

healthy living



Myo Fit Yoga

**What the World's
Fittest Women Eat**

**Decreasing Your
Sugar Intake**

*a mindful
way of life*

**SAVE OUR
SUPPLEMENTS**

Class of the Month Myo-Fit YOGA

Story by Lisa/ Women's Fitness Magazine

Call all of us cynics, but at WF, we tend to be suspicious of workouts that don't give the same heart-racing buzz as physically demanding sessions such as boxing or circuits.

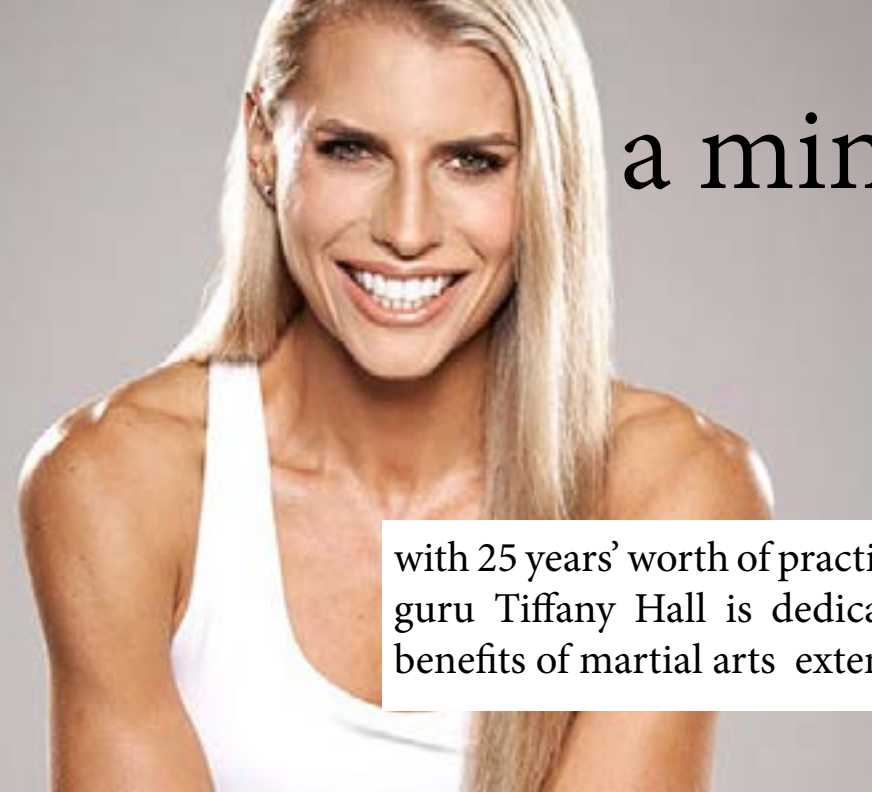
Although we're well aware of the health and fitness benefits of low-intensity workouts like many gym bunnies we somehow can't help but dismiss gentler forms of exercise as being an easy ride, and we'd much rather sweat it out on the treadmill that spend time meditating in the lotus position.

That's why we were intrigued by the Myo-Fit Yoga, a one-of-a-kind class that's carving a niche in the workout world. It's a totally new concept designed for the modern yogini, promising flexibility, endurance and stronger muscles while utilising the body's natural movements. It fuses flow yoga with pulsing and rotational moves. And it gets better - Myo-Fit is performed in a heated room, which increases its already impressive vitality-boosting merits.

The Background

This dynamic workout is a far cry from other forms of hot yoga such as Bikram. Yes, both workouts are performed in a hot room, but the similarities end there. There are no static poses like Bikram and the temperature of Myo-Fit doesn't exceed 35C.

Instead, Myo-Fit puts a scientific twist on yoga. The concept of the class is based around the role of fascia (the connective tissue surrounding muscles) and the way it responds to specific types of training. Rather than forcing repetitive moves that don't come easily to the



a mindful way of life

with 25 years' worth of practice under her (black) belt, wellness guru Tiffany Hall is dedicated to showing others how the benefits of martial arts extend way beyond a powerful punch.

body, Myo-Fit focuses on the body's natural twisting movement. It makes sense: imagine yourself walking - your hips and shoulders move in opposite directions, creating twists in the body. It's this movement the workout seems to emulate. Myo-Fit is also based on the principle of pulsing, which boosts flexibility and keeps your body strong, supple, and less susceptible to injury or pain.

The Experience

As chill-out music hummed in the background, our teacher guided us through an hour-long class starting with an intense succession of sun salutations. Each new posture came with twists and pulsing movements, which surprised our muscles. To finish, we spent ample time working on our tummies, with strengthening and twisting movements to flatten abs and increase core strength. We rounded off the session with some quiet time. Stretching out, any tension seeped away.

The Verdict

We're converts, Myo-Fit stretches and tones while developing lean muscle mass. It's a modern take on the Eastern practice that's accessible to all. A winning combination!

Taekwondo master Tiffany Hall got an earlier introduction to martial arts than most. Growing up with fitness-mad parents, she was strapped to her dad's chest as a baby while he worked with top athletes at the family's martial arts dojo.

"It's definitely in my blood," she laughs. "Dad was an instructor for the Australian Olympic taekwondo team, and Mum was one of the first women in Australia to earn a black belt."

Continuing with family tradition, the 32-year-old has gone to become the only woman in Australia -- and perhaps the southern hemisphere -- to gain a sixth dan taekwondo belt. And she wants to make something clear - this sport isn't just for guys. "It's not about aggression. The movements are beautiful and strong, and it's about mindfulness and enjoying 'me' time," she says. "It's also about integrating healthy habits into your life, and living the martial arts way."

She's appeared on TV screens overseas as a personal trainer on *The Biggest Loser Australia*, penned wellness books, and coached

everything from weight-loss programmes to self-defense classes. As she prepares to launch her new online fitness coaching series TIFFXO this month, she shares some martial arts-inspired tips for staying healthy, happy, and stress free.

ease anxiety

"Anxiety is about fearing something that hasn't happened yet, and worrying about an imagined future, whereas martial arts brings everything into the present," Hall explains. "It allows you to unravel and really concentrate on the now."

Taking worries out on a punching bag is a great way to physically let go of stress, she says, but she also swears by a simple trick to boost mindfulness. "Cross your legs, sit quietly and close your eyes. With two fingers, tap between your eyes, and take two deep breaths in and out. Then say to yourself, 'I'm in the now, I'm in the now, and keep tapping until you feel at peace. The tapping distracts your consciousness from thinking of worries and brings you completely into the moment. You can repeat any affirmation that

resonates with you - 'I'm powerful' or 'I don't need toxic people in my life' - whatever your mantra is."

healthy habits

"I don't really think motivation exists, it has to be a habit," says Hall. If your motivation is to lose five kilos, you'll never be motivated. Don't make your goal about weight loss, as weight is arbitrary. Think of goals along the lines of: 'Every day I'm going to do 20 minutes of exercise.' Change your goal from fat loss to fitness."

The fitness star also recommends throwing away the fad diets and concentrating on nutrition. "I don't count calories; I count nutrients. I love eating food that's full of protein and good fats."

She focuses on six small meals a day, as 'the body thrives on routine, and keeping meal times the same. You can actually lean up by eating lots of good food.'

People have an all or nothing attitude with food, she says. "If you start off healthy in the morning, then eat some M&Ms, the day's not ruined. Forgive yourself, and reset the day after three hours."

Decreasing your

SUGAR INTAKE

Story by Jason S. Ewoldt

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If your goal is to reduce sugar in your diet, an obvious place to start is by limiting your consumption of regular soda, candy and other high-sugar items. But chances are you're still consuming more added sugar than you realize.
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To reduce sugar in your diet, an obvious place to start is by limiting your consumption of regular soda, as well as the addition of the spoonful of sugar into your morning cereal. But what if you're already making strides in reducing the obvious high-sugar items? Chances are you're still consuming more added sugar than you realize from some everyday foods.

Here are some tips to help you reduce your sugar intake:

FUEL UP ON FRUITS

Instead of adding sugar to sweeten oatmeal or cereal, top your bowl with your favorite fruit.

AVOID EMPTY CALORIES

Opt for low-calorie or sugar-free drinks instead of sugar-sweetened beverages. Better yet, drink water (plain or sparkling).

HEALTHY SUGARS

Enjoy fruit for dessert instead of cookies or pastries.

SWAP SMART

Cut the amount of sugar you use in recipes for cakes and cookies, or switch out sugar completely by using unsweetened applesauce.

BE MINDFUL

Be mindful of condiments such as ketchup and barbecue sauce, which can be high in sugar, and opt for lower sugar options such as salsa, mustard or hot sauce.



HEALTH RISKS OF SUGAR:

High Blood Pressure: Normal nitric oxide levels keep blood vessels healthy and open. Too much sugar in your diet decreases nitric oxide levels, causing blood vessels to become narrow, which causes high blood pressure and an increased risk for cardiac disease.

High Cholesterol: People who consume too much sugar are more likely to have lower levels of HDL, or good cholesterol; higher levels of LDL, or bad cholesterol; and higher levels of triglycerides, or blood fats. This clogs up arteries and blood vessels, leading to heart disease.

Liver Disease: A diet high in sugar is believed to exacerbate fatty liver disease. Too much sugar spikes insulin and drives fat into the liver cells, which causes inflammation and scarring, eventually causing the liver to become cirrhotic.

Insulin Resistance: When sugar enters the body, insulin opens the door to allow sugar into the cells.

Save Our SUPPLEMENTS

How do you know your supplements are safe?

When you walk into your local health food store, you can find all kinds of safe, effective and high-quality supplements, vitamins, minerals, probiotics, herbal products and traditional medicines. All these products make up the category of natural health products (NHPs) that you and 77 per cent of Canadians use for the maintenance of good health.

These NHPs could include vitamin C to reduce the duration and severity of the common cold. Or a probiotic to keep your immune system primed and ready to combat those winter bugs. Or vitamin D, since there are few natural dietary sources and because supplementing with vitamin D is almost universally recommended, particularly for those in greatest need, such as infants and the elderly.

Whatever NHPs you choose, it is important to know Canada is a global leader in the regulation of these products. The Canadian approach to regulation is often referred to as a “pre-approval” system, which means that all NHPs must be licensed by Health Canada before they are allowed to be legally sold to Canadians.

How do you know your supplements are going to work?

Currently, when you buy an NHP at your local health food store, you can be confident knowing that the company selling that product has provided evidence to support any health claims made.

The level of evidence required depends on the claim being made, the overall risk of the product, and the condition it is being used for. A product such as a multivitamin that makes a claim, “helps with the maintenance of good health,” will have to provide different evidence than an omega-3 supplement that makes the

claim, “helps to reduce serum triglycerides and support brain function.”

No NHP can be licensed for sale in Canada without providing evidence to support the claims being made. Evidence can come from a variety of sources, such as modern studies and traditional sources, including pharmacopoeias (books published by a government, medical or pharmaceutical society) and references supporting the traditional use of products like Traditional Chinese Medicine or herbals.

Each product that is licensed receives a Natural Product Number (NPN), which is printed on the package. You can look up this NPN in Health Canada’s online database, which provides details, such as what is in the product, and what claims have been approved based on the evidence submitted and reviewed by Health Canada.

So what’s the problem?

Health Canada is now proposing changes that could significantly alter the way NHPs are regulated based on, it appears, a single consumer survey and only six weeks of consultation.

This proposal is trying to fix a system that is not broken and will be a step backward instead of forward. Our current regulations take into account the unique properties and low-risk nature of these products, ensuring that you have access to NHPs that are safe, effective and high-quality, while respecting your freedom of choice, and the philosophical and cultural diversity of our country.

What can you do?

We need your help. Please visit chfa.ca right now to send a message to your Member of Parliament, letting them know these proposed changes are unacceptable. It will only take you one minute and will make a big difference in helping to ensure you continue to have access to the NHPs you know and love.

What The World’s Fittest Women Eat

MY DAY ON A PLATE

Story by Jamie Watling

When your looks are your livelihood, eating becomes a KPI. We bailed up these fitness and bikini models to find out just what it takes to be as chiseled as a classical statue.

Why I Eat *What I Eat*

As a general rule of thumb, I believe we should eat as whole, organic, natural and free range as possible. Paleolithic is a great dietary style and I personally practice Paleo Light; I try my best to eat an all-natural hunter and gatherer diet, eating mostly chicken, fish, nuts, legumes, and

vegetables. The more genetically modified our food is, the worse it will be for us. Mass-produced meat and dairy often has oestrogen injected into it and that oestrogen tells our bodies to store more fat. I believe that chemicals from pesticides and cheap packaging can also cause the body to store extra weight.

Why I Eat *How I Eat*

I believe the old saying ‘Eat breakfast like a king, lunch like a prince, and dinner like a pauper.’ Breakfast should be our largest meal to kickstart metabolism and should happen as soon as possible after waking up (unless you’re practicing carb-depleted cardio). Then I eat five more

small meals per day). The aim is to keep my metabolism revved up but not giving my body too much food to store as fat. I don’t eat carbs in the second half of the day because carbs are brain food and fuel for energy... If I’m not working mentally or physically, why do I need carbs to relax and watch television?

MY DAY ON A PLATE

7am

Take L-carnitine matrix mixed with water for carb-depleted low-intensity cardio (L-carnitine is a supplement that helps the body target fat as its fuel during cardio). I do low-intensity cardio while my stomach is empty to avoid losing muscle while maximising my ratio of fat loss using my fatty acid oxidative energy systems - either incline walking or interval training.

8am

(If I’m not doing cardio) I will have a vegetable omelette wrapped in a small wholegrain tortilla. Your best meal of the day should be breakfast. This is when I get my carbs in (or immediately after a workout).

8am

(If I’ve done cardio). I have a hard-boiled egg or five to eight almonds with an isolate whey protein shake mixed with 60 ml of unsweetened almond milk and 125 ml of water. This lean protein is fast-acting and helps to ward off hunger.

10-11am

I have a rice cake with almond butter; it gives me something to run on in between clients.

12pm

I take a pre-workout powder with two-plus litres of water to help maximize benefits of weight training (pre-workout powders help to increase energy and blood flow).

2pm

Immediately after training I have a spinach salad with cucumber, shredded carrots, red onion, chickpeas, egg and a little bit of vinaigrette. I can almost almost feel my body thanking me for carbs, protein, vitamins and minerals it needed after the hard workout. Protein takes the longest for your body to break down and it’s good to get a little bit of carbohydrate with your lean protein to give your body something immediately, ideally sweet potatoes or vegetables. Often I will also take a fish oil and/ or BCAA supplement to aid in my muscle and joint recovery.

5pm

I will have a small snack of low sodium hummus with green peppers, or Greek yoghurt with shaved almonds to feel like I’m having granola without all the carbs. This small snack holds me over until my small dinner when I get home.

7 pm

Once I’m done with clients for the day, this is my last opportunity to eat as it is three hours before I go to bed. I believe dinner should be our small and leanest meal of the day and I usually opt for a lean chicken breast or white fish with a variety of vegetables (always alternating so that I don’t create and imbalances).

HelloFresh

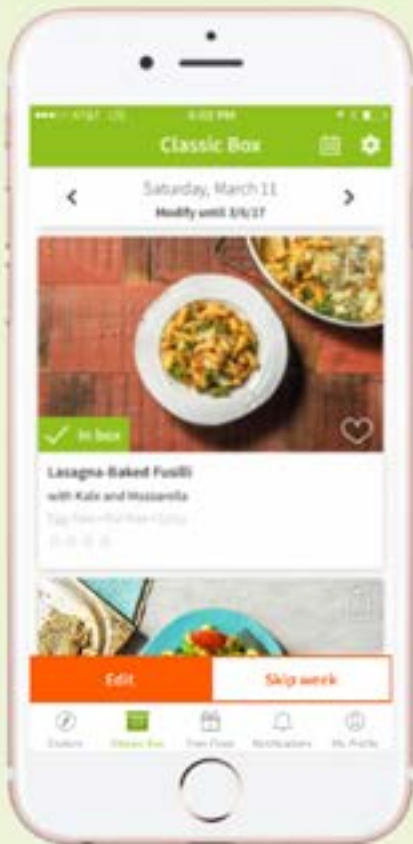
The

BEST THING

TO HAPPEN TO YOUR KITCHEN
SINCE REFRIGERATION



Manage Your Plan With Full Flexibility.



Order When You Want Skip or Pause When You Don't

At HelloFresh, we want to fit your lifestyle and preferences, not the other way around. Pause or skip a week with one click, only receiving deliveries when you want.

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