amino acids can be quickly utilised eating animal protein doesn't necessarily equate to better health for a number of reasons:**

- Eating animal flesh is highly acidic, leeching alkaline minerals such as calcium from bones.
- Commercially farmed animal protein is extremely toxic as a result of all the antibiotics and artificial hormones fed to animals to make them grow faster and bigger. This, in turn,

places great strain on the kidneys and liver as they labour to detoxify the body of these toxic and harmful substances.

- Digesting meat requires more energy than plants.
- Regardless of how 'lean' meat is, animal protein contains high amounts of fat and cholesterol, making

them calorie dense. In contrast, there is a great deal of research that shows that the slow synthesis of plant proteins is the healthier option.





## PROTEIN UTILISATION

THE BODY IS ABLE TO MAKE ALL BUT NINE OF THE 22 AMINO ACIDS THAT MAKE UP THE BUILDING BLOCKS OF PROTEIN. These nine amino acids are known as 'essential' and must be derived from the food we eat. These amino acids can be derived from plant-based foods even though not all sources offer a complete amino acid profile. However, 'overlapping' does occur in all the plant sources of essential amino acids. Variety is thus best to ensure a complete profile is derived from the raw plant food meals we eat.

IF YOU ARE UNABLE TO BUILD OR RETAIN MUSCLE YOU PROBABLY AREN'T GETTING ENOUGH PROTEIN AS YOUR BODY WILL TAKE IT FROM WHERE IT CAN, WHICH IS NORMALLY MUSCLE TISSUE.

## HOW MUCH PROTEIN DO WE NEED?

This is also a very controversial topic.

The Dietary Reference Intake (DRI) suggests 0.8g – 1g per kilogram of body weight. As such, the recommended daily allowance for an average woman is 46g of protein per day. It is recommended that we get at least 10%, but no more than 35% of our daily calories from protein. It is widely reported that most people eat up to twice the required amount of protein per day.

**As a rule of thumb, you need more protein if you are:**

- Mentally or physically tired.
- Suffering from injury, cramps or muscle soreness.
- Unable to focus or concentrate.
- Losing muscle or unable to build muscle.
- Losing hair.
- Have brittle or weak nails that break.
- Are unusually susceptible to sunburn.
- Experience headaches, fainting and crankiness or are anxious, moody or depressed.

If you are unable to build or retain muscle you probably aren't getting enough protein as your body will take it from where it can, which is normally muscle tissue. If you frequently suffer from injuries chances are you don't have enough protein for muscle contractile strength or the rebuilding and recovery process. You may also require extra protein if you engage in sport or any other type of training or physical activity, so adjust your protein intake accordingly.

## SPINACH AND TURNIP GREENS

**Methionine** – Regarded as the 'cleaner'. It is important for fat emulsification, digestion, antioxidant (cancer prevention), arterial plaque prevention (heart health) and heavy metal removal.

**Sources** – *Black beans, Brazil nuts, cashews, kidney beans, oats, sesame seeds, spirulina, spinach, sunflower seeds and watercress.*

**Phenylalanine** – A precursor for tyrosine and the signalling molecules dopamine, norepinephrine (noradrenaline) and epinephrine (adrenaline), as well as the skin pigment melanin. It supports learning a memory, brain processes and elevates mood.

**Sources** – *Apples, beets, carrots, cashews, flax seed, hazelnuts, nutritional yeast, parsley, pineapples, pumpkin seeds, sesame seeds, sunflower seeds, spinach and tomatoes.*

**Threonine** – Monitors bodily proteins for maintaining or recycling processes.

**Sources** – *Almonds, beans, carrots, celery, chickpeas, collards, flax seed, greens, green leafy vegetables, kale, lentils, lima beans, nori, nuts, papayas, sesame seeds, sunflower seeds and walnuts.*

**Tryptophan** – Necessary for niacin production, serotonin production, pain management, sleep and mood regulation.

**Sources** – *Brussels sprouts, carrots, celery, chives, dandelion greens, endive, fennel, nutritional yeast, pumpkin seeds, sesame seeds, snap beans, spinach, sunflower seeds, turnips and walnuts.*

**Valine** – Helps with muscle cell production, recovery energy, endurance and balances nitrogen levels.

**Sources** – *Apples, almonds, bananas, beets, broccoli, carrots, celery, dandelion greens, lettuce, nutritional yeast, okra, parsley, parsnips, pomegranates, potatoes, squash, tomatoes and turnips.*

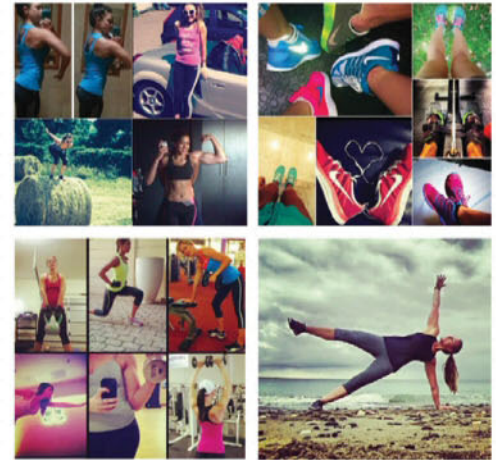


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**Strength and bootcamp** - *Loralie Hobbs*  
**Strength without a DOUBT. But MAN I love hitting the stepper too.** - *Cindy-Justin Royle*  
**Strength** - *Chante Minnie*  
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**@CorneEngel Cardio for the great feeling, strength for the awesome results!**  
**@babymeow13 Strength training baby!!!**  
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GOJI BERRIES

**TO ENSURE YOU GET ALL NINE ESSENTIAL AMINO ACIDS FROM A RAW FOOD MEAL OR DIET HERE ARE THE MAIN SOURCES:**

**ARGININE** – Classified as a semi-essential or 'conditionally' essential amino acid. This is determined by the developmental stage and health status of the individual.

**Sources** – Almonds, beets, Brazil nuts, buckwheat, carrots, cashews, celery, chickpeas, coconut, cucumbers, flax seed, garlic, green vegetables, hazelnuts, kidney beans, leeks, lentils, lettuce, nutritional yeast, onion, parsnips, pecans, pine nuts, potatoes, pumpkin seeds, radishes, sesame seeds, sprouts, sunflower seeds and walnuts.

**HISTIDINE** – Needed during infancy for proper growth and development. It was once believed to be only essential for newborns, but is now known to be greatly beneficial for adults too.

**Sources** – Apples, bananas, beans, beets, buckwheat, carrots, cantaloupe, cauliflower, celery, citrus fruits, cucumber, dandelion, endives, garlic, greens, legumes, mushrooms, pomegranates, radish, rice, seaweed, sesame, spinach, spirulina and turnip greens.

**ISOLEUCINE** – Necessary for muscle production, maintenance and recovery, especially post-workout. It is involved in haemoglobin formation, regulating blood sugar levels, blood clot formation and energy production.

**Sources** – Almonds, avocados, cashews, chickpeas, coconut, lentils, olives, papaya, seaweed and most seeds like sunflower.

**LEUCINE** – Essential for growth hormone production, tissue production and repair. It prevents muscle wasting and is used in treating conditions such as Parkinson's disease.

**Sources** – Almonds, asparagus, avocados, chickpeas, coconut, lentils, oats, olives, papayas, rice, sunflower seeds and walnuts.

**LYSINE** – Important for calcium absorption, bone development, nitrogen maintenance, tissue repair, hormone production and the production of antibodies.

**Sources** – Amaranth, apples, apricots, beans, beets, carrots, celery, cucumber, dandelion greens, grapes, papayas, parsley, pears and peas.

**SUPER PROTEIN KICK**

While these nutrient-rich, whole foods are ideal sources of plant protein as they provide true health, another good source of protein comes from certain superfoods. The following superfoods will give your daily protein requirements a huge boost.

**Algae** – Sources such as AFA blue-green algae, spirulina and chlorella all contain exceptional levels of amino acids, offering complete proteins. At 60-75% protein by weight, algae is the highest protein-rich food available, yielding three times more protein than meat. Glycoprotein and the amino acid peptide forms of protein commonly found in algae are easily assimilated and more readily absorbed by the body.

**Hemp** – A great alkalising, protein-rich superfood. Hemp contains all nine essential amino acids and is 36% protein. This makes hemp, by

weight, the second highest protein-rich food on earth after algae. More than 65% of hemp seed protein is in the form of globular edestin, which is free from the trypsin inhibitors found in certain seeds that interfere with protein absorption.

**Goji berries** – Contain 18 amino acids, including eight essential amino acids. These body-building proteins include serotonin-producing tryptophan.

**Chia seeds** – A near complete source of protein containing 19 amino acids. They contain twice the amount of protein found in other seeds and grains. Their ability to hydrate the body, keeping a favourable electrolyte balance, makes them suitable for athletes and fitness enthusiasts.



**FINAL WORD**

By choosing to follow a raw food or vegetarian diet, or simply adding more raw plant-based meals to our diet, we're able to improve the health of our bodies, as well as the health of our planet. So next time you're faced with the decision to cook meat for a meal, consider a plant-based dish as it has the potential to offer all the benefits, and more, of animal protein.



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**W**hen muscles are placed under constant tension during an exercise blood flow is often increased as well, which helps to kickstart the recovery and rebuilding process when combined with the correct intra-workout supplement.

Cable exercises and routines also add some variation to your routine, while the efficient use of these exercise machines can also crunch down gym time when used as a complete workout, as depicted in this feature.

**Other benefits of cable exercises include:**

- Places less stress on joints, ligaments, and tendons as the movement is more controlled, which minimises the ballistic impact of an exercise.
- Gives advanced gym-goers the opportunity to develop a strong mind-muscle connection.
- The movement is more controlled, which means that you can isolate muscles more effectively.

# 5 cable moves to TIGHTEN

BY TANJA CARRUTHERS, Editor | PHOTOGRAPHY BY Cindy Ellis |  
PERFORMED BY Mellissa Nicholson, 2013 USN Face of Fitness winner |  
DRESSED BY [www.boostgymwear.co.za](http://www.boostgymwear.co.za) | SHOT ON LOCATION AT Body Conscious



## TYPES OF CABLE ATTACHMENTS

A cable pulley system can also be extremely versatile as there are a number of different attachments you can use to target specific muscle groups.

**These include:**

- Straight bar (fixed and revolving)
- Cambered bar
- V-bar
- Ankle cuffs
- Ropes
- Stirrups

# & TONE

MAXIMISE RESULTS BY ADOPTING PROPER POST-WORKOUT RECOVERY TECHNIQUES.



**Form tip:** Do not hyperextend your back once the weight has been pulled upwards. Keep your trunk stable and core engaged at all times.



## UPRIGHT ROWS

**How to do it:** Grasp the bar attached to the low pulley with an overhand grip that is slightly narrower than shoulder-width apart. Stand upright with your knees slightly bent and your core engaged. Maintain a straight back as you pull the bar upwards towards your neck with your elbows leading. Return to the starting position by controlling the movement back down and repeat.

## Tension in 20 minutes

\* Warm up with 10 reps of each using a light weight

	SET 1	SET 2
Low pulley rows	15	12
Glute kickbacks	15 p/side	15 p/side
Upright rows	15	12
Bicep curls	20	15
Tricep pushdowns	20	15

\*30 sec rest between sets



Want to kick up your heart rate? Superset each set with 30 seconds of skipping or 10 burpees.

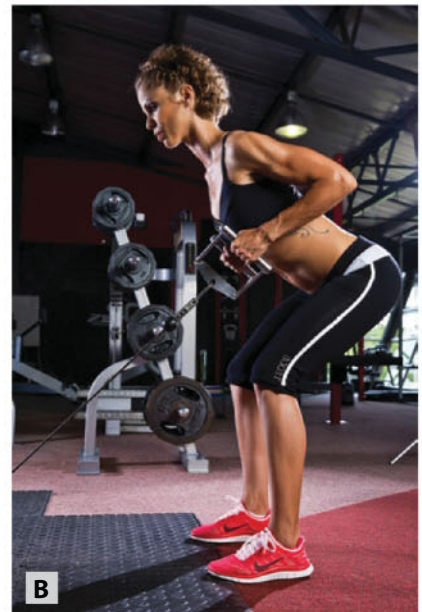
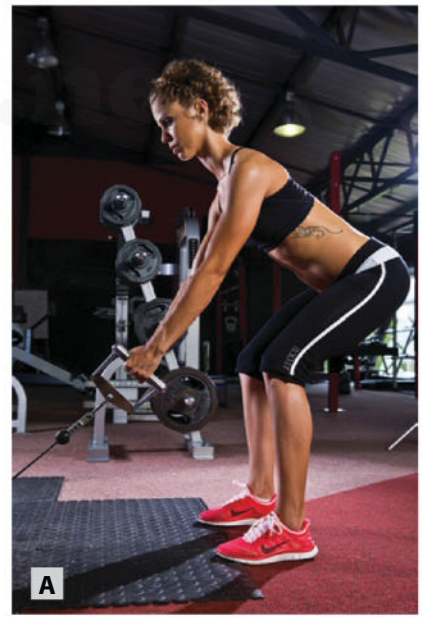
**Form tip:** At full extension squeeze your glutes and hold for a count to ensure full activation.

*“This is a great way to blast some fat, and use your core and buns all in one move!”*



## GLUTE KICKBACKS

**How to do it:** Attach an ankle cuff to the low pulley and then fasten it to your ankle. Face the pulley machine and hold the frame for balance. Keep your knees and hips slightly bent to maintain tension, and your abdominals and core tight. Slowly extend your leg backwards before lowering it back slowly, then repeat.



## LOW PULLEY ROWS

**How to do it:** Attach a row or V bar to the low pulley machine. Stand facing the machine and grasp the bar with an overhand grip. Take a few steps back to place tension on the cable. Anchor yourself by placing your feet shoulder-width apart and bend at the hips. Maintain a slight bend in the knees throughout the movement. Pull the weight towards your chest by pulling your arms and shoulders back. Focus on squeezing your shoulder blades together at the top of the movement. Keep your core engaged as you lower the weight back downwards.



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## CABLE EXERCISES CAN BE USED FOR BOTH COMPOUND AND ISOLATION MOVEMENTS.

Exercising with a cable machine puts your muscles under constant tension as you need to control the movement in both the shortening and lengthening phases. Free weights, on the other hand, offer variable resistance as momentum can be used to lift the weight, while the weight isn't always controlled on the extension or lengthening phase.

**Cable machines are versatile.**

### OTHER CABLE MOVES TO INCORPORATE:

Cables offer great variety to any routine. They're a good alternative when free weights aren't available or when you need some diversity in your workout.

### OTHER MOVES TO CONSIDER:

- Cable hip adduction
- Hammer curls (rope attachment)
- Bent over side laterals
- Shoulder press
- Rear delt flyes
- Overhead tricep extensions
- Front raise
- Kneeling cable crunch



**A** Cable pulleys make it easier to complete sets with a fluid and controlled movement.

## BICEP CURLS

**How to do it:** Face the pulley machine and grasp a revolving straight or cambered bar with an underhand grip. Keep your elbows at your sides as you raise the bar up to your chest. Hold for a count at the top of the movement as you contract your biceps. Lower your arms downwards under control until they are fully extended and repeat.



**B**

## TRICEP PUSHDOWNS

**How to do it:** Face the pulley machine with your feet placed shoulder-width apart. Grasp the rope attachment with a neutral grip. Place your elbows close to your body at your sides. Lower the rope straight down, keeping your core contracted and your body stable. Hold for a moment and slowly return the rope upwards. Your elbows can travel up slightly at the top of the movement.



**CABLE FINISHERS:** Include one or more of these exercises in your daily routine at the end of your workout as a 'finisher' or as part of a superset to flood the muscle with blood.



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### WATCH THE BEVERAGES

One of the simplest and most effective ways to cut calories without noticing it is to reduce the amount of sweetened beverages you consume. For instance, did you know that a 350ml serving of orange juice or fizzy drink contains around 170 calories? By cutting back on those three glasses you drink each day you'll be cutting back a total of 510 calories. Instead of sweetened beverages drink more water, unsweetened tea or a cup of coffee. Alcohol is also very high in calories (7 per gram), but is low in nutrients. So if you enjoy a regular glass of wine or beer then opt for light options, or drinks with low-calorie mixers such as soda water.

### REDUCE PORTION SIZES

Larger plates are a western phenomenon that offers little value to the quality of our diets. It gives us carte blanche to load up unnecessary servings without giving our portions a second thought. Rather take a side plate and serve up on that, especially when dishing up food at a buffet. Your portion sizes should be no bigger than the size of your fist for meat and the palm of your hand for carbs. And, despite what your parents told you, you don't

have to clean your plate to leave the dinner table. If you are full then leave the rest of the food. You'll soon get used to smaller portions and won't waste food.



### SAVVY SWOPS

Use one tablespoon of mayo and one tablespoon of low-fat cottage cheese instead of two tablespoons of mayo in your tuna salad.

**Ditch the salad dressings and sauces.** Rather use herbs and spices wherever possible, or stick to fresh organic vegetables for salads as they are packed full of natural flavour and don't need dressing.

# CUT 500 CALS NOW!

BY MELANIE HEYNS, Features Writer

## Simple ways to cut more calories from your diet daily

Dieting 101 states that in order to lose a few kilos you need to cut back on the amount of calories you consume. But the big question when it comes to cutting calories is, how many calories do you cut and how do you go about cutting them? The answer is, by eliminating high-calorie foods and substituting them for lower calorie, nutrient-dense options. **Not only will this provide your body with the vital nutrients it needs, but it will also help you shed more weight. Small changes such as these can help you cut calories without having a big impact on your daily lifestyle.**



Peppers are full of vitamin C

### FOR BREAKFAST

Use skim milk in place of full cream in your morning coffee. You can also swap the cereal and oats with high protein, lower calorie options such as boiled eggs or a health omelette for added variety.

Add some fibre to the high protein meal as this helps you reduce the number of calories you consume throughout the rest of the day as you feel full for longer.

### FOR LUNCH



If you're eating out enjoy your burger with onions, lettuce, and tomato, but skip the cheese, and only eat one side of the bun.

### FOR DINNER

Ditch the butter and go with a spread made with garlic, fresh rosemary and light margarine instead. When making meatballs mix half the amount of mince with the same amount of cooked brown rice.

### SNACKS

For your tasty cheat snacks switch half the butter in a muffin or cake recipe with an equal amount of applesauce or mashed bananas. You cut about 100 calories for every tablespoon you swap.

### GO FOR VEGETABLES


Substitute half of your serving of meat with vegetables. This can decrease the calorie content of your meals while also boosting your nutrient intake. Vegetables are also full of fibre and water, which keeps you feeling full for longer. You can cut out 125 calories by reducing your dinner meat serving by 57g and replacing it with half a cup of vegetables.

The key to reaching that magical target of cutting 500 calories from your daily diet starts with small steps. **For instance, instead of having a fizzy drink with your lunch have some ice cold water** or swap a carb serving at lunch or dinner with some vegetables. These are all small, simple changes that have a cumulative effect, helping you to eventually cut a massive 500 calories from your diet.



### ADDITIONAL TIPS

**Combine these diet tips with the following guidelines to help boost the daily calorie burn:**

- **Move more** – take the steps, walk around the office every hour or park farther from the shopping mall entrance and walk.
- **Stop mindless munching** – if you're bored you will often snack. Rather go for a walk outside or read a book to take your mind off the impulse to eat. And never eat in front of the TV or movie screen.
- **Order the smallest size** of whatever it is you are buying or ordering. And don't be scared to ask for kiddies or half portions at restaurants.
- **Ditch the fruit smoothies.** Rather juice green vegetables for your daily health smoothie.
- **Skip the side orders** and desserts at restaurants.
- **Ditch the butter** and margarine. Rather use some cottage cheese as a spread. 

When you approach it like this it's a lot easier to cut 500 calories from your daily diet than you think. Just remember the key is to start small and take it one step at a time. Eventually you won't even notice the changes you struggled with in the beginning.

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We had our first child after a gap-year spent backpacking around the world on a shoestring budget. This was at the seasoned age of 35, having squeezed the last drop out of care-free adult life. We joked about our first child being a 'laatlammetjie', but humour soon turned to concern when we heard the term 'geriatric pregnancy' for the first time. Sure, most people are aware of cases where a real geriatric fell pregnant, like Maria del Carmen Bousada Lara, a Spanish woman who gave birth to twin boys in December 2006 at the age of 66.

But here's an indelicate newsflash – if you're over the age of 35 and are pregnant then you also fall into the category of a geriatric pregnancy. That or 'advanced maternal age' – take your pick. At least you're in good company – Halle Berry had her second child last year at age 46. Nicole Kidman fell pregnant for the first time when she was 41, as did Mariah Carey. Both Tina Fey and Jennifer Connelly turned 40 before they had their second children.

So, while around 1 in 10 babies are born to women over 35, and laurels are being sung about the psychological and financial advantages of having babies at a later age, the medical world is rudely name-calling. Although 35 is not a line in the sand for fertility or pregnancy complications, the biological clock does start ticking for many women as their bodies become less supple and certain risks are increased for pregnancy after your mid-thirties.

If you're over 35 and expecting a child then you've already cleared the biggest reproductive hurdle at this age – falling pregnant. Fertility declines as we get older because we're born with a set lifetime supply of eggs. This number reduces over time as we grow older. Women are not on equal footing with men in this regard as sperm are continually produced anew, and fatherhood beyond 60 or 70 years of age is not unheard of, although it does come with risks to the baby. As time is a factor, if the mom-to-be is over the age of 35 and doesn't fall pregnant within six months of trying it is advisable to see a doctor to determine whether referral to an infertility specialist is advisable.

**hormones can affect the way your body uses insulin, which may result in pregnancy-related diabetic issues.** Women over 35 are twice as likely to develop gestational diabetes as their younger counterparts. Gestational diabetes can be a precursor to diabetes later on in life and results in bigger babies with their own health problems, not to mention a riskier labour.

### HYPERTENSION

**Studies suggest that the development of high blood pressure during pregnancy appears more common in older women.** It can reduce the blood supply to the placenta and therefore, once identified, high blood pressure and the growth and development of the baby needs to be monitored carefully. Additionally, if swelling occurs and protein in the urine is present it could indicate pre-eclampsia, which could lead to eclampsia, a serious condition that puts mom and baby at risk.

### GESTATIONAL DIABETES

**Even if you had no history or symptoms of diabetes before falling pregnant, pregnancy**

ARE YOU OVER THE AGE OF 35 & PREGNANT?

# PREPARING FOR A GERIATRIC PREGNANCY

If you're over 35 then falling pregnant and giving birth requires some extra special preparation



## RUN-UP TO LABOUR

If you successfully conceive then it is important to follow all the basic pre-pregnancy measures in addition to the following:

- Firstly, if you're past your due date don't be forlorn. You're not a deciduous product whose best-before date has expired. In this very controlled and scheduled life it is nice to maintain some mystery and allow baby to choose his/her birth date – up to a 42-week term that is.
- Once there's some action don't phone everybody you know and announce that baby's about to arrive. Labour sometimes takes interesting twists and detours, and you
  - don't need additional pressure to perform like clockwork from a well-meaning but misdirected peanut gallery. The same applies for going to the hospital too early. Your home environment is the most conducive and familiar labour environment. Stay there as long as you're comfortable.
  - Try to rest and relax as much as possible through the initial excitement. Sleep if you can, take a nice warm bath and eat
  - and drink as normal – you'll need the energy later.
  - Practise the comfort and relaxation methods you have learnt. Do your breathing, massage and position exercises when you experience a contraction. Use visualisation techniques for mental walk-throughs, get into your rehearsed positions and recite your affirmations.

### PREMATURE BIRTH

A 2006 report by the US Institute of Medicine said that pre-term births (at less than 37 weeks gestation) have risen by 30% in the past 25 years. According to the authors the largest contributing factors were older mothers and increasing obesity. Premature babies are at greater risk of health problems, disability or death.

### GENETIC DISORDERS

Although a woman aged 40 is nine times more likely to have a baby with a chromosomal defect than a 30-year-old, statistically the chances are still below 1%. While it is natural to be concerned about age-related risks, remember that the vast majority of babies are born perfectly healthy. According to the UK's Association for Down syndrome, 80% of babies born with the condition are born to women younger than 35.

### MISCARRIAGE AND STILL-BIRTHS

Increased miscarriage could be due to the higher likelihood of chromosomal abnormalities or uterine fibroids interfering with foetal development. Although the rates are still low, the risk of having a stillborn doubles once you're over the age of 35.

The bottom line is this: Statistically, 'older' women tend to have more medical conditions, which is why the medical fraternity automatically bumps pregnant woman over 35 into the 'high risk' category. However, this does not mean you'll have problems with your pregnancy, especially if you are fit and healthy before you fall pregnant. A woman's health, family and genetic history are much more indicative than age, and we can do something about your health.



### PRE-PREGNANCY PREPARATION

Managing your condition before you fall pregnant will keep both you and baby healthy. Here are few important steps to take:

- **Undergo a health screen/check-up** and supply your doctor with your complete family and personal medical history (including info on high blood pressure, diabetes, previous pregnancy history, etc). If recommended consider genetic tests.
- **Take a prenatal vitamin**, with at least 400 micrograms of folic acid, which is critical to the development of the baby.
- **Make the required health and lifestyle changes** such as regular exercise and a healthy diet. Ensure you are within your ideal weight range before falling pregnant, and try to reduce your stress levels by relaxing and getting enough sleep. End all use of stimulants, including caffeine (limit yourself to one cup of coffee a day) and other substances, including tobacco and alcohol.
- **Review all medications** you're taking with your doctor and root out, substitute or reduce the unnecessary and unfavourable ones.
- **Stick to your regular pregnancy doctor appointments/check-ups** so that any health issues are detected and treated early.
- **See your dentist** for regular exams and cleanings. Having healthy teeth and gums lessens the chance of preterm birth and of having a baby with a low birth weight.
- **Stick to the prescribed list** of prenatal screenings and tests. Screenings are not invasive or diagnostic (cannot completely rule in or rule out a condition), but help to determine the statistical chance of an abnormality being present, which can then guide the decision for further diagnostic tests.
- **Ultrasound examinations** including nuchal translucency scan (measuring the amount of fluid behind the neck of the

foetus to determine the likelihood of Down syndrome) and foetal anatomical scan can identify certain major and minor abnormalities.

- **Various blood tests** could provide info such as your blood group, rhesus factor, haemoglobin levels, syphilis status and rubella immunity, or blood screening (such as the double, triple or quadruple tests) that measures the level of hormones/chemicals in the blood such as beta human chorionic gonadotrophin (β-HCG) and alpha fetoprotein (AFP). They provide an estimation of risk for chromosomal abnormalities.
- **Urine tests check for high blood sugar and protein levels.** If the screenings indicate an increased risk, birth defects and other medical problems can be diagnosed through further tests such as:
  - **Chorionic villus sampling (CVS)** – a fine needle is inserted into the placenta (through the abdomen or vagina) to obtain a small tissue biopsy.
  - **Amniocentesis** – a long, thin, needle is inserted through the mother's abdomen into the amniotic sac to extract a small sample of amniotic fluid for examination.

All these screenings are tests that are time sensitive so make sure you keep your appointments. It is also important to continually educate yourself by reading constructive and factual pregnancy and childbirth

books, watch educational childbirth videos, take a childbirth education class and take a baby care class.

The first and last trimesters could also be taxing, so listen and be kind to your body. Slow down if needed. And make sure you're gaining the recommended amount of weight – women with a normal body mass index (BMI) of between 18.5 and 24.9 kg/m<sup>2</sup> should gain between 11½-16kg over their entire pregnancy. If at the start of your pregnancy you're underweight you should gain 1-7kg more than the recommended average, and if you are overweight, up to 9kg less than the recommended average.

When you take proper care of yourself there are many positive aspects to a pregnancy that happens later in life. Research shows that older mothers are in general more informed, likely to breastfeed and that they may be less prone to postnatal depression than younger women. The key to success is preparation.

**OLDER MOTHERS ARE IN GENERAL MORE INFORMED, LIKELY TO BREASTFEED AND MAY BE LESS PRONE TO POSTNATAL DEPRESSION THAN YOUNGER WOMEN.**

### CAESAREAN SECTIONS

Many studies have found that the C-section rate rises with the woman's age, and even that older first-time moms are many times more likely to opt for elective caesareans. Based on these findings medical journals have called doctors to recognise that their views of 'elderly primigravida' (first-time mother over the age of 35) were clouding their judgements, leading to increased interventions which did not appear to be connected with specific problems during birth, but often led to complications and, inevitably, a C-section. Although older first-time moms do, on average, labour longer, it is believed that much of the intervention is caused by a general perception that 'older' mothers are 'high risk'.



Chanel Schoeman is an internationally certified childbirth educator affiliated with the HypnoBirthing® Institute. She presents effective, natural birth-oriented antenatal classes in Centurion, Pretoria. For more information visit [www.infantree.co.za](http://www.infantree.co.za).

**INFLAMMATION  
- NOT SO BAD  
AFTER ALL**

# IS IT TIME TO RECONSIDER OUR NEED TO REDUCE INFLAMMATION?

# TREATING INFLAMMATION

**T**here are a growing number of experts and free-thinkers globally who are challenging beliefs and the conventional wisdom behind many established approaches in the health and fitness industry. The most prominent areas of debate currently centre around modern day diets, optimal hydration and various aspects of human movement, particularly the way we run.

There is no doubting the fact that these new ways of thinking have been nothing less than revolutionary for a number of people from various walks of life, not least of which the highly active. For example, many followers of

the low- carb, high-fat (LCHF) dietary approach have reported significant weight loss and amazing health benefits.

With this as the backdrop it is pertinent to consider a growing debate around our approach to treating injury, specifically the inflammation it causes.

For as long as I have been active, and studying and working in the health and fitness industry the first line of treatment for the inflammation of muscles, joints, ligaments and tendons has been to try and reduce it, be it through icing injuries or the use of anti-inflammatories, because inflammation is 'bad'.

Granted, in general, inflammation is undesirable and should be reduced, especially if it is chronic, like systemic inflammation in the digestive tract or lungs for instance. However, it is not possible to view inflammation as either 'good' or 'bad' in general terms as it is an extremely complex process. There are instances when inflammation offers great benefit, for example

during muscle repair following intense exercise or during an initial (healthy) innate immune response. In other instances inflammation, especially chronic inflammation, can lead to severe dysfunction and disease.

However, in the context of this article, and the numerous discussions taking place worldwide, the argument pertains to the way we treat and manage inflammation when it comes to muscles and their supporting structures.

## DEFINING THE CONDITION

In general terms, Wikipedia defines inflammation as "a protective attempt by the organism to remove the injurious stimuli and to initiate the healing process." In terms of tissue injury, inflammation is a response to physical and/or mechanical stress in the case of an injury and is often characterised by swelling, pain, discolouration and dysfunction of the affected tissue.

Any condition that induces inflammation triggers the recruitment of leukocytes and plasma proteins to the affected tissue site, as well as macrophages, neutrophils and cytokines, which initiate the adaptive repair response. As such inflammation is an essential part of the body's attempt to heal itself.

*Massage therapy can help for physical rehab to promote recovery. Make sure you go to a professional.*



# R REST I ICE C COMPRESSION E ELEVATION

However, with the advent of modern medicine our immediate reaction to swelling is to try to bring it down, with the acronym RICE drummed into the heads of active individuals, sportspeople and exercise specialists. However the rest, ice, compress, elevate (RICE) approach to acute injury treatment is what a number of people in the fitness industry are starting to question.

## CHALLENGING CONVENTIONAL WISDOM

As far back as 2010 questions have been asked about the effectiveness and requirement to ice acute soft tissue injuries sustained during physical activity, especially to muscle. Neuroscientists at the Neuroinflammation Research Center, Department of Neurosciences, Lerner Research Institute at the Cleveland Clinic in Ohio found that inflammation actually helps to heal damaged muscle tissue. The research study, published in the FASEB Journal, showed that inflammation helps to heal damaged muscle tissue. This finding was a departure from conventional wisdom and common practice that sought to control inflammation to encourage healing through the use of ice and anti-inflammatory drugs.

The researchers found that the presence of macrophages in acute muscle injury produce a high level of insulin-like growth factor-1 (IGF-1), which significantly increases the rate of muscle regeneration and improves muscle injury repair. As such, it was deduced that combating inflammation may eliminate its benefits to the healing process.

This is a somewhat controversial view according to the greater health and fitness community, but is a view also held by Joshua J. Stone, MA, ATC, NASM-CPT, CES, PES, FNS, an expert in sports medicine, fitness, and performance

training. He broached the subject of the overuse of cryotherapy (the use of extreme cold to treat various conditions) in a blog post he wrote for his website <http://athleticmedicine.wordpress.com>. Much to his dismay the post stirred up a great deal of controversy, making it one of the most popular blog posts he has ever written.

Following the response he stated: "What is surprising to me is that a controversy exists at all. Why, where, and when did this notion of anti-inflammation start? Ice, compression, elevation and non-steroidal anti-inflammatory drugs are so commonplace that suggesting otherwise is laughable to most."

He then followed this up with another blog post entitled "Why ice and anti-inflammatory medication is not the answer", published on November 7 2013 on his site. In it he states, "Much like a fever increases body temperature to kill off foreign invaders; inflammation is the first physiological process to the repair and remodeling of tissue. Inflammation, repair, and remodel. You cannot have tissue repair or remodeling without inflammation. In a healthy healing process, a proliferative phase consisting of a mixture of inflammatory cells and fibroblasts naturally follows the inflammatory phase."

Offering his rationale on why conventional wisdom in this regard is wrong, Stone continues: "Does ice facilitate movement of fluid out of the injured area? No, it does not. The lymphatic system removes swelling ... Swelling is a necessary component in the first phase of the healing process. Swelling is controlled by the body's internal systems to attain homeostasis. If swelling is accumulated it is not because there is excessive swelling, rather it is because lymphatic drainage is slowed. The thought that ice application increases lymphatic flow to remove debris makes no sense."

Stone uses an analogy from Gary Reinl, author of "Iced! The Illusionary Treatment Option" to better illustrate this point. "Take two tubes of toothpaste, one is under ice for 20 minutes, the

other is warmed to 99 degrees. In which tube will the toothpaste flow fastest? It does not take an advanced physics degree to know that answer."

According to Stone "ice actually reverses lymphatic drainage and pushes fluid back to interstitial space. A study published in 1986 found when ice is applied to a body part for a prolonged period of time; lymphatic vessels begin to dramatically increase permeability. As lymphatic permeability increases fluid will pour from the lymphatics into the injured area, increasing the amount of local swelling. Ice can increase swelling and retard debris removal!"

And rest isn't the answer either according to Stone, pouring further water over the RICE treatment approach. "Rest does not stimulate tissue repair. In fact rest causes tissue to waste ... Evidence has shown that tissue loading through

## GIVE ICE THE COLD SHOULDER?

So what do we do when faced with inflammation following a tissue injury? Well, author Mark Sisson is another proponent of anti-inflammatory-free and ice-free healing, and he eloquently states the case: "(I)nflammation is a necessary response to injury. It's the inflammatory response that increases blood and lymphatic flow to and from the injured tissues, bringing healing nutrients and inflammatory mediators and removing damaged refuse. It's the inflammatory response that makes injuries hurt, which prevents us from using and re-injuring the injured area," he explains on his blog [www.marksdailyapple.com](http://www.marksdailyapple.com).

But it is Dr Nick DiNubile, Editor-in-Chief of The Physician And Sports Medicine Journal who probably summed it up best when he was quoted as saying, "Seriously, do you honestly believe that your body's natural inflammatory response is a mistake?"

So where does all of this leave us? Well, do an online search for any topic related to injury and you'll find that most articles,


# YOU CANNOT HAVE TISSUE REPAIR OR REMODELING WITHOUT INFLAMMATION.

exercise or other mechanical means stimulates gene transcription, proteogenesis, and formation of type I collagen fibers."

In a subsequent post he also elaborated on this point: "Exercise that does not exacerbate pain and other symptoms of inflammation may lead to more rapid tissue repair which can lead to earlier recovery. The deleterious effects of rest and immobilization on tissue health must be balanced against benefits of pain relief and comfort."



experts and established best practices state that you should apply the RICE principle to an injury. In fact, we've advocated that approach many times in this magazine as this is what anyone with a health and fitness qualification has been taught to date.

However, with scientific studies backing this shift in thinking a growing number of respected professionals in the global health and fitness industry support this approach, and with all the success that many people have enjoyed by following approaches that challenge commonly held beliefs there is certainly enough reason to consider it. You might not be back training as soon as you would with the use of icing, but you'll certainly benefit in the long run following a fuller recovery and the possibility of fewer subsequent injuries. 

# 3 ways that your mindset may be hampering your results

## COMPARISON IS THE THIEF OF JOY



BY LAETITIA RYKER  
@LRyker



**I**f you're like me, you probably find yourself frequently falling into the habitual, yet often dangerous, trap of comparing yourself to others. However, it's human nature to compare ourselves with others, be it our bodies, our achievements or our progress.

While this comparison might be a form of motivation for some, for most people it sets in motion a never-ending race that usually ends in more self-doubt. But why is it that self-doubt increases when we constantly compare ourselves with others? Well, we tend to over-inflate the other person's strengths and diminish or ignore their weaknesses. At the same time we tend to downplay our own strengths and amplify our weaknesses. In other words, we don't actually compare ourselves to a true representation of the other person. We compare ourselves to our perceived version of that person - we tend to compare our 'behind-the-scenes' with another person's 'highlight reel'.

### 3 reasons why we should stop comparing ourselves to others:

#### 1 *It's damaging to our sense of self*

**"Comparison is the thief of joy."** I love this quote by Mark Twain because it is so accurate. Numerous studies have shown that constantly comparing ourselves with others breeds feelings of depression, envy and low self-confidence. It also affects our ability to trust other people. Thus, a life of constant comparison is also a life devoid of joy because we will always find someone who looks better or has more than us. By constantly comparing ourselves with others we unknowingly strip ourselves of the ability to see our own strengths, our own victories and our own progress, while simultaneously failing to see the beauty of our own journey.

**“The body that you don’t think is good enough is the same body a million other people would kill for.” – Jill Coleman.**

### 3 It doesn't help us to accomplish our goals

We tend to think that comparing ourselves to others will motivate us to work harder or to reach our goals but, contrary to popular belief, this isn't necessarily the case. It has actually been proven that being hard on ourselves decreases motivation and negatively affects our willingness and ability to complete a goal. Constant comparison hinders us from reaching our goals because mental energy is finite. If we're expending all our mental energy on comparing ourselves with others we have no mental energy left to motivate ourselves or to work towards our goals.

Constantly comparing ourselves to others is like fighting a losing battle. We will never reach a point where we are better than everybody in everything because we are all different and we all have

different talents. Come to think of it, life would be pretty boring if we were all the same. The mere fact that we're all different and that we all have a different set of talents and interests is exactly what makes life interesting. The big problem when comparing ourselves with others is that it always results in a back-and-forth conversation in our heads, where we convince ourselves that we are not good enough and that we don't have what it takes.

You will believe whatever you constantly tell yourself, and it will eventually become your truth. Constantly comparing ourselves with others will never end well because it will always lead to insecurity, which takes us further away from self-acceptance. So how do we stop participating in this never-ending game of comparison?

### 2 We tend to be biased when comparing

**As previously stated, we tend to compare our 'behind-the-scenes' with someone else's 'highlight reel'.** The reality is, what people present to the world (via social media or how they come across to others) is usually an edited version of themselves. For example, if you're having a really bad day and someone asks you how you're doing, how do you normally respond? Probably something like this: "I'm great, thanks". Why is that? Studies have shown that we are less likely to

reveal our negative emotions than our positive ones. It's easy for us to tell other people when we have had a great day or share positive news, but we usually think twice before we share our bad days or our failures. When we start comparing ourselves to other people based on what they tell us about themselves, or what our perception is of them based on what they portray via social media, it becomes problematic because they're all inaccurate sources of information.

## Change for the better

#### 1 Change your focus

**Whatever we focus on expands.** If we are constantly focused on all our weaknesses and all the areas where we lack, we are going to see more weaknesses and greater flaws. If we are focused on how well other people are doing or how fast they are progressing we will fail to see our own progress. Changing your focus isn't something that will happen automatically. Initially it's going to be a conscious decision that you have to practise until it becomes second nature.

**What to do:** Write down 3-5 of your strengths on a piece of paper and pin it up where you will be reminded of it on a daily basis.

#### 2 Celebrate yourself

**We tend to be our own worst enemy.** We are so hard on ourselves and we tell ourselves constantly that we are still far from reaching our goal. But what about how far you have already come? If we constantly compare ourselves with others we never celebrate our own victories or our own journey.

**What to do:** Write down 3-5 of your achievements or victories. It doesn't matter how small they were. If it was something that you thought you couldn't do and you did it, it has to be celebrated.

#### 3 You vs. You

**If you really want to escape the comparison game you should start tracking your**

**progress with your own progress.** Find ways to track your progress that will motivate you, like breaking a personal record in the gym or on the road, or fitting into a smaller sized pair of jeans. This way you are focusing on improving yourself. The only person you should be better than is the person you were yesterday.

#### 4 Spend less time on social media


**A correlation has been found between time spent on social media and a decrease in self-esteem.** Through social media we are exposed to images on a daily basis that have a huge impact on our concept of self, our self-image, self-esteem and our body image. As we scroll through our newsfeed on Facebook, Twitter and/or Instagram we are automatically confronted with photos of other women. You will most likely compare yourself with these images in your newsfeed because, according to the Social Comparison Theory, we all want to gain accurate self-evaluation, and we do this by comparing ourselves with others. It will be difficult to stop comparing yourself with these images if you're constantly exposed to them. As such, the best option is to limit your time spent on social media sites, especially if you feel that it's affecting you negatively.

#### 5 Find your passion, your purpose

**One of the best ways to see your worth and to stop the comparison game is to find**

**something that you are passionate about or do something that will change other people's lives.** By doing so you automatically become less focused on your outward appearance, because you know that it's the dream that you have in your heart that is changing lives, not the package that it comes in.

In closing I would like to leave you with this powerful quote that has really challenged me to change my own mindset: "The body that you don't think is good enough is the same body a million other people would kill for!"

– Jill Coleman. 



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**HERE'S HOW**  
 After you lose a bit of fat you start getting to more and more stubborn estrogenic fat that is leftover. The fat is very hard to get off because it is resistant to fat loss because of the high density of A2 receptors. High A2 receptor fat is usually in locations, such as chest, inner thighs, and love handles. This is where Yohimbine gets to work.

The best time to use **Body Sculpt** is when you have low body fat and just can't get rid of fat from certain problem areas. If you are fat all over, there is no point in trying to spot reduce fat in one area with **Body Sculpt**. Your first priority should be to reduce overall body fat. Once you get to a low body fat percentage and you hit a fat loss plateau, then add **Body Sculpt** to the problem areas.

You should start to lose the fat in those areas as long as you continue to diet and exercise while using it.



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# ESSENTIAL ENERGY

Essential Amino Acid Delivery

Muscle Recovery

Energy and Focus

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**NOTHING  
COMPARES  
TO THE OLD**

**“Oxy”**

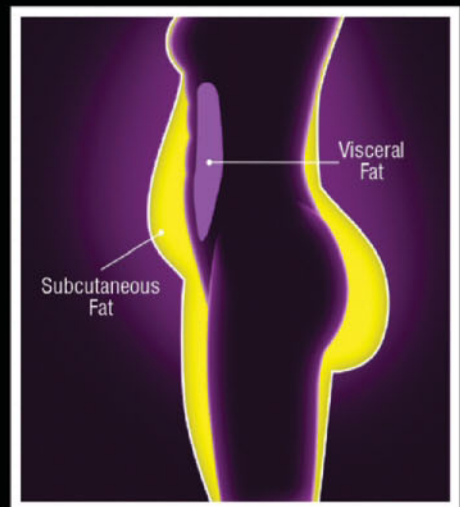
**UNTIL NOW**

Fat is not just fat, if you want to have that lean and toned look, then you want to burn subcutaneous fat. This is the fat that covers your abs and gives you that smooth, sometimes chunky look.

**YOUR FAT IS BEING HELD HOSTAGE BY  
YOUR ALPHA-2 RECEPTOR**

Whether it be your tummy, thighs or butt, we all have areas where the fat just never seems to leave. This is because your Alpha-2 receptor is holding it hostage. When activated, these receptors shut down fat loss in these areas and try to store even more fat like a squirrel storing nuts for the winter. Fortunately core ingredients in OxyBurn has been suggested in studies to block the Apha-2 receptor.

**GET THAT SHREDED LOOK WITHOUT THE TERRORISING  
EFFECTS OF THE FAT HOSTAGE RECEPTOR!**



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