

WomenFitness

November/December 2018

THE CHRISTMAS ISSUE

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Fitness Influencers

Who

DRIVE US
INSPIRE US
MOTIVATE US

Jillian Michaels

Unlocks The Secret To
Ageless Strength,
Health & Beauty

Celebrity Rock Star Wife,
Children's Author & Philanthropist

Jaclyn Stapp

Gets Real About Motherhood & Parenting

DIGITAL NOT ENOUGH?



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Hair: Damian Monzillo



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Fitness trainer Kori Anderson tells us her top 5 exercises that have been known to guarantee you flat abs without having to use any equipment! Now, isn't that pretty incredible? You use your body instead, hence can do them in the comfort of your home, or anywhere with no need to go to the gym.

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Committed to helping people to be the best versions of themselves and to live their happiest and healthiest lives, Jillian Michaels has dominated the health and wellness space since a really long time. With so much more lined up for her, we at Women Fitness decided to give you a sneak peek of her life and what it takes to be the Best Fitness Trainer in the World.

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Gabrielle Reece is not only a volleyball legend, but an inspirational leader, New York Times bestselling author, wife, and mother. The former professional beach volleyball player and Nike's first female spokeswoman is the definition of athleticism. For the first time ever, she opens up about how she feels passionately about evoking a sense of self-motivation, towards fitness, in people of all ages and from all walks of life to become stronger and healthier, only in Women Fitness' Winter Issue.

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During your weight loss journey, there may come a point where you suddenly stop noticing results altogether. This is what we call a fat loss plateau. Once the plateau hits, many either get too aggressive with their weight loss plan or quit it cold turkey. But before you get discouraged, there are safe and workable solutions to beating your weight loss plateau.

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Linzi Martinez mission in life is to educate, captivate and motivate her listeners, clients and viewers to live a Happy, Healthy, Stronger life. Women Fitness asks Linzi 7 Hot Fitness Questions, that everyone wants to ask a trainer!

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Social media has blasted all over our screens in the past few years, and now more than ever people are coming out, sharing their journeys and inspiring others. Women Fitness also thought of bringing a close to the year with the Best Health & Fitness Influencers of 2018.

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Hello Fall! With the change in weather, our bodies adapt to cope with the same. Quite often, people tend to notice some fluctuation both mentally and physically as the season shifts. Here are 8 Yoga Poses that will give you all the feels and help you stay happy and positive through Fall and Winter.

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Shopping

So the season of Fall is a fashion lover's paradise! You have so many ways to style your look, to dress up or to dress down. One such easy yet smart way is layering your look with coats. To tell you more about the best ways to do so we have the best coat trends for Fall 2018.

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Sun-Sign Fitness

With Thanksgiving and Christmas being the most awaited holidays of the year, it's time for you to set new goals and bid goodbye to old habits as we get ready to enter the New Year. To get this right, we have your sun-signs to guide you along your fitness goals.

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Editor's Note

“Be Yourself. Life is precious as it is. All the elements for your happiness are already here. There is no need to run, strive, search, or struggle. Just Be.”
– Thich Nhat Hanh

At Women Fitness it's been our constant endeavour all through the year to motivate you to live your healthiest and most active life possible. This is applicable to women of all shapes, sizes, and activity levels. WF health & fitness experts make it a point to be inclusive in our voice and content.

Our goal has been to help women achieve the best versions of themselves motivating them to rise against every challenge via inspirational content, live with a fit mindset, and encourage them to embrace getting stronger, healthier and more confident.

This christmas, we want you to pause for a moment, and think about having a (slightly more) meaningful Christmas. In this issue we discuss ways how you can make christmas more meaningful with articles like, Thanksgiving Recipes for A healthy Treat, tips to stay Healthy all through the holidays, guilt-free snacks, best make-up look for christmas eve and lots more.

Instead of putting your head into buying presents for relatives & friends, Just try being present. Don't just get busy in party preparations that you yourself miss out the fun of dinner. Set your smartphones & laptops aside for it can be a struggle to get anyone to listen with them around. So just be present where everyone is fully present. Wherever you are for Christmas, and whatever you like to do, I hope you get to do it.

Happy Holidays,

Namita Nayyar

President, Women Fitness

Namita Nayyar
Editor-In-Chief

Tanya Nayyar
Creative Editor

Rohit Nayyar
Chief Business Officer

Contributing Editors

Kathy Fang

Anna Williamson

Charlene Bazarian

Megan Davies

Taryn T. Francis

Shawn Clark

Guest Writers

Lindsey Mathews

Kori Anderson

Jessica Castaneda

Laura Arndt

Linzi Martinez

Dr. Tsippora Shainhouse

Cover Story

JACLYN STAPP

Photographer: Fadil Berisha

Stylist: Blair Berisha

Makeup: Meg Kashimura

Hair: Damian Monzillo



Photo Credits
Photographer: Fadil Berisha
Stylist: Blair Berisha
Makeup: Meg Kashimura
Hair: Damian Monzillo

B

orn in New York and raised in Florida, Jaclyn Stapp is a southern girl at heart who overall enjoys time with her family, raising her children, traveling on tour with her Grammy award winning husband and her philanthropic work. This one time skinny, boyish looking girl recalls her first introduction to the stage when her mom entered her in her first pageant at a young age. Determined and driven, Jaclyn was crowned Miss New York USA 2004 and placed 1st runner up in Mrs. America.

As a graduate of Stetson University with a Bachelors in Communication, education remained an integral value for Jaclyn. Her life long platform is to support underprivileged children by providing them with tools and encouragement to overcome challenges. She has accomplished this mission with the creation of her charity called Charm, Children Are Magical Foundation.

Today, as a mother of three, Jaclyn is not your average mom, she is multi talented with strong insights on postnatal fitness, diet and skincare. To share her life experiences as a mother and embracing parenthood, while staying healthy and fit, we have with us Jaclyn Stapp, who graces our last issue for the year!

With a pretty incredible background as a philanthropist, fashion model, and former miss New York USA, you have embraced motherhood with utmost grace and perfection. If given a chance to define this new phase of your spectacular journey, how would you define it?

Motherhood is the greatest gift of my life. It's not the easiest job but I can say, for me, the most rewarding. I cherish every moment hearing them call out mom, mommy, mama. I am committed to God, and my family. Growing up in a family of five children, I learned early in life about the joys and challenges of being responsible and respectful. Being more of a giver than a taker. Mentoring, teaching, loving and passing on family traditions to my children will help shape their lives. The impact on my life of being a wife and mother defines my journey in life.



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Photographer: Lola Melani



You have been blessed with three wonderful children. Share real challenges that you face as a working mother. Many women try to keep away from experiencing motherhood with the fear of added burden of managing work & home life.

It is not an easy task to juggle motherhood, being a wife, a job, the kids school schedule, their music lessons, sports activities , and staying involved in community service. So I have learned to prioritize, organize, and ask for help when I need it. It takes a while but I finally mastered multitasking and delegating. I love my career and value my work to make an impact on the community and those in need. Some days I may call out sick, skip hair, makeup, and glitz! Other times, when I have dance practice and football at the same time and cannot cook, Dad kicks in or I tap into food delivery which the kids love. With tons of emails, speaking engagements and traveling on tour with hubby calendars help keep me organized. Every mom has a different schedule and family needs. Weekends for me are prime time when I recharge my batteries from the week, put away the phone, laptop, the errands, and focus on making the weekend fun and last. We mothers some how have a miraculous way of making things happen and do what works best for our families.

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With the arrival of baby Anthony, how did his siblings react to his arrival and do they help with baby chores?

One of the greatest feelings of joy was the arrival of this incredible baby who gave us such an overwhelming sense of purpose, love, and gratitude! Baby Anthony brought tremendous excitement and happiness beyond anything we could have expected. While holding baby Anthony in his arms, 8 yr old Daniel whispered, "This is the best gift I could ever have. Better than anything I have ever gotten for my birthday or Christmas." 11 yr old Milan said, "God answered my prayers! All I ever wanted was another little brother." Our common denominator is baby Anthony whose feet don't touch the ground because we all just want to hold and love on him. We rush to feed him first, change his diaper, or take him on a stroll. Scott and I have lovingly turned down some our social life because we love being at home or doing activities with our kids. We really enjoy our time together as a family.



Some of my favorite fitness classes are Hot Yoga, Orange Theory Fitness, Barre 3 and Sculpt house.



With such a busy schedule, how are you able to find out time to workout? Share five favorite exercises for postnatal fitness?

We are all very busy in our daily lives and have work to complete or places to go. I've found it important to take care of my health in every aspect, mind, body and spirit. I have a daily routine which I make sure includes time for exercising. Some of my favorite fitness classes are Hot Yoga, Orange Theory Fitness, Barre 3 and Sculpt house. Either hubby or grandma stand in for me so I can get in my morning classes. I also love walking the beautiful Nashville trails around our home with the baby. Post work out, I finish with a protein drink, and Ezekiel bread with avocado.

You recently told us when dieting, "First thing I did was focus on my mouth. Yes, my mouth because what goes in matters." Were there any food that you eliminated or added to your diet which helped you in building a healthy physique?

What we eat definitely matters. I love salads with a protein and vegetables, but I am human and can't beat the cravings for a hamburger and fries sometimes, but not too often. I focus on low carbs and high protein. I cut down on sugars and salt. My husband is so disciplined with his diet exercise so he helps makes sure the kitchen is stocked with healthy foods. Occasionally I'll cheat with my moms home made baklava, but like with hamburgers, I limit my cheat meals to 2-3 per week. Overall, It is important to eat a balanced diet, but I can't say I don't look forward to my cheat meals.



Photographer: Lola Melani

With a festive season setting in what are your do's and don'ts for a Christmas dinner party?

I love hosting events at my home and try to serve both naughty and nice plates. I have a big family that we host often. I try to cook with oils instead of margarine, stay away from gravies, I use broth a lot, replace whole rice with brown rice. I try to cut down on the holiday chocolates and cookies and lay out trays of vegetables, nuts, fruits, and low fat gourmet cheeses. When attending dinner events, outside of home, I try to resist candy, pastries, and cakes with small portions or dark chocolates.

With so many dinners and parties to attend, it may sometimes be hard to find time to fit in a workout session. How are you then able to still make out time for a quick workout or yoga session?

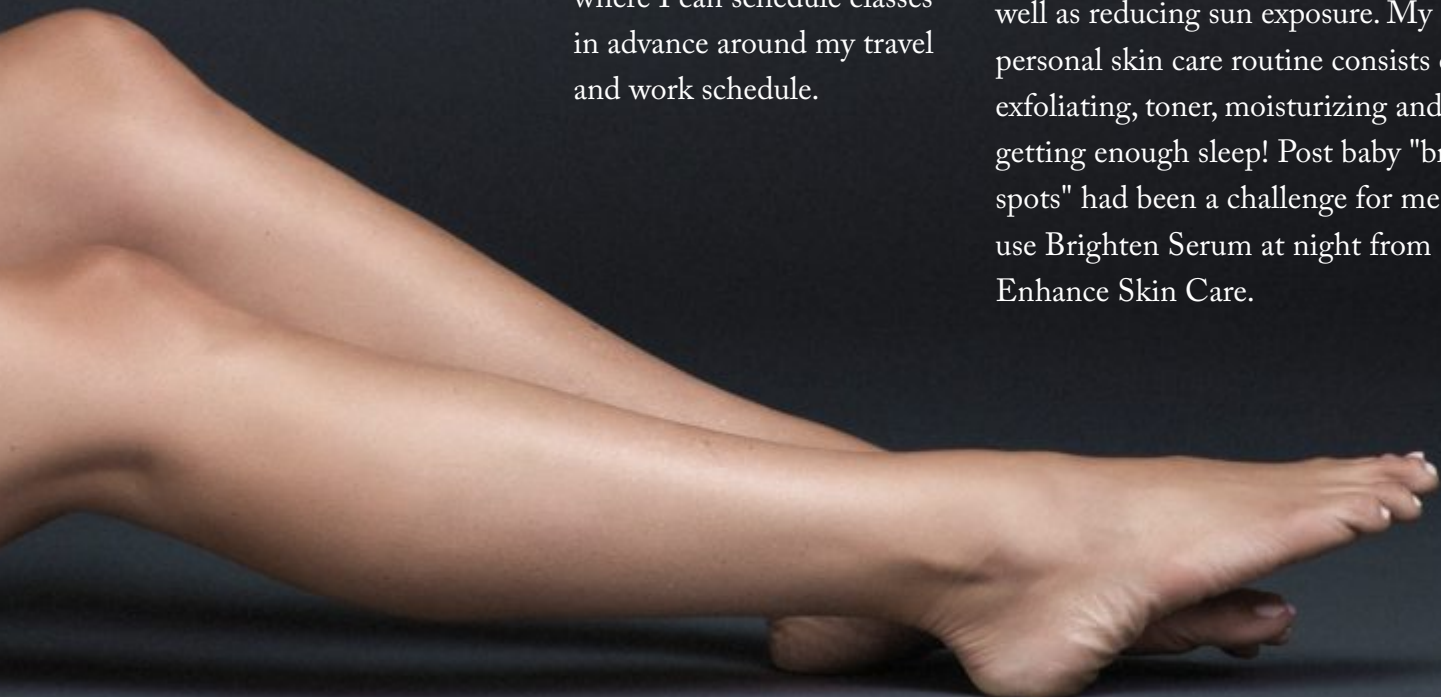
Mothers of three sometimes have to compromise social events for staying at home which can be another good way to avoid the festive dishes, holiday cocktails, dips, chocolates and savory casseroles. Everyone is different and what works for one may not work for someone else. I practice yoga, and sculphouse mostly everyday, even in our home gym, and sometimes yoga with the kids which is hilarious as they try to bend, stretch and keep balance. It's another bonding moment for us. I also love using the Mindbody app on my phone where I can schedule classes in advance around my travel and work schedule.

Stretch marks are a challenge in every woman's pregnancy. What recommendations would you like to make to help reduce them, post-pregnancy?

I am lucky to have my mom's genes with a skin type that doesn't burn or easily stretch. I am also a firm believer in Pure Fiji nourishing exotic body oil that I massage on my tummy, legs and other parts of the body everyday. I used this oil for all 3 of my pregnancies and have no stretch marks. I drink lots of water to stay hydrated and I also try not to take very hot baths or showers which can dry the skin.

Share with us your top 5 skin care tips for dry and rough skin.

Hydration and exfoliation is the first start for skin care. I use the Enhance skin care hydrate ultra and I love Karee Hayes Koji pads. I drink lots of water daily and once again I am careful about sun exposure and eating healthy. Dr. Irene Gladstein from Enhance Aesthetic Arts in NYC customized my skin care products for my type of skin. Nightly moisturizing is also a must as well as reducing sun exposure. My personal skin care routine consists of exfoliating, toner, moisturizing and getting enough sleep! Post baby "brown spots" had been a challenge for me so I use Brighten Serum at night from Enhance Skin Care.



You manage CHARM, a non-profit charity that provides education and support to underprivileged children despite being a busy hands on mom. How do you manage this and take out time for working towards a better future for these kids?

I was raised by my widowed mom in a home with five children. Living a life with humble begins, we were thankful for all that we did have and even learned to give to others. She led by example volunteering to help families, mothers, and children which left an indelible imprint on my life. In high school, I competed in pageants with a platform to reach out to children in need so I started my charity called CHARM Children are magical. I continued this platform into college and focused on at risk students to help keep them in school. As Miss New York USA, I was able to expand Charm Foundation to partner with various other organizations such a NAMI, Anti-Bullying campaigns, Susan G Komen. We recently had our annual Back to school Bash in Nashville. As for my children, they are in the forefront attending, organizing and meeting other children as Charm ambassadors and they love it. I dedicated Charm Foundation to my mom who instilled in me such values and morals.

Being a fit mom, share 5 health tips for children of today to prevent obesity?

The biggest tip that comes immediately to my mind for children is activity, body motion, and avoid junk food! We need to get our kids off of iPods, iPad, phones laptops, X-box, Playstation's and spend more time out doors. Walking, swimming, jump rope, running or hiking, are all great ways to keep bodies in motion. The YMCA has great after school programs, there are community playgrounds, and many after school activities which are all good tips to get the kids outdoors and spend less time in front of the screens and electronics.

Women Fitness works relentlessly to motivate women all over the world with best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the website (Womenfitness.net) and a message for our readers?

The industry of women's fitness is full of information selling various products, programs or services with promises for quick fix results. It is important to trust and rely on valid information. Women Fitness is very meaningful to me and relatable to those striving to stay healthy, and feel confidence at any age. Despite our busy lives, I encourage others to find themselves a time, a work out and a buddy to stay motivated and work toward a healthy lifestyle and a way of life for them and their entire family.



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Makeup: Meg Kashimura
Hair: Damian Monzillo



Workout

15 EXERCISES

TO HELP YOU COMPLETE YOUR
NEW YEARS RESOLUTION

As a certified trainer, I've seen so many clients enter a new year fired up, ready to achieve some amazing fitness resolutions.

They're always brimming with enthusiasm at the start, but often times that excitement dwindles and eventually dies. Sometimes they fall off after only a few weeks!

If that hits a little too close to home, don't worry. There's still time to revive your resolution!

Exercises

Whether you've been going strong all year long or your goals are barely staying alive, here are my 15 favorite exercises for reviving your fitness resolutions!

Booty Building



1. Squats

Squats engage so many of your lower body muscles, and they're extremely versatile, as there are a ton of awesome squat variations.

2. Glute Bridges

As the name implies, this exercise is great for really focusing in on your glutes.

3. Lunges

These will work wonders for your glutes and hamstrings. They are also one of the most functional exercises you'll find, as they mimic a motion that you might actually do in real life.

4. Deadlifts

Like squats, these have a ton of possible variations. They engage your glutes and hamstrings super effectively and can firm and shape your glutes like nothing else!

5. Glute Kick Backs

This beautifully simple exercise is great for toning that bum, and it works with or without equipment.

Fat Blasting



1. Sprints

To save time and improve fat-burning, ditch the prolonged steady-state run for some sprint intervals!

2. Burpees

This exercise requires no equipment and very little space, so you can insert it into your home workout plan!

3. Tabata Training

Tabata isn't an exercise, but a method of timing that you can incorporate into a number of exercises. It involves 8 rounds of 20 seconds on/10 seconds off, and can be applied to any up-tempo exercise that you want!

4. Swimming

Getting in the water makes for an awesome low impact total body workout.

5. Jump Rope

Jump roping is another HIIT workout that can help you burn calories, blast fat, and save time.

Core Crushers



1. Planks

These require very little space to perform, can be done with no equipment, and they're great for both beginners and experts alike!

2. Hanging Leg Raises

This exercise gets you up off of the floor and really zeroes in on your lower ab attachments, an area that many ab exercises don't hit.

3. Exercise Ball Crunches

Slow, controlled crunches using an exercise ball eliminates stress on your back and makes for a killer ab exercise!

4. Squats

Wait-these again? Yes! Although squats primarily target your lower body, it requires a ton of core strength to do them with good form.

5. HIIT Cardio

The fact is, you won't see your abs getting more toned and defined while there's a layer of fat concealing them! In order to get the most out of the hard work you're putting into your abs, make sure not to skip cardio.

By- Lindsey Mathews



6 Tips

To Help You Stay
Healthy Through The
Winter
Holidays

Well ladies and gents, that special time of year is quickly approaching.... YES! I can't believe it's that time again, but Winter is just around the corner and the holidays will be here before we know it!! Some people thrive in the colder winter months, while others tend to cozy up and "hibernate." Either way, Winter typically marks significant variations from the rest of the year including darker colder climates, shorter days, and holiday happenings! Since these changes can bring both excitement and stress, it is extremely important to continue to focus on our health and taking care of ourselves. Thus, I suggest we all soak up the final close of Summer as we head into Fall, in preparation for the Winter months ahead.

Here are some valuable tips to consider....



1. Stay Active

With winter comes colder climates and snow! For some, this means an exciting time to plan on hitting the slopes, and enjoy a whole slew of winter activities including skiing, snowboarding, and ice skating, which are all wonderful ways to stay fit. For others, this means a time for staying warm and cozy indoors. Regardless of your personal preference, it is crucial to stay motivated about staying active and make time for regular exercise just like you do throughout the remainder of the year. If you find yourself falling into "hibernation" mode, try planning time in advance in your weekly schedule for exercise and/or active activities. If heading outdoors isn't for you, exercising at home is just as rewarding. Investing that time in yourself will help you maintain health, relieve stress, and boost your mood to help you fully enjoy the holiday season.... and also reduce some added guilt from yummy holiday treats!!!



2. Boost Your Immune System

According to Pinnacle Health, up to 20% of the U.S. population gets the cold or flu each year. With the added hustle and bustle of the holidays, our healthy habits tend to take a hit. However, maintaining focus on diet and exercise is essential to ward off illness. Wash your hands thoroughly and regularly to avoid the extra germs, while taking in healthy doses of all your essential vitamins and antioxidants.



3. Make Healthy Dietary Choices

For those of us that really enjoy food, the holidays mean a whole lot of it! With the extra holiday parties, dinners, and treats that come with the season, fighting the temptation of getting completely derailed is very important! Rather than complete deprivation, I encourage portion control and making healthy sustainable choices in your diet. So, the key is to enjoy the foods you love without overindulging. I also think it's fun to "healthify" old recipes- so if there's something you absolutely love but it's not the healthiest for you, try to make appropriate modifications. It may take some trial and error, but can be fun especially if you like experimenting in the kitchen. Try to cook with all natural and wholesome ingredients while reducing your sodium intake.

Incorporating good fruits, vegetables, and yummy spices not only make your food delicious but bring many health benefits. Cooking with onions, garlic, ginger, and cilantro can all help boost your immune system while tumeric is an excellent antioxidant that aids in inflammation.



4. Practice Mindfulness, Meditation, and Relaxation

Strive to be fully present and mindful of yourself and those around you throughout your daily activities. Focus on accomplishing everything you do to the fullest of your abilities. While we may feel that there is a never ending list of things to do, it is just as important to give our brains and bodies a break by practicing meditation and allowing for complete relaxation. Carve out a small amount of time in your day to lay calmly resting your entire body. Breathe deeply and empty your thoughts. Try to also wind down a bit sooner in the evenings to prepare for a more restful sleep.



5. Time Management and Organization

With the added chaos this time of year brings from work deadlines, extra crowds/traffic, shopping, gift wrapping, dinner parties, and other holiday festivities, managing your time wisely and keeping an organized schedule is absolutely vital to maintaining your sanity! While not always easy to do, try to allow extra time for travel and avoid procrastinating on your to-do lists. This along with keeping a clean and organized home during the holidays, will significantly reduce stress levels, anxiety, and make you feel better – which is the ultimate goal.

6. Enjoy Quality Time with Friends and Family

As we all know, time flies far too quickly. Even though there will be a million things going on this upcoming season, don't forget to stop, breathe, and take it all in. Sit back and enjoy the precious time you share with family and loved ones. Don't let any added worries or stress rob you of this. Maintaining close quality relationships is wonderful for our self esteem, overall well being, and can help fight depression. Continue this focus after the holidays and throughout the rest of your year.

Bottomline, the HEALTHIER you are, the HAPPIER you are! This translates to the more you can truly take in all the magic of the season. Follow me on IG @taryntfrancis and share your exciting plans for the holidays! Best wishes to you all!

I hope this article has inspired you! Be sure to stay tuned for more monthly columns from me as I share my world of dance, fitness, wellness, and healthy lifestyles.... and stay in touch with me on social media for all my latest happenings.

By- Taryn T. Francis



Top 5

Exercises
To Get
Flat ABS
With No Equipment

We all want to have a toned, flat stomach. However, it is not that easy to get it sometimes and you have to put in a lot of effort trying. So many abdominal exercises exist out there which promise to give you a six-pack in no time but you aren't sure which ones you can trust to produce results. However, there are some that have been proven to work for nearly everyone. Try these top 5 exercises that have been known to guarantee you flat abs without having to use any equipment. You use your body instead, hence can do them in the comfort of your home, or anywhere with no need to go to the gym.

No one ab exercise can produce flat abs when performed alone. However, you can include some such as flutter kicks to stabilize your core. You don't require any equipment except maybe a mat.

How to perform flutter kicks

Lie down on your back and extend your legs. Put your arm by your sides. Lift your legs about 4-6 inches off the floor, and raise one leg higher than the other rhythmically up and down. Practice 15-20 repetitions daily. You might feel slight discomfort while performing them but push through it.

Flutter kicks



Planks



How to do the plank

Get your body into the push-up position but instead use your elbows. Let your body be straight from shoulders all the way to the ankles. Contract your stomach and hold the position. Try to hold it for at least 45 seconds or longer if possible. Justice Ruth Bader Ginsburg says her trainer makes her do the plank why can't you?

The other variations of the regular plank that you can do include; side plank, plank with leg lift, and straight arm plank. Practice one type daily.

If you have been wondering how you can get a flat stomach, the various variations of the plank are a good place to start. The position works all your core muscles and strengthens your midsection. You might be wondering how strengthening your core will help you get flat abs. A strong core supports your entire body, improves posture, and reduces back pain. Furthermore, planks are said to help you burn more calories than other exercises such as sit-ups.

Crunches



These are a key exercise when working to get flat abs. Although they don't burn as many as running or cycling can, they still play a significant role in toning your body. They strengthen your abdominal muscles while at the same time toning them. There are many types of crunches including; regular, bicycle, reverse, and long-arm crunches.

How to perform crunches

Bicycle crunches, in particular, are some of the most effective ab exercises. Lie horizontally on your back and pull your navel towards the spine to better target the abs. With your hands placed behind your head, guide your knees towards your chest. Being careful not to injure your neck, heave your shoulders off the ground. Stretch the right leg straight and bring your right elbow to your left knee. Now change sides and repeat the same movements with your right leg and left elbow. Do three sets of 20-25 repetitions daily.

You can do as many as 100 crunches daily but if there is a layer of fat covering your results(abs) then you are wasting your time. The fat needs to go as well. Incorporate aerobic exercises such as cardio into your routine. Cardiovascular exercises not only help you reduce body fat but also increase your core strength as well as cardiovascular strength. Some of them include mountain climbers, high knees, jumping rope, and burpees. High knees, for instance, engages all your abdominal muscles.

How to perform high knees

Start by standing with your legs apart and imitate a jogging motion but remain in place. As your speed increases, make your knees go above your waist as you do the high knees. Maintain this motion for at least 30 seconds. As a beginner, perform three sets of repetitions of 30 seconds and continue increasing gradually as you progress. Combine different exercises for best results. For instance, to maintain her incredible body, Britney Spears combines crunches and high knees.

Cardio Exercises



Leg Lifts

Also referred to as leg raises, these are a classic core-buster. They target the lower abdominal muscles. If your intention is to get abs, increase your flexibility, and strengthen your core, then leg lifts are your best bet. There are many variations of this exercise including the single leg and double leg raises.



How to perform the double leg lifts

For the double leg lift, start by lying on the floor/mat with your head facing up. Stretch your forearms on your sides, and your legs next to each other. Raise your legs till they are pointing to the ceiling, and try to keep them as straight as possible. Lower them down at the same pace you used bringing them up. Don't let them touch the ground, but instead let them hover on the ground and then repeat the motion again. Perform three sets of 10 repetitions and keep your pace steady. In case you are struggling to finish the session, you can make it easier by bending your knees at right angles as you lift.

If you are used to doing crunches only, you will get abs but your core won't be strong enough. Combine crunches and leg raises to get the most out of your workout.

Healthy eating

Bonus tip, taking a healthy balanced diet daily is a must. If you exercise but still continue to eat foods that make you gain weight, then all your hard work will be in vain. Cut processed foods as well as those that are high in calories such as soft drinks, to get rid of a flabby belly. Instead replace them with healthier choices such as eggs, fresh fruits, leafy vegetables, fish such as salmon as well as tuna and proteins derived from plants. Also, limit your intake of carbs such as refined carbs. Make sure to eat breakfast because it is the most important meal of the day. A healthy breakfast such as one containing eggs, yogurt, fruits like

apples and bananas, will help you make the right choices during the day.

Getting flat abs requires a lot of hard work. A lot of abdominal exercises exist with everyone claiming to know which one works best. However, a single type will not produce the desired results because different exercises target sets of muscles differently. You need to use different moves to train various muscles. Try combining two or more of the above abdominal exercises to get flat abs. What makes doing these exercises even better is that you don't have to do them at the gym because you don't need any equipment.

By- **Kori Anderson**

Fitness tip

Fitness walking burns almost the same calories as running and is much easier on the body. More muscles are used therefore it burns calories much quicker than casual walking. It also tones muscles in the buttocks, thighs, hips, shoulders, upper back and abs. Most fitness walkers average about 13 to 15 minutes per mile. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.



Pregnancy

Marriage

After Having A Baby: Problems & Solutions

There's no doubt about it, as wonderful and magical as having a baby can be...it's also a time full of overwhelm and mixed emotions, and can be one heck of a strain on a relationship.

Recognising when things are perhaps getting a bit tetchy, and ensuring that amongst the nappies and nightfeeds your relationship is placed as a priority, is key to surviving the 'baby storm', and hopefully emerging together stronger than ever.

Some of the most common problems and solutions are:

COMPETITIVE TIREDNESS

1

Sleep (or lack of it) is undoubtedly the main cause of short tempers and bickering. Try to do 'sleep shifts', it might not be the most fun initially, but needs must, and it won't last long... If it's possible if you're bottle feeding (breast or formula milk), take in turns to do the night feeds so one of you is able to sleep for a chunk of time. Getting some unbroken sleep to catch up will do wonders for your mood.



2

GETTING BACK 'ON THE HORSE'

Having sex after you've had a baby can be a wholly stressful situation for both involved. Mum might be feeling a tad apprehensive physically after birth, especially if it was a tricky one, and Dad might also be feeling concerned about broaching the subject and how best to 'do it', so to speak, to ensure it isn't uncomfortable or painful. Talk to each other, make sure the doctor has given the physical ok, and when you both feel ready, start with lots of cuddles and kissing, and then introduce further intimacy slowly so you're both feeling comfortable and confident.



FINDING TIME TOGETHER

3

Your new little one understandably takes up most of your time, energy and focus, but this can leave giving each other time and attention pretty sparse. Try and find some time each day even to have just a cuddle and cuppa together. Be careful not to just let your relationship 'be' and go unattended, you might not feel like you have enough energy to look after baby and your marriage, but it's the small things that make all the difference. A compliment here, a shoulder rub there...it all helps keep that connection and love going.



FINDING YOUR ROLE

4

It's no longer just the two of you and that can be a pretty daunting experience. Nothing can prepare you for it until the moment your little one joins your family and suddenly the 'roles' can shift or be redefined. Dad might feel a bit redundant in those early weeks as Mum recovers from birth and establishes a feeding pattern. She might be overwhelmed and preoccupied with her new little person, and Dad might also be jostling for his role and position between both mum and baby, perhaps feeling a tad rejected. It's a time of change, and change can be scary, but as time goes on, ensure you keep talking to each other and explaining how you feel, where you feel you fit in, and how your new family can work together to ensure everyone feels loved and valued.



5

Taking Me Time

A great relationship isn't necessarily one where you spend 24/7 together, in fact 'you time' is super important in keeping you fit and healthy mentally and emotionally. It will also do wonders for your marriage as you utilise time by yourself to rest, recharge and do something which makes you feel good. Perhaps an exercise class, a beauty treatment, sitting in the garden reading a magazine...whatever makes you feel happy and relaxed, ask your other half for some babysitting time, and enjoy some 'you time' to de-stress – you all win.

By- Anna Williamson



10

BY JESSICA
CASTANEDA

TIPS FOR BUSY
MOMS TO
STAY
FIT



1

MAKE WORKOUTS PART OF YOUR DAILY CALENDAR

The time isn't just going to magically appear, you have to actually make the time. Shocker, I know! I'm old school, but I still like to use pen and paper and schedule my days. If I see a 45 minute window without any plans, I fit my workout and shower in there. I know it seems like there is literally no time, but there is! The Fit Life Planner helps me find the best time to work out and reminds me to stick with it.

There is nothing more satisfying than seeing what you are doing is working. It's also super helpful to know when something you are doing is not working! That is why tracking exactly what you're doing and what results that is leading to is super helpful. Tracking with the Fit Life Planner will tell you where you excel and where you can improve.



3

SWEAT AT HOME

Commuting to a gym or exercise class can take up a lot of time that you may not have. Instead of wasting that time, work out at home. All you need is a few dumbbells or exercise bands and you are good to go! Sometimes the best gym is the one that is closest to you and there's certainly no place like home!

The easiest time to fit your exercise in is while the kids are sleeping... and they do sleep even if it doesn't feel like it. When do your kids nap? What time are they all in bed? The minute they are settled in, exercise! Again, the Fit Life Planner helps me visualize this and plan for it. I have both of my kids in bed for the night by 8PM. So at 8PM I change into my workout clothes, and by 8:15 I am working out. At 8:45pm I am done and I shower. By 9PM it's all out of the way and I can still enjoy my night! If you're a morning person, wake up before your kids and exercise then.



5

GET MOVING WITH YOUR KIDS

Kids have so much fun when you incorporate them into your workouts and it can be an amazing bonding experience! You can workout while wearing your baby in a carrier or you can use your baby as a weight! If running is more your thing, put the kids in a jogging stroller and take off!

6

**HIIT IT
FOR AT
LEAST 30 MIN
A DAY**

High Intensity Interval Training (HIIT) is an exercise technique in which you give all-out, one hundred percent effort through quick, intense bursts of movement. This is followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. It also helps you build endurance if you have even loftier workout goals like extending your workouts for longer periods or training for a race like a 3K or 5K and building your way up. You can find free HIIT videos all over YouTube for free!

If working out at home or with the kids isn't possible, or you simply don't have the space or setup (it's definitely not for everyone), find a gym that offers childcare as a part of your membership. Most childcare services in gyms also provide equally fun and engaging activities for your kids too!

**FIND A
GYM WITH
CHILDCARE**

7

8

**COOK SIMPLE
&
QUICK MEALS**

Don't stress yourself out in the kitchen making elaborate meals that won't look like the Pinterest photo and the kids probably won't eat anyway. Instead, save yourself the time and headache and make simple, but healthy meals. You can make a super simple burrito bowl by cooking ground meat and chopping up some lettuce and tomatoes, then add cheese and avocado!

There is no shame in asking your kids father or grandparents to help you for a few hours a week so you can have some time to workout and take care of yourself! They love you and they want you to be healthy and happy- you just have to let them know you need the help! Another childcare alternative is to let your partner, spouse, or co-guardian know training is part of the schedule and just like having childcare covered for work or other commitments the same thing needs to happen for fitness. Don't have a support network? Create one. I'm a big fan of joining with friends for workouts and joining in on group playdates while another pal or babysitter watches the kids.

**ASK
FOR
HELP**

9

**NETFLIX AND
TREADMILL!**

10

You can multi-task workouts with chill time. Instead of laying on the sofa while watching TV, exercise while watching your show. Instead of losing countless time on Facebook, exercise. Instead of taking a long bath, exercise and take a quick shower (or reward yourself with a nice soak!). Diving into a *Handmaid's*, *Orange is the New Black*, or *The Crown* marathon? Just think of how many calories you burn while joining in with a literal marathon of sorts and sweating through that binge on the treadmill or another machine/workout of your choice. Make exercise a priority in order to stay fit.



A pregnant woman with long brown hair, wearing a light blue tank top and white pants, is shown in profile from the waist up. She is smiling and looking down at a smartphone she is holding in her left hand. Her right hand is resting on her bare pregnant belly. The background is a bright, out-of-focus outdoor setting with green foliage.

Best Apps For Pregnant Women

Over the past decade technology has starting playing a larger role in helping women during their pregnancy and post-delivery. There are hundreds of websites and apps dedicated to helping women answer questions on pregnancy, track their babies growth, and provide community support. With so many apps on the market to choose from, we asked 1,000 new moms to help us pick our top 5 pregnancy and postpartum apps and we've listed them below!



Top Post-delivery Recovery App



Matriarc

Cost: **Free**

iPhone rating: ★★★★★

Description: Matriarc is a digital community where moms post childbirth come to heal their minds and bodies. Almost always, all attention and focus shifts from the mom to the baby once the baby is

born. Matriarc was built for moms to rehabilitate their new body, calm the mind, relieve stress, and restore energy levels. Matriarc is designed to flatten your stomach, strengthen your core and rejuvenate you in just a few minutes a day. Key Features Include: Over 110 individual core and pelvic floor exercises, newsfeed with daily articles on motherhood, wellness, nutrition and fitness, forum with a community of strong moms, audio meditations, restorative images, breathing ring and a tracking system for water in-take, meditation, and exercises.



Most Informative Postpartum App

Baby Center

Cost: **Free**

iPhone rating: ★★★★★

Description: This app allows you to join a community of new moms with due dates in the same month, where you can ask questions and get the support you need from moms all over the world. The features for your babies first year include a daily calendar for your baby, a growth tracker, thousands of articles on mommy and baby health, breastfeeding and formula tips and even supplies lullaby music for better sleep!

Best Pregnancy App



What To Expect

Cost: **Free**

iPhone rating: ★★★★★

Description: This app offers personalization based on your pregnancy due date to start tracking your babies growth in utero. You'll be able to receive daily updates on your baby, tips for your pregnancy from parenting and medical experts, and stay up to date on the current parenting news! A week to week guide of "What To Expect" will help you stay sane during your pregnancy by providing you the exact information you need to stay healthy and happy in this phase of your life.





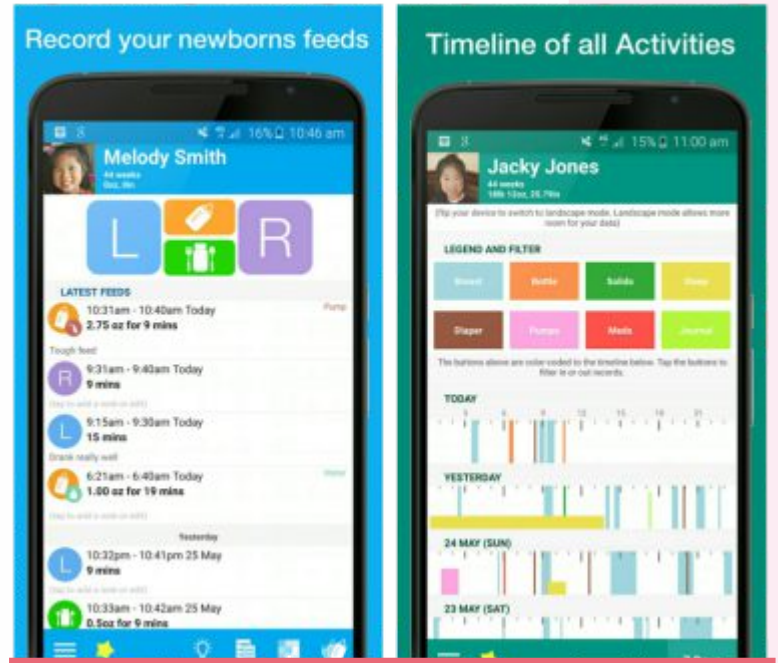
Top Postpartum Tracker

Feed Baby

Cost- Free with in app purchases

iPhone rating: ★★★★★

Description: Feed baby is the perfect tracker for those new tired parents! Can't remember the last time you changed a diaper or how long you spent nursing your child? Look no further than the baby feed app! This app includes tracking for diapers, nursing, bottles, pumping, naps, medicines, growth, baths and more! You can also pull up detailed reports of the last 7 days within the app or export the data directly to a CSV report for further viewing.



Best For
Baby Milestones

The Wonder Weeks

Cost- \$2.99 with app purchases

iPhone rating: ★★★★★

Description: This app was built to support the incredible popular Wonder Weeks book. By using this app, you'll learn all about your baby mental developments and have a better idea of what's going on each week with your new baby. The app helps to explain all of the "leaps and bounds" your child is experiencing, giving you a better handle potential fussiness. Within the app there is a calendar from 0-20 months and by learning what's going on inside your baby's head, you're better able to work through each leap and help him grow.

By- Laura Arndt



15

Healthy
Eating

Foods To Avoid
DURING HOLIDAYS



As a chef who also happens to be a health fanatic, I would say I have a love-hate relationship with the holidays. I love them because the holidays are all about delicious food which I love. Food that's far more decadent than any other dishes you have during the rest of the year. There are also so many classic holiday dishes that you tell yourself you can't miss, but this list can be dangerous.

I for one have been working very hard on getting back to my healthy pre-baby weight this year, especially this summer, and I'm sure a lot of us are in the same boat. During the summer time, we tend to be more mindful of what we eat with shorts and bathing suits in our closets and we are also a lot more active.

Below are the 15 holiday foods I recommend avoiding this season that really aren't worth all the calories

1 Fruitcake

Loaded with so much sugar it's intoxicating, and honestly there are better desserts to enjoy during the season that are worth it.

2 Candy Canes

They look pretty harmless, easy to grab at the office and small. Avoid these treats at all costs. These suckers are the equivalent of just eating tablespoons of straight sugar with a sprinkle of food coloring and artificial peppermint flavor.

3 Chocolates and Confectionaries

During the holidays people love giving out and sharing boxes of mediocre chocolates. I guess it's a nice gesture, but honestly it's not doing anyone any favors. These generic subpar boxes of chocolates need to be tossed. Don't snack on those Godiva Chocolates please! Be it at the office or at a party. And don't keep the ones you are given to as gifts. Immediately give them away so they don't tempt you in your cupboard.

4 Gingerbread Cookies

Unless they are your grandmother's family recipe passed down to your family, skip them. Especially the ones you have to decorate with even more sugar, or that you buy in a grocery store. They should really only be for looking at, not eating.

5 Cheesecake

During the holidays, I know there's always going to be lots of pie, especially for Thanksgiving. There's something about these festive pies that get me every time. The way they look, smell and taste. I can't resist and I'll always leave room for a sliver. Cheesecake however always ends up on the dessert table, and it isn't a holiday tradition for most. I recommend skipping this dessert this year. It's heavy and full of calories.

6 Fruit Jolly

I don't even know what this is really for? I guess it looks festive, but tastes awful and really serves no true culinary value. Skip the unnecessary sugar and skip this dish.

7 Honey Baked Ham

I don't know what's worse, the amount of sugar on a honey baked ham, or the amount of sodium. This overly processed slab of salt-laden meat should not end up on any dinner table. It's terribly unhealthy and you can easily make a roast that is much healthier

8 Cheese Twists

Stop noshing on these tempting stomach fillers. They

are just empty calories you can easily consume before the main meal, like chips. Do your gut a favor and nosh on some crudité, because you know you'll have some decadent dishes coming your way later in the evening you will want to save room for.

9 Bacon Wrapped Dates

They get made ahead of time, they shrivel and look pathetic on a plate, not to mention they are just another dish full of sugar and salt. Skip! Reach out for some shrimp cocktail, light and lean and rich in protein.

10 Mushroom Duxelle on Puff Pastry

Why is this such a common holiday appetizer?! I see it all the time at cocktails parties and yet it's one of the least popular items passed around. Why hasn't this dish been axed back into history? Again, empty calories with bland flavors and usually processed puff pastry.

11 Buche De Noel or Yule Log

Beautiful to look at, just don't eat it. It's really heavy and you guessed it, has tons of sugar and fat made with lots of heavy cream and butter. Use it for decoration.

12 Popcorn Balls

Popcorn itself is actually a great, healthy snack. Sprinkle it lightly with cinnamon or cocoa powder, just don't form them into balls with lots of corn syrup. It's a good way to mess up a healthy snack. Okay for the tree, not okay for the waste line.

13 Cheese Balls

These are calorie bombs that are heavy and unnecessary. Choose to nosh on a cheese platter instead with some unique cheeses, crackers and fruits for a better and more enjoyable option.

14 Garlic Bread

As if we don't already have enough carbs like mac and cheese, mashed potatoes, gravy and corn bread, people feel like they have to bring even more to the holiday table. This dish isn't even festive, but somehow shows up a lot on holiday spreads. It should be vetoed for the holidays and kept on white and red checkered table cloths.

15 Canned Pureed Pumpkin

This stuff is not appetizing and full of sugar and other ingredients. Please try to use fresh ingredients, they far better for your health and much tastier.

By- Kathy Fang





10

Thanksgiving

Dinner Recipes

That Are An Absolute
Healthy Treat

Are you ready to build the best feast ever this year with our absolutely healthy, yet mouth-watering Thanksgiving Dinner recipes?

From Vegan meals to Thai cuisine, you just cannot get bored by the wonderful range of dishes that we have in store for you.



1. Turkey Meatballs

Natasha Feldman, noshwithtash.com

Ingredients

- 1 ½ tablespoons olive oil
- 2 yellow onions, chopped
- 8 cloves of garlic, chopped, 2 teaspoons salt
- 2 carrots, chopped
- 1 cup basil leaves, whole (stems are ok)
- ½ cup parsley leaves, whole (stems are ok)
- ½ cup parmesan, grated
- 5 cups bread, torn into 1 inch pieces
- 3 eggs, 3 pounds ground turkey
- 1 large jar Rao's Tomato Sauce (or other sauce of choice)

Directions

1. Pick your largest saute pan and heat over a medium heat with the olive oil.
2. Once the oil is nice and hot add in the onion and saute for a few minutes until the onion is translucent and aromatic.
3. Add in the garlic, carrots and a big pinch of salt.
4. Cook for 5 or so minutes until the vegetables are softened.
5. Transfer the onion mixture into a food processor (if you have one... if you don't you'll have to chop everything real small... but honestly a reasonably priced food processor is gonna make you VERY happy) and pulse until it forms a coarse paste.
6. Add in the basil and parsley and pulse a few more times.
7. Throw in the parmesan and bread and pulse again until the mixture is real thick.
8. Transfer the bread/onion/deliciousness into a large bowl and carefully mix in the rest of the salt, eggs and turkey together
9. Only mix until it's combined, beware of overmixing, it'll ruin the texture. You'll know it's well mixed once the bread/herb mixture is evenly dispersed into the meatballs. As soon as it looks pretty evenly distributed stop mixing!
10. Turn the heat back on under your pan to a medium and preheat your oven to 400 degrees.
11. Use your hands to gently form the meatballs into balls that are somewhere sized between a golf ball and a tennis ball (depending on your preference).
12. Once the pan is nice and hot add in only enough meatballs so there is space between each meatball.
13. Cook for 3-4 minutes until the side of the meatball touching the pan begins to sear and turn a nice golden color.
14. Turn the meatballs a few times so most of the sides have color.
15. If you couldn't fit all the meatballs in the pan rotate the meatballs in and out until they're all browned.
16. Add all the meatballs back into pan and cover with tomato sauce.
17. Transfer pan to the oven and cook for 15-20 minutes until the internal temp of the meatballs is 155 degrees. If you don't have a meat thermometer you can take one out and cut it open. The turkey should be firm and uniform in it's color. Honestly though, since these meatballs are so moist it can be a little tricky to tell, I really think this is the motivation to go out and get yourself a meat thermometer, you'll be happy you have it!



2. Pumpkin Custard

By Dr. Carrie Burrows
(PhD Nutritional Sciences)

Ingredients

1 cup Canned Pumpkin, 1 tsp cinnamon
1/4 tsp ground ginger, 1/4 tsp nutmeg (optional)
2 eggs, 1/4 cup sugar free maple syrup or sweetener of your choice, 1 tsp vanilla extract , 1 cup Full Fat Canned Coconut Milk

Directions

1. Pre-heat the oven to 350 degrees. Combine pumpkin and all spices in one bowl.
2. In a smaller bowl, beat the eggs lightly then whisk in the maple syrup, vanilla and coconut milk. Whisk the egg mixture into the pumpkin mixture until well combined.
3. Pour the custard into ramekins . Place the ramekins in a baking pan and add enough water to the dish to come up 2 high around the ramekins.
4. Place in the oven and bake for 60 minutes or until a knife inserted into the center of the custard comes out clean.

3. Gluten Free Pecan Cranberry Tart

By Crunchmaster® Crackers

Ingredients

For Filling

1½ cup roasted* pecan halves, divided, 2/3 cup sugar, 3 eggs
1/3 cup dark corn syrup, 2 tbsp. cider vinegar, 1 tbsp/ butter(melted), 2 tsp. vanilla extract, pinch of salt, ½ cup dried cranberries chopped, 1 tbsp. tahini (sesame paste)

* Roast pecans 5-10 minutes at 350°F. Remove from oven and cool.

For Crust

1½ cup finely ground Crunchmaster®, Original Multi-Seed Crackers, 4 tbsp. sugar, ¼ tsp. salt, 4 tbsp. butter, melted.

Directions

1. Preheat oven to 350°F. Finely grind the Crunchmaster®
2. Original Multi-Seed Crackers in a food processor. In a large bowl, combine cracker crumbs, sugar, and salt. Mix until ingredients are well blended. Add melted butter and stir until the crumb mixture is thoroughly moistened.
3. Press crumb mixture firmly into a 9" deep dish pie pan, distributing mixture evenly throughout the bottom and sides of the pie pan. Bake for 10 minutes. In another large bowl, combine sugar, egg, corn syrup, vinegar, butter, vanilla extract, tahini, and salt. Mix until smooth. Gently stir in dried cranberries and roasted pecans. Pour the filling mixture into the prepared crust, spreading evenly.
4. Bake the tart about 30-35 minutes at 350°F. Filling will become golden.



4. Thai Pumpkin Soup

By Bonafide Provisions

Ingredients

2 tablespoons ghee, 2 yellow onions diced, 8 cloves garlic minced
30 ounces canned pumpkin about 2 cans,
30 ounces canned coconut milk, 4 cups Bonafide Provisions chicken broth,
1/4 cup red curry paste, 1 teaspoon curry powder,
1/2 teaspoon white pepper, 1/2 teaspoon thyme, 2 bay leaves
1/2 teaspoon nutmeg, sea salt, to taste, black pepper, to taste
red chili pepper flakes, to taste



Directions

1. Heat a large pot on medium heat and add the ghee or oil so it coats the bottom of the pan. Cook the onions until translucent, about 3 minutes. Add in the garlic cloves and canned pumpkin. Cook for another 4-5 minutes until your entire kitchen begins to smell!
2. Add in the canned coconut milk, broth, curry paste and spices (except the nutmeg, salt and peppers.) Cook on medium heat until the soup comes to a low boil. Lower the heat so the soup is simmering for another 20-25 minutes.
3. Remove the soup from the heat. Pull out the bay leaves with some tongs. Add in the nutmeg, sea salt and black pepper. Blend the soup in a high speed blender (or with an immersion blender if you have one.) Adjust the salt and pepper according to your taste preferences.
4. Serve warm and with some pomegranate seeds, pumpkin seeds and fresh cilantro. Enjoy!



5. Cheesy Quinoa Casserole With Sweet Potatoes & Swiss Chard

By Chef Michelle of the Plated Culinary Team

Ingredients

1 clove garlic, 1 shallot, 12 oz sweet potatoes
8 ounces whole milk, 1 1/2 ounce mozzarella cheese, 1 1/2 ounce fontina cheese, 1/4 cup grated parmesan, 1/4 cup grated pecorino cheese, 6 ounces Swiss chard, 2/3 cup quinoa

Directions

- 1. Prepare Ingredients:** Preheat oven to 425°F. Mince garlic. Peel shallot and mince. Rinse sweet potatoes and halve lengthwise. Cut crosswise into 1/4-inch slices. Rinse Swiss chard, tear leaves into bite-size pieces, and thinly slice stems. Separate 1 egg, reserving yolk.
- 2. Sauté Aromatics:** Heat 1 tablespoon olive oil in a medium pot over medium heat. When oil is shimmering, add garlic and shallot and sauté, stirring, until softened, about 3 minutes.
- 3. Cook Quinoa and Sweet Potatoes:** Add quinoa, sweet potatoes, and 2 1/2 cups water to pot with aromatics. Season with 1/2 teaspoon kosher salt. Increase heat to high and bring to a boil. Cook until quinoa is tender and all liquid is absorbed, about 10 minutes.
- 4. Sauté Swiss Chard:** While quinoa and sweet potatoes cook, heat 1 tablespoon olive oil in a large pan over medium-high heat. When oil is shimmering, add Swiss chard stems and sauté, stirring, until softened, about 3 minutes. Stir in Swiss chard leaves and sauté until wilted, about 3 minutes more. Season with 1/8 teaspoon kosher salt and pepper as desired.
- 5. Assemble Casserole:** Add Swiss chard leaves and stems to pot with quinoa and stir to combine. Taste and add more salt and pepper as needed. Stir in cheese mix, milk, and 1 egg yolk. Transfer mixture to tin, reshaping if bent. Using the back of a spoon, smooth top of casserole. Sprinkle pecorino on top.
- 6. Bake Casserole:** Place casserole on a baking sheet, transfer to oven, and bake until golden and bubbling, 12-15 minutes. Remove and set aside to cool for about 5 minutes.

6. Wild Rice Stuffing With Grapes & Hazelnuts

By Toby Amidor, MS, RD Wall Street Journal best-selling cookbook author and nutrition partner with Grapes From California

Ingredients

2 cans (28 fl. oz. total) low-sodium chicken broth
1 cup wild rice, 4 slices bacon, diced 1/4 inch
1 tablespoon butter, unsalted, 1 large onion (1 1/2 cups chopped), diced 1/4 inch, 2 stalks (3/4 cup chopped) celery, diced 1/4 inch, 1 1/2 cups button mushrooms, sliced, 2 cloves garlic, fresh, minced, 1 teaspoon thyme, fresh, minced
1/4 teaspoon salt, 1/4 teaspoon black pepper, ground
1/4 cup parsley, fresh chopped, 1 cup hazelnuts, toasted and coarsely chopped, 2 cups California seedless grapes, picked from stem and rinsed

Directions

- 1.** In heavy saucepan, bring chicken broth to a boil. Add wild rice and stir. Cover pan and reduce heat to low. Let simmer for one hour, until rice is tender and has popped open.
- 2.** Meanwhile, cook bacon in a frying pan over medium until almost crisp, about 8-10 minutes.
- 3.** Add butter to bacon pan, add onions, celery, mushrooms, garlic, thyme and salt and pepper. Cook over medium heat for 5-7 minutes, until onions are translucent. Remove from heat and fold in parsley, hazelnuts and grapes.
- 4.** Add rice with any remaining liquid in pan, to vegetable mixture and toss well to combine.
- 5.** Stuffing may be used to fill turkey, game hens, or chicken.
- 6.** Stuffing may also be baked separately in a casserole dish covered with foil: bake at 350 F for 20-30 minutes until hot throughout.



7. *Root Vegetable Julienne Salad with Strawberry Tahini Dressing*

By Sous Chef Michael Synowicki
of the Omni King Edward Hotel

Ingredients

Golden and Candy Cane Beets (Julienned)
Heirloom Carrots (Julienned)
Strawberries (Sliced)
Chopped Fresh Herbs (Basil, mint, or whatever you like!)
Strawberry Tahini Dressing (mix tahini, strawberry puree, lemon juice and maple syrup)

Directions

Combine all ingredients, toss with dressing and serve.



8. *Browned Butter Sage and Pumpkin Stuffed Portobello Mushrooms with Crispy Bacon*

By Celebrity Caterer Andrea Correale, Founder
& CEO of Elegant Affairs

Ingredients

3/4C Butter, 1/4C Sage Leaves – no stems, EVOO, 2C Cubed Pumpkin
1lb Bacon, 3-4oz goat cheese, 4 large Portobello mushroom caps

Directions

Preheat the oven to 350. Line two baking trays with baking paper. Combine half of the butter and sage leaves in a small saucepan, and melt over high heat. Allow butter to bubble away for about 3 minutes, or until fragrant. On the first tray; combine the diced pumpkin, garlic and bacon together. Sprinkle with salt to season; drizzle over the melted butter and oil, and toss to evenly coat. Roast for 30 minutes, mixing pumpkin around once during cooking. Sprinkle over the goat's cheese, change oven setting to grill (or broil) on medium heat and continue to cook until pumpkin is slightly crispy on the edges and soft in the center. While pumpkin is roasting, place the Portobello's upside down on the second tray; spray with cooking oil spray, and roast in the oven for 20 minutes. Once roasted, drain any liquid from inside the caps and set aside. (If you can fit both trays in the oven, they can be roasted at the same time.) Meanwhile, combine remaining butter and sage leaves in the same pan/skillet over high heat. When butter melts and starts to bubble, reduce heat to medium and continue to bubble, while occasionally stirring, until the butter begins to change in color and smells 'nutty'. Remove from heat immediately to prevent burning. Divide the pumpkin/bacon mixture by 4 and spoon into each Portobello cap. Drizzle the browned butter over the top and garnish with the crisped sage leaves.





9. Mango Pie Cookies

By the National Mango Board,
with Manuel Villacorta

Ingredients

¾ cup mango (diced), 1 teaspoon vanilla extract
¼ cup sugar, 1 teaspoon cornstarch
1/8 teaspoon salt, 2 (9-inch) premade pie crust
rounds, 1 egg plus 1 tablespoon water, beaten

Directions

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a bowl, stir to combine mango, extract, sugar, cornstarch and salt.
3. Using a 3-inch round cookie or biscuit cutter, cut 24 rounds out of the pie dough (gather and reroll dough scraps if necessary). Place a spoonful of mango mixture into the center of one of the dough rounds. Brush the egg and water wash on the exterior of the round, then top with another round of dough, sealing by pressing the edges of the dough with your fingers. Crimp the edges together by pressing with the tines of a fork. Brush the tops with egg wash and place the cookies on the prepared baking sheet. Repeat with remaining dough for a total of 12 cookies.
4. Bake for 25 minutes or until lightly golden. Allow to cool and serve.

10. Thanksgiving Crab Cake with Arrabiata sauce and wild greens

By Chef Vito Gnazzo's, Executive chef
at Il Gattopardo and The Leopard

Ingredients

1 Lb crabmeat, 1 medium sized green zucchini
1 egg, 1 Tbsp mayo, 1 Oz plain breadcrumbs
½ bunch parsley, 2 Tbsp Extra Virgin Olive Oil (EVOO),
2 Oz Spicy tomato sauce, Lemon and micro greens to
garnish, Salt and pepper to taste

Directions

1. Clean the crabmeat from the bones; set in a bowl.
2. Peel the zucchini, and very finely chop the peeled skin. Add the chopped zucchini skin to the bowl with the crabmeat.
3. Finely chop the parsley, and add to bowl. Add breadcrumbs, mayo, and egg to the bowl. Add salt and pepper to taste.
4. Mix very well by hand, until there is a uniform consistency.
5. Form 12 crab cakes, and set aside. Place a large sautee pan (preferably non-stick), over medium heat, and add 2tbsp EVOO.
6. Place the crab cakes on the hot pan, and brown on one side, flip and brown the other side.
7. Place browned crab cakes on a baking sheet, and cook in the oven at 300 degrees (F) for 3 mins.
8. Remove from oven, and place on paper-towel-lined serving dish (to absorb any excess oil.)
9. Place the crab cakes on plates (3 per plate) with the spicy tomato sauce.
10. Garnish with lemon and micro greens.





Diet tip

A healthy, pre-workout diet plan determines the productivity level of your workouts, how fast and effectively you manage to lose weight and how much you benefit from them. Food choices can vary from Apple with almond butter and raisins, whole fruit smoothie, Peanut butter and jelly sandwich, Greek yoghurt with berries and granola etc.

Fitness
Favourites

JILLIAN MICHAELS

Photo Credit:
James Law



My career is the perfect example of preparation meeting opportunity .



Jillian Michaels

is the world's foremost fitness expert and a renowned life coach. Committed to helping people to be the best versions of themselves and to live their happiest and healthiest lives, Michaels has dominated the health and wellness space with hit television shows, extensively successful fitness DVDs, the foremost exercise streaming platform fitfusion.com, 8 New York Times best-selling books, an award-winning podcast, live speaking engagements, her App that provides personal training and nutrition plans, popular social media channels and her personal website jillianmichaels.com.

With so much more lined up for her, we at Women Fitness decided to give you a sneak peek of her life and what it takes to be the Best Fitness Trainer in the World.

Photo Credit:
Brian Bolton

As a hit TV star, world's foremost fitness guru, and best-selling author, you have spent 10 years as a trainer on NBC's hit weight-loss show and have built your career around empowering more than a 100 million people lose weight in a healthy, sustainable way. How would you define your journey? What motivated you to take this up as a career?

My career is the perfect example of "preparation meeting opportunity". I was passionate about my work and I am constantly furthering my education on fitness, nutrition, and wellness. So when opportunities come and doors open I've got the best possible chance to win over the room. With regard to what motivated me to get I to this field - it was purely fate. I was training for my black belt at 17 and people would come up to me I'm the gym and ask me to train them. So I got my first certification at 18 and have pretty much been going strong ever since.

Describe

A Day In Jillian Michaels' Life?

coffee

work

workout

kids

work more

sleep

REPEAT - a couple nights of the week I push, sleep back and see friends as well.

How can one train to get a strong, energy-backed body like yours? Share how do you fit in a workout with your work commitments?

I'm all about shorter duration high intensity workouts that require minimal time and deliver big results. All my workouts that I create in my My Fitness by Jillian Michaels App use the same techniques - even for yoga, kickboxing, and beginner programs. It's about circuit training with body weight, free weights, and HIIT intervals. This allows me squeeze in 20 to 30 minutes 4 to 5 times a week no matter where I am - with or without a gym.

You have refused to endorse any fad diets like the highly-hyped keto diet. Why is that so? Also, what according to you are key essentials of a healthy diet?

Because fad diets are absurd. Diet, nutrition, metabolism - it's all a science and we have most of the answers. Believing a fad diet is like allowing yourself to believe 2+2 does not equal 4. And they usually do harm to other aspects of your health in the process. It's really very simple. Don't over eat. Use common sense with food choices and eat real foods - avoiding chemicals as much as possible. Create a 12-16 (max) period of fasting between your last meal of the day and your first meal of the day. Eat all three of the macros (protein, fat and carbs).

Women often start losing muscle as they near their 40s or nearing menopause, what would be your tip for them to maintain their fit physique?

Honestly at 44 I'm as strong as I've ever been. We lose muscle at any age from poor diet and sedentary lifestyle. In my new book, The 6 Keys, I outline the 6 body processes responsible for how we age and how to make them work for us instead of against us. That said, the obvious applies. Lift weight. Get 7-8 hours of sleep. Make sure to eat clean and get enough protein - 30% of your calorie allowance is good.

With 8 successful Books to your name, you are all set to release another one, this december. Share with us 5 reasons why the audience should look forward to reading this one?

For the first time in human history, thanks to advancements in medical science, we have made incredible discoveries that help us understand not only why and how we age but how to slow and even reverse aging and avoid age-related illness. Drawing on interviews with top geroscientists and doctors, and on cutting-edge research, *The 6 Keys* presents an ageless health, fitness, and beauty plan that outstrips all others when it comes to scope and effectiveness. It addresses all six of what scientists and doctors have identified as the major age inciters—metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, and telomeres—and gets them working for you instead of against you. *The 6 Keys* outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, dramatically slow and in some cases even reverse aging, keeping you fit, healthy, and beautiful for a long and vital life.

While researching for your latest book, *The 6 Keys: Unlock Your Genetic Potential for Ageless Strength, Health and Beauty*, you talked about intermittent fasting and said “I was always like, ‘It doesn’t matter when you eat or when you don’t eat, all that matters is how much you eat,’ because I was looking at it from the weight-loss perspective. And it’s true from that lens; however, when it comes to anti-aging, it does matter.” How has your perspective changed about this popular weight loss topic, when it comes to aging?

All the current research shows that a daily fasting period is ideal because it literally allows your body time for housekeeping. Your body spends less energy on digesting food. There are less free radicals from the oxidization of food. And it essentially tells your nutrient sensing

pathways to digest what’s called senescent cells or what I refer to as zombie cells that are essentially “dead” and waiting for the body to break them down. When too many of these senescent cells build up you’ve got the potential for health problems like cancer etc.

Social media is becoming popular. While it has so many benefits, people can sometimes be misguided into negative thoughts about their body, skin, weight, etc. With an incredible following of 1.3 million followers on Instagram, how do you work towards inspiring your followers and creating a healthy and positive environment for them?

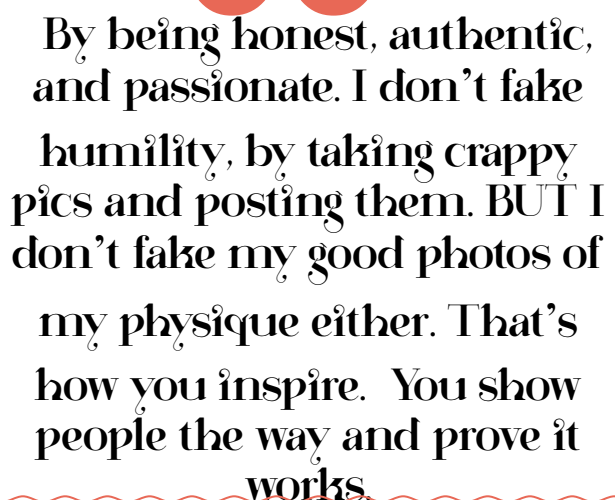
By being honest, authentic, and passionate. I don’t fake humility, by taking crappy pics and posting them. BUT I don’t fake my good photos of my physique either. That’s how you inspire. You show people the way and prove it works.

Who do you look upto for inspiration and guidance both in your personal life and professionally?

I look up to “everyday” people that overcome all the insane obstacles that life throws at us with zero nepotism or privilege.

One fitness tip or quote that you stick to or believe in?

Take a deep breath and then remember who the fuck you are.



By being honest, authentic, and passionate. I don’t fake humility, by taking crappy pics and posting them. BUT I don’t fake my good photos of my physique either. That’s how you inspire. You show people the way and prove it works.

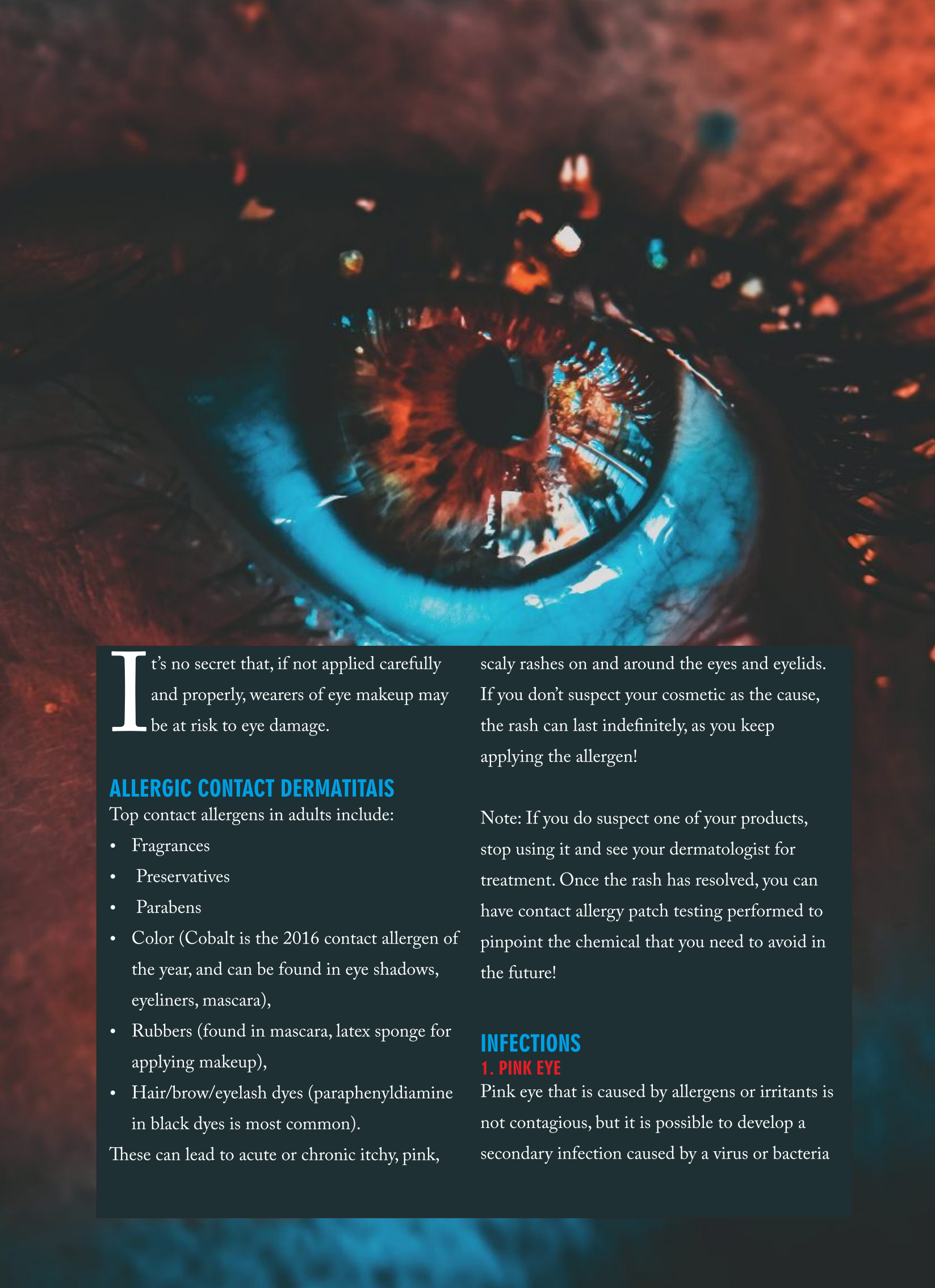


Photo Credit:
Brian Bolton

Fashion
& Lifestyle

EYE MAKE-UP HAZARDS

AFTER ALL ITS YOUR EYE



It's no secret that, if not applied carefully and properly, wearers of eye makeup may be at risk to eye damage.

ALLERGIC CONTACT DERMATITIS

Top contact allergens in adults include:

- Fragrances
- Preservatives
- Parabens
- Color (Cobalt is the 2016 contact allergen of the year, and can be found in eye shadows, eyeliners, mascara),
- Rubbers (found in mascara, latex sponge for applying makeup),
- Hair/brow/eyelash dyes (paraphenyldiamine in black dyes is most common).

These can lead to acute or chronic itchy, pink,

scaly rashes on and around the eyes and eyelids. If you don't suspect your cosmetic as the cause, the rash can last indefinitely, as you keep applying the allergen!

Note: If you do suspect one of your products, stop using it and see your dermatologist for treatment. Once the rash has resolved, you can have contact allergy patch testing performed to pinpoint the chemical that you need to avoid in the future!

INFECTIONS

1. PINK EYE

Pink eye that is caused by allergens or irritants is not contagious, but it is possible to develop a secondary infection caused by a virus or bacteria



that is contagious.

The risk of getting or spreading pink eye can be reduced by following some simple self-care steps:

- Wash your hands
- Avoid touching or rubbing your eyes. Avoid sharing makeup, contact lenses and containers, and eyeglasses.

2. CORNEAL ABRASIONS & ULCERATIONS

Make up application tools like mascara wands can scratch the surface of the eye, including the cornea. If left untreated, they can heal with scarring, which can lead to permanent loss of vision in those spots. It can also leave the cornea susceptible to viruses and bacteria, including herpes, staph and pseudomonas, which can be lurking in unwashed or shared eye makeup brushes and cosmetics.

Avoid sampling eye makeup from cosmetic counters and don't share eye products that have applicators that are meant to be 'double-dipped.'

DANGERS FROM EYELASH EXTENSIONS

Lashes are usually derived from mink hairs or silk. They are sterilized, and if they are not dyed, they should not cause an allergic or irritant reaction, in and of themselves. In fact, they are attaches to the tips of the lashes, so they do not really come in

in contact, with the skin.

GLITTER

Gold-flaked false lashes can cause an allergic contact dermatitis on the eyelids. Gold is known to cause rashes on the face and skin, especially the eyelids, when worn as jewellery. If is adhered to the lashes, patients can develop or flare a known gold-sensitivity.

ADHESIVES

Eyelash glues can cause severe contact dermatitis. Even reputable brands contain potential contact allergens, such as formaldehyde, cyanoacrylates, latex and rosins.

- Always test patch the adhesive on your inner arm to make sure that you don't react to the ingredients.
- Be very careful that the glue does not drip beyond the edge of the false lash strip or end of the extension. If it does, you might blink and accidentally glue your eyelids together a definite emergency requiring an immediate ER visit.

FOAM PADS

Pads are often used to protect the eye and steady the lashes when extensions are being applied. Pads are generally made of latex or formaldehyde releasing agents, which can cause an allergic contact dermatitis on the eyelid and lash line.

LASH TINTS/DYES

Contact allergies can develop to the ingredients in the hair dye. Three of the top 5 contact allergens in adults can be found in many hair dyes: PPD (p-phenylenediamine), which is the ingredient in almost all black hair dye and black henna dyes; Formaldehyde (a preservative); and fragrance. These can cause a rash that may not start until a few days after you dye your hair/ lashes, and it can last for weeks. In fact, it often persistent, because women touch up their lash tint every 4-6 weeks!

By Dr. Tsippora Shainhouse





12 Tips

To The Ultimate
Winter Skin

After the warm summer weather comes the cold and dry winter weather. While everyone looks out to seeing the beautiful winter snow, no one is in a hurry to encounter the dry air that comes with it. Winter weather is not good for the skin due to the fact that the low humidity level and cold weather causes an overflow of dry air thereby extracting the skin's natural moisture.

This harsh winter air can cause skin dryness, itching, redness and even cause your skin to bleed. To adjust the body temperature, most people further enable indoor heat, hot shower and make use of harsh cleansers. All of these further reduces the moisture in the air thereby causing skin outbreak. One immediate way to keep your skin at this time is drinking water to keep you hydrated.

Irrespective of skin type, the effect of winter is evident on everyone. While the effect may be more pronounced on people with dry skin, those with oily skin also tend to lose natural oils during this period. While some people get accustomed to using moisturizers during the weather, you will have to do more if you want to retain your looks

At this time, all you need to do to regain and maintain your skin smoothness and look younger is change your skin care routine or make few additions to the existing ones.

Here are 12 skin care tips to see you through the season:



Avoid Hot Showers With Harsh Soaps

Winter weather comes with extra cold weather and everyone wants to be as warm as possible to be comfortable and to avoid influenza. In a bid to do that, we tend to go for hot baths. While it feels really good, you are actually causing more damage to your skin. The weather naturally extracts natural oil from your skin. Inclusion of hot bath can cause itching and bleeding.

At this time, it is best to make use of lukewarm water. Even when you only need to wash your face and hands, make use of lukewarm water. It helps you to retain natural oils.

If you need to make use of soaps while having your bath, ensure you switch to soaps that also works as moisturizers. In all, avoid rubbing your skin in a harsh way while showering. You should pat rather than rub.

2.

Moisturize Immediately

It will not be advantageous for you if you rely only on your natural oils. Immediately after you wash, ensure you moisturize. As important as it is to moisturize, ensure you do not make use of just any moisturizer. Switch to an ultra-hydrating moisturizer type especially one that contains Vitamin E, Chia seeds, fatty acids and Patua and

Lavender oils.

Moisturizers that contain these ingredients will surely keep in the moisture and protect your skin aging appearances. Avoid ingredients that are petroleum based as they will further cause skin dryness. It is best to go for oil-based moisturizer rather than water-based.

3.

Avoid Exposing Your Skin

Whether your job requires you to look as good as possible or not, ensure you avoid exposing your body. Wear cardigans to cover your body, gloves to protect your hands and scarves for protection against rain, snow and winds. You should consider wearing socks depending on the type of shoe you decide to put on.



4.

Make Use Of Sunscreen

Sunscreen is not only beneficial during summer as winter sun can be as injurious as summer sun. The ultraviolet ray does not change. Since you cannot cover your face, protect your face with sunscreen. Ensure you apply sunscreen regularly even when you go on ski vacation.

5.

Do Not Skip Drinking Water

Just because we want to keep ourselves warm as much as we can, we tend to skip water for hot coffee and tea. It is not wrong to take hot drinks but not drinking water can cause dehydration. While coffee and tea are liquid substance, they cannot replace the importance of water. There are many health benefits of drinking water apart from hydrating your body.

Take your regular eight glasses of water per day. You can add lemon to your glass of water to keep you refreshed while getting hydrated.



6.

Exfoliate Properly

You may have planned to stay away from exfoliating your skin during winter because you think it will further dehydrate your skin. Well, if you exfoliate properly, you will not have to deal with a dehydrated skin. The dry indoor heating and the cold air outside your room can cause your skin to flake and dry off.

This will cause you to harbour dead cells and make it difficult for moisture to get in. Exfoliating rids off dead cells, allows a generation of new cells thereby making it easy for moisture to get into your skin without causing skin irritation. Exfoliate your body, face, and hand.

More so, chapped and cracked lips are not uncommon during this period. This will surely make you look unattractive and untidy or even cause discomfort. When this happens, ensure you exfoliate mildly, pat with cold water and make use of lip balm that contains Vitamins A & E.

7.

Opt For A New Cleanser

The cleanser you used all through summer should not be used during winter. Even so, the dry air can make your skin hypersensitive during this period. The wrong cleanser can further cause irritating skin condition and premature skin aging.

All through the season, go for a mild cleanser that contains no alcohol and surfactants. Dermatologists have proven that both Surfactant and Alcohol cause skin dryness. After cleansing, ensure you apply moisturizer and hydrating toner to keep the moisture in.



8. Avoid Using Shampoo Every Day

Every part of your body contributes to your total appearance including your hair. While you concentrate on retaining as much as oil as you want in your body, never forget to keep the natural oils in your hair. Much more, winter is that period you do not want to damage your scalp. It is advisable to wash your hair two-three times a week.

Install a humidifier: Installing a heating system in your house will make you warm but will cause an extraction of the available hair in your room. At this time, it is advisable to fix a humidifier in your house much more, your room to retain the moisture in the air.



9. Stay Away From Irritants And Allergens

During the winter, the skin tends to become more fragile and overly sensitive. A little mistake can make you spend a lot on regaining your skin. If you have dermatitis or eczema, ensure you stay away from irritants that can cause an outburst.

While the effect of the irritants may not be obvious in other periods, the winter weather makes its effect obvious and damaging.

Irritant fabrics like wool, chemical based detergent should be avoided to prevent skin issues. By having a sensitive skin, you should stick to materials designed for sensitive skin type. Even when you do not have a sensitive skin, ensure you stay away from these materials as they can cause a huge damage.



10. Eat Foods With High Water Content

Water does not only dehydrate, eating foods that have high water content will also dehydrate your skin from your body system. You should include apples, oranges, watermelon, carrot, cucumber, tomatoes and other watery vegetables and fruits in your meal. What you eat have a great effect on how you look.



Stay Healthy

Infections may be difficult to control during this weather. Boost your immunity by staying healthy. Stay away from activities that can cause fungi, bacterial and viral infection.

While you may try different activities to maintain a perfect skin, skin problems that may emanate as a result of the weather can be controlled when you do a lot of exercise, you maintain good hygiene and get enough rest. While the cold weather will naturally make you stay in all day, do not give in. Work out and generate that sweat.



Stay Stress-Free

Winter is not the best time to work yourself out. Even if you cannot determine how much you work, ensure there is a commensurate level of break. Take time out to relax. Whether you are battling with emotional or psychological stress, take time to rest without thinking about the matter at hand for some time.

Resting will help you to make the best decision without leaving your skin in a bad shape. According to the 2001 archives of Dermatology, stress affects the body's ability to hold water. You should also opt in for Yoga. It is one of the sure ways to stay clear and free of stress.

You cannot change or modify the weather for your own convenience and at the expense of

others but you can modify your lifestyle to suit your interaction with the weather. Take note of the products you buy and ensure you make adequate research before purchasing any product.

The eye is one of the most obvious parts of your body. Any signs of premature aging will be more obvious during winter. Top moisturizing eye cream like Eyevage is effective to keep you away from dark circles and fine lines around your eye region.

Get prepared and get all essentials available, it's going to be the best winter for your skin all through this season.

By- **Shawn Clark**

This
Month Special

Gabrielle REECE

Pro Volleyball Athlete,
Health & Fitness Expert
Talks About Taking
Fitness To An All-
Together New
Level!



Photographer:
Jennifer Cawley

Gabrielle Reece is not only a volleyball legend, but an inspirational leader, New York Times bestselling author, wife, and mother. The former professional beach volleyball player and Nike's first female spokeswoman is the definition of athleticism. Though California born, Gabby was raised on St. Thomas in the Virgin Islands and didn't take up volleyball until she moved to Florida when she was in the eleventh grade. Gabby won an athletic scholarship to Florida State University where she played two seasons before accepting offers from the modeling world.

Despite the allure of modeling, Gabby returned to the FSU campus and set two school volleyball records that still stand today. Together with her husband, Gabrielle Reece created Extreme Performance Training (XPT) based off of their daily lifestyle regimens, which has continued to inspire men, women, old and young, all alike, to lead a fit life. Gabrielle Reece, for the first time ever opens up about how she feels passionately about evoking a sense of self-motivation, towards fitness, in people of all ages and from all walks of life to become stronger and healthier, only in Women Fitness' Winter Issue.

NN:

You joined volleyball when you were in the 11th grade, and soon set school records in both career solo blocks and total blocks. This led to you being named the Dodge National Athletics Awards' "Most Inspiring Collegiate Athlete," and Rolling Stone magazine's "Wonder Women of the Year". Tell us more about your spectacular

journey and how it all began?

GR:

I fell into volleyball when I moved from the Caribbean to Florida. I was 6'3 in the eleventh grade so that was a popular trait and I was fortunate enough to go to Florida State on a volleyball scholarship and that is where I had the opportunity to work with a great coach and get some attention.



I only eat pretty much when I'm hungry and until I'm full.

If you ask me about this journey I had some really key people, coaches and friends that came around just at the right time and really changed the trajectory of my whole life and one of them being my coach in high school and the other being my college coach, Dr. Cecile Reynaud. But it was a strange time when I started playing volleyball, my freshman year at Florida State. I then started modelling and combining the two for the duration of my college career, it was a little bit of a different path, but one that made a lot of sense for me.

I think sometimes when you know the difference, when you don't have an opportunity and

then you get an opportunity, you really learn to not take advantage of it and you also learn to cherish it and recognize it as an opportunity.

NN:

You are a professional volleyball player, best-selling author, host, sports announcer, fashion model and actress. How do you manage such a remarkable multi-dimensional lifestyle?

GR:

I think that at the end of the day if we look at most women's lives, they are living a multidimensional lifestyle: they're working, they're moms, they're friends, they're training, so even at their own levels, they are athletes.

So I don't think I do anything different, I think that the platform I do it on might be a little bit different. But by the nuts and bolts on that, I think some of it is good fortune, like if you've got to model, it was something to do with genetics and timing. In sports, it took a great deal of work and dedication and I think the other stuff is just as a natural extension of things.

I'm really interested in writing I just applied the same discipline that I had in sports to everything else and it's just having the ability to recognize what is the most important thing that needs attention right now and so instead of trying to do everything all at once I think I've gotten very good at focusing on the task at hand and that even means in my personal life like sometimes if I haven't spent enough time with my children or my husband I recognize this and sort of put everything else aside.

NN:

Introduce us to a day in the life of "Gabrielle Reece".

GR:

A day in my life, usually starts with attending to my daughters. I have three, two at home, so attending to their basic set up for the day and then I go straight into training if I don't have another work commitment. I even try to schedule all my work, shoots, meetings, etc, after twelve noon so I can get my training in. I find that if I don't get my training in early it can fall by the wayside, based on day events.

Again it's just about managing a lot of different hats in one day, sometimes it's like I'm the mom or the wife and then you have to turn around and be this business person and not be emotional or take things personal. I try to the best of my ability to waste as little time as possible and stay really focused.

Another helpful thing that I do old fashioned is write everything down in my day books. This keeps me organized and lowers my stress.

NN:

What exercises comprise your fitness regime or workout routine that you may like to share?

GR:

For me I try to do workouts that I enjoy. Yes my workouts are challenging but I still enjoy doing them. So I would encourage people to find a few they like to do and stick with those.

So Monday, Wednesday, Friday I do circuit training and then Tuesdays, Thursdays and Saturdays, I do a pretty rigorous ballistic pool training with

dumbbells and that's great because it doesn't further damage your joints and it's a great environment to train in. Besides consistent exercise, there are two other really important focus's for me. Good nutrition and sleep. Eating the right types of food is essential for how I feel, move, and look. I try to make sure I get at least 8 hours of restful sleep a night.



I really love HIGHX. It was born out of a system of workouts that I put together for the community of Kauai.

NN:

Do you take some special diet or have a strict menu that you follow to remain healthy and physically fit?

GR:

I just try to eat as much real food as possible and I know that's oversimplified but I just trying to avoid processed foods, foods that break down to glucose, too much sugar, things like that I really try to be mindful of and so I would say that I eat a plant based whole foods diet, with condiments of high quality animal protein and really good healthy fats: coconut oil, avocado oil, olive oil.

The other thing I have learnt is that I try not to combine too

many carbohydrates with my healthy fats, so for example if I'm going to use olive oil or something, I try to use that on vegetables verses, even the whole raw butter, but not in conjunction with sweet potatoes, so where we get into trouble is I am a big advocate of healthy fats but my understanding is they're better off with vegetables even though, obviously there's a little carbohydrates as well but not quite as high.

So real whole foods, minimize the processed foods. I only eat pretty much when I'm hungry and until I'm full. I try not to overeat and I watch the sugar intake, I watch sugary drinks. I make sure that the food I eat I enjoy and it's diverse, I try not to eat the same things over and over. We used to eat things when they were in season and be more diverse, that's something that's really important for a good diet.

NN:

You have glowing skin and gorgeous hair. Do you take some kind of skin treatment to keep it young and glowing and secondly what you do to your hair to make them look so stunning?

GR:

My skin and my hair, I actually think, this is a reflection of my nutritional habits mostly. I don't really drink alcohol, or smoke. I think a life of exercising and playing sports has allowed me to fend off the elements and some of the skin problems you get in aging.

Hydration is also a key factor. I drink lots of water throughout my day. This is really simple information but it's impactful. As far as the products I wear I try to use a chemical free sun block. I love Dr. Colbert, from the New





Photographer: Jennifer Cawley

York Dermatology group. His sun-block it's chemical free and they put reflective particles in it. I also like Epicuren sun-block, they have a Bee Propolis sun-block, that's quite good. I use a Radical moisturizer a Japanese clay bar to wash my face, it's a soap but it doesn't have any of the chemicals in it and you can find it on Amazon. Lastly, for my hair, the key for me is I have actually quite thin hair so when I'm doing pool training I will put a leave-in conditioner or oils, just to give it a break and if I'm not working, I don't touch it with a blow dryer or anything like that but I just leave it as it is and try to spare my hair from the hot heat.

NN:

Nike tapped you to become the first female athlete to design a shoe, and, for six straight years (1993-99), you served as the company's cross-training spokesperson. How did you feel about this great achievement and inspiring so many like you?

GR:

I had the great fortune of having a relationship with Nike. I was in the right place at the right time.

All of the female athletes before me, the culture and everything, it created a ground for me to be able to be in the position to have my first signature shoe and be their first female athlete.

Hatfield was the designers of my shoe, he was the person who really was the main force behind brand Jordan. This relationship was similar to a team sport, you realize you're more successful than you can ever be on your own, when you're surrounded by really good people.

Wieden+Kennedy, the ad agency

with Nike always did fun and creative things with me and then again, like I said, I had Tinker and so I felt really honored to have that opportunity with Nike, I love the brand and again they put their very best people all around me, so it made the opportunity to be successful and certainly more achievable.

NN:

Give us your Top 5 Health & Nutrition Tips to fight off obesity.

GR:

I think obesity is such a broad term. I'm six three and I weigh hundred and almost 80 pounds, so this is what I believe is, first of all, you have to look at people's genetics.

Secondly when being on any prescription medication makes it challenging to lose weight. Women going through menopause, being hormonally imbalanced can be challenging to maintain a healthy weight.

Studies say Americans drink twenty percent of their calories so clearly getting rid of all drinks including juices because they're just loaded with sugar. Drinking sugar or consuming sugar without fiber goes straight to the liver so obviously this creates havoc on your system.

So for me I would avoid the sugary drinks, I would move on a regular basis, I would avoid processed foods and I know people are going to kill me but avoid microwaving all these foods because this depletes nutrients, there's no minerals, no enzymes, so now what you're getting are empty calories. Also I think if somebody is having this issue to see if there's

something in their past or their childhood, a trauma of sorts that triggered this mechanism of protection which would be understandable but I think that sometimes we analyze just their exterior lifestyle and I think sometimes if there has been a trauma that's unaddressed, it makes it challenging. As far as having been successful, this is what I say, I don't wake up each day thinking I can't wait not to eat all the things that I think taste great and kill myself in training, what I do know how to do very well, is I learned how to create a system and I've put that in place so I can be successful.

The other thing I would suggest is to have somebody you've got to check in with and be accountable. Certainly food journaling is essential to this because it starts to let you really notice your habits and see like, oh when I was stressed out that day, look at how it changed my eating, so I think food journaling is also a great tool.

NN:

Tell us more about XPT – Extreme Performance Training.

GR:

XPT is just an extension of what my husband, Laird Hamilton and I have been doing for a lot of years. So the notion of, we say this first and foremost, we really don't know anything and we're going to share what we know today and in a year hopefully, because you keep learning, it's different.

XPT involves breathing routines for health and fitness I love sharing how to breathe properly is, you can do it anywhere, it's cheap and you go figure it is the essence of life and it really can be a tool to either ramp you up and

put you in your sympathetic system, get you ready to move down, put you into your parasympathetic before bed, get you to relax and things like that so I love the breathing.

We do a thermo regulation system which involves heat and ice.

I do heat and ice 2-3 times a week. There are benefits both mentally and physically from thermo regulation, I encourage everyone to look into it.

We also do pool training (underwater fitness) which is sort of the most unique part. We have developed over thirty underwater exercises, where you can work on your lung expansion and capacity but also you can do ballistic movements without pounding your joints. It's for people of all ages and we have shallow up to deep water exercises.

People that like to do different exercises, that I don't do, or vice versa so the ultimate thing behind XPT is also to encourage people to remember that they are uniquely different and can they take that time to figure out what really does work best for them.

We really feel to have a quality fitness program it needs to be scalable. It needs to benefit people of all ages and abilities. One thing great about XPT is that it is beneficial for everyone. The breathing, the water fitness, the heat and ice are incredible techniques for beginners all the way up to tactical forces.

NN:

You are the creator of HIGHX Training. Tell us more about this endeavor of yours.

GR:

I really love HIGHX. It was born out of a system of workouts that I put together for the community of Kauai.

HIGHX is a circuit that combines cardio, strength, balance and a little bit of flexibility. It enables a large amount of people to workout together and provide accountability. I put people on teams to enable the large group I had attending. These groups for example, could have a team full of highly fit 30 year-old men being followed by a group of 60 something old women. It keeps you continuously moving from station to station and as the instructor I can walk around and correct form and things like that versus standing at the front saying follow me in this choreographed move.

HIGHX was born out the thought process "I don't know what to do, I don't have time, I can't afford an expensive workout, I get bored". So this workout was the perfect solution.

NN:

Advice and motivational words to the inspiring and budding female volleyball players who all are your fans, they shall like to know from you, what they should do for their climb to ladder of success in this field?

GR:

I try not to tell anyone, give them so much advice but I will say this and it's true to anything we want to pursue in life. First of all get really grounded in your reasons why, so if you love something or it brings you great joy or it's just a calling whatever it is, I think, that first build your desire to pursue something, on

something that's real so that on the days that it sucks you have that to lean on, because there are just as many challenging days as there are glorious days.

I would say that and that everything is hard work so not to be afraid of that and just expect that, don't be surprise, don't cry, when it gets hard, understand it's hard, it's all hard and when a coach tells you something if you can remember in that moment, hey all they're trying to do is to make me better, the other thing I learned especially as a female athlete is don't take anything personal, it's really important and it's hard when you combine taking things personal in a competitive environment.

So the sooner we can get rid of that as female athletes, it certainly would serve the athlete in us even greater. So I think hard work and knowing this is really important and you know what if let's say you started later and you're not as talented as someone else, you are not as tall or whatever, don't limit yourself. There is division two and three schools and what I really got from volleyball, even I played in division one school and professional, it had nothing to do with the size of school I was in and had to do with that I learned how to achieve a common goal with people, I learned how to succeed or I learned how to fail, win and lose, I learned how to work hard and believe in myself. These are the things that we really get from sport more than, I played at the UCLA or the Olympics, that is also a part of it but the realest part you can get just by participating.

NN:

What do you wish to say about the website Womenfitness.net and message for its visitors?

GR:

When I think about fitness and women, I guess that at the end of the day, it always comes down to we invest so much in our hair and makeup and nails and clothing and then I just can't think of a more important, fundamental investment in ourselves than our health and wellbeing. It's not just about the aesthetics, again it goes back to the real reasons so I think that if women can do that for the reasons also beyond how they're looking because they will be more productive, they will have more energy and be more efficient and effective and all these other things and they probably will look better, but it's really seeing the value in that investment, in themselves and taking that at time for themselves to train, to eat well and sometimes we have to give ourselves a break like if you just had a baby, three days before, it's ok, you're recovering will get there. I think, the other thing I would say is also to really help one another, just to support each other and don't be threatened by the other women's greatness around you.





Photographer: Jennifer Cawley

How To Beat A

FAT LOSS

Plateau!

When you're exercising and eating healthy, it feels good when you drop even a pound or two. For some people, their weight loss journey isn't consistent.

They may gain a few pounds then drop several. Many are already aware of this, but in the end, they typically achieve results overall.

Unfortunately, there may even be a point where you suddenly stop noticing results altogether. This is what we call a fat loss plateau. Once the plateau hits, many either get too aggressive with their weight loss plan or quit it cold turkey. But before you get discouraged, there are safe and workable solutions to beating your weight loss plateau.

10. Eliminate alcohol

Some people aren't going to like to hear this, but alcohol only helps you hold onto excess fat. Not only the alcohol within alcoholic beverages – but also preservatives, sodium, and sugar within these drinks – can cause weight gain. One 2015 study even discovered that there may be a correlation between one's weight and their alcohol consumption.

But if you must continue to drink alcohol, do so in moderation.

However, do attempt to cut back on your alcohol intake as much as you can. Most of all, be mindful of what you're consuming.

Remember that beverages are quicker to consume than food, making them more discrete in how many calories you're really consuming.

9. Reduce your stress levels

When one is trying to achieve quick weight loss, their stress level is the last thing on their mind. Some may even have increased stress through the process of trying to drop several pounds. Losing weight can be emotionally, physically, and

mentally exhausting. But simply taking the time to reduce your stress can aid with your weight loss.

Stress relievers can range from anything from going on evening walks to taking a long bath. Take the time to unwind every now and then. Do something for yourself. Watch a movie, hang out with friends, buy yourself something small, or read a good book. Everyone has their own ways of relaxing. If you haven't found yours, do it now.

8. Make vegetables the main component of your meals

If you only seem to be packing on the pounds, take a look at your diet. Are you eating too much salt? Too many fatty foods?

Mostly meat? Try adding more vegetables to your plate. In fact, make vegetables the largest part of your meals. To couple with your diet change, research the best diet pills to aid with further weight loss.

But if you aren't a fan of vegetables, not all hope is lost. Try different vegetables, even ones you have never tried. Roast, sauté, mash, or even eat your

vegetables raw. The way you cook your veggies can make a huge difference in its texture and flavor.

Besides different cooking methods, look into different preparations of your vegetables. Different cuts of your veggies, different herbs and seasonings, and even sauces can make an impact. Even color can make a difference psychologically. If you hate cauliflower, try purple cauliflower. Do the same with broccoli, cabbage, or even tomatoes.

7. Cut back on hidden and empty calories

Many think that the best diet plan only consists of adding healthier options to their diet. But what about the poor eating habits you currently have? It's not enough to add a bowl of veggies or a salad to your meal. Also be sure to emphasize what you're doing wrong in regard to your diet.

Cutting back on hidden calories means taking note of the calories in things you'd never think of. This includes dressings, butter, toppings, dips, and other smaller components of your foods.

6. Don't rely merely on the number on the scale

Through your weight loss journey, you may be checking the scale multiple times a day. But there is a chance that any plateaus or weight gains may be added muscle mass. Remember, muscle weighs more than fat. Looking at your diet can help you decide if what you're gaining is fat or muscle.

Remember that some people who lose fat end up weighing more afterwards, yet look thinner. This is because they gained muscle in the process. That said, if you want a lean, slim body with definition, you'll have to accept that you may weigh more. If you're healthy overall and have a healthy BMI, the number on the scale truly is just a number.

5. Eat more protein

One misconception regarding the consumption of protein is that it could make one gain more weight. This is false if consumed in the right amounts. Instead, protein can make one fuller longer. If engaging in proper exercise, intaking extra protein can also help one to gain more muscle mass.

According to the British Journal of Nutrition, several studies have confirmed that a high-protein diet for some boosts weight loss. But the diet may not be for everyone. Consider the fact that some individuals may require more or less protein in their diet overall. Remember that protein does not just include animal products. Protein can also include beans, peas, nuts and seeds, kiwi, bananas, avocados, blackberries, oranges, peaches, apricots potatoes, and leafy greens.

4. Change up your workout

Have you been consistently engaging in a certain workout for several months with no results? Maybe you're noticing results, but the pounds seem to come back. If you're already working out multiple times a week and doing everything to push yourself, maybe change is necessary.

It's possible you could be engaging in the wrong workouts. It's also possible that you're not engaging in those workouts correctly. Maybe you need to boost the intensity or frequency of your workouts. There may even be a change that you need to cut back on your workouts. Doing the proper research is crucial before you make any changes.

3. Cleanse your gut

For some people, struggling to lose weight all comes down to their digestive system. Do you suffer from frequent gas? Are your bowel movements not up-to-par? Even if you think your digestion is fine, it may not be. A sluggish digestive system, according to Dr. Isaac Eliaz, is key to dropping excess weight.

Many unhealthy dietary habits such as eating too many processed foods can contribute to poor digestion overtime. That said, try a gut cleanse. Try the apple cider vinegar detox or lemon-water detox. There are also gut-cleansing products on the market for you to try as well.

2. Eat more frequently

In some countries it's standard to consume three meals a day: breakfast, lunch, and dinner. Sometimes we throw in a tiny snack or two into the mix. But did you know that eating more frequently can help stimulate the metabolism? It's true.

Instead of consuming three larger meals a day, try consuming six smaller meals a day. Cleveland Clinic backs up this theory and offers advice for being successful with this. They suggest that eating every two to three hours is key for boosting the metabolism. But of course, eating more frequently doesn't mean eating more junk!

1. Decrease the amount of salt you consume

Many know that salt can contribute to bloating. Salt helps the body hold onto fluids within your tissues. Additionally, consuming too much salt can make you hungrier in the long run. In turn, this can lead to weight gain.

Besides weight gain, a study found that too much salt is linked with diabetes mellitus, cardiovascular and neurovascular disease, and osteoporosis. That said, there are several reasons why it is important to cut back on the amount of salt you're intaking. There are alternative foods and drinks to the salty ones you may be consuming. For instance, instead of potato trips, try kale chips. Trade in your traditional fries for sweet potato fries. Replace other unhealthy salty foods with olives, carrots and hummus, marinated tomatoes, grilled artichokes, edamame, and nuts and seeds.

By Shawn Clark

A full-body photograph of Linzi Martinez, a fitness professional, posing in boxing attire. She is wearing a red sports bra, red patterned shorts with "NIKE PRO" on the waistband, white boxing gloves with black accents, and colorful sneakers. She has her hands on her hips and is smiling. The background is white with a large red diagonal shape on the left side.

Linzi Martinez Answers 7 Hot Fitness Questions!

Photo Credits:
Linzi Martinez

LINZI MARTINEZ

has made it her life's Mission to educate, captivate and motivate her listeners, clients and viewers to live a Happy, Healthy, Stronger life.

She has been passionately hosting, producing and directing Happy Healthy Stronger, a web based weekly TV series on health and wellness since January 2015. She is the host and the executive producer for the 2018 Happy Healthy Stronger Makeover TV series www.happyhealthystrongermakeover.com currently airing on WBTVN on AppleTV, ROKU, ABC, CBS, NBC and more and is the founder of the wellness company HHSTV.

As a Nutritional Therapist and Personal Trainer, she has had the honor of guiding professional athletes, junior athletes, aspiring health and fitness enthusiasts and seekers to not only achieve their goals but to maintain them effortlessly.

Women Fitness asks Linzi Martinez 7 Hot Fitness Questions, that everyone wants to ask a trainer!



Photo Credits:
Linzi Martinez

1. Diet Plan

I have a 30-day program that will set you on the path to a lifestyle that will not only maintain your new found weight loss but also make you feel better than you ever have before!

The basis for the program is Intermittent fasting! What does this mean? Will I be starving???

I recommend the 8/16 hour method.... You have an 8-hour window to get in your nutrients!!! So, for example, you would eat three meals from 12pm until 8pm and not eat again until 12pm! No food is allowed during the 16-hour window! Shockingly, you will be eating more fat than your mind will want you to have, thus leaving you completely satiated and not hungry!!



Here's the WHY AND HOW ON INTERMITTIANT FASTING!

We have one fat storing hormone, insulin! (called into play each time you eat) We have 6 fat storing hormone – the most prevalent being growth hormone!

KEY.... Growth hormone cannot be excreted in the presence of insulin! Thus, making it really hard to lose weight unless you are starving yourself !!! No thank you !!!

Your body is use to making energy (ATP) from glucose so when there is none, it is forced to go to another energy producing process – the fat burning cycle! This happens only when you have used up all of the glycogen (what your body convert glucose to) and you are still in need of some energy! This system **TURNS ON!!!! YES, THE FAT BURNING SYSTEM – WE ALL HAVE IT!!!!**

It is important to remember that fat cells are where a lot of your toxins are stored and thus, we need to detoxify so that the fall cells and actually spew their fat into the blood stream to be converted! Therefore, the fast must be broken daily with something GREEN (which detoxifies your body) followed immediately with your protein and fat.. if you are still hungry then, and only then can you have a complex carb choice with a low glycemic index like berries and quinoa!!!

This is the fastest and healthiest way to lose fat! There is no starving, no craving, no dieting! Just a matter of timing!!!

2. Workout Plan

You MUST set goals. It is extremely important to your long terms gains to set reasonable goals and not set yourself up for failure!

Start with committing to 3 days per week and if you get in any extra days, well... that's an added bonus! People make the grand mistake of working out everyday and then burning out very soon after!!!! NOT GOOD!

My goal in training will never be to take a client from a size 2 to a zero, but instead to provide the client with the tools they need to re gain control of their lives, increase their energy, feel and look rejuvenated and be physically, mentally, and spiritually healthy. The aesthetic gains often become the secondary benefit of my training.

My clients' goals range from wanting to get rid of unhealthy fat, people who want to run their

first marathon, all the way to elite athletes who are getting ready for competition.

The wide range of clients that I serve has helped me to develop a method of training that utilizes mostly the person's body weight. Although each person has individual needs, I have found that this type of training benefits everyone and can be easily adapted to each individual's capabilities and fitness level.

I focus on functional exercises to activate and engage more than one muscle group at a time, consistently prioritizing the core. These exercises mimic real-life movements and aid in preventing injuries... specifically back injuries. Body weight exercises help rebuild muscle wear and tear that develops as we age. They build lean muscle mass that is great for your heart, blood vessels hormone production, brain activity, sleep patterns, energy levels and so much more. My program is three times per week and is a full body workout each time!

Once the client shows improvements and relative ease throughout their routine, I add light weights, med balls and weight vests.

I rarely work in a gym; but rather, I go directly to my client's homes. Over the years, this has definitely proven to show a greater compliance and longevity to their program.

My clients who complete half and full marathons, often have never run a mile alone before training with me! They are taken through my 3/2, then 5/2 program (3-minute run/2-minute walk) for a series of weeks, depending on the duration of the race. EVERY person that has gone through this program with me has crossed the finish line. Watching their faces as they achieve what they thought was the impossible and witnessing their extreme sense of accomplishment is incredibly beautiful to me.

I run with each and every one of them, so I never miss it!

3. 5 Weight Loss Tips That Are Essential

There are some hidden truths to natural weight loss that are so simple they are often overlooked!

1 Drink more water: why you ask? ...thirst is often masked by hunger.... Meaning that people that do not drink as much as their bodies need will have a hungry feeling when in fact they are thirsty!!! Their bodies are used to getting the fluids it needs from food!!! Extra calories one does need – just drink a lot of water! How much? Half your weight in ounces! I always tell my clients to make sure they have a glass of water (8oz) prior to giving in to a craving and prior to going to a restaurant!!!

2 Get enough sleep! An oldy, but perhaps the real reason has not been revealed! When you are tired your body needs instant fuel to stay awake by nature! Instant fuel is only in the form of simple carbohydrates like chips, cookies, cakes, muffins, pasta, breads white anything! These simple carbohydrates will call for insulin which will store whatever you do not burn into fat... and if you are tired.. you're probably not burning that much! You will actually crave this type of food when you are asking your body to stay awake when it need to sleep!!! Your caloric intake will be less with a solid night sleep! (8 hours are best!)

3 NEVER bring it home!!!! The golden LINZI RULE! I can promise you that you will more than likely not change out of your PJ's to go to the store at 10pm if you are craving chips! However, if they are in your home...well they're going down the hatchet! ...consider the easy access as an extra pound or two!!!

4 Never shop hungry!!!! The worst thing we can do is go to the supermarket hungry!!!! We end up bring all sorts of dangerous yummys that would not have been on our list!!!

5 Get satiated at the cellular level!!!! When you eat majorly rich nutrient dense foods, your satisfied at the cellular level and will CRAVE LESS! Green juices and powders are best for this!!!!

Photo Credits:
Linzi Martinez



4. 5 Weight Loss Myths That Need To Be Busted!

1 Often the idea of eating any fat is associated with “gaining fat” this is simply not the case – contrary actually!!! Counterintuitively, fat helps you lose fat!!!! Good fat that is ... Like avocado, olive oil, hemp seeds, nuts and more, WHY YOU ASK? Well... fats take a long time for your body to break down and thus you are satiated much longer usually resulting in a lower caloric intake for the day!!! More so, fats take so long to digest that they don't raise your glucose levels helping them remain steady ... thus... YES weight loss!!!!

2 Breakfast is a must!!! This is a myth... the best thing you can do for yourself is to allow your digestive system to rest! Intermittent fasting (not eating for 16 - 18hours) has proven to be insanely beneficial for your health and for your weight loss goals! Remember, there are six major fat burning hormones none of which will even show up in the presence of insulin, a fat storing hormone present as

soon as you eat! Thus, by fasting part of the day, you utilize the fat burning system and rapid fat loss is ALWAYS THE RESULT!

3 ANY DIETS~ one must create a lifestyle and not a diet in order to maintain results for life! – a goal I hope that everyone has! A diet may get you temporary results, but that is just it, temporary!

4 You must be perfect!!! NO NO NO!!! We need to live and love our life!!! Perfect is boring!!!!!! Here is the truth – follow it and your life will be enhanced...”If you eat YUCK most of the time and occasionally get well... this does absolutely NOTHING! Fortunately, the opposite is true, if you eat well most of the time and occasionally eat YUCK... this DOES ABSOLUTELY NOTHING EITHER!!!! So enjoy your life and be smart!!!!

5 Bottom line ... Life is EXACTLY WHAT YOU MAKE IT!!! People make the mistake of thinking Love your life then you will love yourself...oh no... love yourself and I will promise you, you will love your life!!!!

5. 3 Favorite Fitness Tools

1 **BODY WEIGHT** exercises! It is important to train with just your body weight regularly! This is functional training that translates across your regular everyday life that will in fact protect your body from the natural and unfortunately usual issues associated with getting older like back issues, posture and more! (and bonus!!! This training makes you look amazing too!!!)

2 **Running** – I train my clients for a ½ marathon and encourage ALL OF THEM TO TRY! Why? Because there is a mental reward that you gain from going past your

perceived notion of your capabilities! I train 5/2, that's five minutes run and a two-minute walk for the entire marathon (Or half) – not only is this do-able, but this training is usually without pain after and comes with tremendous weight loss as we train in the fat burning zone and not the cardio zone!!!!

3 **SWIMMING**~ I have many beautiful clients that need to lose more than 30lbs! WELCOME THE POOL! This non-weight bearing exercise is AMAZING FOR YOUR BODY and is a crazy workout providing cardio, resistance and more!!!

6. 4 At-Home Fat Burning Exercises

1 The ABSOLUTE BEST EXERCISES TO DO AT HOME FOR FAT BURNING ARE LUNGE WALKS!!!!

Anything that engages and challenges your glutes and quads tremendously are the exercises that you want to stick with if your goal is weight loss!!! The quads and the glutes are responsible for your metabolism as they are the largest muscle groups! Bottom line, if they need more, they burn more!!!!!!!!!!!!!! Start with 20 and add ten each day!!! You will be amazed how INSANE YOUR LEGS AND BACKSIDE LOOK!!!! WORK YOUR WAY TO 500!!!

2 STAIRS!!! Once again, engaging your glutes and quads are the most effective exercises to do at home yielding you the most results! If you have stairs at home ... USE THEM MAMA- they are an amazing tool for weight loss and for getting firm, hot legs!

3 So many women complain about the back of their arms sagging or waving with your hand when they are not supposed to – (Nor are they invited to join your hand!!!) Well, say hello to your coffee table!!! As long as it is sturdy and stable, this table is your dipping tool to solid tight arms!!!

4 SQUAT CHALLENGE! There is nothing nicer than a tight tush!...and squatting is one of the best ways to get there! Start with 25 and each day add 5!!! Be sure your knees don't go past your toes and your chest stays up!! Touch the ground with your finger tips with each drop and fully recover to an almost straight leg thereafter!



7 • 4 Favorite Fitness Brands

1 My favorite brand of clothing will be “Body on Fire shape wear by Linzi” – my clothing line! After years of listening to what plagues a woman when she gets dressed, I have taken some action!!!!!!!!!!!!!! No more muffin tops and lets shape the backside and raise it! YES, coming this winter ... Body on Fire.. because every woman working out is hot! It is important to feel fantastic prior to leaving the house – it sets the mood for the day! Just about every woman can attest to this! (www.bodyonfirefitness.com this December 2018)

2 I have a great love for Asics running shoes – prior to introducing my fickle feet to Asics, running was a pain in my feet!!! I am grateful for their smart technology and products!

3 Under armour shorts ROCK! Sexy yet practical – the fit is fabulous!

4 TOTAL GYM – I am not one to use much but personal body weight, however for the TOTAL GYM, I am willing to make an exception! This mastermind is nothing less than amazing as it utilizes your body weight as a mechanism to which it functions! You get a total body workout which always has your core engaged! Just brilliant technology!



Beauty tip

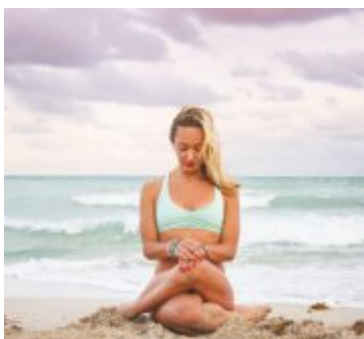
Limit your use of tools like hair dryers and curling irons, as the heat can dry out your hair and scalp, increasing the risk of damage. Use leave-in conditioners and deep moisturizing masks (for example, argan oil and jojoba oil) at least a few times a month to replenish your hair with the moisture that it needs and prevent from breakage, leaving your hair soft and shiny.

Wellness



20
Best Health

& Fitness
Influencers
of
2018





1

Kino

MacGregor

International Yoga teacher
and Influencer

Instagram: @kinoyoga



Favourite Exercise

Yoga, of course!

Favourite Health Foods

I love cold pressed green juice, fresh coconuts and sunflower sprouts.

Favourite 2018 Social Media Memory

My birthday at the Alladale Wilderness Reserve in the Scottish Highlands

One 2019 Fitness Goal

I have the same goal I have had every year for the last twenty years. I will meditate every day, practice yoga six days a week and let that change my whole world so I can be a kinder, more peaceful, more loving person, one breath at a time.

3 Apps That You Use The Most

Omstars, my online channel for yoga!

Insight Timer, my daily meditation timer app.

NYT-I read the New York Times almost every day

Social media has blasted all over our screens in the past few years, and now more than ever people are coming out, sharing their journeys and inspiring others. With so many health & fitness influencers working day and night to bring to you the best of workouts, diet and nutrition, Women Fitness thought of bringing a close to the year with the Best Health & Fitness Influencers of 2018.



2.

Janine Delaney

Fitness Expert & Wellness Coach

Instagram: @janine_delaney 

Favourite Exercise

I am known as the #jumpropequeen of social media because of my passion and love for jumping rope. Jump Rope is one of the most effective overall body workouts for any age level. It provides a great workout, can be done from anywhere and is a lot of fun.

Jumping rope can burn up to 700 calories per hour and is a great way to kick-start your digestive system and get your body to burn more calories throughout the course of the day. There is not better way to trim down and get lean!

Favourite Health Foods

My favorite health foods are those that are good for my body and satisfy my cravings. I am a firm believe in giving my body the good fats and carbohydrates they need, which leads to increased energy levels and lean muscle development. Some of my “go-to” include healthy fats like almond butter and nuts, along with powerful superfoods like berries and green teas. I also make a large variety of recipes with sweet potatoes which my

entire family enjoys.

Favourite 2018 Social Media Memory

My favorite social media memory was when I saw the number 1 Million followers on my Instagram account. I knew at this moment that I had reached my goal of impacting so many all over the world with my exercise and wellness philosophy. Every day I wake up to messages and transformation stories from people of all ages and walks of life. I am honored to have the opportunity be an integral part of their wellness journey and make a significant difference in their lives.

One 2019 Fitness Goal

My 2019 fitness goal is to enter another figure competition in the fall when I turn the age of 50. I know people are often quite surprised when they find out about my age and I want to continue to inspire them that age is just a number and that we are only as old as we let ourselves feel.

3 Apps That You Use The Most

I have a training program on Fitplan App that is a 12 Week Total Body Tone program. My teenage daughters and I use this app at home all the time to train together. We have a lot of



3.

Jacqueline Kasen

Photo Credit: Matt Roy
Body Architect at Anatomy in Miami
Instagram: @kasenfitness 

Favourite Exercise

My favorite exercise is plank. You get a lot of bang for your buck with this, as it helps to strengthen your core, increases muscle definition in your shoulders, chest legs and back, and also helps to improve your balance.

Favourite Health Foods

My go to health foods include Quest protein bars, almonds and avocado.

Favourite 2018 Social Media Memory

My favorite social media

memory during this past year was being featured in Condition World. They celebrate so many wonderful athletes and it was an honor to be recognized for my athleticism as a ballet dancer.

One 2019 Fitness Goal

In 2019, I plan to work to continue to get stronger, challenge my body, identify my limits and work to exceed them!

3 Apps That You Use The Most

Spotify, Instagram, and YouTube

fun together. On occasion I use Fitbit to track certain fitness goals and I love Headspace for meditation and relaxation.

Favourite Exercise

Sprints! There's something about being able to run really fast. It is so motivating and afterwards you feel really accomplished.

Favourite Health Foods

I love salads packed

with spinach, grilled chicken, avocado, cranberries, carrots, tomatoes, almonds, with red wine vinegar is so refreshing, delicious, and wholesome.

Favourite 2018 Social Media

Posting my summit picture on climbing Mt. Kilimanjaro!

One 2019 Fitness Goal

Climb and Summit Mt. Aconcagua; the highest peak in



4.

Katie Boren

Dancer with American Ballet Theatre & NASM certified

Instagram: @katieboren1 

5.

Serena

Poon

Celebrity Chef & Wellness Coach

Instagram: @ChefSerenaPoon 



Favourite Exercise

Pilates

Favourite Health Foods

Fresh pressed Luminous Elixir, Just Add Water; Avocado GF Toast (each one daily!)

Favourite 2018 Social Media Memory

When I finally did a social media post to let my community know about Just Add Water and that I was introducing it to the rest of world during Oscars week. I had such an amazing and supportive response from

everyone, I was honestly surprised and overwhelmed with gratitude.

One 2019 Fitness Goal

My big fitness goal for 2019 is to do more yoga on a regular basis. I want to be able to do acro yoga.

3 Apps That You Use The Most

Apps (other than standard texts, emails, news, IG):

Notes (on Apple Iphone) – Im constantly writing, taking notes, creating mental recipes and it allllll goes here first

Lightroom from Adobe (I love the Adobe suite of apps for photo editing and I like to give each photo a little extra love with a slight touch up with Lightroom)

I've been nerding out on Lumosity lately, which is a brain-training app with games and tests;

Also, I love meditation apps and bounce between them, but currently I'm back to Deepak & Oprah's meditation app, where I've purchased a few different collections that really resonate with me. I listen to it every day.



6. Erin Palinski-Wade

Registered Dietitian, Certified Personal Trainer

& Certified Diabetes Educator

Instagram: @erinpalinskiwade

made the muffins and the video, shared the story of how it was made, and had some much positive feedback on how this was just an example of how you can make time for health, no matter how crazy life gets! It was also such a great opportunity to hear so many funny stories from my followers on similar situations they had to deal with when trying to feed healthy food to their family.

One 2019 Fitness Goal

To continue to find new ways to make fitness fun not just for me, but for my whole family. To me, fitness is a way of life and I want to make sure my children understand the benefits, but also the enjoyment in moving their bodies every day.

3 Apps That You Use The Most

Instagram- I just love sharing new recipes, health tips, and fitness ideas with my followers. The IG community is so supportive and I have made so many strong connections through it!

Stop Motion Pro – I just started creating stop motion recipes videos (which I will share soon) this has been such an amazing app that allows me to bring my creations to life and provide simple instruction on how to create my favorite foods

ABC Mouse – OK so this one isn't for me so much, but it is such a great tool as a mom. If I need to get something done or fit in a quick workout, I know I can let my sons use ABC mouse for a few minutes and they will have a great time, but also be learning so many educational things.

Favourite Exercise

My absolute favorite exercise is the pull-up. Not only can it help to build strong arms and back, but it is also a great way to tone and strengthen the core. If you are just getting started, you can use a chair to help assist you until you can build up to a full pull-up.

Favourite Health Foods

It has to be prunes. This sweet dried fruit is just so versatile. I love to enjoy them alone as a sweet treat, but I also puree them to use in replacement of added sugar into some of my favorite baked goods, like cookies. Eating 5-6 prunes per

day can also help to promote healthy bones, and with a family history of osteoporosis, I definitely try to help my bones through diet as much as I can.

Favourite 2018 Social Media Memory

It has to be my memory of creating and sharing my Chocolate Chip Carrot Muffin recipe. The day I attempted to film this recipe both of my boys were dressed in bunny costumes, we had carrots all over the kitchen, and my realtor called to say someone was coming to see my house in 20 minutes. It was complete chaos, but we

7 **Betina Gozo**
 Nike Master Trainer
 Instagram: @betinagozo 

Favourite Exercise
 Barbell Cleans or Trap Bar Deadlifts

Favourite Health Foods
 Acai Bowls, Kale Salads, Green Smoothies, and Peanut Butter Berry RX Bars, Paleo Valley Beef Sticks

Favourite 2018 Social Media Memory
 Sharing my penguins and whales that I met in Antarctica!

One 2019 Fitness Goal
 To get more women into strength training I know it's not a personal one, but that's my mission!

3 Apps That You Use The Most
 Instagram, WhatsApp, and Spotify



8 **Lindsey Mathews**
 Head Trainer & Nutritionist, IdealFit
 Instagram: @trainerlindsey 

Favourite Exercise
 Pull ups and glute bridges

Favourite Health Foods
 Veggies for snacking such as cucumbers and bell peppers, protein powder treats and peanut butter!

Favourite 2018 Social Media Memory
 My Fit Body Tour! This year I visited numerous big cities around the nation to meet my challengers and social media followers in person, workout with them and give them big sweaty

hugs! We made so many memories together through these events and they all touched my life in countless ways.

One 2019 Fitness Goal
 Place top 5 in my national level NPC bikini competitions

3 Apps That You Use The Most
 Besides social media platforms, I use My Macros + for food tracking, Marco Polo for chatting with my friends and 2Do for keeping my life organized!



9.

Lauren Collins

Former Athlete, Fitness Model
& Co-founder of SISSFiT

Instagram: @lauren_m_collins 

Favourite Exercise

My favorite exercise or workout is definitely treadmill interval running. We designed the SISSFiT Accelerate Treadmill Guide this way because we know the workouts are quick but effective, and we see lots of people using this guide to get into running for the first time, drop race times, and feel great without wasting time.

Favourite Health Foods

There are so many good ones! I'm not a great cook so I love anything simple like a loaded salad or a crockpot dish I can throw together and have ready for dinner!

Favourite 2018 Social Media Memory

Of course, I would have to say sharing my son, Shane, born in January with both mine and SISSFiT's social media following. Second to that would be the messages we get from women all over using the SISSFiT guides, and being able to share some of those testimonials with other followers to create a really engaged and positive community.

One 2019 Fitness Goal

My 2019 fitness goal is to see more women doing SISSFiT workouts. They are so adaptable to my new life as mom, and I want everyone to experience them! Personally, I have a goal to get to the track more on weekends! I ran track and field in college, and it's so nostalgic (and butt kicking) to get out there for workouts.

3 Apps That You Use The Most

Fit Radio! This app may still be one of the best kept secrets for a lot of people. I use it for every single workout and I love the cardio coach option! We have a partnership with Fit Radio for SISSFiT audio-guided workouts as well, so if you're up for it, pop in your headphones and I'll personally take you through one of my favorite workouts! Fitbit. I love my Fitbit and it's fun to start friendly competitions with friends.

Map My Run. I use this mostly when I take my son out in the stroller because it's fun to see how long our walk/jog ends up being.

Favourite Exercise

Agility work and speed drills – or anything track and field focused.

Favourite Health Foods

Grapefruit, raspberries, and any kind of smoothie. So basically, fruit.

Favourite 2018 Social Media Memory

It's a close tie. The first was a post I did about moving into, what's basically my first, real apartment (two years after actually moving to NYC). With this post, I really wanted to bring to light the importance of financial health,

specifically for female entrepreneurs. I went into a detailed account on how I personally, climbed out of debt.

One 2019 Fitness Goal

A cycle trip. I would like to go from the east coast to the west coast. Or I would be interested in doing one in Europe.

3 Apps That You Use The Most

Instagram, Aaptiv (I love taking classes from other trainers), and I could not live without my apps for creating workout videos (Video Merger, Speed Pro...)

Meg Takacs

Master Trainer, Aaptiv

Instagram: @meg_takacs



10.



Favourite Exercise

Banded squats- Great for activation and improving movement in a squat- also for a little booty pump.

Favourite Health Foods

Eggs and Sweet potatoes- I like to keep it clean and simple.

Favourite 2018 Social Media Memory

All the Nike ads!

One 2019 Fitness Goal

Handstands!!!!

3 Apps That You Use The Most

Instagram, Instacart, daily horoscope

Kathleen Kulikowski

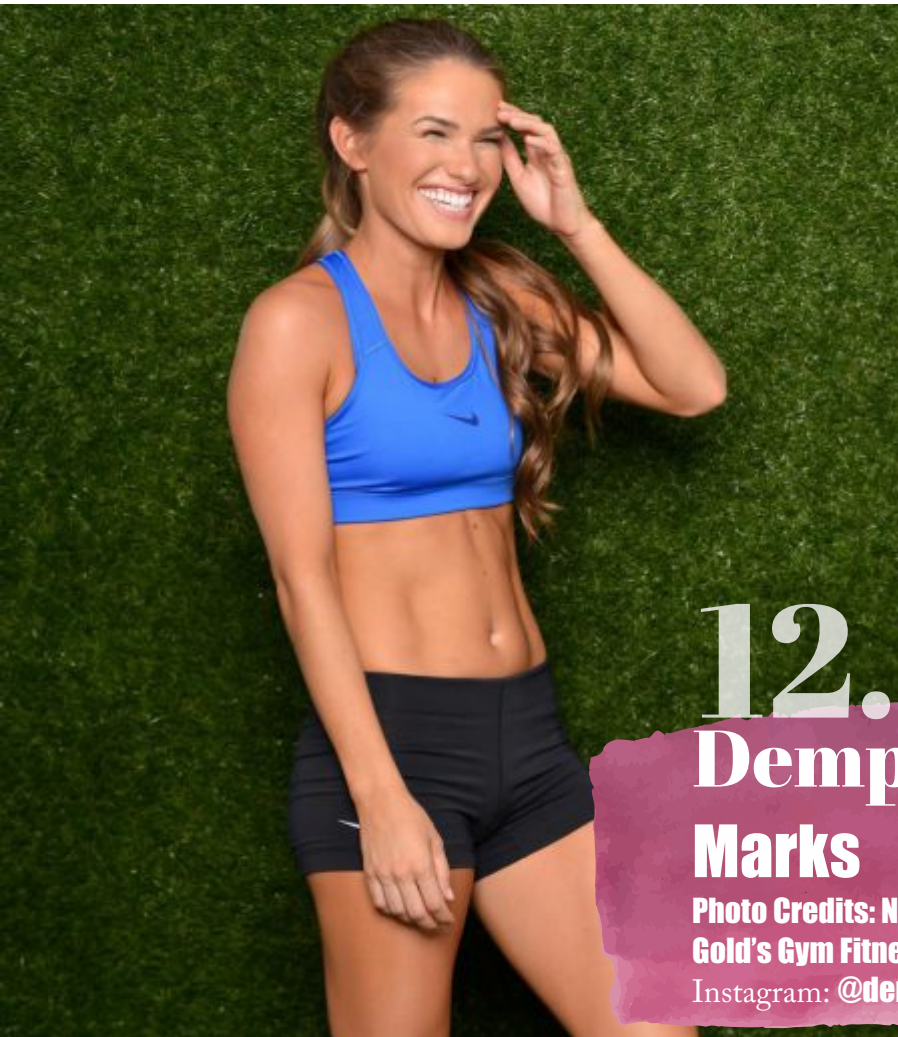
Senior SoulCycle Instructor

Instagram: @kathleenkulikowski



11





12.

Dempsey Marks

Photo Credits: Natalie Min
Gold's Gym Fitness Expert

Instagram: @dempseymarks 

Favourite Exercise

Burpees! They tone your entire body while elevating your heart rate and burning calories.

Favourite 2018 Social Media Memory

Hosting the launch of the Gold's Gym x Gym Shark collection in Venice.

Favourite Health Foods

Chia seeds, flax seeds, almonds, avocado, blueberries, eggs, coconut oil, sweet potatoes... I love food!

One 2019 Fitness Goal

To compete in a race for the first time since my knee surgery 3 years ago.

3 Apps That You Use The Most

Instagram, Books (love audio books!), Spotify.

Favourite Exercise

Running!

Favourite Health Foods

A classic green juice.

Favourite 2018 Social Media Memory

Seeing my brand DAY/WON in the wild on women of different shapes and sizes out crushing their goals. There is not a more joyous feeling in the world!

One 2019 Fitness Goal

Take on a challenge that scares me. In 2017 I ran two full marathons in the

same year, completely demolishing any limit I had ever set for myself in the past. By accomplishing those huge milestones I have a newfound sense of fearlessness and after a slight break in racing this year, am ready to dream big once more!

3 Apps That You Use The Most

- Instagram
- Strava
- Spotify

Candice Huffine

Supermodel, Marathon Runner
& Founder of Brand DAY/WON

Instagram: @CandiceHuffine 



13.



14.

Tiffany Cruikshank

Photo Credit: Jasper Photo
Lac, MAOM, E-RYT and Founder
of Yoga Medicine®

Instagram: @tiffanycruikshank



Favourite Exercise

Yoga

Favourite Health Foods

Watercress, avocado, collagen powder, but for me whole foods and variety are the most important. It's easy to get stuck in a rut and miss out on important nutrients even with really health foods.

Favourite 2018 Social Media Memory

Our wedding video! I love the quote at the beginning by our officiant, it was so perfectly stated and such a great timely reminder

– “despite our differences, love is what we all share. Its the great unifier, our one universal truth. No matter who we are, we all know this one thing – love is what we’re doing right!”

One 2019 Fitness Goal

I'm obsessed with fascial fitness so I've been playing with new ways to train my fascia using yoga, myofascial release and other exercise tools. With so much fascia research finally coming to light and a new anatomical understanding of the body reminding us that most strenuous (athletic) injuries are fascial issues, I'm confident fascial fitness will be the cutting edge of

sports medicine over the next 5-10 years. It's the missing link to so many injuries and the key to injury prevention!

3 Apps That You Use The Most

YogaGlo (one stop for great yoga and meditation classes with so many well respected teachers)

Enso (my favorite meditation app for those who have a regular meditation practice, for those new to meditation go to YogaGlo for guided meditations)

Sunbasket (my favorite healthy food delivery service, you can pick your meals each week on their app and they are absolutely delicious!! Perfect for the busy, health conscious consumer.)

Tiffany Cruikshank (tiffanyyoga.com) photo by Jasper Photo ©omniiii



15.

Jillian Michaels

Photo credit: Brian Bolton
Celebrity Fitness Trainer

Instagram: @jillianmichaels 

Favourite Exercise

Kickboxing, YOGA, HIIT TRAINING. That's why I built all kinds of workouts into the My Fitness App. So people get variety and they can do what they enjoy.

Favourite Health Foods

Pomegranate, Organic Greek Food with Manuka Honey, Organic Sea Salt Popcorn, Avocado Toast.

Favourite 2018 Social Media Memory

The insta stories my friends and I did in Egypt!

One 2019 Fitness Goal

I'd like to do the Empire State Building climb.

3 Apps That You Use The Most

Shazam – CONSTANTLY
Waze

Apple Health App. I sync all my info with it. Even my app syncs with apple health so I can track everything I'm doing for fitness, nutrition, and health in one place.

Favourite Exercise

I love to exercise. For me, it is like free therapy! Exercise clears my mind, which helps me balance work and family. I love mountain running. Let me clarify...I could never run on a treadmill. I need to feel the wind on my face, hear the sound of nature, and smell the clean, crisp fresh mountain air. I also love to do one of my HIIT (high-intensity interval training) workouts. They make me feel strong and full of energy in a short amount of time.

Favourite Health Foods

I am a lover of superfoods. I admit it, I am a nerd, and I continue to learn everything I can about superfoods, even if I am off the clock. Superfoods never cease to amaze me with their healing powers!

Favourite Social Media Memory

On July 25, 2017, my fan page reached 1 million likes! I will never forget that day. My husband and I were oddly

enough, at Facebook headquarters in New York when we received the news! I was so overwhelmed with love and gratitude. I know that reaching 1 million likes is so much more than a number. It is about the realization that my dream was coming to true to impact the lives of women around the world. I could not stop smiling for days!

One 2019 Fitness Goal

I want to continue with overall health in my body, spirit and mind. This entails eating healing foods each day, which will include at least 1 item that is green, grows from the soil and is kissed by the sun. It will also mean I will move my body in a healing way that feels good. I will work on my posture and flexibility. I would like to be able to do 10 pull ups and touch my toes in 2019.

3 Apps That You Use The Most

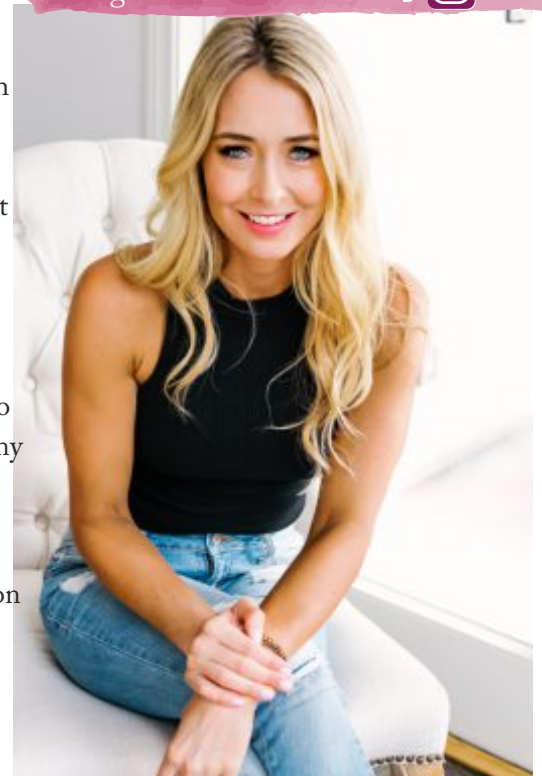
Thrive Market, Dr. Wayne Dyer, Jason Stephenson

16.

Danette May

Photo Courtesy: Danette May
Self-Love Activist & Author

Instagram: @thedanettemay 



**Karina
Elle**

17.

Fitness Model and Brand Ambassador

Instagram: @karinaelle 

Favourite Exercise

Squats

Favourite Health Foods

Edamame

Favourite 2018 Social Media Memory

My favourite memories are off social media.

One 2019 Fitness Goal

Run more 5ks.

3 Apps That You Use The Most

Instagram, Pandora, Videoshop to edit.



**Liz
Letchford**

18.

**Personal Trainer,
Fitness Expert at DIAKADI Fitness**

Instagram: @lizletchford 

Favourite Exercise

Anything that involves manipulating momentum, like kettlebell swings or medicine ball throws, that challenges my stability and gets my heart pumping!

Favourite Health Foods

I like to keep my ingredients simple and my flavors complex: Lean proteins, health carbs and veggies can be dressed up with so many different flavors to keep things exciting!

Favourite 2018 Social Media Memory

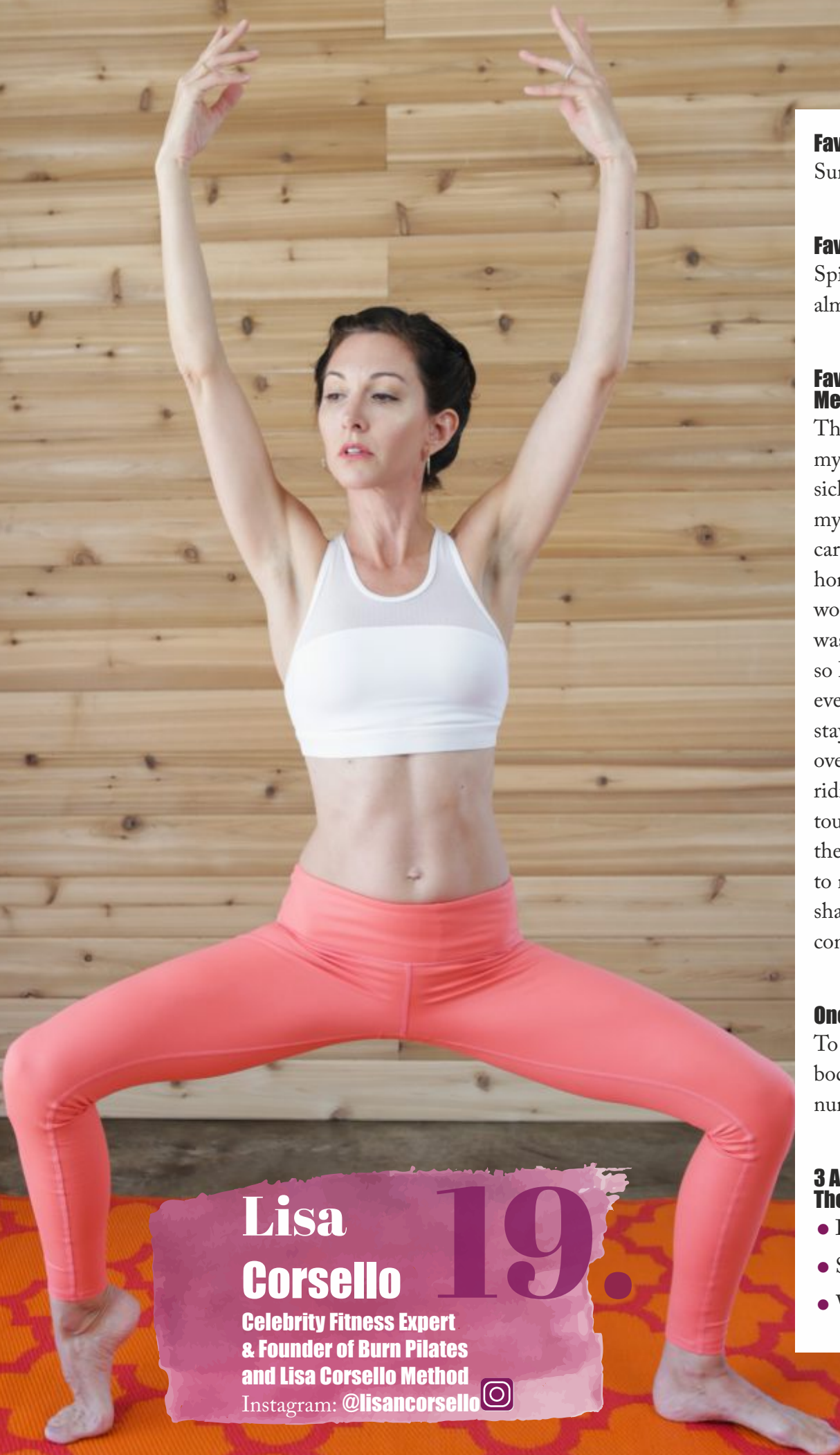
I had been working in secret as one of the coaches for an innovative fitness company called Tonal. When it finally launched to the public, my social media became an incredible tool with which to answer questions and share my personality with the Tonal community.

One 2019 Fitness Goal

Become a lean, mean, pull-up machine!

3 Apps That You Use The Most

Instagram, Spotify, Lightroom.



**Lisa
Corsello**

19.

**Celebrity Fitness Expert
& Founder of Burn Pilates
and Lisa Corsello Method**

Instagram: @lisancorsello 

Favourite Exercise

Sumo Squat Hops

Favourite Health Foods

Spinach, eggs, apples,
almonds

Favourite 2018 Social Media Memory

The Insta Story when my daughter was home sick and I chronicled my insane day trying to care for her, work from home, and get a workout in. Everything was done in segments so I could keep everyone happy and stay sane. It was real, overwhelming, and ridiculous. I was so touched and inspired by the women who wrote to me to thank me, share a laugh, and commiserate.

One 2019 Fitness Goal

To listen more to my body and less to the number on the scale.

3 Apps That You Use The Most

- Instagram
- Shazam
- VHX&Playbook



Anka Urbahn 20.

Founder of Urbahn Fit- Personal Training for Bad Ass Women

Instagram: @urbahnfit 

Favourite Exercise

I don't have a favorite exercise, exactly. However, I really like working my back and shoulders. I love doing single side exercises (single side chest press, single arm row, Single leg RDL, Single arm overhead press). It forces you to engage your core, improves your balance, and you can address possible imbalances.

Favourite Health Foods

I have lot's of favorite cheat foods. I love a good steak (there is nothing wrong with a nice piece of grass-fed beef and no, it is not unhealthy) but I also really enjoy a big salad with lots of colorful vegetables and enriched with a lean protein, of course, like tuna, steak, or grilled chicken.

Favourite 2018 Social Media Memory

When a client experiences a personal breakthrough – a goal achieved in the gym, a successful week of eating clean and healthy, a feeling of confidence over something that would have been too scary in the past – and then posts about it on social media– those are the social media memories I'm most proud of and so happy to see when they celebrate their own successes. It's why I do what I do.

One 2019 Fitness Goal

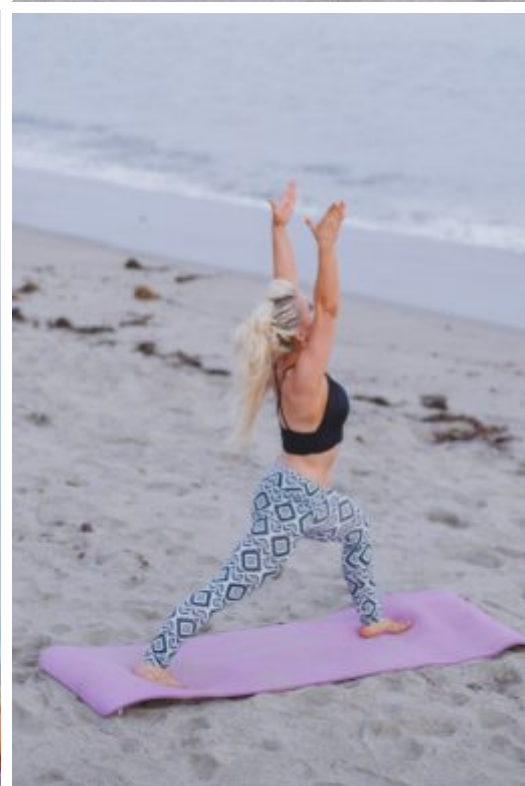
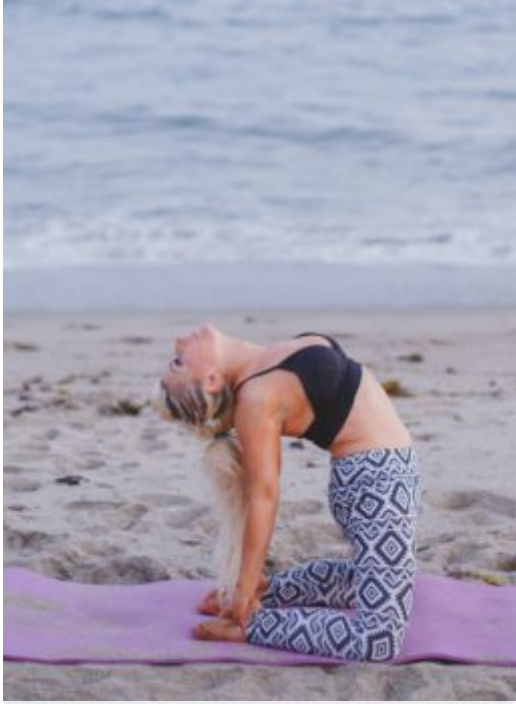
There are so many, but if I had to choose one goal than it is that I want to regain the strength and balance I lost due to an injury. When you hurt one part of your body, lot's of other areas suffer, too. It's all connected. Getting all that balanced out again takes some time. I'm excited to make everything work and feel perfectly balanced again.

3 Apps That You Use The Most

Amazon Music – so I can listen to my favorite music during my workout.

KQED – I love public radio and am an avid supporter. I listen to KQED so I stay informed throughout the day.

Seconds – with this app I can pre-program workouts and create any interval imaginable. I can even coordinate the intervals with my music.



YOGA POSES

8 That Help You Feel Positive

By Taryn T. Francis

Photographed By Ajja DeShayne



1

Warrior 1 Pose

Stretches the chest, lungs, shoulders, neck, belly, and groin. Great for improving circulation and warming muscles.

Warrior 2 Pose
Stretches hips, groin, and shoulders as well as stimulates the abdominals. Aids with balance, stability, and concentration.

2



3

Triangle Pose

Stretches and strengthens muscles in your lower and upper body. Helps relieve stress.



Side Plank Pose
Strengthen core, legs, arms, and wrists; improves balance and concentration.

4



5

Downward Dog Pose

Calms the brain while relieving stress and mild depression; stretches shoulders, calves, hamstrings, arches, and hands.



6

One Legged Downward Dog Pose

Reduces stress, elongates the spine, and stretches legs and upper body.



Camel Pose

Opens up the hips, stretching deep hip flexors, stretches and strengthens shoulders and back, while expanding the abdominals and improving posture.

7



8

Cobra Pose

Stretches upper body and increases flexibility through your back; elevates mood and invigorates the heart.



Yoga tip

Yoga postures increase blood flow to the digestive tract, and improve abdominal tone, which stimulates the digestive organs. A sequence of deep breathing exercises, stretches that target abdominal organs, and twists that massage and wring out stuck intestinal toxins, one can relieve a wide range of digestive discomfort.



A close-up portrait of a woman with long, wavy hair dyed in shades of purple and blue. She is wearing a tan ribbed turtleneck sweater and a camel-colored coat. Her hand is near her face, touching her hair. The background is blurred.

Shopping

10

BEST COAT TRENDS

For Fall Season



Style 1

Asymmetrical Winter Long Coat

Price: \$33.99 - \$43.99

Style 2

Faux Fur Wool Hooded Coat

Price: \$39.99 - \$43.99



Style 3

Single Button Jacket

Price: \$49 - \$119

Style 4

Pillow Collar Packable Down

Puffer Jacket

Price: \$29.71 - \$79



Style 5

*Two-Tone Wrap
Coat
Price: \$536*



Style 6

*Classic Moto Jacket
Price: \$85 - \$395*

Style 7

*Oversize Boyfriend Leopard
Coat
Price: \$49.99*



Style 8

*Plaid Coat
Price: \$1695*



Style 9

Short Coat

Price: \$19.99 - \$21.99

Style 10

Floral Bomber Jacket

Price: \$22.99



Sun Sign Fitness

Source: www.astrology.com



NOVEMBER/DECEMBER

SAGITTARIUS:

If you've been super serious about your fitness program, it's okay to lighten up a little bit. Aerobic exercises are great now, if you're not already doing them. Sweat with less strain and see improvements. Good form in the weight room. Good posture running, walking, or dancing. Breathe! Run or work out early and then celebrate good health and fitness.

CAPRICORN:

Do nothing extra or special and see a great deal of progress. Steady effort, be it slow or fast, hard or light, is taking you forward. Better health and fitness are where it's at, and you already know it. Work out early and then enjoy a healthy meal. Be thankful for better health and fitness. Be more ambitious, but don't force any limits. You're gaining strength and stamina. Excellent!

AQUARIUS:

Focus more on yourself and stay motivated. There might be occasional ups and downs, but your heart is deep in it. You're interested in steady progress, and you'll go as slowly as necessary to make the progress you want. Try a new yoga style or dance class. You're killing it!

PISCES:

Don't question the progress you're making or the effort that you put out day by day. Take good care of yourself, use proper equipment, eat and sleep well. You've got this! Hit the pool or the track or the weight room and sweat your way to happiness. Have a strong run or workout, enjoy a healthy meal, and be thankful for good food and better health.

ARIES:

Stick to your basic program and don't let anybody shake your faith. You know what works for you, what feels good, what makes you stronger. You decide. No one else. Gym, then healthy snacks or smoothies with friends. Don't burn out on burpees or planks. Stick to your program. Finish your year with a strong feeling. You're a champion!

TAURUS:

You're taking good care of yourself. Fashions come and go, prizes and medals and ribbons are all well and good, but you know what this is really all about. Do your favorite workout and feel more powerful. Pamper yourself afterward. Make sure to celebrate with a vigorous yoga class, walk, or run before your meal. Try the Mediterranean dance class. More steps.

GEMINI:

There's no end to the good times you can have when you're more active and stronger. There's no end to the ways to have fun while getting healthier, too. Do you want to change anything? Go ahead and make yourself happy. If you're concerned about calories, work hard and burn off a few more now. Do more steps or burpees.

CANCER:

Get energized and more motivated. Now is the time to be more disciplined and determined. Every step, every lap, every minute spent stretching and moving moves you further down the path to better health and fitness. Feel good about it all. Stretch, warm up, and have a relaxing workout this November, and get more ambitious in December. Soak up the music and pour your heart into that dance aerobics class.

LEO:

Burnout is nobody's friend. You've got this. A break now and again is fine. Just don't quit. Get to the gym, admire and be admired. Working hard is so worth it. Raise the bar a bit if you can. You're getting stronger all the time. Don't overthink your yoga. Just do it.

VIRGO:

You know your limits, so don't be afraid to do as much as you feel is appropriate. Don't check your progress every day. Let it accumulate and look back with pleasure at your improvement. You can make great progress with minimal effort now, so don't skip. Do more steps or go farther or longer if you can. Fantastic!

LIBRA:

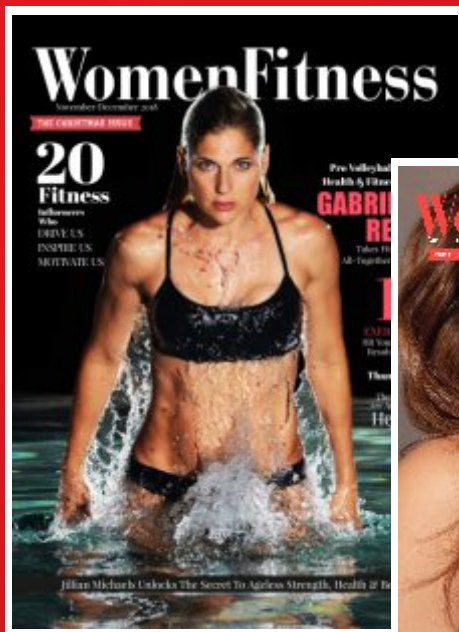
Look and feel your best now. Be more confident and eat and sleep well. It all contributes to better health and fitness. Feel strong no matter at what level you're working. Try that salsa or belly dancing class. Or perk up your jazz routine. Do the spin class and feel good. Stick with what you love. Excellent progress!



SCORPIO:

This is a powerful time for you, so show up each day. No effort is too small now. You can benefit from proper attention to the tiniest setback. Take care of yourself and keep improving. Swim or happily soak. The muscles will thank you. Body pump or do more steps, laps, burpees, or planks, rock it in December!

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A close-up photograph of a woman's eye peering through a large, green, textured leaf. The leaf has several irregular holes, suggesting it has been eaten by an insect. The lighting is soft, highlighting the intricate vein structure of the leaf and the woman's eye.

CATCH EVERY EYE!

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In Our Digital
Magazine!

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US NOW!**

A smiling woman with long brown hair, wearing a dark blue sleeveless dress, is holding a light blue gift box with a white ribbon. She is surrounded by falling confetti in various colors (white, gold, red, green, blue) against a light grey background.

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