

March 2018

*Women* FITNESS

# WOMEN'S FITNESS

WOMEN'S DAY SPECIAL

15 Minutes

**AB AND HIP  
WORKOUT**

Your Stage-To-Stage  
Guide To A

**HEALTHY  
PREGNANCY**

Unwanted Hair:

**NAYY!!**

**5 LIP-SMACKING**  
Women's Day Recipes

**LOVE  
YOURSELF:**  
First Step Towards  
a Positive Change

Tennis Player

**Karolina  
Plíšková**

Tells Us What It Takes To Be World No. 6!

4 Tips For A

**PERMANENT  
WEIGHT LOSS**

*Abs Of Steel*

*At 55!* How CEO

**ANGELA MIDDLETON**  
TURNED BACK THE CLOCK

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# EDITOR'S NOTE:



**You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.**

**Maya Angelou**

The eighth day of March is celebrated as International Women's Day globally every year to celebrate the social, economic, cultural and political achievements of women. This year's campaign theme is #PressforProgress. The day belongs to all groups collectively everywhere. So together, let's all be tenacious in accelerating gender parity. Collectively, let's all Press for Progress.

Starting off from a small town of Louny, in the Czech Republic, Karolína Plíšková rose to be an International Tennis player currently ranked as No. 6 in the world by the Women's Tennis Association (WTA). For her, tennis was a number one choice and a priority since childhood and she never thought about doing anything else. She is the cover page role model of Women Fitness Magazine (International Edition) for the month of March.



No goal is impossible if you set out to achieve it. Well, that's well proven by Angela Middleton, CEO of MiddletonMurray. According to her "When I turned 50 – things all of a sudden slowed down and my healthy slim figure crept away. I was reading all things fitness and diet-related and trying all sorts of remedies, but nothing worked." Today she possesses a body she is proud of. She is the Real Weightloss Star of the month.

The lower body is home to some of the biggest muscles in your body and having a well defined Ab & bum will leave you looking not only more body confident but also, with muscle tissue that burns calories, boosting your fat burning department.

These exercises can be performed at home & gym but the focus should be on body form and number of sets & repetitions.

For all mothers-to-be the month of March brings you a complete guide on stages of labor & delivery to help you overcome the fear of pregnancy and learn as to how a baby develops in a mother's womb.

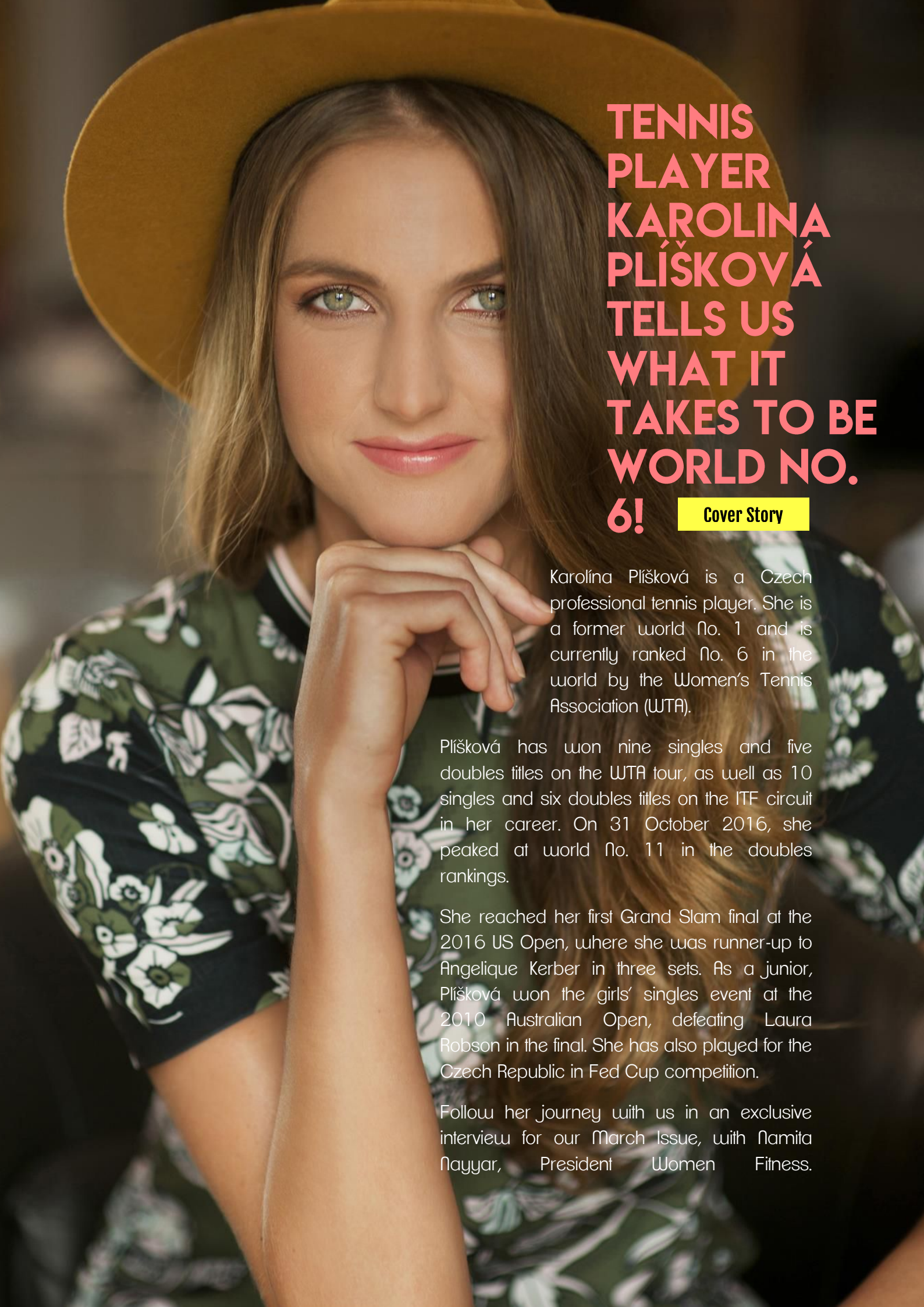
Every woman is unique, beautiful and possesses every trait to be proud of. The sad part is a majority of our time, we tend to focus on our shortcomings and constantly feed our brain to search ways to get rid of it. There are ways for you to stay positive when you don't want to look in the mirror. This month we have loads of positivity tips for each one of you. Come fall in love with yourself all over, again!

The hair on the legs, arms, and underarm area, as well as fine hair on the upper lip and around the hairline on the sides of the face (the "sideburn" area), may be unwanted and undesirable, but it's perfectly normal. Thick, bushy eyebrows also fall into this category. Excessive hair around the nipples, on the face (commonly around the chin or as an extension of the hairline), and thick body hair on the torso (often an extension of the pubic hair line) or back, or "male-patterned" hair elsewhere on the body is considered to be abnormal hair growth for women, although it is extremely common. You can choose from a long list of hair removal options.

Happy Women's Day Ladies,

Namita Nayyar





# TENNIS PLAYER KAROLINA PLÍŠKOVÁ TELLS US WHAT IT TAKES TO BE WORLD NO. 6!

Cover Story

Karolína Plíšková is a Czech professional tennis player. She is a former world No. 1 and is currently ranked No. 6 in the world by the Women's Tennis Association (WTA).

Plíšková has won nine singles and five doubles titles on the WTA tour, as well as 10 singles and six doubles titles on the ITF circuit in her career. On 31 October 2016, she peaked at world No. 11 in the doubles rankings.

She reached her first Grand Slam final at the 2016 US Open, where she was runner-up to Angelique Kerber in three sets. As a junior, Plíšková won the girls' singles event at the 2010 Australian Open, defeating Laura Robson in the final. She has also played for the Czech Republic in Fed Cup competition.

Follow her journey with us in an exclusive interview for our March Issue, with Namita Nayyar, President Women Fitness.

**Currently ranked No. 6 in the world by the Women's Tennis Association (WTA), you have won nine singles and five doubles titles on the WTA tour, as well as 10 singles and six doubles titles on the ITF circuit in your career. Looking back at the incredible journey that you have had, share your experience with our audience?**

When hearing it like that, I must say my career has already been amazing. Playing at the biggest tournaments and winning trophies, that's a dream for every starting tennis player. When looking back at the journey I've had from the beginning of my career in the small town of Louny, it's incredible. But I'm definitely not resting on my laurels. I want to keep winning and I believe the biggest successes are still yet to come.

**Your passion for tennis is clearly visible. Well then, when did you decide that you wanted to take up your passion for the sport forward and pursue it professionally?**

Basically, it was quite clear from my early childhood. With my twin we've been playing tennis competitively from the age of four. Everything was subordinated to tennis. We even moved to Germany so that we could practice in a tennis academy there. We had individual study plans at school. Tennis has been a number one choice and a priority for me since childhood and I actually never thought about doing anything else.

**With the extensive energy required for the sport you have to keep up your fitness levels too. What exercises comprise your fitness regime or workout routine?**

I really take care of my health, it's the most precious thing I have. Therefore, I invest a lot in it. I mean, there's always my fitness coach with me at all my tournaments as well as practice sessions; my priority is a good warm-up, stretching, compensation and stabilizing exercises. My team also includes a physiotherapist from a prestigious Spanish

clinic, who looks after me during the most difficult parts of the season. Tennis seasons are extremely long, so you often experience some aches and pains, but prevention is essential. I don't want to speak too soon, but so far I've avoided serious injuries

**Good nutrition is needed for energy & survival, more so to pursue at international competition. Do you follow any special diet or have a strict menu that you follow to remain healthy and physically fit?**

I'd say that I still have space for improvement in nutrition. But I've already improved a lot in this respect too. With a bit of exaggeration, not too long ago I was still eating only unhealthy meals like pizza etc., plus I ate irregularly and not enough. But we're working on this in our team too and it's already much better now. Mainly during practice periods and tournaments I eat regularly and I try to make sure my diet is balanced and varied. My nutrition also includes carbohydrate and protein drinks.

**What other activities do you like pursuing besides tennis ?**

I try to enjoy the precious moments without tennis to the fullest. I like spending time in Monaco where I reside and where I like to relax in good weather. With my boyfriend we go out to have a good dinner, to the cinema, or I read a book. I also like visiting historical sites.

**You became the runner-up at the 2016 US Open, share with us what all went into the preparation for the match?**

My participation in the final of this prestigious Grand Slam tournament has been one of the biggest successes of my career so far. I played great matches in New York, beating both Williams sisters in front of a sold out crowd. It was my first Grand Slam final, so I was nervous at the beginning. But still I was quite close to the triumph. It didn't work out, but I believe I will make good use of this experience in the months and years to come.



**On July 17, you reached the WTA world No. 1 ranking for the first time in your career. You became the sixth player to reach the No. 1 position without having won a Grand Slam tournament and the first female player representing the Czech Republic to achieve the feat. This we believe has been the greatest victory of your career, share with us the emotions felt while reflecting back on the year 2017?**

Unfortunately, I didn't win this position on the court by winning a match, but it basically happened during my holiday in Monaco, where I was having a rest after being eliminated from Wimbledon. It was great news, I was really happy. Being the best in the sport that I love and in which there is such a huge competition, that's something indescribable and I'm not sure if I realize it properly. But these milestones are the biggest drive for me. Not the money earned, but the trophies and achieved goals. I will never forget that day; with my boyfriend Michal we celebrated it with a bottle of the best champagne.

**We all have a role model to guide us through success. Who has been your greatest inspiration and motivator in your success in the field of tennis?**

I've never had only one role model or idol I would look up to. But I tried to take something from the best players, a bit from everyone. For me as a Czech this of course included the legends Jana Novotná or Martina Navrátilová.

**While playing professional sports, athletes often face injuries and other challenges both on & off field, would you like to tell the audience about coping skills and how to make a comeback after an injury?**

It's always difficult to get back to the top level following an injury. It requires a lot of patience and no rush. Very good rehabilitation is essential and then you can start getting back to the desired form little by little. It really requires mainly patience and great mental toughness.

**Advice and motivational words to inspiring and budding female tennis players who all are your fans, what they should do to achieve desired goals in the field of tennis?**

There's no universal advice here. It's already a great thing that the kids practice sports; in today's world of computers and tablets it's becoming increasingly rare. That's why I really appreciate every young sports enthusiast. The main thing is the love for sports; you have to be happy from the game itself. Fame and money must never be the main motivation; all this will come itself and only in case you really love tennis.

**Message for our readers at Womenfitness.net for the New Year 2018?**

To all your readers I would like to wish good health and the best of luck in 2018, because that's the most important thing in the world. Love each other, care about the right values, and be strong as a family because your loved ones are the only thing that you will be left with in the end. Everything else is transitory.







# 15 MINUTES AB AND HIP WORKOUT

## Must-Do Exercises

If you want to reduce your tum, bum and legs, then you're going to have to lose body fat. You can't stay at an elevated body fat level and achieve smaller trouble-spot areas. It will never happen...never! Sixty to 90 minutes (ideally daily) of aerobic exercise is still the best way to reduce body fat. Aerobic exercise uses the fat in our bodies as one of its fuel sources so, if we exercise long enough and often enough, we'll "bite into" the stored fat.

In addition to aerobic activity, you can take up the following exercises to tone your abs and bum.

### **BUM EXERCISES**

#### **One-legged buttock squeeze**

Lie on your back, tighten your abdominals and do a pelvic tilt. Keep your hands by your sides. Bring your right foot over your left knee and place it on your left thigh. Tighten both your buttock muscles and lift your hips off the floor. Squeeze

your left buttock for 2 counts and release for 2 counts. Repeat with the other leg.

Keep your hips still and your abdominals held in tight; do not over arch your back; do not hold your breath

#### **Wide squat**

1. Stand with your feet a little wider than shoulder width apart and toes turned out slightly. Keep your

upper body upright and relaxed and place your head on your hips.

2. Tighten both your abdominal and buttock muscles, and then bend your knees in line with your toes for 2 counts. Hold the position for 2 counts, and then push up through your heels to the starting position for 4 counts.

3. Make sure your buttocks remain tight throughout; do not lock your knees.

### **Inner thigh raise**

Lie on your side with one thigh on top of the other and go up on to your elbow. Bend your top leg and bring it behind the bottom one. Keeping your hips forward, tighten your abdominals and raise the lower leg off the floor for 2 counts, then lower for 2 counts. Build up to 15 to 20 repetitions. Repeat with the other leg.

### **Straight-legged outer thigh raise**

Lie on your side with your legs straight, keeping your thighs together and hips facing forwards. Rest your head on your hand. Keeping your hips forward. Tighten your abdominal and buttock muscles and raise the top leg for 4 counts, then lower for 4 counts, Repeat on the other side.

Raise your leg from the hip; your toes, knees and hips should all face forwards

### **Abs Exercises**

**DOUBLE CRUNCH:** The Double Crunch is a great exercise because when performed correctly, it focuses on both the upper and lower abdominal region. The entire body is in motion on this movement.

Lie on a mat face up. Bend your knees until your legs are at a 45-degree angle with both feet on the floor. Your back should be comfortably relaxed on the floor.

Place both hands crossed gently over your chest or on the sides of your head with the fingertips touching gently. Contracting your abdominals, raise your head and legs off the floor toward one another. Make sure you crunch hard and tight. I want you to hold the contraction at the top of the movement for one second.

Slowly return to the starting position, stopping just short of your shoulders and feet touching the floor. Exhale while rising up and inhale while returning to the starting position. Keep your eyes on the ceiling to avoid pulling with your neck.

Perform 15 slow and controlled reps and immediately go to the next exercise.

### **Exercises for a perfect ab and bum**

**BICYCLE MANEUVER:** Research consistently rates the Bicycle Manoeuvre as one of the most effective abdominal exercises. Just like the Double Crunch, it works the entire ab area.

Lie on a mat with your lower back in a comfortable position. Place your fingertips on either side of your head by your ears. Bring your knees up to about a 45-degree angle. Slowly go through a bicycle pedaling motion, alternating your left elbow to your right knee, then your right elbow to your left knee.

Don't perform this activity if it puts any strain on your lower back, and don't pull on your head and neck during this exercise. The lower to the ground your legs bicycle, the harder your abs have to work.

Perform 15 slow and controlled reps and immediately go to the butt exercises.

If you have a fitness goal in your mind, no matter what it is, you are much more likely to reach your goal if you follow a structured plan. You are also less likely to get injured and more likely to be motivated.

A close-up photograph of a woman with long brown hair holding a newborn baby. The baby is wrapped in a teal Kangaroo Care wrap. The woman's hands are gently resting on the baby's head. The background is softly blurred, suggesting an indoor setting with natural light.

# YOUR STAGE-TO-STAGE GUIDE TO A HEALTHY PREGNANCY

Pregnancy Tips

The process of labor and childbirth can be divided into three stages.

The first stage of labor consists of an early phase that begins with the onset of contractions and the gradual effacement (thinning out) and dilation (opening) of the cervix, followed by an active phase in which the cervix begins to dilate more rapidly and contractions are longer, stronger, and closer together (This is when it's usually time to call your doctor or midwife.) The active phase ends with a "transition period" as the cervix fully dilates to 10 centimeters. The second stage begins once you are fully dilated and ends with the birth of your baby; this period is often referred to as the pushing stage. The third stage begins right after the birth of your baby and involves the separation and delivery of the placenta.

## First Stage

First stage of labor is usually the longest part of labor. This is where you are having contractions and your cervix is dilating. This stage is broken down into three phases:

### Early or Latent Phase

The early phase of labor may be spent wondering "Is this really labor?" The contractions are usually very light and may be 20 minutes or more apart in the beginning, gradually becoming closer, possibly up to five minutes apart. The key to this stage is to go about your normal schedule or if it's the middle of the night go back to bed! Most women will be very comfortable during this stage and with a few exceptions those having a hospital birth will not be in the hospital at this point. Some women will have much more frequent contractions during this phase, though the



contractions will still tend to be mild and last less than a minute. You may also notice increasing mucous discharge from the vagina, which may be tinged with blood — the so-called “bloody show.” This is perfectly normal; however, if you see more than a tinge of blood, be sure to call your midwife or doctor. Sometimes the contractions in the latent phase can be quite painful, though they may be dilating your cervix much more slowly than you’d like! If you’re typical, though, your contractions in this early phase won’t require the same attention that they will later in labor. Some women even doze off between contractions. Also, be sure to drink plenty of fluids so that you stay well hydrated. And don’t forget to urinate frequently (even if you don’t feel the urge), since an empty bladder leaves more room for the baby to descend.

### **Signs of Early Labor:**

- Backache
- Menstrual like cramps
- Indigestion
- Diarrhea

- Warm Sensation of Abdomen
- Bloody Show

How long it lasts: This phase can take from 12 to 14 hours or longer, although it’s often considerably shorter for second and subsequent babies

### **Active Phase**

The active phase of labor is where many women are getting serious and withdrawing to do the hard work of labor. Contractions generally are four or five minutes apart and may last up to 60 seconds long. Remember this still gives you a big break in between. Use this break to relax, go to the bathroom, and drink something. For woman who desire medications in labor they will usually go to the hospital in this stage of labor, while those desiring little or no medications will go towards the end of this stage or the beginning of transition, again, with a few exceptions. Mobility and relaxation are the key to getting through active labor.

In the Active Phase, your contractions will



become more frequent, longer, and stronger, and your cervix will begin dilating faster. As a general rule, once you've had regular, painful contractions (each lasting about 60 seconds) every five minutes for an hour, it's time to call your midwife or doctor.

Breathing exercises, relaxation techniques, and a good labor coach can be a huge help during this stage. By now, you may have arrived at the hospital or birth center. If you have no medical or obstetric complications, you should be able to move around the room. You may find that it feels good to walk but will probably want to stop and lean against someone (or something) during each contraction.

#### **Indications of Active Labor:**

- Increased back pain
- Leg pains
- More bloody show
- Anxiety

If you're having great difficulty coping or have little interest in natural childbirth, this is when you might opt for some pain medication. With systemic pain relief, usually delivered by IV or injection, you'll still feel the contractions but to a lesser extent. Since the medication might make you feel drowsy or dizzy, you won't be allowed to walk around after receiving it. Generally, regional anesthesia (such as an epidural and/or spinal) will provide you with much more complete pain relief, although you might continue to feel some pressure if your baby is low in your pelvis.

Practicing slow deep breathing can give you confidence about your ability to stay calm and cope during labor

How long it lasts: This phase can last up to six or more hours, although it can be a lot shorter, especially if you've previously had a vaginal delivery.

#### **Transition Phase**

Transition is the time that your body is completing dilation and preparing to push your baby out. This is one of the shortest parts of labor, but definitely one of the hardest. Your contractions may be two or three minutes apart, lasting up to a minute and a half. Some women will shake and may vomit during this stage. This is normal. Remember that this stage usually doesn't last more than an hour or two. Transition is also recognizable by various physical signs, which may or may not be present at your labor. Some women get hot and cold flashes, cold sweats, nausea or vomiting, shivering or shaking, hiccups, burping and a general inability to feel comfortable in any position. This is the most common time for the bag of waters to break naturally. When you begin to show these signs, it does not matter if you are dilated to 1 or 10 centimeters, it means you are very close to pushing your baby out. Because of the intensity of transition, mom's moods may be volatile. She may be irritable, hostile, confused, disoriented; she may feel trapped and want to go home; may fear she is dying; often very dependent; discouraged or exhausted. It is common for her to say: "I can't, I can't." It's your turn to remind her how well she is doing, and help her find a comfortable position, use cold rags for her face, and give her sips of water or ice in between contractions. This is hard work. When this phase is done you will be completely dilated! Some women will have a small break of no contractions after becoming fully dilated, and yet not feeling the need to push yet.

#### **Signs of Transitional Labor:**

Feel strong pressure in your back and against the perineum from the baby's head

Bloody vaginal show will increase

You may feel:

- Leg cramps
- Nausea
- Exhaustion
- An overwhelming urge to push

Duration: Range: 10 minutes to 2.5 hours.  
Average is about 1 hour in first time moms.

## Second Stage

Once your cervix is fully dilated, the work of the second stage begins: the descent and ultimate birth of your baby. This stage normally lasts between ten minutes to two hours. You will be pushing with "all your worth" with your

contractions and rest between your contractions trying to regain some of your composure and energy.

### During this Stage:

You will feel a strong urge to bear down.

Crowning occurs when the baby's head can be seen at the vaginal opening.

You may feel pressure and stinging in the birth canal.

Pushing usually feels better for most women. They have spent the first stage of labor relaxing and letting their body do all the work, now they can actually do something to help. This stage can last three or more hours, but for many women will not. During labor, the baby descends into the pelvis. The measurement of this is "station." When the baby is "floating" high above the pelvic inlet, that is station -4 or -5, because he is 4 or 5 cm above the mom's ischial spines

The baby is defined as 0 station, or engaged, when his 'presenting part' (usually his head) is even with the ischial spines. Many women are at 0 station when labor begins. At +2 or +3, his head is at the vaginal opening, and the perineum is bulging.





The baby's head continues to advance with each push until it "crowns" — this is the term used to describe the time when the widest part of your baby's head is finally visible. The excitement in the room is palpable as your baby's face begins to appear: the forehead, nose, mouth, and, finally, the chin. It's a moment of unparalleled beauty. Crowning, is considered +4 or +5 station.

After the head delivers, you'll be coached to pant while your midwife or doctor suction the baby's mouth and nose, and feels around the neck for the umbilical cord. His head then turns to the side as his shoulders rotate inside the pelvis to get into position for their exit. With the next contraction, you'll be coached to push as his shoulders deliver, one at a time, followed by the body. This stage ends with the birth of your baby!

It's a special moment, and you may feel a wide range of intense emotions: euphoria, awe, pride, disbelief, excitement (to name but a few), and, of course, relief. Exhausted as you may be, you're also likely to feel a huge burst of energy, and any thoughts of sleep will vanish for the time being.

How long it lasts: The length of this stage is dependent upon the positioning of the mother (upright = faster), the positioning of the baby, whether medications have been used, etc. This stage can last anywhere from minutes to hours. The average duration of the second stage is close to an hour for a first-timer (or longer if you have an epidural) and 20 minutes if you've previously had a vaginal delivery.

### **Third stage**

The third stage of labor begins immediately after the birth of your baby and ends with the delivery of the placenta. Shortly after your baby is born, the uterus begins to contract again. The first few contractions usually separate the placenta from the uterine wall.

When your midwife or doctor sees signs of separation, she may ask you to gently push to help expel the placenta. After you deliver the placenta, your uterus should contract and get very firm. You'll be able to feel the top of it in your abdomen, around the level of your navel. Your midwife or doctor, and later your nurse, will periodically check to see that it remains firm. A well-contracted uterus is necessary to prevent continued bleeding from the place where the placenta was attached.

The contractions in the third stage are relatively mild. By now your focus has shifted to your baby, and you may well be oblivious to what else is going on around you. If you have any tears that need to be stitched. If you have lacerations or had an episiotomy, you may be given an injection of a local anesthetic before being sutured. If you had an epidural during labor, the anesthesiologist or nurse anesthetist will come by and remove the catheter from your back.

How long it lasts: Mild contractions generally resume within about three to five minutes after the arrival of your baby. The third stage of labor can take only a few minutes or last up to 30 minutes or so. On average, you can expect it to take about five to ten minutes.

### **Fourth or Postpartum Stage**

No real contractions to speak of, but postpartum (The period of time after a baby's birth) is generally accepted as the fourth stage of labor. Your body is going through many changes now that the baby has been born. Not to mention the large changes your family is going through adding a new person to your family. Be sure to ask for help. Your body will slowly change and become more like your pre-pregnancy self, but not exactly.

Enjoy your labor, believe it or not it's the hardest work you'll do, but it yields the most rewards.



# 5

## LIP-SMACKING WOMEN'S DAY RECIPES

### Recipes We Love!

This International Women's Day let us honor all the beautiful, ever charming, selfless women in our lives. We at Women Fitness, thought what better way could there be than to make them some wonderful recipes from our favorite female chefs and cooks. So if you're a daughter, a son, a mother, a husband, boyfriend or anyone else who has a woman in their life that they'd like to celebrate, let's get started!





# NIGELLA LAWSON'S WHITE CHOCOLATE CHEESECAKE

## Ingredients

- 200g white cooking chocolate, roughly chopped
- 300g full fat cheese, at room temperature, drained of any liquid
- 300ml double cream
- 1 tsp lemon juice
- 1 tsp vanilla extract
- For the base:
- 175g gingernut biscuits
- 50g unsalted butter, soft
- 4 eggs
- 2 cups fresh raspberries

## Instructions

- Put the pieces of white chocolate into a heatproof bowl that will sit on top of a saucepan. Fill the pan with a small amount of water, just enough to come up about 3–4cm up the sides, and bring to the boil. Sit the bowl of chocolate on top, making sure the base of the bowl doesn't touch the water. Turn the heat down and let the white chocolate melt very gently, every now and then giving it a careful stir with a silicone spatula. Once there are only a few small lumps of unmelted chocolate left, give it another stir then remove the bowl and sit it somewhere for about 10 minutes.
- For the base, break the biscuits into a food processor and blitz until you have almost all crumbs. Add the butter and process again until the mixture starts to clump and

cleave to the blade. If doing this by hand, put the biscuits into a bag, crush to crumbs, then melt the butter and stir into the biscuit crumbs until well mixed.

- Press the biscuit mixture into the springform cake tin, letting some come a little way up the sides. The back of a dessert or serving spoon is the easiest tool for the already easy job here. Stash the tin in the fridge while you get on with the cheesecake filling.
- Beat the cream cheese in a bowl that will take all the ingredients later – a wooden spoon is fine here – until it is soft. Gently fold in the slightly cooled, melted white chocolate.
- 5. Softly whip the cream so it is thickened but the peaks don't hold their shape, then fold it into the white chocolate mixture in two batches. Add the lemon juice and vanilla extract and fold these in, then pour and scrape the pale, almost-moussy mixture into the biscuit-lined tin. Smooth the top, cover the tin with cling film and refrigerate overnight before serving.
- 6. When you're ready to eat it, make sure it's been out of the fridge for 10 minutes before unclipping from the tin and cutting it into slices. Don't expect to be able to remove the whole cheesecake from the tin's base unless you are both patient and dexterous. I was once foolhardy enough to try...

**Servings:** 8 slices.



# GIADA DE LAURENTIIS' ROASTED SALAD



## Ingredients

- 1/3 cup extra-virgin olive oil
- 3 medium carrots (about 3/4 pound), cut into 1 1/2-inch thick circles
- 1 1/2 cups Brussels sprouts (about 1/2 pound), halved
- 4 cups red bliss potatoes (about 1 pound), cut into 1 1/2-inch thick slices
- 3 medium parsnips (about 1 pound), cut into 1 1/2-inch thick slices
- 1 cup sweet potatoes (about 1 pound), cut into 1 1/2-inch thick slices
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/4 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

## Instructions

- Originally seen on *Everyday Italian*. Episode: All Day Sunday.
- Preheat oven to 400 degrees F.
- Grease an 11 by 17-inch baking sheet pan with extra-virgin olive oil. Place vegetables in baking sheet and add the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil. Add more oil if the vegetables seem dry.
- Spread the vegetables evenly on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.

## Serving Size:

- Serves 6



# CHUNGAH RHEE'S CREAMY BROCCOLI MAC & CHEESE

## Ingredients:

- 8 ounces medium pasta shells
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 shallot, minced
- 2 tablespoons all-purpose flour
- 1 1/3 cups whole milk
- 1 cup half and half
- 1 teaspoon Dijon mustard
- Kosher salt and freshly ground black pepper
- 3 cups chopped broccoli florets
- 6 ounces extra-sharp cheddar cheese, grated

## Instructions

- In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
- Melt butter in a large skillet over medium high heat. Add garlic and shallot, and cook, stirring frequently, until fragrant, about 2 minutes.
- Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, half and half and Dijon until slightly thickened, about 3-4 minutes. If the mixture is too thick, add more milk as needed; season with salt and pepper, to taste.
- Stir in pasta, broccoli and cheese until well combined, about 3-4 minutes.
- Serve immediately.





# DANA SHULTZ'S HEALTHY VEGAN FUDGE

## Ingredients

- 2 cups (170 g) unsweetened desiccated coconut (finely shredded)
- 1/2 cup (128 g) creamy nut butter (i.e. cashew butter, peanut butter\*, or almond butter)
- 1/4 cup (55 g) melted cocoa butter\*
- Heaping 1/3 cup (38 g) cacao powder or unsweetened cocoa powder
- 1/4 cup (60 ml) maple syrup
- Pinch sea salt
- 1 tsp pure vanilla extract
- 2-3 fresh (14-21 g) pitted dates\*, chopped (medjool is best, or sub more maple syrup)
- optional: 3 Tbsp (15 g) cacao nibs for topping

## Instructions

- Line a standard 9x5-inch loaf pan with parchment paper and set aside.
- Add coconut to a food processor and mix until a creamy "butter" or liquidy paste is formed - about 4 minutes - scraping down sides as needed.
- Next, add nut butter, melted cocoa butter, cacao powder, maple syrup, sea salt, and vanilla. Mix until thoroughly combined, scraping down sides as needed.

- Lastly, add chopped (pitted) dates and mix once more to combine. Taste and adjust flavor as needed, adding more vanilla for vanilla flavor, cacao powder for chocolate flavor, maple syrup for sweetness, or nut butter for nuttiness.
- If the mixture appears too thick, simply thin with a bit more maple syrup or melted cocoa butter! It should be semi-thick but pourable (see photo).
- Transfer the mixture to the parchment-lined loaf pan and spread into an even layer. Then top with cacao nibs (optional). Loosely cover with plastic wrap or another sheet of parchment paper and freeze until firm to the touch - about 15-20 minutes.
- Remove from freezer and cut into 21 even squares (or desired number). Enjoy immediately. Store leftovers in the refrigerator up to 1 week or in the freezer up to 1 month. Best enjoyed at room temperature.

## Nutrition Information: 1 square (of 21)

- Calories: 71
- Fat: 6.1 g
- Saturated fat: 4.1 g
- Carbohydrates: 4.8 g
- Sugar: 2.8 g
- Sodium: 10 mg
- Fiber: 1.3 g
- Protein: 0.8 g





# NATASHA CORRETT'S OAT BURGER & SWEET POTATO WEDGES

## Ingredients

- 240g chickpeas (strained weight)
- 1 tsp olive oil
- 50g oats
- 1 table spoon ground cumin
- Pinch of salt
- Pinch of pepper
- 1 tbsp sunflower oil
- 2 sweet potatoes
- 1 avocado
- 1 tomato
- 1 lime

## Instructions:

- Pre-heat the oven to 180C
- Cut the sweet potato into wedges, place on a baking tray and drizzle with olive oil and season with salt and pepper. Bake in the oven for 25 minutes.
- Drain the chickpeas and rinse under the tap. In a bowl, mash the chickpeas

roughly with the back of a fork, until they are a chunky texture. Add 1 tsp of olive oil, oats, cumin, salt and pepper and mix well.

- With your hands, shape the mixture into four burgers.
- Heat up a frying pan with 1 tbsp olive oil and fry the burgers for 1-2 minutes each side so they are just golden.
- Now place the burgers in the oven with the sweet potato for remaining 10 minutes.
- Meanwhile, remove the stone from the avocado and scoop out the flesh, place into a bowl. Roughly chop the tomato and add to the bowl along with the lime juice and lots of seasoning.
- When the sweet potato wedges and burgers are out of the oven, plate and serve.



# NOURISHING SMOOTHIES

## TO FIRE UP YOUR MUSCLES

### EVERGREEN PROTEIN SHAKE

Serious nutrition and energy from this shake; it combines spinach, good saturated fats, a trio of delicious fruits, sweet honey, and a huge hit of protein.

#### Ingredients

- 2 cups Raw Baby Spinach
- 1 cup Coconut Milk
- 1/2 cup frozen Pineapple

- 1/2 cup frozen Blueberries
- 1/4 cup frozen Banana
- 2 scoops BPI Vanilla Caramel Whey-HD
- 2 tbsp Raw Honey

#### Method

- Add spinach, coconut milk, and BPI whey to blender. Mix until smooth, then slowly add in frozen fruit and honey. Serve cold and enjoy!





# PINEAPPLE COCONUT MILK SMOOTHIE

Smoothie with the combination of coconut milk and Greek yogurt.

## Ingredients:

- Quick cooking oats – 1/4 cup (I have used Quaker oats)
- Chia seeds – 1-1/2 teaspoons
- Coconut Milk – 1 cup (I have used home made.)
- Greek Yogurt – 1/4 cup
- Pineapple chunks – 1 cup (frozen works too. I have used fresh)

- Sugar – 2 teaspoons (Optional. Adjust to pineapple sweetness)

## Method:

- Add oats, pineapple, Sugar (if using) and chia seeds to blender / food processor. Blend to smooth paste. Add yogurt, Coconut milk and whip to desired smoothness.





# PEANUT BUTTER BANANA SMOOTHIE

## Ingredients

- 1 cup frozen banana, sliced
- 1 oz natural peanut butter
- 1/2 cup 1% milk
- 1 tbsp honey

## Method

- Combine all ingredients in a blender. Blend until smooth. Refrigerate or serve immediately.



# STRAWBERRY, CHAMOMILE AND QUINOA SMOOTHIE

## Ingredients

- 1/2 cup chamomile tea
- 1 tablespoon dried chamomile flowers (or 1 tea bag), plus extra flowers for garnish
- 1 cup almond milk (or regular milk)
- 1/4 cup cooked quinoa
- 1/2 cup strawberries (fresh or frozen)
- Honey

## Method

- Steep chamomile flowers in hot water for about 5 minutes. Strain flowers (or

remove tea bag) if you don't want to include them in the smoothie. If you want to include them for a more intense flavor, leave them. Refrigerate until cool.

- Put the almond milk, cold chamomile tea (and flowers if using), cooked quinoa and strawberries in a blender and blend until smooth. Sweeten with honey if needed.
- Garnish with dried chamomile flowers if desired.





# KALE, BERRY AND ACAI POWER SMOOTHIE

## Ingredients

- 1 ripe banana
- 1/3 of a cup of blueberries
- 1/3 of a cup of strawberries
- 1/2 a cup of kale leaves (remove the hard parts of the stalks)
- 1/4 of a cup of almond milk or water
- 1 tablespoon of ground flax seed
- 1 tablespoon of hemp powder
- 1 tablespoon of chia seeds
- 1 tablespoon of acai

- 1 teaspoon of cinnamon

## Method

- Place all the ingredients in a blender together, removing the banana from the peel first of course, then blend into a delicious mix. Depending how liquid you like your smoothie then you may want to add a little more water.
- If you're craving a crunch then sprinkle some extra chia seeds, oats and some hemp seeds on the top.



# LOVE YOURSELF: FIRST STEP TOWARDS A POSITIVE CHANGE

Fashion & Lifestyle



Every person you're admiring or comparing yourself to is just a person, like me and you, so take them down off that pedestal and get back to creating a life that feels good to you.

You're unique, beautiful and possess every trait to be proud of. The sad part is majority of our time, we tend to focus on our shortcomings and constantly feed our brain to search ways to get rid of it. There are ways for you to stay positive when you don't want to look in the mirror.

Don't get discouraged by your shortcomings, but let them give you the drive you need to improve yourself. I am a firm believer that if you work hard and strive to be the best that you can be you can accomplish anything. Surround yourself with people who will lift you up and support you and remember that you are in control of your future and that you can be whatever you choose. – Lindsay Arnold

Be proud of your strength, and every bit of exercise that you do to make your body better than ever. Even if you don't look like a fitness model, you are stronger and more powerful than before your workout.

## TIPS ON HOW TO LOVE YOUR BODY:

**Find a body-loving workout.** Try yoga, pilates, zumba, dancing or even aerobics. There are a variety of classes that focus on much more than just exercise. The path to loving your body is by spending some quality time with both mind, and body in a meditative environment.

**Pen down your best traits:** Make a list of all your positive traits and everything great and kind that you've already done in your life. Write down all of them without any exception. Don't forget to mention even the smallest deed of yours. You will see that you are actually a good person this world needs. Place the list where you are bound to watch daily & watch the change.

**Be a mentor, be an example.** The first time noticed that you had to make a change in your life you needed support from trainers, friends and family, but you also needed a mentor. Someone to look up to or ask for tips and advice. By setting a good example with your habits, and perception of your own body image, you might be helping someone without even knowing it.



Try to look at yourself from their point of view and you'll not only be ready to appreciate yourself but also find out your own best traits you've never even thought of before.

### **Follow a healthy Lifestyle to Stay Fit:**

Who wants to visit the doctor if not needed. There are hundred and one ways to stay healthy & fit all created by nature. Choose the one of your choice, eat everything created naturally to nourish your body (remember, you are not a dustbin) and

thank God for everything in your life. You will realize you are special.

**Help others:** Do something useful you can be proud of. Whether you volunteer every weekend or simply help your friends and family when they need it, you become loving yourself more and more. This way you'll become better in your own eyes and that will bring you closer to success, not to mention that it will help boost your self-esteem.

No one is born perfect. Remember, you don't have to be great to start, but you have to start to be great.

### **Pay attention to people you spend your time the Most:**

You are bound to feel miserable if you communicate with losers and those who tend to complain instead of focusing on the positivity. And vice versa, you'll always achieve your goals and stay optimistic if you're surrounded by successful people that have enough strength to keep kicking in life no matter how difficult it is. Thus you need to be careful with those whom you meet every day and who actually become the part of your life.

### **Take out time to Ponder on why someone loves us:**

You are loved and admired by your parent, friend, or even your dog just the way you are. Most of us rarely think about why someone loves us. Probably you possess positive energy.



# UNWANTED HAIR: NAYY!!

Hair changes with age, like the skin. Changes in hair growth also occur with time, going grey, growing more hair than is wanted, and losing hair. The intensity of the battle against unwanted hair is cultural, to a certain extent. For example, many women in Mediterranean regions are unconcerned with body hair, whereas middle eastern neighbors laboriously pluck all the hair from their body. In North America it is estimated that consumers spend 1 billion dollars an years on electrolysis alone.

Hair on the legs, arms and underarm area, as well as fine hair on the upper lip and around the hairline on the sides of face (the "sideburn" area) may be unwanted and undesirable, but it's perfectly normal. Thick, bushy eyebrows also fall into this category. Excessive hair around the

nipples, on the face (commonly around the chin or as an extension of the hairline), and thick body hair on the torso (often an extension of the pubic hair line) or back, or "male-patterned" hair elsewhere on the body is considered to be abnormal hair growth for women, although it is extremely common. Usually hair that grows in these areas has hormonal causes, and is known in clinical circles as "hirsutism."

The first step in solving the dilemma of excess or unwanted hair is to determine its cause. Lasers are leading the way to new and more effective ways of eliminate unwanted hair. Other more traditional methods of hairs removal include electrolysis, waxing, shaving, plucking or chemical depilatories. A combination of the techniques may be the most ideal approach



depending on the goals of the individuals. The alternative to removing unwanted hair is camouflage by bleaching.

### **“Temporary” Methods**

- Cutting
- Threading (also called fatlah or khite, in which a twisted thread catches hairs as it's rolled across the skin)
- Shaving or Trimming (manually or with electric shavers)
- Chemical Depilatories (creams or “shaving powders” which chemically dissolve hair)
- Friction (rough surfaces used to buff away hair)
- Tweezing (Epilation lasting several days to several weeks can be achieved by: Tweezing)
- Waxing (a hot or cold layer is applied and then removed with porous strips)
- Rotary Epilators (devices which rapidly grasp hairs and pull them out by the root)

### **“Permanent” Methods**

- Electrolysis
- Laser
- Prescription Topical Preparation (Vaniqa)



### **Cutting**

Cutting the individual hairs with scissors has no effect on the hair growth at all. it allows you to

keep them short and out of sight for a while until you look into something permanent.

### **Threading (khite)**

The practitioner holds one end of the cotton thread in his or her teeth and the other in the left hand. The middle is looped through the index and middle fingers of the right hand. The practitioner then uses the loop to trap a series of unwanted hairs and pull them from the skin. There are also devices made that can hold the thread during the procedure. Good for eyebrows and facial hair. Like plucking, results can last up to two to four weeks. Can be painful and cause itching afterwards. Side effects can include folliculitis, a bacterial infection in the hair follicles, skin reddening or puffiness, and changes in skin pigment.

### **SHAVING or TRIMMING**

It is probably the most common way to remove unwanted hair. It is one of the quickest and cheapest methods and probably the least painful, providing it's done properly as shaving cuts can be very painful...so be very careful! Be sure to invest in some a razor designed for women as this will fit your curves and some shaving gel or foam as this will prevent the razor cutting your skin; these are available from most chemists and supermarkets. Work the gel/foam into a rich lather and using a clean razor, slowly and gently apply firm pressure and run the razor up the leg in the opposite direction of the hair growth.

A common misconception about shaving is that the more hair is shaved the thicker it becomes . A typical hair shaft is wider in the middle than as the ends and when it is cut off it will appears thicker and coarsen . The hair becomes coarser as the body ages . Therefore after shaving for a long time the hair is thicker not because of shaving but because of the aging process. Although women find shaving an acceptable method for getting off unwanted hair on some parts of the body such as the legs, it is not

acceptable for other body parts particularly the face .

Shaving at night will reduce redness. Also, wait about 12 hours after shaving or waxing before diving into a pool, spa, or ocean.



### **Chemical Depilatories**

If the thought of having your hairs ripped out makes you wince and shaving every other day sounds like too much effort, then Depilatory Creams may be more your thing. They are easy to use: simply apply the cream and wash off immediately after about ten minutes.

Depilatory creams work by penetrating the hair shaft and dissolving the hair at the root. The hair grows back downy and soft as opposed to stubbly and needs redoing about once a week. It is worth doing a patch test on your skin first (24 hours in advance) just to check you are not allergic.

### **FRICITION**

Mittens made of fine sandpaper (gloving) or Abrasives such as pumice stones (an ancient form of hair removal that probably preceded Threading) also remove some of the hair by

abrasion as well as plucking. Irritation to the skin surface is a disadvantage to this method.

### **Tweezing**

Tweezer or metal forceps are used to manually to pull hairs out by the root, one or a few at a time. It can be mildly painful and the effects are slightly more long lived than shaving because the hair is removed from below the skin. Method is good for shaping eyebrows or removing stray hairs.

### **WAXING**

Waxing is really a way of plucking a lot of hairs at one time. Warm wax is applied to the area of hair to be removed . It cools and is pulled away from the skin taking the trapped hair with it. Irritations often accompanies this procedure and is due to either the actual plucking or to the warm wax. This subsides within a few hours to a couple of days leaving a smooth hairless surface for several weeks. Re-growth occurs within 5 to 9 weeks . Prior to a repeat-waxing the hair must grow in, above the skin surface for the wax to adhere to it .This temporary period of new hair growth might be socially uncomfortable.

Your hair should be at least 1/2 inch long the first time for the wax to be able to hold. Try one of the cold waxes on the market if you're a beginner.

During the re-growth period ingrown hairs may be troublesome. If so run hot water over an hold toothbrush to soften the bristles then brush the skin twice a daily in those areas . This helps lift the curved irritating hairs tips out of the skin and minimizes the problems . Never tweeze or wax nose hairs. Use tiny manicure scissors made especially for the job. You can wax or tweeze your ear hairs, but if you want to cut them, ask someone to help you.

Regular waxing over a period of time weakness the hair follicle and gradually reduces the amount of hair growth in the area waxed .





### **ROTATING COIL APPLIANCES**

As with waxing this is another form of diffuse plucking . These devices are similar to electric razors, except instead of a cutting blade on a rotary head, they have rows of tweezers which can pull hairs out by the root.

The advantages of this devices are that there is complete control over how much or how little is plucked and the effects lasts longer than techniques like shaving . An example of this appliances is Epilady . Can be hard to use on backs of legs and harder to use on fine hairs. Skin must be pulled tight to avoid pinching.

Everyone has different circumstances for wanting hair removal, and different limitations, therefore choose any method depending on personal need.

### **Electrolysis**

Electrolysis is a hair removal technique where an electrical current is passed into the hair follicle, rendering it inactive and causing the hair to fall out. A hair-thin metal probe is slid into a hair follicle through which electricity is delivered to the follicle.

Currently three methods of electrolysis are used galvanic current, electrocoagulation and radio wave. Each differs in the amount of time the procedure takes and the numbers of hairs that can be removed .The galvanic methods is the slowest . Claims have been made that radio wave electrolysis is less uncomfortable and causes fewer pigment problems, this however has not yet been adequately substantiated .

In Galvanic current electrolysis, the treatment is basically a chemical decomposition process. When a needle is introduced into a hair follicle and the current is applied, the body salts and the moisture in the tissue is converted into a lye solution (sodium hydroxide). This lye solution has a caustic effect on the tissue and hair follicle. It is highly successful in destroying the hair within the tiny hair follicle. The galvanic current is responsible for the good reputation electrolysis holds as a permanent hair removal method. The galvanic current appliances have been adapted for home use ( for example, permatweez ) and although it is a slow tedious process for many this is preferable, to going for regular and sometimes costly sessions at a salon . The galvanic method is basically a chemical process.

An electrolysis program is a long- term commitment, it is often uncomfortable . Topical anesthesia creams can help minimize the discomfort . Possible complications include scarring, irregular pigmentations, infections and flare ups of acne and herpes simplex (cold sores) in the area being treated .

For these reasons it is important to be treated by a properly trained and experienced beautician or doctor. It is important to request references before starting a course of treatment, with an unknown technician.

### **LASER**

Light at a specified wavelength is delivered from a hand piece into the skin, where it targets dark material (usually the pigment in hair). Useful for



large areas such as backs or legs. Can be expensive.

Lasers responding to carbon paste particles designed to enter follicles (to some degree) and lasers with wavelengths responsive to melanin with pulse widths tailored to penetrate to follicular depth, are now standing in line for FDA approval for "semi permanent" or "long term" hair removal use.

### **Prescription cream**

Vaniqa (pronounced "VAN-i-ka") is a prescription cream applied to the skin for the reduction of unwanted facial hair in women ages 12 and older. For unknown reasons, Vaniqa does not

work for everyone. The active ingredient in Vaniqa is eflornithine hydrochloride. It inhibits an enzyme that affects hair growth, called ornithine decarboxylase (ODC).

This medication is not a depilatory, but rather appears to retard hair growth to improve the condition and the appearance of some consumers. You will likely need to continue using a hair removal method (e.g., shaving, plucking) in conjunction with Vaniqa. It will usually take 2 months of treatment before you see if it works or not. If you stop taking Vaniqa, your hair may come back to previous levels within 2 months after stopping. For more on how it works, [click here](#).



# 4

## TIPS FOR A PERMANENT WEIGHT LOSS

### Weight Loss



It is not really easy to lose weight. Fat is stubborn and you need to put in a lot of effort to get rid of it, especially if you have accumulated a lot over the years.

Obesity is a major problem today, not just in the US, but all around the world. If you are also obese or overweight and wish to lose weight, then you have landed on the right page.

Given below are four tips to lose weight:

### **Eat Healthy**

We are what we eat. One of the major reasons of weight gain is a poor diet. If you really wish to lose weight, you must change your diet and bid adieu to unhealthy foods, such as sugary items, fried foods.

Instead, consume more of healthy foods such as leafy vegetables and fresh fruits. You can also turn to a specific diet, such as military diet or low carb diet to see a real difference.

However, make sure to properly fulfill your body's nutritional requirements when you go on a diet.

### **Workout Regularly**

You do not have to hit the gym every day, but staying active is a necessity when you want to lose weight. This can be achieved simply by going on a jog every day or turning to other techniques such as yoga.

You lose weight by burning the fat stored in your body. For this to happen, you must sweat, which is possible only when you workout or take part in any other physical activity.





## Try Weight Loss Supplements

You can use different weight loss supplements to get better results. There are several things available on the market, from diet pills to different weight loss teas.

However, remember that these supplements do not work their own, but they can give a boost to the process. For example, you will be able to burn more calories when you exercise if you are taking fat burning pills, but they will not work without any physical effort at all.

Also, remember that it is important to choose a supplement that is healthy as a lot of supplements can harm your body. Do a good amount of research before picking one so that there are no risks involved.

## Stay Motivated

It is important to stay motivated. Remember that weight loss is an uphill task and it will be a while before you begin to see any results.

Many people give up too soon because they do not see any improvement. It takes weeks to months for results to be visible, so make sure to be patient and to continue to work hard.

If you ever feel like giving up, remember why you started in the first place. Additionally, you can join weight loss groups and talk to other aspirants about your problems to get the kick that you need.

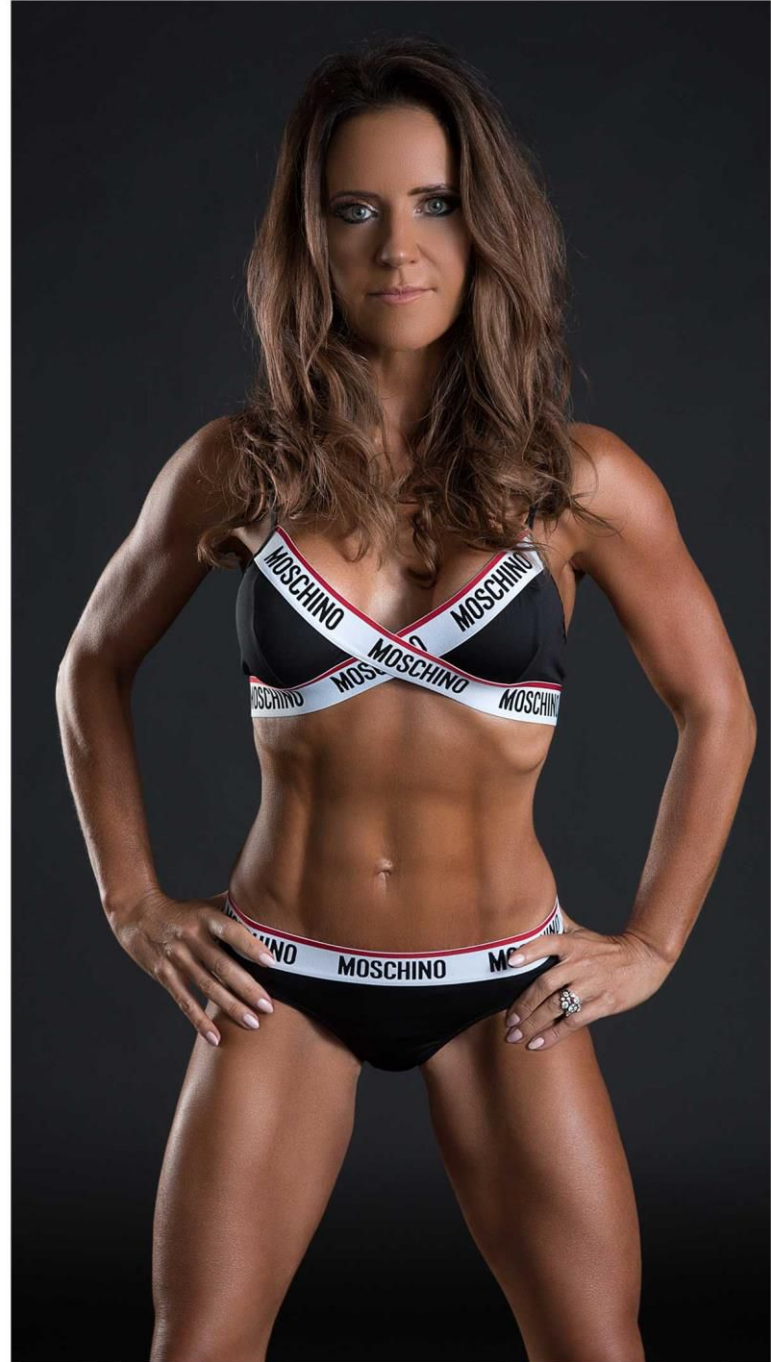
Also, keep yourself informed. Check out websites like [fitnessgoals.com](http://fitnessgoals.com) for tips on weight loss.

This is it. Follow these simple tips and see a change soon.



10 MONTHS

UP ULTIMATE  
PERFORMANCE



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# ABS OF STEEL AT 55?

HOW CEO ANGELA MIDDLETON TURNED BACK THE CLOCK

Angela Middleton, CEO of MiddletonMurray, always enjoyed exercising to stay healthy. She found it relatively easy to stay in moderate shape throughout her 30's and 40's. However, after turning 50 she began to see a hormonal weight gain that she couldn't seem to shimmy away.

Angela, like a lot of other women, began to believe that increasing age and weight gain was something she had to resign to. Her typical exercise routine was not cutting it anymore. Angela watched her son, who had recently joined an Ultimate Performance location, begin to change the way he ate and exercised.

When Angela decided to join Ultimate Performance she was introduced to strength training. In her previous years of exercise using heavy weights was never an option. Even with a celebrity trainer, Angela was prescribed lighter weights. Her body began to change, dropping the unwanted weight and turning fat into muscle.

Want to know more about this woman with abs of steel? Check out her wonderful journey in an exclusive interview with Women Fitness below.

### **When did you realize that you needed to lose weight?**

My body was changing and not in a good way, thanks, hormones! I had been trying for about 5 years to lose weight, but it continued to creep on.

### **How has your weight loss journey been? What were the milestones that you had to overcome?**

During my 30's, 40's, I was very active, doing all the typical exercise classes populated by women (think cardio based classes). I had even trained for a marathon and completed 6 months of boxing training. The variety of exercises kept me in shape for years, but then I turned 50 – things all of a sudden slowed down and my healthy slim figure crept away. I was reading all things fitness and diet-related and trying all sorts of remedies, but nothing worked. I joined UP

Fitness and shifted my focus to my health and fitness goals, the weight loss were quick after that.

My main milestone was belief. As soon as I saw the first small weight loss, it clicked. I was a true believer in the UP Fitness system, I went all in!

### **What is your fitness regime like?**

Currently, I strength train 4x a week in the gym with my Ultimate Performance personal trainer Harry.

I also make sure to complete 10,000 steps every day. If I'm away for work or vacation, I try to keep up with the same regimen. A full night rest and prioritizing my water intake contributes largely to my success.

### **In a typical day, what do you take for breakfast-lunch-dinner? And what are your go-to healthy snacks?**

My staple for Breakfast before I train is Bulletproof Coffee with some sort of protein. After my workout, I eat porridge and eggs. Lunch and dinner always consist of protein and veggies! When I snack I will typically reach for yogurt, berries, nuts (a good fat), oats and honey, yum!

### **Who/What do you consider the greatest motivation behind your healthy weight loss journey?**

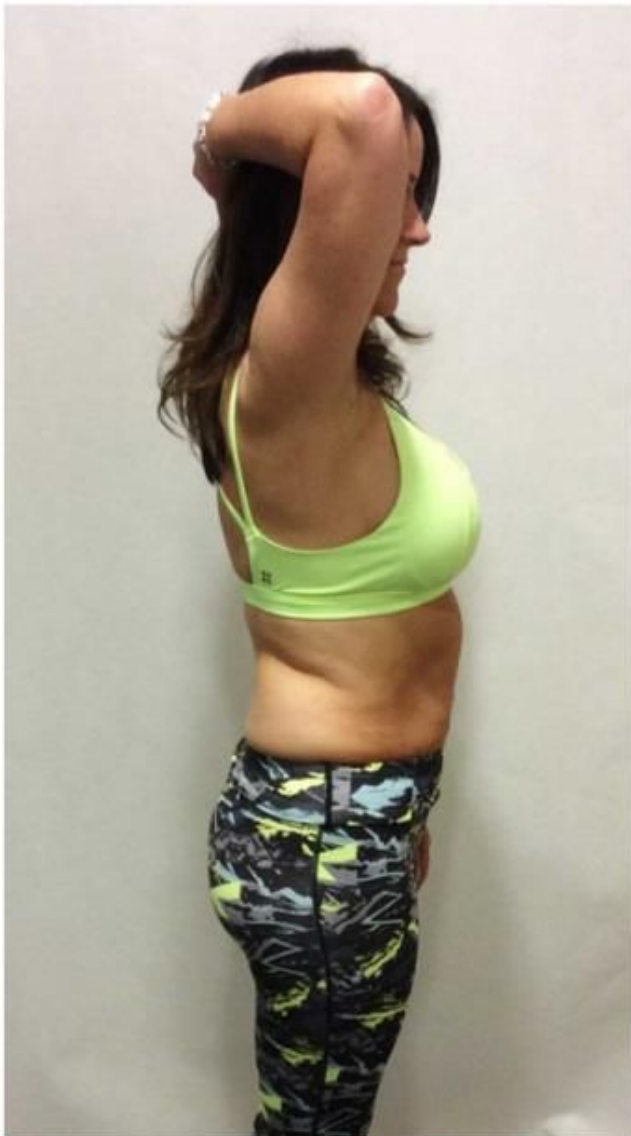
My biggest motivation is my trainer Harry, 100%. I also really enjoy reading the Ultimate Performance blogs and posts, they have a best tips and tricks for a healthy lifestyle. I get motivation from scrolling through Instagram, seeing women that are fitter than me, gives me a fire under my butt to get into the gym and put in some hard work, #fitspiration #womenpower.

### **What is your 2018 New Year Resolution to maintain a healthy & fit lifestyle?**

My New Year Resolution is to keep up this regime, and to learn how to confidently train on my own – I am a bit too dependent on my

10 MONTHS

UP ULTIMATE  
PERFORMANCE



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trainer! I am always looking to improve the look of my body and get strong enough to lift twice my bodyweight.

**What would be your fitness tips for women in their 40s and 50s?**

Ignore the rubbish about 'you can't do it if you're older'. Prioritise your life around your health, let it

become #1 (it's your only body, you can't get another one!)

Focus on the process, not the end. Results don't show up after one or two sessions, it takes time so keep trying. Every day is a day to get stronger!



# SHOPPING



**Makeup Junkie Sweatshirt**  
\$ 40 on [crimesofbeauty.com](http://crimesofbeauty.com)



**Gaia Herbs Golden Milk**  
\$19.99 from [gaiaherbs.com](http://gaiaherbs.com)



**DRY Sparkling**  
on [drysparkling.com](http://drysparkling.com)



**Yandy One Piece Swimsuit**  
\$ 39.95 on [walmart.com](http://walmart.com)



**Sara 7/8 Legging**  
\$ 65 on [xoactivewear.com](http://xoactivewear.com)



**Rochelle Bra**  
\$35 on [xoactivewear.com](http://xoactivewear.com)



**Angelic Bakehouse Sprouted Grain Breads**  
[angelicbakehouse.com](http://angelicbakehouse.com)



**Wedderspoon KFactor 16 Raw Manuka Honey**  
\$34.99 on [wedderspoon.com](http://wedderspoon.com)



**Saucony Originals Sneaker**  
\$59.95 on [shoes.com](http://shoes.com)



**Dorot Chopped Parsley Cubes**  
\$95.00 On [dorotgardens.com](http://dorotgardens.com)



**Aries**

Do what it takes to get healthier and fitter. You know that well-chosen small sacrifices can lead to huge gains. So long as you don't get carried away, you're headed in the right direction, with no slowing down or turning back.

Start right away, on March 1, with a brisk run or video workout. Meditation counts, too. Hit the gym on the fourth, work hard, and enjoy a party atmosphere with your exercise buddies.

On March 5, get smart about any details of your workout that have been annoying you. Make those reps more efficient. Your energy is high on the ninth. Raise the bar and do more steps.

Move more and sit less on the weekend of March 10 and March 11. If daylight savings time starts where you are, make sure you get plenty of sleep.

The weekend of the seventeenth and eighteenth, when Mars enters Capricorn, is for serious work and great progress. Fine-tune your workout, diet, and schedule. Make wise changes now.

March 18 and March 19 are your power days with the moon in Aries. Show up big time! On the twentieth, celebrate spring and shop for local healthy fruits and veggies.

March 24 could get complicated, but you're determined. Do that run or dance session. You're the warrior!



**Taurus**

Feel good about where you are and how you're doing. You're doing what needs to be done, and you know how to listen to your body.

March 1 is easy, so start early and get your workout done. Feel good now? Have a good breakfast, too. Walk, run, or exercise with more grace and fun on the fourth. You're looking great.

On March 6, have a strenuous workout and then pamper your skin and hair. Be strict with yourself on the thirteenth and afterward be glad you did. You're unstoppable.

March 16 may be hot tub day. Are your muscles complaining or cramping? Are you drinking enough water? Drink more anyway.

Move well on the eighteenth and run or walk farther. Maybe go dancing in the evening. Count all those steps.

Spring arrives on March 20. Check out the farmers' market and the produce stands. Eat healthfully and feel great.

The twentieth and twenty-first are your power days with the moon in Taurus. Dance or swim



with grace and power. The Mercury retrograde on March 22 won't stop you.

Be open to a change of plans on the twenty-eighth. You might prefer the substitute yoga instructor or like the other yoga style better. Fantastic work!



## Gemini

This is the time to get better connected with your ambition to be healthier and fitter. Instructors want to see you advance and excel. The work may be all yours, but the goal is shared by a lot of people. You're being a good example for one another just by showing up.

Start early on March 1 if you can. Do the run or the chair yoga routine. Get outside on the fourth and have a great run, walk, bike ride, or hike.

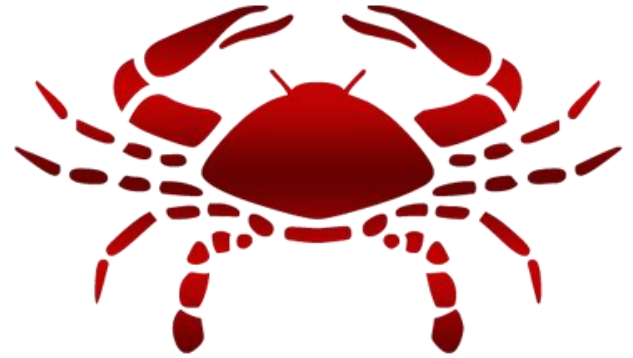
On March 5, get competitive with yourself! Pile on those extra steps. The weekend of the tenth and eleventh could get complicated, but you're ready. Flex those ankles and stretch those legs. Good! If daylight savings time starts for you this weekend, get enough sleep, okay?

Get ambitious on March 17, maybe in a team sport. Softball? Soccer? Spring is springing on the twentieth. Visit a farmers' market or produce stand.

Mercury goes retrograde on March 22. Take your time and get the dance routine right the first time. The twenty-second and twenty-third are

your power days with the moon in Gemini. Sweat and have fun.

The last day of the month has a full moon and maybe an evening workout or dance date. Yes!



## Cancer

You're totally full of energy, or at least full of good intentions. Great! March starts and ends with a full moon, possibly just for you. Get up, get going, get healthier, and get fitter. Get in high gear and adjust your routine accordingly. You're doing it!

Have an energized workout or run early on March 1. Keep the momentum up on the fourth, but take extra care to not get exhausted.

Jupiter goes retrograde on March 8, and your enthusiasm may be less on the surface. It's good to feel strong inside! The whole world doesn't need to see.

The seventeenth is the new moon. Try something new or go somewhere different. Maybe change your running route.

Work on core strength and basics on March 19. Do more steps and more pushups. Keep the upper and lower body balanced.

Spring starts on the twentieth. Visit the farmers' market or produce stand and stock up on healthy, beautiful fruits and veggies. Salad season is beginning!



Workout time is playtime on March 22. Scale it to your level and have fun. The twenty-fourth and twenty-fifth are your power days with the moon in Cancer. Do your best. Is it hot tub time yet? Yes!



## Leo

Fitness isn't some idle dream. Put in the work and get better, healthier, and fitter. If you can turn it up a notch, so much the better. So long as you can keep it steady, you're making progress.

Set a brisk pace on March 1 and do your run or workout early in the day. Be methodical. Set a higher goal on the fourth and make the first move toward it. Baby steps count. More steps, more laps, or more reps.

Work out with a bigger feeling on the seventh. You're looking great.

Be serious about core strength on March 10. Any full-body exercise will do. Dance, swim, floor ex. Feelings are high on the thirteenth. Put your heart into your weights or elliptical workout.

Try something different on March 17. It's St. Patrick's Day and a new moon. Wear the green headband and kick up your heels.

On the twentieth, the sun enters Aries and spring begins. Shop at the farmers' market or produce stand for healthy seasonal specials.

Be persistent on March 24 and rise above the Sun-Mars square. The twenty-sixth and twenty-seventh are your power days with the moon in Leo. Show up and shine!



## Virgo

There is great energy and motivation at your fingertips now, so don't let up. If you're thinking of starting, now is the time. When there's a strong emotional commitment, everything and anything is possible. Small efforts add up and quickly grow into bigger efforts.

Greet March 1 with a great run or video workout. Yoga, aerobics, or meditation are all good choices. The first and second are your power days with the moon in Virgo. Do it!

Visualize a stronger, healthier you on March 4. Baby steps count, too. You're not letting up. Be more ambitious and competitive on the sixth. Mercury moves into Aries now. Push yourself but respect limits.

Be diligent on March 10 and get more sleep. Does daylight savings time begin tonight for you?

The weekend of the seventeenth and eighteenth is for hard work, maybe a longer hike or walk on a beautiful trail.

Mercury goes retrograde on March 22, but your progress won't. Try a light, fun workout. Think



perky music. The spirit is willing, but the body may complain on the weekend of the twenty-fourth and twenty-fifth. Hot tub time and some pampering are permitted. You're working hard.

March 18 and March 19 are bonus power days. Finish the month strong!



## Libra

Keep moving and keep looking and feeling great. Making the effort to be healthier and fitter gives a big lift to your appearance and your mood. You may think that you're a rambling wreck, but you're not. You shine with vitality.

Get going right away on March 1. Dress and go for a run or walk, or fire up your favorite recorded workout. Have a good breakfast, and smile all day long.

The third and fourth are your power days with the moon in Libra. Dream big and healthy, and show people that you mean it.

Venus enters Aries on March 6. Get competitive with yourself and raise the bar. Take more steps or go more minutes on the elliptical.

On the tenth, get serious about basics - breathing and posture. Get extra sleep, too. Does daylight savings time begin tonight for you? If morning is a struggle on March 13, hold off until evening. You deserve to enjoy your workout time.

If the seventeenth is party time, dance up a storm and celebrate healthfully.

Spring arrives on March 20. Visit the farmers' market or produce stand for seasonal fruits and veggies. Surprise yourself and try something new and exciting on the twenty-eighth. Be more fit and have more fun!



## Scorpio

There's a lot of spunk and fire in your desire to be healthier and fitter. If you're just starting out, this is a great time. If you've been at this for a while, you can see a breakthrough and make great progress. You may not appreciate it until you look back at where you were a short time ago.

Greet the March 1 sunrise with a brisk run or walk. Not a morning person? Warm up to a smooth and steady evening workout. You won't skip. Don't get too wild on the fourth. Just wild enough will do.

March 6 and March 7 are your power days with the moon in Scorpio. Work hard and don't burn out. The tenth is for strenuous but basic exercise. Walk, run, or do weights with better posture and breathing. If daylight savings time starts tonight for you, get extra sleep.

March 17 is all about strength and sustainable effort. Mars enters Capricorn now. Wear your green socks or swimsuit.

Spring starts on the twentieth. Do the salsa or Mediterranean dance class, then check out the farmers' market for fresh fruits, veggies, and maybe a smoothie.

March 24 and March 29 could be challenging, but you're ready. Great!



## Sagittarius

No obstacle is going to stop you or slow you down now. You may not even notice that it's there. So long as you're focused on safety and well-being, your current routine will move you ahead in your pursuit for better health and fitness.

Get into your workout gear on March 1 and don't waste a minute. You don't have to rush. Be steady and enjoy the run, the walk, or the aerobics routine. Move, move, move.

Jupiter goes retrograde on the eighth, but you don't have to slow down or back up. Feel more powerful on the inside.

March 7 through March 9 are your power days with the moon in Sagittarius. Move to the front of the dance class and sparkle.

On the thirteenth, try something you've always wanted to try. That new style of yoga qualifies. Be gentle if you need to, but be adventurous. If you need a day off on March 19, rest is part of the routine.

Spring begins on the twentieth. Check out the fresh fruits and veggies at the farmers' market. Think smoothie and snack supplies.

Pamper your hair and skin on March 27. Be kind to any achy muscles, too. You're doing great work!



## Capricorn

You may feel like a heavy-hitter now, and that's great, but you don't need to push yourself over the cliff. Be strong and steady, like you always are, and be amazed later at how much progress you've made. Getting healthier and fitter isn't a short-term goal, and you know it better than most.

Start fresh on March 1 and have an easy time doing a hard workout. You don't need to shift into high gear. You could encounter resistance on the third, but you won't cave. Get outside and go.

The afternoon or evening of March 10 could be your most productive time. Maybe take extra steps or laps. The tenth through twelfth are your power days with the moon in Capricorn. Be good to your knees and ankles.

You may not feel great on March 13, but once you get started you'll feel better than fine. Use your best judgment about how hard to push.





The seventeenth is St. Patrick's Day. Celebrate after you work out. Mars enters Capricorn today. No one will be able to outlast you.

Mercury turns retrograde on March 22. Set your own pace. Challenge yourself on the twenty-eighth, but respect your limits. You've got this month!



## **Pisces**

Take advantage of everything in your favor and make great progress. Being healthy and fit is not a short-term goal and you know it. You've got the dedication, and there's no better use for your time.

Hit the start button on March 1 and do your run or walk early, if possible. Now breakfast! Visualize being a winner on the fourth. You already are. Keep the workout real, however, and don't risk any minor setbacks.

Work out early on March 8, if you can. Jupiter goes retrograde today, but this will only make you stronger and more persistent. The thirteenth is also a strong day. Spend more time with the weights or on the elliptical.

March 15 and March 16 are your power days with the moon in Pisces. Swim or enjoy the hot tub. Your muscles will thank you.

The seventeenth, St. Patrick's Day, has the new moon in Pisces. Feel the burn or do more steps. If partying, dance the dance!

March 20 is the start of spring. See what the farmers' market or produce stands have for better, fresher smoothies, snacks, and meals. The twenty-fifth is for cooking and eating better.

On March 29, take stock and see how far you've come. Now keep going!

Source: [astrology.com](http://astrology.com)



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**Namita Nayyar**

**President**

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