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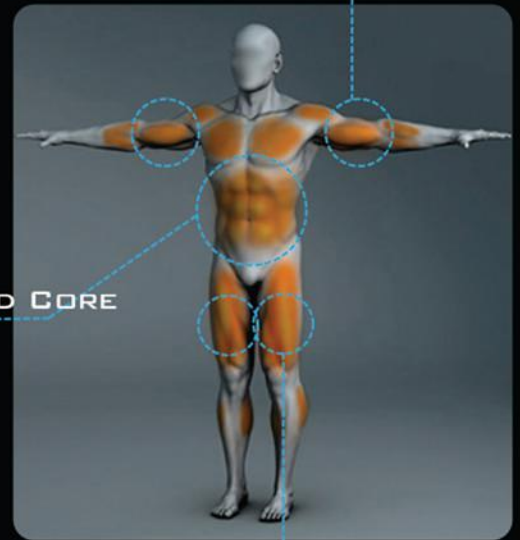
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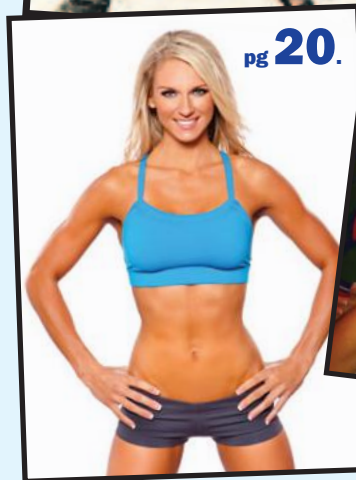


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Inspiring YOU to Live Well...Naturally!



Hi Readers,

If you read the August 2011 Publisher's letter, you learned a little bit of history about FitnessX.com--- How it started and the dream we went after. This month we are moving full steam ahead towards that dream. We appointed Dr. Sean Hashmi, C.E.O. of FitnessX.com Magazine. With Sean's extraordinary vision, leadership, and contribution, we are confident that he will take FitnessX.com Magazine to a whole new level!!! We are so excited about all the new things in store for our readers! Starting this month, we are launching FitnessX TV with a "90-Day Transformation". Sean and I are going through this amazing lifestyle journey; Sean will gain muscle mass while I lose body fat! We want to show guys that everyday people with busy schedules can reach their fitness goals. You can watch all this at www.fitnessX.com by clicking on the YouTube icon.

On another note, we would like to introduce you to our official sponsors: Amped Fitness, MassSuit.com, and Fitness Radio. MassSuit.com has developed an innovative workout suit "Perfect for Action and Extreme Sports Training". On October 1st, FitnessX.com Magazine will be a guest on Fitness Radio with host, Dennis Mason. Dennis and his segment guests discuss a variety of issues about health, fitness, food, and products. You can listen to Dennis Mason at gvradio.com.

The FitnessX.com Magazine team wants to thank Mike Torchia for inviting us to his "Shape Up America Health and Fitness Expo 2011" at The Grove in August. We had a wonderful time meeting everyone! Shape Up America Campaign is a nation-wide initiative seeking to educate America's parents on improving their children's nutrition and teaching families to encourage each other to get fit through more active lifestyles.

Finally, our executive team would like to thank all our writers, cover models, and readers for their constant support these past 8 months. We couldn't have done it without you! If you would like to meet us at the following events, we will be at the Olympia Weekend Expo in Las Vegas, September 16th & 17th and the "Shape Up America Health & Fitness Expo" in Long Beach, California on September 18th. Hope to see you there!

publisher@fitnessX.com

Inspiring YOU to Live Well...Naturally,
BillyBow & Kat Painter,
Owners/Publishers of
FitnessX.com Magazine

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SEPTEMBER 2011

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MISSION STATEMENT:

FitnessX.com Magazine (Health - Fitness - Wellness) strives to inspire people by making a difference in empowering and encouraging you to live a healthier lifestyle. We take pride in sharing heart-warming stories on health, fitness and wellness. Our readers vary in age, body composition, ethnic background, economic status, and professional background, but have the common goal of improving themselves through health, fitness, and wellness. FitnessX.com Magazine readers are health-conscious, discovering or already adopting healthy lifestyle practices, and interested in bettering themselves.

PLEASE NOTE: FitnessX.com Magazine is not liable for any injury due to the suggestions and advice given in this issue. All readers must consult their physician prior to starting a new exercise and nutrition program.



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MASTER

your

Metabolism

WRITTEN BY: MARY SIMMONS

Sixteen years as a trainer has taught me a lot about the tricky systems of females. Our systems are more complicated than men's by far.

First and foremost, women are usually dealing with extensive metabolic damage as a result of crash dieting and failed weight loss attempts over the years. Women become victims of this damage starting in their teens and continuing into their 20's and 30's. By the time you're in your 40's and 50's you can barely get the weight off no matter what you do. The unfortunate reality is that every failed diet attempt, whether you were eating "like a bird" to appear more lady-like, eating only a couple high calorie big meals during the day because of convenience, or falling off the wagon after weight watchers, programs your body to work against you. Low calorie diets (especially too low) trigger "starvation mode". This prehistoric adaptation used to be literally a life-saver when food was not as abundant for our more exercise prone ancestors. Sensing a drop in caloric intake but not a drop in caloric expenditure, our bodies are programmed to conserve energy.

Your body's metabolism is the rate at which it consumes energy. This "metabolism," will in essence, slow down to accommodate an environment of reduced food (calorie) availability. It will maintain this state until it senses that the famine is over. Unfortunately, it will make sure the next time it happens that it is better prepared. In our modern day society where food is over abundant and unnaturally dense in calories, this adaptation process works against us making us fatter and fatter. Crash dieting, or employing any diet that isn't cleverly designed to confuse the bodies starvation reflex will ultimately fail. Making maintainable and permanent changes to your eating is the only fail-safe solution.

A cleverly designed nutrition plan should support building a healthy metabolism. For starters, space your meals 2.5 to 3 hours apart. If your metabolism is really slow, space them out every 2 hours. This will tell your body that food is plentiful and readily available at all times. Your body will sense this and raise its metabolism in response to a non-starvation type environment. Think of your metabolism as if it were a campfire. The fire consumes the most fuel when it is kept stoked by medium sized sticks intermittently throughout the day as demonstrated by the high flames and intense heat. Throw on a big log at morning and night (analogous to 2 big meals/day) and the fire will keep smoldering slowly, but without the huge flames. Fuel your metabolic fire frequently to keep the flames hot.

To calculate your Basal Metabolic Rate (BMR),

I have found the calculators on this web-site to be very accurate. http://www.linear-software.com/bmr_bmi.html, check out all the 6 different caliper methods for body fat testing also. This should give you a calorie amount for whatever your goals are based on your age, height, weight, body fat percentage and activity level. The body fat percentage calculation is what makes this more accurate than other calculators I have tried. For example, I am 5'4" and 120lbs. An average female at 24% body fat would be at 1400 calories per day to lose weight. Because my body fat is 10%, I can lose weight at 2000 calories per day. Good reason to be leaner...faster metabolism! Take the amount the calculator gave you and divide that by 6 or 8, depending on how many meals you want to do. Yes, they are small! The idea is to burn everything off by time of your next meal. Get an accounting Journal with five columns for writing down your foods, calories, carbohydrates, protein and fats. If you're working with a good trainer they should have you doing this already. This will really teach what your body needs. Schedule your meals every 2½ to 3 hours starting with breakfast within an hour of waking. Write down those times and stick to it. Never go more than 4 hours without food- this puts you in slow metabolism mode. I also start with a baseline carbohydrate amount of 7 to 14 net carbs for women, (net carbs is carbs minus fiber) so if you're eating right with high fiber foods you will get a lot more and feel full. Example on 1400 calories, (70 nets carbs 120 carbs total), men's baseline is 14 to 30 net carbs per meal. Start low, add a rice cake if you feel like you have low energy. The idea is to take in the minimum amount you need, excess is what we are trying to avoid.

FATS

- 4-8 grams per meal for women
- 8-16 grams per meal for men
- If you are too low here, you will know because your sex drive will be in the toilet. Your anabolic and sex hormones are fed from fats (cholesterol), including saturated fats.
- As a natural competitor, I really need to feed my anabolic hormones, so I have my omegas, 3 eggs with 2 oz. of natural lean ground beef, and a cup of scrambled egg whites for breakfast. Coconut butter and avocado are also good sources of fats. Add some walnuts to your salad in the afternoon and so on. You get the idea.

PROTEIN

- 3-5 oz. for women per meal
 - 4-8 oz. for men per meal
 - Don't forget to weight train--- Women who strength train burn 300 to 800 more at rest per day than those who don't. Plus, it is the fountain of youth. If you lose muscle as you get older and your metabolism slows it only makes sense to try to build it back up. You will keep your body young!
- It is a wonderful thing to know what your body needs at any activity level to maintain, lose or gain weight. In all my years of training this was really my main goal. To Master my Metabolism! Good luck! If you need more specific help visit my web-site <http://www.totalbalancefit.com>

ABOUT THE WRITER: Mary Simmons is a Certified Personal Trainer and Fitness Nutrition Coach. She is a wife and a mother of two children. She owned a training studio in Montana for many years, and spent many hours a day running in the Mountains in Montana with her clients. Mary recently did her first figure competition, just her own prep and qualified at for Nationals at The Emerald Cup. She is now pursuing her pro-card in Physique; a division that will hopefully welcome the more shapely muscles that people achieve once you have trained for so many years. But many great things continue to happen for Mary. She feels she helped so many people for so long that it would come back to her eventually. For more info, please visit Mary's site www.totalbalancefit.com. Photo Credit: Mark Mozziere of Imagezz






Stay OPEN

WRITTEN BY EMILY LIND
 PHOTO BY MICHAEL WOODALL
WWW.MICHAELWOODALL.COM

Having complete control over my life is something I've always tried to manage and have always thought was possible. The older I get, the more I realize that not everything can be exactly how I want it; when I want it.

I recently took a color code personality test and my results were dead on, it said I was a "red". My motive: POWER. I seek productivity and need to look good to others. Simply stated, Reds want everything done their own way. They like to be in the driver's seat and willingly pay the price to be in a leadership role. Reds value whatever gets them ahead in life, whether it is in their careers, school endeavors, or personal life. What Reds value, they get done. It also said I'm known as a workaholic and will, however, resist doing anything that doesn't interest me. This was almost scary for me because it was so much like my personality. Yet, with all that "power", I still couldn't figure out why I let obstacles in life make me want to flee...hide...and not look the problem head on. Then, I finally realized, no matter how driven, focused, and purposeful I am, there is a time when I need to let God work through me and trust His plans. We get so caught up in trying to control our week, month...and yes even years that we don't see other possibilities and opportunities right in front of us. When I live trying to control every action of the day, I find it brings a giant amount of anxiety over me. The second something doesn't go as planned or it looks like things won't turn out the way I envisioned, sadness sets in. I'm sure you know what I'm talking about. You end up throwing yourself a pity party! Allowing negative words to seep into your thoughts and flow out your mouth. The self-sabotaging starts and before you know it; you aren't very fun to be around. Every positive dream and vision you one had is almost completely forgotten.

Here is a new idea to some of you (and me)!

Don't have such a narrow view of life. Stay open to God's plans, even if it's not what you've planned. STAY OPEN! There is a reason He took you down a different path. There is most likely something to be learned. He might be saying that you simply aren't ready yet. If you are facing doubt, challenges or waiting periods, stay patient. God will find a way to make it all work. I believe as long as you stay focused, He will reveal to you what direction to take next in life. It's amazing how you can get so far from where you originally planned. Yet, you find it's exactly where you needed to be. Always trust in His direction and you will win! Regardless, if you are a red, yellow, blue, or white; our dreams tug at our hearts for a reason - they were God-given. 

To find out more or What "Color" are you? Color Code Personality Test. Find out by taking the www.colorcode.com/personality_test The Color Code introduces the following four personality "Colors," or driving Core Motives:

Red (Motive: POWER) — These are the power wielders. Power: the ability to move from point A to point B and get things done is what motivates and drives these people. They bring great gifts of vision and leadership and generally are responsible, decisive, proactive and assertive.

Blue (Motive: INTIMACY) — These are the do-gooders. Intimacy: connecting, creating quality relationships and having purpose, is what motivates and drives these people. They bring great gifts of quality and service and are generally loyal, sincere, and thoughtful.

White (Motive: PEACE) — These are the peace-keepers. Peace: the ability to stay calm and balanced even in the midst of conflict is what motivates and drives these people. They bring great gifts of clarity and tolerance and are generally kind, adaptable, and good-listeners.

Yellow (Motive: FUN) — These are the fun lovers. Fun: the joy of living life "in the moment", is what motivates and drives these people. They bring great gifts of enthusiasm and optimism and are generally charismatic, spontaneous, and sociable.

ABOUT THE WRITER: Emily Lind serves as a Executive for Nutrition and Wellness company; Isagenix International. She is a Wellness Coach Nationally. She helps create physical changes in peoples lives as well as financial changes in building businesses. Emily is also a Motivational Speaker for youth helping to empower them to make the hard decisions and change their lives for the better regardless of where they came from. She is a Fitness Model for WSI Sportswear. Emily is also a Certified Massage Therapist. Check her out on essenceofem.com and join her on FB!



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FOCUS

and reach your

GOALS!

WRITTEN BY Natalie Jill
www.nataliejillfitness.com
 PHOTO CREDIT:
 Models Choice Photography

We have all been there- we know the goal, we know the process required but when it comes to the commitment we tend to start all focused and committed and somehow a few days, weeks, or a month later we tend to slip back into our old ways. When this happens, progress halts (maybe even regresses) and we get frustrated and give up...

How do successful people stay focused on tasks and reach their goals?


CONVICTION. Successful people have a strong conviction as to what they want to accomplish and why they want to accomplish it. They sleep it, they breathe it, they eat it and they without a doubt KNOW their conviction. It is a true conviction and it is never a doubt to them.

MOTIVATION. Successful people are very clear as to what motivates them and why they are motivated to achieve their goal. If you are trying to reach a goal for someone else then that will never be motivation enough to accomplish things. Understanding where the true motivation is coming from is a critical element

GOALS. Successful people not only KNOW their goals but they write them down, understand them, have a plan on how they will implement them, make them specific and they are very vocal to everyone about what their specific goals are. This helps to create a clear picture and keep them accountable to their goals.

PROCRASTINATION doesn't happen. Successful people take the approach of "Ready Fire Aim" vs. "Ready Aim Fire". When they have an idea they ACT and act quickly.

ORGANIZATION. Successful people are organized. Even if they appear messy, there is always a method to their madness. They have structure to their work habits, their schedule their workouts, etc...

Anyone can accomplish their goals IF they have the conviction and motivation to do so and take the time to establish exactly what their specific goals are. Don't Procrastinate- do this now and expect great things...



ABOUT THE WRITER: Natalie Jill resides in San Diego, CA. She is a Certified Personal Trainer and a Licensed Sports Nutritionist. Natalie can be reached at natalie@nataliejill.com. For recipes and helpful hints, you can visit her website: nataliejillfitness.com
 Photo Credit: Noel Daganta



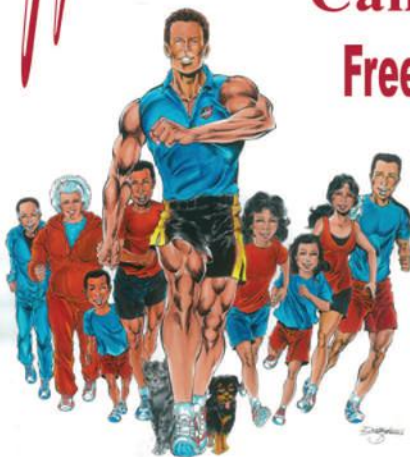
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Upcoming Events!

Long Beach Health & Fitness Expo
 September 17-18, 2011
 Long Beach Convention Center
 Long Beach, CA
 (Estimated Attendance: 25,000+)

Connecticut Health & Fitness Expo
 October 1-2, 2011
 Connecticut Convention Center
 Hartford, CT
 (Estimated Attendance: 25,000+)



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FITNESS MYTHS

UNVEILED

WRITTEN BY: BO SHIN
PHOTO BY: KALIA KENNEDY

In today's crazy world where everyone seems to have different views and opinions about exercising a certain way or eating certain foods can often lead us to frustration and can leave us with a sense of hopelessness. You don't have to be a personal trainer or know everything about nutrition to gain some knowledge in helping yourself achieve your ideal physique or to improve your health. The fact is that people will listen to anyone about working out or dieting if they themselves are clueless about this subject. Be weary on who you approach when seeking answers to your questions and keep in mind that not all employees or personal trainers in health clubs are knowledgeable in this field. I know that I often come across health club employees that have absolutely no clue what they are talking about. We have to keep in mind that a question can be asked and answered by anyone even if they are not creditable. I will unveil some of the top fitness myths that are often talked about that will help you ensure your confidence when setting up your training and nutrition plan.

The first myth that I will discourse is what I like to call the 6-Pack Abs myth. There are so many questions that rise from this subject like, "will doing a thousand crunches a day make me have a 6-pack?" This is definitely a big NO and the amount of crunches you do within a day or week has zero correlation on whether you will have abs or not. If you look at a muscle chart of the human body, everyone has the same number of muscles and muscle groups that make up the muscular system. Whether you train your abs or not, you have them. The hardest part of getting your abs to show has to do with your diet and the percentage of body-fat you hold. Lets face the facts, if it was as easy as performing crunches everyday to get a 6-pack, then more people would have a great mid-section. One of my favorite sayings that I hear in the fitness industry is that, "abs are made in the kitchen, and not the gym." This is completely true!

This next popular myth of Calorie-counting says that the number of calories you consume in a day will determine whether you lose weight or not. It does make sense that the fewer calories you take in, the more you'll lose. This myth is proven false because of the glycemic index or the GI. The glycemic index is the ranking of different carbohydrates and the effect it has on our blood glucose levels. I like to compare eating a sweet potato containing 100 calories and eating a candy bar that also contains 100 calories to help my clients understand the differences amongst calorie sources. The sweet potato in comparison to the candy bar is very low on the glycemic index, which means that it causes very little fluctuation in our blood sugar levels. Insulin is the key hormone that plays an important role in stabilizing the blood glucose levels in our bodies. Eating foods high on the GI will cause your pancreas to secrete insulin into your bloodstream to lower and stabilize the increased blood glucose level. When this happens, your body holds onto stored fat and makes it difficult to lose weight. Be smart about your food choices and maintain a steady balance of low GI carbohydrates, protein, and fats for optimal fat-loss!

3 This third myth I chose to discuss particularly brainwashes females over males because of what our society considers acceptable when it comes to having muscle mass. I'm sure almost everyone has heard that lifting weights will make you look bulky. I like to call this misconception the Incredible Hulk myth. In my initial orientations with my female clients, almost all of them tell me that they do not want to train with heavy weights or even weights at all in fear of becoming bulky. Well the fact is that you will not blow up into the incredible Hulk by lifting heavy. Studies have shown that increases in muscle mass will help burn more calories which can aid in fat-loss when guided by a proper diet. Keep in mind that the key hormone to increase muscle mass is testosterone. Although females do have levels of this hormone, it is such a minimal amount that lifting heavy will not drastically result in muscle growth. The testosterone levels in males are 20 to 30 times higher than in females. Also note that someone who carries more muscle mass will appear bulky if they carry a noticeable amount of fat on top of muscle. So once again, your diet factors into this equation.

4 The next myth highlights a topic that I often find myself getting into an argument over. There isn't a definite time limit on how long a training session should last; and this is where the myth about Over-training comes into play. People think that training for hours in the gym is what separates those with 'perfect' figures and those who do not. The actuality of this myth is that there is such thing as spending too much time in the gym. Training harder and longer is not the answer in obtaining faster results. Spending relentless hours training will actually hurt your body and stunt muscle growth. Depending on how long you train, over-training causes deterioration of your muscles. It takes years of hard work and dedication to build quality muscle mass so over-training should be avoided at all costs. Proper recovery time is also crucial in muscle repair after a workout so consider this factor, as well as the time you will spend in the gym. In other words, train smarter and not harder! If you find yourself exceeding over an hour in the gym, you may want to re-evaluate your training regimen.

5 Cardiovascular exercise is known to help shed fat; and so we find ourselves on that piece of cardio equipment we love so much for an hour or even more. Does this sound like anyone you know? I call this the Crazy-Cardio myth and goes along with over-training. Spending hours doing cardio will NOT result in shedding fat. Not only are you wasting time, but you are also driving yourself crazy! So this myth states that, "doing hours of cardio will result in quicker results." This is a false statement and studies have shown that short and high-intensity cardio will not only preserve muscle but also keep you burning calories up to 24 hours after your cardio session.

There are many more myths that rumor the fitness setting, but I find that these are the top 5 myths that are talked about the most and that I find the most important. Knowing the facts about proper nutrition and training is the key factor in your journey to achieving the goals you desire. The ability to point out your own weakness is a necessary part in planning out a diet or workout plan. You can avoid certain cravings, such as sweets, by finding an alternative food choice that does not interfere with your meal plan. I consider knowledge to be power; putting forth a little effort in researching which myths are true or false will take you a step closer to your destination. Set a direct path in your workout and diet plan from these myths that I have uncovered and be confident that having this knowledge will get you the results you seek! ✨

ABOUT THE WRITER: Bo Shin is a full Korean bikini and fitness competitor residing in Birmingham, Alabama. She is a personal trainer and a sponsored athlete of one of the largest supplement companies, Optimum Nutrition and American Bodybuilding (ABB). Starting at the age of 17 she obtained her Kickboxing certification through AFAA which also followed along with three other certifications through Les Mills International and her personal trainer certification through NFPT. She holds a degree in Communications Management from the University of Alabama in Birmingham and is currently working on her graduate program in Nutrition/Dietetics. Photo Credit: Wendi Satio





STRETCH FOR ENERGY

IN YOUR SECOND TRIMESTER

WRITTEN BY
LAURA
MAK QUIST, MS,
PREGNANCY
FITNESS SPECIALIST

PHOTOS BY
BILLYBOW PHOTOGRAPHY

1. SIDE STRETCH AND BALANCE.

Begin sitting on your heels. (if this is uncomfortable, then you can place a block between your feet and set your bottom on it). On an inhale lift your right arm up and over to the side above your head. Simultaneously, extend your right leg out to the side. Feel the stretch all along the right side of your body as you reach your hand far away from the body and the toes are pointing just as hard in the opposite direction. Pause and hold for three to four deep breaths. On an exhale release your arm and leg and return to the start position. Repeat on the other side. More advanced: After reaching to the side position, lift your right arm up towards the ceiling, and lift the right leg out to horizontal. Once you find your balance, look your eyes up towards your fingers. Hold this pose for four to five breaths, then lower, and return to the start position.

2. CAT COW STRETCH.

Begin with the hands shoulder width apart fingers spread out wide. Shoulders should be directly above the wrists. Knees should be about hips distance apart. Hips should be directly above the knees. The spine is straight. On an inhale, tilt the hips up as you arch through the back and look your head up toward the ceiling. Pause and hold for two to three seconds. On the exhale, round the spine. The head should look down towards the chest, the hips should tuck under. The spine should look rounded like a scared cat. Pause and hold this position for two to three seconds. Repeat this series in a slow and fluid fashion for eight times.

Yoga is a very well recommended and a highly used type of exercise for "moms-to-be" to incorporate into their weekly fitness routines. Its benefits include a stronger body, increased flexibility, improved stamina and, more importantly, heightened breath awareness. These are all useful tools to have when you are preparing to give birth. Still, as wonderful as these tangible benefits are, the real power of the practice lies in its more subtle results. Yoga not only works on the physical level, but also works on the mental, emotional, energetic and spiritual levels, too.

The second trimester should be more of a joyous trimester than the first. Typically, the energy has increased, the nausea is slowing down or stopped, and body has made significant changes as the baby has grown. This trimester is really the favorite according to most women. Many women say they are able to accomplish more during this period in both day to day activities as well as in their workout practice.

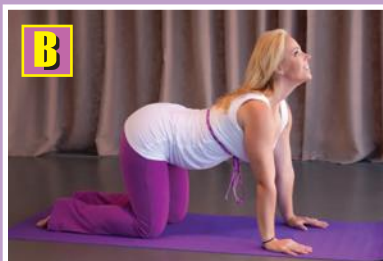
Because your focus with exercise can harness the energy, that feeling of empowerment is what often characterizes the second trimester.

I have chosen the top 5 yoga stretches to share with you. These are the ones that I like to empower my clients with. These are perfect for a morning "pick me up", or gently practiced in the evening as you wind down before bedtime. You can select one or all of these stretches to incorporate on a daily basis.

EXERCISE 1



EXERCISE 2



3. OPPOSITE ARM/LEG EXTENSION.

Begin on hands and knees, like in the cat/cow stretch. On the inhale extend the right arm forward and the left leg straight back, both creating a horizontal line. Feel an extension pulling in opposite directions, the fingers continuing to reach forward, as the toes continuing to stretch back behind you. On an inhale, reach both the hand and foot up a little higher on a stretch. On the exhale, bring the right elbow in to meet the left knee while rounding the spine. Pause and hold this pose for two to three seconds. On the next inhale extend both the arm and leg straight out and hold for two to three seconds. Let the breath lead the movement. Repeat five times on each side. More advanced: After doing five extensions and contractions, come back to the start position with the arm and leg extended front and back. Reach your right hand behind the body. Grab the bend of the ankle of the left foot. On an inhale press the foot into the hand and lift the upper body and head to look up. Pause and hold this position for two to five seconds. Exhale and return to horizontal. Repeat five times, and then change sides.

4. HIP FLEXOR AND RUNNER'S STRETCH.

Begin upright balanced on both knees, extend the left foot forward. On an inhale, lift the arms up and bend the left knee. The hips should stay facing toward the front of the room (as opposed to turning out to the side). The right knee in the back will have a slight bend. The bend in the left knee is a deep stretch, so be sure to keep the knee above the ankle, if it moves in front of the ankle, gently walk the foot forward to correct the position. Pause and hold this position for five breaths. Next, place your hands on the floor for balance and curl the back toes under. Press out of the legs and stand into a Runner's Stretch. The front leg should be bent 90 degrees and the back leg should be straight. Keep both hips even and facing towards the front of the room. On an inhale lift the arm above the head. Hold for five breaths. Repeat both stretches on the other side.

5. HAMSTRING STRETCH.

Begin upright balanced on both knees, extend the left foot forward. With a straight spine, place the hands on the floor outside the left leg. On an inhale, feel an extension through the spine and lean forward. (If this is difficult or the hands are not comfortably touching the ground, you can place a block under each hand. It is more important to keep the spine straight than it is to have the hands flat to the floor.) The belly may have to shift slightly toward the inside of the left leg if the breath feels at all constricted. If this feels comfortable and you would like more stretch, flex the toes up towards the ceiling, creating more lengthening through the calf and hamstring. More Advanced: Slide your left foot forward allowing yourself to go into a split. Remember not to force this pose; your ligaments are definitely more "stretchy" in this phase, so comfortably slide forward. If you are not flat to the floor, you can place a block under your left leg. This will give you support allow your muscles to relax and stretch.

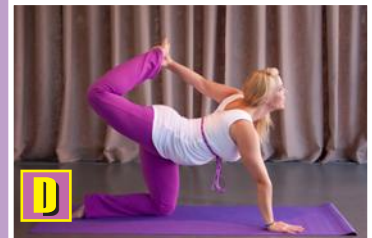
These stretches can be done all together or just a few at a time. For expectant women in the second trimester focus is much more easily found. This is the time to concentrate on connecting the breath with the movement, and really feeling the muscles, gently, so they can lengthen and strengthen. Use this phase of empowerment during your pregnancy to allow yourself time to grow and enjoy your baby.

If you would like more information about my online training programs or online nutrition you can go to my website at www.LauraMak.com. In addition, you can check out my fitness and inspiration book, "Fast and Fierce Fitness Made Fabulously FUN!" This is a perfect post natal twelve week program, complete with exercise descriptions, photos of each movement, motivational guidelines, tracking system, progressions for each level of fitness, weekly upgrades on fitness programs, and most of all, FUN creative workouts that leave you more energized, looking great, and feeling fantastic!!



ABOUT THE WRITER: Over the past 19 years Laura Mak has made it part of her career in fitness to be a leader, a forward thinker, and a positive role model in every way when she undertakes a new project. Since her early days in training as an elite athlete and then on to the top ranks as an IFBB Fitness Pro, Laura Mak has taken her passion for Lifestyle Fitness Coaching to a level only reached by the top echelon in the fitness industry.

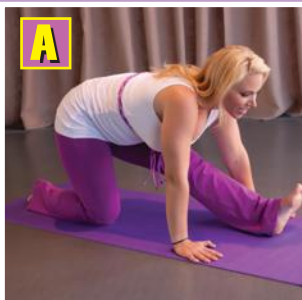
EXERCISE 3



EXERCISE 4



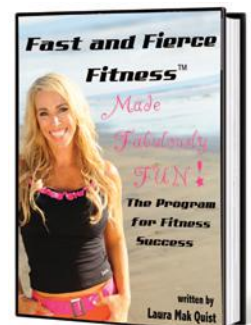
EXERCISE 5



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Healthy Habits

to make you feel better

INSIDE & OUT

Written by Ingrid Romero, WBFF PRO Athlete &
Sandra Pino, Sports Physiologist and Personal Trainer.

Photos by Chaz Photographics, chazphotographics.com

Make-up and Hair by Michelle Anderson
michelleAhairandmakeup.webs.com

This month's article is directed to those that have just started taking care of themselves and are trying to create a healthy lifestyle.

Since we have been involved in the fitness industry, we often meet people that lack healthy habits and not achieving the results they want because of it. The majority of people are absorbed by stress, lack of time, taking care of themselves, etc. Many of these people are in poor shape and often blame it to the large number of responsibilities with which they face every day. If this is your case, you have come to the right place. We can work with you to find a solution, it is never too late. From our point-of-view, the ideal thing to do is to acquire healthy habits that help you in your day-to-day life. Perhaps, many of you already have some of these habits incorporated in your lifestyle, but for those that do not, **take notes!**



KEY RECOMMENDATIONS ARE:

- Start by being consistent at the gym --- 3 days is enough to notice changes in a short period of time; Your strength, flexibility and energy levels will improve if you remain consistent and these changes will start showing faster than you think.

- Drink 8 to 10 8-oz glasses of water a day and you will notice the difference right away. Being well hydrated is essential for our body.

- Eat 5-6 smaller meals throughout the day. Too often we meet people that do not eat breakfast and can go the entire day with only eating 1-2 meals.



CONT'D

- When they ask us for dietary advice, the first thing we tell them is to start by eating breakfast. We do not recommend drastic changes. Everything should be a progression. We find it to be easier for people to change their habits slowly and they tend to maintain it for longer.
- Find a workout partner. The simple fact of being with another person causes us to miss less days of training and have more motivation at the gym.
- Stretching is essential. The more flexible you are, the less likely you will injure yourself at the gym or through day-to-day activity.
- If you miss a day at the gym, it's not the end of the world. Don't let guilt get the best of you and cause you to miss consecutive days. This tends to effect women more than men. If you miss a day, simply get back on track the next day.
- Search for exercises that you enjoy. The time in the gym has to be enjoyable, because if you don't have fun training, you will lose motivation.
- Plan out your training days. When you have a plan you are more likely to succeed. Work out at least 3 to 4 days a week.
- Lose the fear of asking questions and advice. Personal trainers are a great option if you don't know your way around a gym.



REMEMBER!!

When building healthy habits, it takes time, and in many instances, it is necessary to use the help of a professional (coach, nutritionist, personal trainer, etc...). Once these habits have been created they will become a part of who you are... Don't you think it's worth a try? Start little by little and ask for help whenever you need it. You'll see how fast the results will come. What are you waiting for? **Take the first step!!!!** ✕



ABOUT THE WRITER: Ingrid Romero is a full time fitness model and a WBFF Bikini Pro currently living in Los Angeles, California. She is originally from Barcelona, Spain. Ingrid has been competing for a year and loving every minute of it! In March 2011, she competed in the Arnold Classic and won the overall. A lot of doors have opened for her after that, and she is so excited for the future. For more information, visit Ingrid at: ingridromero.com, [Twitter: twitter.com/ingridromero1](https://twitter.com/ingridromero1) and [Facebook: facebook.com/ingridromero1985](https://facebook.com/ingridromero1985) Photo Credit: Chaz Photographics

ABOUT THE WRITER: Sandra Pino is a sports Physiologist, personal trainer and fitness model. She has competed in 12 competitions in the past 3 years and she placed 1st or 2nd in all of them! She is getting ready to compete in the first WBFF European show in Iceland, November and she is currently training for that. She is also a fitness columnist for several international magazines. Photo Credit: Chaz Photographics



HIIT-

Burn MORE FAT in LESS Time

Written by Catherine Holland

Model: Enyta Romo

Photos by Christopher M. Gallo

Cardio seems to be a topic of great debate in the fitness world these days. Some advocate more, some advocate less, some say long sessions, and others say short sessions. What exactly is the right way to do it?

The truth is- it's a question that has no right answer. However, there is a form of cardio that seems to be becoming increasingly popular due to that fact that you get the best of both worlds - short duration and huge burn! HIIT, or high intensity interval training, is a form of cardio that uses short bursts of high intensity work followed by a recovery period. The work to rest ratio is usually 1:2 or 1:3 but can equal intervals can also be used.

While you may not burn as many calories in a HIIT session as you would with a longer duration steady state session, you will burn calories longer (sometimes as long as the next 36 hours) which will yield a much higher overall caloric expenditure. The quantity of intervals used depends on the context within a program, but will typically range anywhere from 6-15 intervals. Combine this with a 5 minute warm-up and a 10 minute cool-down and you have yourself a much quicker solution to the lean physique we all desire. Methods such as "tabata" and the "little method" are all derived from HIIT and work on the same principles, but will provide you with other alternatives to keep it short and intense.

HIIT sprints can be as simple as sprinting for 15 seconds followed by a 45-second walk for recovery or you can have a bit more fun with it and do something like battling ropes for 15 seconds followed by lighter kettle bell swings for a 45 second recovery. There are endless combinations but they all result in one thing - **EXTREME FAT BURNING!** Kick your cardio sessions up a notch with this technique and you will be well on your way to a leaner physique in no time.

ABOUT THE WRITER: Catherine Holland is a Personal Trainer, IFBB Figure Professional and a fitness model residing in Florida. She is also a sponsored member of the Vitrix Model Team for Nutrex Research, Inc. Catherine received her Master of Science degree in Exercise and Sport Science from Oregon State University and went on to instruct courses in the department of Nutrition and Exercise Sciences for 4 years at OSU, while also teaching group fitness classes. She is NSCA certified and now runs her own in-person and online personal training businesses. For more information, please visit www.catherinefitness.com Photo Credit: Walt Ostarly



Living a

Sitting on the table I slowly feel tears streaming down my face, my palms sweating, legs shaking, a million things running through my head. Wondering how this happened. Denying all the signs and symptoms I had over the years. Thinking about my two small children and wondering if I'd get to see them grow up to be adults. Dramatic I know, but this was me at age 25 sitting on the table in a doctor's office. Months before this day, the symptoms started out with extreme fatigue and flu-like symptoms. I figured I was overworked and coming down with a cold; after all, I worked nights at a hospital and the rigorous 7pm to 7am shifts were starting to catch up to me. After a few weeks of still feeling horrible and extremely fatigued, I began to feel like I had a kidney infection or stones because I had a constant pain and tenderness where my kidneys were.

Again, something I shrugged off and didn't look into at all. Then one night, I was working as a tech in the ER; this night was slower than most and the doctor, nurses and I was sitting at the nurses' station talking. I was sitting in a chair with my legs bent up, and my shin was resting against the countertop. After a little while, my leg began to ache and I felt a weird tingling in my leg, so I pulled my pant leg up to my knee and along my shin, the skin dented in about $\frac{3}{4}$ of an inch. The doctor looked looked at me and said, "You have 4+ pitting edema!" In laymen's terms, 4+ pitting edema is a serious medical condition which equates to one of the biggest signs of organ failure.

At this point, I was fearful enough to make a



Healthy FIT Life with Lupus

WRITTEN BY: CODY LAWYER PHOTOS BY: SARAH PICTUREGROOVE

doctor's appointment. Of course, we all know how doctors' offices work--- they see you and then they perform a series of tests, right? Well, that's what happened with me. After having several labs drawn, I was showing several signs of heart/kidney failure. But what was causing it?

I had to book an appointment with a cardiologist and nephrologist. In the meantime, the swelling got worse; so much that I was retaining 30lbs of water weight! I was miserable, tired, weak, had severe headaches, nausea, vomiting, and JVD aka jugular vein distention (this is where a vein in your neck swells so much you can visibly see it). JVD is a major warning sign of a heart attack.

After several appointments, many sleepless nights, and a doctor (who was a friend), asking me if I had a will in place for my kids should something happen to me. I found myself sitting in my doctor's office scared out of my mind that the news she was going to give me would mean I wouldn't be around much longer to raise my babies. It was in that moment, I swore to myself that no matter what she said, I was going to be better; I was going to take control of my life and be as healthy as I could possible be. I would change my eating habits and exercise daily to make the best of the life I have left. The news she gave me was not that I was dying, but that I had Lupus, an auto immune disease that was fighting my own organs.


Many people look at being diagnosed with Lupus to be completely devastating and that their lives will never be the same. I, on the other hand, have focused more on living my life to the fullest with Lupus. I didn't want to become dependent on steroids, diuretics, and other powerful meds to help my body fight this disease. I did my homework, as



this was something I knew absolutely nothing about. I learned that the best things I could do to control it was to work out, eat healthy, get enough sleep, and reduce stress as much as possible. Now, don't get me wrong--- every case is unique in their own way, some more severe than others. I have been fortunate to not have to rely on any types of medications. Occasionally, I have to take a diuretic if my body starts to hold a lot of water. **So, what is so different about what I do now??**

1. I work out daily. This consists of weight training, cardiovascular exercises, and stretching/yoga. I do at least 30-60 minutes on a treadmill or elliptical everyday. These are the benefits: Cardiovascular: This gets your heart rate up and increases blood flow throughout your body. Increasing circulation to move the fluids in your body, gives your organs an extra boost, and will decrease your risk of heart disease. Fatigue: Being physically active will decrease your level of fatigue and increase your energy levels throughout the day, Weight Management: Being overweight can cause more pain for people with inflamed joints, increase fatigue, and also help reduce the risk of heart disease. Stress/Sleep: I put these two together because they really do go hand-in-hand. If you exercise you will sleep better at night and also decrease stress levels. Also, when you sleep your body recharges and resets all your hormones. Quality of life: **YOU JUST FEEL BETTER!** A flare-up can be devastating because, for most of us, we like to think "it went away" or we "are better". So, when this happens it's like pulling the rug out from under us all over again. Trust me, I have had a few flare ups since being diagnosed and they have not been near as bad; I honestly believe its due to exercise and diet.

2. Now, that leads me to diet. I have changed my diet drastically! I was the typical girl who loved junk food and could eat and eat and not gain a pound. I had drawers full of every mini candy bar known to man! After being diagnosed, all that changed. Don't get me wrong--- I love ice cream and anything with sugar, but my body hates it! So this is what my diet is like now: I eat approximately 6 meals a day, or every 3 hours. I personally am a huge believer and eating for your specific blood type, so I eat lots of fish and greens, and avoid all red meats and dairy products. Typically, for lupus patients, they are told to avoid high protein foods, soy products, alfalfa sprouts, and caffeine because all those increase flare ups. Foods to eat are foods high in omega-3 fatty acids, iron, and antioxidants. You should always take a multi vitamin, digestive enzymes, minerals, vitamins E, A, C, and B which are all very beneficial to people with lupus. Vitamin D is especially important because lupus patients should avoid the sun. Because I work out a lot and have had kidney problems in the past, I drink close to two gallons of water a day. This helps flush extra fluids out and keeps me well hydrated. However, this isn't always good for everyone; some people need to be on fluid restrictions.

Like I previously mentioned, all lupus situations are different. They all have to be treated differently, but doing just a few of these things can help improve your quality of life. So, isn't it time you start living already? 



ABOUT THE WRITER:

Cody Lawyer is a small town girl with huge dreams. At night, she is a Respiratory/Sleep tech, CNA, and Unit Clerk at a hospital. By day, she is a wife, mother, and fitness buff. A few of her hobbies include being a fitness model and trainer as well as a writer. Cody was recently selected to be a Dymatize Nutrition Ambassador. She has a passion for health and fitness and loves to help others achieve their goals. She is constantly setting new goals and expectations to push herself beyond her limits. Photo Credit: Sarah Picturegroove



Ageless Beauty

Written By SHERRY GOGGIN, MS. FITNESS AMERICA
CERTIFIED PROPTA TRAINER, www.propta.com

THANK YOU! Thank you! Thank you!

Whether you are one of my long time loyal die hard fans, a fellow competitor, promoter, or one of my sponsors—These two words are all that I have to offer you this month.

I, Sherry Goggin, would like to use this platform to thank you from the bottom of my heart. Without you folks, I would not be where I am in this business right now. I have worked hard to stay in the game for as long as I have due to my perseverance, belief in the Lord, and the undying support of you folks. It is easy to be successful at this game with the great support system that I have in place. Due to hard work, great nutrition, and the proper amount of sleep, I have been fortunate enough to age gracefully. Most women in the fitness world have had their fifteen minutes of fame, while I have been at this game for 20 years. Only God knows when it will be time for me to hang up the bikini and pursue another avenue, but for now I am only concentrating on the task at hand. You see, as we got to print, the Mr. Olympia Show 2011 is set to go off in Las Vegas. I have been fortunate enough to be selected as the cover model for this edition. Again, I thank the owners and publishers, Billy Bow and Kat Painter, for honoring me for this position. God-given talents help cultivate passion for your gifts. God-given talents help cultivate passion for your gifts. Do not forsake them—rather pursue those talents with every ounce of energy that you have stored up until all of your goals are achieved. Never Quit, Never Give up, never let anyone tell you NO!

"DON'T QUIT"

Chase your dreams and goals, but never Quit while trying to succeed. Success comes from hard work and is very rewarding. Don't Quit, in both challenging times and in times when success comes your way. When you fight and work hard and have reached your goal, you have succeeded. Don't Quit when you get there, create new and even higher goals and make each success into even greater accomplishments. You must commit to your goals and remember failure is a part of success. Never put limits on yourself. Successful people are ordinary people who reach the highest levels of happiness and success and who never stop making one success into another. Be thankful for each success and then look and see if it has opened up new opportunities for you and go after them with all of your energy and enthusiasm that got you the first success.

You will face many challenges and many fears along the way, face them and move on. You can do anything. Remember "PMA, Positive Mental Attitude" is a very important key to success. "Don't Quit", keep reaching for the sky. No matter what it is in life, you can achieve it. Follow your dreams; it is the way to happiness and fulfillment.

- BELIEVE IN YOURSELF, YOUR TALENTS AND YOUR DREAMS!
- STAY EXTREMELY CONFIDENT
- BELIEVE THAT YOU CAN ACHIEVE
- FOLLOW AND PURSUE YOUR DREAMS
- REACH FOR YOUR GOALS, AND KEEP REACHING FOR HIGHER ONES
- BE DEDICATED, CONSISTENT, AND HAVE STRONG WILL POWER.
- BE COMMITTED AND DO IT.
- STAY MOTIVATED
- KEEP "PMA"
- GET FOCUSED
- DECIDE TO SUCCEED!
- DON'T QUIT!



Model
Sherry
Goggin
Photo by
Billy Bow
Photography

If you give 100% of yourself then you cannot be upset with the outcome because you gave your heart and soul. If you still fall short of the goal..... So what! You gave it your best and you cannot blame a lack of effort. Stand Proud knowing that was the best you had to offer! When your work is your passion and you love what you do... you never work a day in your life. If I can be a role model to young women in order to help them achieve their life goals then bring on the challenge. I welcome anyone who will listen to my banter or advice. I have been very blessed with the opportunities and life experiences that God has set before me. I also believe that God puts certain people in your life in order to help guide your way through this game we call "Life". God is my source of existence and Savior. Do not take people or opportunities for granted as they can be taken away just as easily as they were given to you! I know I have said this before but "Love People and use things, not love things and use people." AGAIN, I want to say Thank you and I hope the rest of my life is as beautiful as my past.

BENEFITS OF OBEYING GOD – ANSWERED PRAYERS.

(John 15:7) "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." If you want results in the gym, then you have to work and train hard and consistently. If you want answered prayers, then you should consider these four of the top barriers to answered prayer:

1. IF YOU CANNOT PRAY IN FAITH, IT WILL HINDER YOUR PRAYERS.

"Pray with conviction like you train with dedication. Prayers should also please God's holy heart." "He who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways." (James 1:6-8)

2. IF YOU PRAY SELFISHLY, IT WILL HINDER YOUR PRAYERS.

Pray that God's Word will be honored, that his people will be blessed, and His servant will be protected and sustained. God answers prayer in his own time and in a way that is best for you. Pray that God's Will be done.

3. IF YOU REFUSE TO FORGIVE, IT WILL HINDER YOUR PRAYERS.

Don't carry a chip on your shoulder. "If you do not forgive men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:15)

4. IF YOU HARBOR UNCONFESSSED SIN, IT WILL HINDER YOUR PRAYERS.

Put God's will above your will. "But your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear." (Isaiah 59:2)



ABOUT THE WRITER: Sherry Goggin, Ms. Fitness America, reigns as The Most Photographed Fitness model in history. She shines as author, producer and role model for women everywhere. Bright, articulate and full of energy, Goggin has broken the stereotype of the fitness model to become an author, producer, fitness guru, clothes designer and just about anything else she puts her mind to. Sherry Goggin is the definitive version of a 'renaissance woman' and once she sets her mind to something, nothing gets in her way. And right now, she has her mind set on being a success. While Goggin is a fitness expert, her real strengths may lie in the area of being a top-notch business entrepreneur. She also acts as VP and director of the women's fitness division of the Private Trainers association, www.propta.com. Sherry also has a new clothing line, "Fit Girl Wear" that is available for purchase now. All of Sherry's merchandise is available for purchase at any of her websites including www.SherryGoggin.com, facebook.com/sherrygoggin and modelmayhem.com/sherrygoggin. Photo Credit: Nicholson Studios

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THE TRUTH AND FICTION

ABOUT THE

FOOD PYRAMID

WRITTEN BY HOLLY BRICKEN

Photo by:
Eva Simon



I had an interesting question posed to me today while talking to one of my clients about her diet and how it seems to be affecting her progress in the gym. She is an accomplished tennis player, having played the Australian Open in 1995 and Wimbledon in 1996, and has recently taken her love of fitness into the gym when not on the court. Her battle - why won't she break her through her plateau if her workouts are going according to plan and she's abiding by the rules of the Food Pyramid? As soon as she mentioned the words "Food Pyramid," a smile came across my face and I said, "I think I know what the problem is."

The credibility of the Food Pyramid can be a touchy subject to some, however I feel it's necessary to dissect the facts from the fiction around this "model" to truly understand the impact of what we're putting into our bodies on a daily basis.

BACKGROUND

Referred to as a "guideline to good health," the most widely known food pyramid was introduced by the United States in 1992 when about 56% of Americans were considered overweight. The idea behind the food pyramid seemed to be quite good, however the science behind it was lacking. So much so, that with many Americans making some effort to follow the food pyramid, the obesity rate in the United States actually rose to 65% between 1992 and 2005 when the pyramid was slightly revised. The unfortunate bottom line is that this rise in the obesity rate equated to millions more Americans being at least 30 pounds above what is currently considered normal weight.

CONTROVERSY ENSUES

If you examine the recommendations from the original 1992 food pyramid and even the updated 2005 pyramid (which adds a drawing of a person walking up steps on the side of an actual pyramid to signify exercise being a part of a healthy diet, but keeps the same food recommendations), there are a few things that pop up that many people trying to live a healthy and fit lifestyle may question. The carbohydrate category, for example, recommends 6-11 servings of carbs per day, with one serving consisting of 1 slice of bread, 1 ounce of ready-to-eat cereal, or 1/2 cup cooked pasta. I can't help but question, if someone was to eat 11 servings of these carbs in the course of a single day, how could 11 slices of bread or 6 cups of pasta be a healthy, nutritionally sound decision, no matter that person's age or activity level? And what about the meat/poultry recommendations? Two to three servings of 2-3 ounces of meat for an entire day's protein? I get more protein than this in my pre- and post-workout shakes, not to mention the other 4-5 times I eat during the day! Needless to say, both the 1992 and 2005 pyramids had some serious flaws.

THEN VS. NOW

Let's now fast forward to the present day. The food pyramid has been renamed "MyPlate," and has changed in both shape and recommended portion size, yet the percentage of overweight Americans is now at an almost unbelievable 68%. So what gives? Plain and simple, the food group recommendations just don't work, especially for athletes and fitness enthusiasts who are working hard to achieve a perfect physique, while maintaining a nutritionally sound diet.

YOU CALL THESE RECOMMENDATIONS?

Let me give you some food for thought. I went ahead and entered in my age, height, weight, and activity level info into the MyPlate website to see what the calculator spit out for my daily recommendations. The next few paragraphs outline what the website told me to eat for an entire day.

PROTEIN FOODS - 6.5OZ A DAY

In order to keep our bodies running properly, as well as build and maintain muscle and aid in fat loss, it is imperative that we have proper protein intake on a daily basis. For those of us in the fitness industry, we've heard over and over again that in order to build muscle, a minimum of 1g of protein per pound of bodyweight per day is necessary. As a female competitor looking to gain lean muscle, I would need a minimum daily intake of protein totaling 135 grams based on my weight. When I saw the MyPlate suggestion of 6.5oz per day (this is approximately 32.5 grams of protein) I almost choked on my brown rice. How in the world would someone looking to gain lean muscle be able to succeed with a 102.5g daily protein deficit? Logical? No. Crazy? Yes!

GRAINS - 8OZ A DAY

Studies have shown that eating whole grains instead of refined grains lowers the risk of stroke, type-2 diabetes, heart disease, as well as a number of other ailments including asthma, inflammatory disease, and gum disease. With this knowledge, we can see how important eating whole grains is for maintaining good health, and MyPlate recommends at least half of your daily grain intake be whole grains. In theory, this guideline might be on point for the masses and it may even work for a competitor in an off-season bulking phase, however when you break it down, 8oz of grains equals approximately 8 slices of bread, 4 cups of cooked rice, or 4 cups of cooked pasta in a day. If I followed the "half of your grains should be whole grains" recommendation that MyPlate makes, half of my grain intake might consist of 4 slices of white bread, 2 cups of white rice, or 2 cups of white pasta - I don't think I've consumed this amount of refined grains in years! As a competitor, I've learned that it's important to keep whole grains in my diet with a few of my meals at different times each day (and zero refined grains), but the 8oz daily recommendation by MyPlate is quite high, and following the "half whole grains" message would certainly keep me from achieving the lean state we athletes strive for when walking on stage. Couple this with the unbelievably low protein recommendation mentioned above, and I would be losing muscle mass and gaining fat mass faster than you can say "spaghetti."

VEGETABLES - 3 CUPS A DAY

When health is on the mind, almost nothing is more appealing than a plate full of colorful vegetables. They're nutritious, delicious, and filling, and most nutritionists will tell you to eat them with each meal till your heart's content. Vegetables can range from raw, leafy greens such as spinach and lettuce, to carrots and corn. Potatoes, including white, red, and sweet are also included in the vegetable category. Although I am a firm believer in adding plenty of vegetables to a balanced diet, I feel it is important for vegetable choices to be varied in vitamins and minerals, and more clarification is needed in this department, and well as in the type of vegetable recommended. My own MyPlate recommendation calls for 3 cups of vegetables per day. What this recommendation lacks though is the specifics regarding which vegetables contribute best to a healthy diet. What if I chose to have all three vegetable servings as white potatoes? Not only would this choice be nutritionally out of balance, it would also be very high in carbohydrates.

FRUITS - 2 CUPS A DAY

Most would agree that most fruits are naturally low in fat, sodium and calories, and are a great source of many essential nutrients such as potassium, dietary fiber, vitamin C, and folate. Fruits are also great for providing fructose (which gives us energy), making this a category that is hard to go wrong with. The key element when buying fruit is to stick with whole and fresh fruits and not the canned substitutes that are packed with sugary syrups for packaging and shelf-life purposes. Personally, while prepping for a competition, I like to limit my fruit intake to 1 cup a day or 1 small apple combined with a lean protein to help slow the digestion of the naturally occurring sugar in the fruit.

DAIRY - 3 CUPS A DAY

The first thing that comes to mind when I think of "dairy" is bone health. Dairy products contain calcium, potassium, protein, and good old vitamin D, and play a role in developing a healthy, maintained body. We learned in grade school that "milk does a body good," but as everyone knows, anything in excess can have ill effects. Depending on what type of dairy product you choose, many factors come into play. Fat and sugar are at the top of my list of concerns when choosing to make dairy part of my diet, especially if I was to consume the MyPlate recommended 3 cups a day. Many cheeses and milk products contain high amounts of saturated fats and have been shown to increase "bad" or LDL (low-density lipoprotein) cholesterol, which can increase one's risk for coronary heart disease. Additionally, many athletes choose to eat a diet low in fats, and when fats are ingested, the athlete is quite particular about its origination. Because of this, when choosing dairy products it's important to choose items that are either low-fat or fat-free. Sugar also plays a role in dairy products. Milk contains lactose, a form of sugar (like glucose). Of course, this milk-specific sugar is still a sugar, and it does what all sugars do when it enters your system. That is, it triggers an insulin response and can lead to unnecessary fat storage. I personally steer clear of dairy products across the board, but that isn't necessarily this author's recommendation for everyone - the key to dairy intake is moderation and making certain that your timing is right with regard to how the fat and sugar will affect your body.

Overall, it's important to be mindful of the necessary components to a nutritionally sound diet, primarily protein, fats, and carbohydrates. Their overall consumption and the percentage of each that makes up your total calorie ingestion can make the difference between obtaining the lean, muscular physique you're working so hard for or hitting a dreaded roadblock like my client above. I think there is one thing we can all agree on: We athletes are a different breed, making the old school Food Pyramid and newly revised MyPlate models inaccurate and unusable. The recommended guidelines just aren't conducive to maintaining high levels of lean body mass and a low body fat percentage. Consult with a sports-specific nutritionist for more details on how a solid eating plan can help you achieve your fitness goals. ❄️

ABOUT THE WRITER: Holly Bricken is an ISSA certified personal trainer, NPC bikini competitor, published fitness/fashion model, and Optimum Nutrition/American Body Building sponsored athlete. From Houston, Texas she has a Texas-sized go big or go home attitude. From a heart-pounding workout to a long distance run, Holly loves all things active and outdoors, and lives for motivating and inspiring others to live the life they dream of. What to learn more about Holly and what she's up to? Visit her website at www.hollybricken.com. Photo Credit: Sarah Picturegroove



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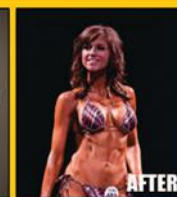
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Nicole's

BEACH BODY WORKOUT

Written by Nicole Moneer Guerrero NASM CPT, ISSN, IFBB Pro
Bikini Athlete, Team bodybuilding.com, VPX/Redline Spokesmodel
Photos by ALMAZ Photography

▶ If you are racking your brain with different ways to sculpt your arms and abs let me help. How many of you only workout indoors? Even in the summer months? For most of us, there are only a few more weeks left to enjoy the fresh air and sunny blue skies. Why not pack a healthy meal or two (maybe 3 or 4 if you're gonna make a day of it), dumbbells, tubing, a med ball, a mat and cruise to the beach! It's actually quite motivating to see other "fitness freaks" along the waterfront sculpting their bodies with all sorts of gadgets.

One important tidbit I will bestow upon you is that I am constantly changing up my workouts. In this routine I will demonstrate different ways to hit your bi's, tri's and abs effectively using small equipment. If you are just getting started with a resistance training program start off with 2 sets of 15 as you progress in weeks 2 and 3 change it up to 3 sets of 12 and even 4 sets of 10. Each week you can even change up the equipment you use...change is good!



▶ Dumbbell Skullcrushers

- Lay supine on a mat, extend arms straight up to the sky, wrists over shoulders
- To start drop arms 30 degrees toward your head while keeping your arms straight, this will be your start and end
- Bend the arms to 90 degrees and return and repeat



▶ Prone Dumbbells Curls (to modify this exercise assume a table top where you are on both your hands and knees)

- Assume a plank position, which also targets your core, with dumbbells in both hands
- Work one side at a time, without shifting hips, keep hips square to the mat
- Bend one arm to 90 degrees and curl up to shoulder and return to 90 degrees and repeat



▶ Stork Stance Dumbbell Curls (to modify this exercise balance on one leg and rest your the toes of other leg on mat for better balance)

- Balance on one leg, which engages your core again, extend back leg so it's parallel with the ground
- Extend arms toward mat and keep wrists and elbows in line with shoulders
- Curl both arms up toward shoulders return to start and repeat
- On your next set be sure to switch and balance on opposite leg



▶ Seated Dumbbell Curls

- Sit on your mat, left feet up for more of a challenge or keep heels on the mat
- Start with both arms at about 90 degrees and curl up towards shoulders, return to start and repeat



▶ **Weighted Side Planks** (to modify start on forearm, for more advanced start on hand)

- Begin Side Lying with dumbbell at hip, make sure shoulders and hips are stacked
- Drive hip up towards sky, return to mat and repeat
- Be sure to repeat on the other side



▶ **Tempo Tubing Curls**

- Start with one foot on tube and both hands in each handle
- Alternate curls at a fast tempo

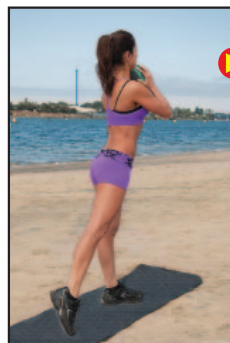
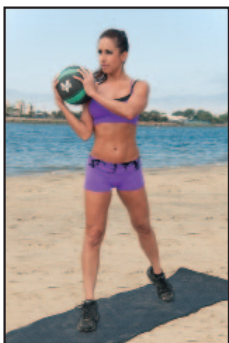
▶ **Tricep Tubing Blast**

- Grab both tubing handles and wrap around each hand 2-3x for more tension
- Start with both arms horizontally abducted at 90 degrees
- Extend arms out/away towards the ground, all while keeping your elbows in line with your shoulders



▶ **Weighted V-Ups** (to modify bend knees)

- Start in a supine position with weight overhead, arms extended and feet extended, don't allow either to touch the mat
- Sit all the way up in V position reaching towards feet, return to start and repeat



▶ **Med Ball Curls With a Twist** (don't be afraid to go heavy on this one...I suggest a 16-20lb med ball if you are a veteran to resistance training)

- Start with feet a little wider than hip width apart, arms extended towards the ground and the ball in both hands
- Curl the ball to your right shoulder while twisting to the right, return to center and curl the ball towards your left shoulder while twisting left, repeat

Now if you are allergic to sand and sunshine (wink wink) you can always perform these exercises indoors. ✂

ABOUT THE WRITER: With more than a decade of experience, Nicole Moneer Guerrero is an IFBB Pro Bikini Athlete, a Team Bodybuilding.com Athlete, a former Top 5 nationally and Top 10 internationally ranked fitness competitor and fitness model, as well as a skilled personal trainer and educator. As a NASM certified personal trainer, the 2009 Ms. Bikini Classic Universe Champion and VPX/Redline spokesmodel, her disciplined, results-oriented approach has garnered her industry accolades and it has inspired her clients to achieve their own personal fitness goals. Nicole holds a Bachelor of Science degree in Fashion Merchandising from Iowa State University. She resides in her native Chicago. For more information about Nicole's background, for client testimonials and to refer to a full list of her competition rankings, please visit her online portfolio at www.nicolemoneer.com or on Facebook at [facebook.com/pages/Nicole-Moneer-Guerrero/55113607162](https://www.facebook.com/pages/Nicole-Moneer-Guerrero/55113607162). Photo Credit: Nicholson Studios



Leading the Pack with PROBIOTICS?

A 2ND LOOK FOR ENDURANCE ATHLETES

WRITTEN BY: DR. KRISTA BRAGG, DNP & KENNETH BRAGG, RN

You strategically schedule and execute your weekly training- pounding out your long runs, pushing through speed and pace drills, and fueling your runs with a healthy diet. You carefully plan your race schedule and rehearse the courses. But is it possible you are still lacking something in your training? Probiotics may be the ingredient your training menu is missing!

Probiotics have been credited with improving immune function as well as overall upkeep of our "internal ecosystem". Found naturally in foods such as yogurt, sauerkraut, cabbage kimchee, soybean miso, and kefir (a milk-like yogurt product), probiotics are becoming increasingly popular as a food supplement. Probiotics are also available in pill form with claims that regular use will speed healing, improve gut function, and other health benefits. But are any of these claims true? And can regular ingestion of probiotics promote a winning advantage for endurance athletes? **SOME EXPERTS SAY YES!**

Immunity

Intense training taxes all body systems including the immune system. Proper recovery, nutrition, and rest may suffer... add this to the psychological stress that comes from prepping for an important race and illness may muck up your well laid plans. Studies have not been able to demonstrate a direct correlation between the ingestion of probiotics and athlete performance. However, importantly, evidence shows probiotics can cut down on the frequency of illnesses in athletes as well as decrease the duration of sickness in runners. For example, researchers followed two groups of endurance runners and triathletes for four months. One group consumed probiotic-containing milk while the control group drank a placebo. Over the 16 week period the athletes consuming probiotics experienced less viral illnesses (colds). Of the few participants who happened to become ill with a cold, the probiotic-group experienced symptoms for a shorter time than the athletes who did not consume probiotics.

Gastrointestinal Upset

Most runners are no stranger to gastrointestinal upset at one time or another. The most inconvenient times are during the competitive event or the intense training prior. Probiotics encourage growth of healthy microorganisms in your gastrointestinal system while inhibiting the harmful bacteria. "Probiotics have been shown to be helpful in decreasing symptoms of Irritable Bowel Syndrome (IBS)" says Constantine Marousis MD (Gastroenterologist and marathon runner, Sarasota Florida). "Endurance athletes stress the body in a manner that mimics the symptoms of IBS. This stress added to dehydration can adversely affect performance, training, and recovery. Staying well-hydrated and adding daily intake of probiotics can be beneficial. Investigators evaluated the use of probiotics and gastrointestinal symptoms (diarrhea, bloating, abdominal cramps) in endurance athletes over a three month period while training for a marathon. The probiotic group was found to experience the same number of gastrointestinal episodes however the episodes were shorter than the group not taking probiotics. Instead of the average GI upset episode of almost 2 ½ days, the probiotic-protected group only experienced symptoms for 1 day. Not only can intense training weaken your immune system, but exposure to other travelers and competitors may increase your risk for gastrointestinal illness. Further evidence indicates probiotics may reduce infectious diarrhea associated with travel (contact with foreign bacteria) as well.


Decreased Respiratory Illnesses

The British Journal of Medicine (2010) published a significant decrease in the number of respiratory "sick days" and overall level of illness in runners who consumed probiotics routinely. In another study, investigators evaluated the value of probiotics in decreasing upper respiratory infections in athletes undergoing intense winter training. After taking probiotics for 8 weeks, helpful immunity markers were increased in athletes taking probiotics and they also experienced less upper respiratory tract infections than the non-probiotic group.

Training and Recovery Enhancement

Several reports in 2011 demonstrate repeated evidence that probiotics are helpful in decreasing overall athlete illness severity and duration as well as overall immunity and healing. This reduction in sick days may translate into less lost days in training and better quality contest/competition training. Examiners measured antioxidant levels in two groups of athletes undergoing intense training for 4 weeks. Antioxidants play an important role in healing and muscle recovery. One group ingested probiotics daily while the control group did not. Researchers measured blood levels of antioxidants at the end of 4 weeks and the probiotic athletes were found to have much higher amounts of antioxidants in their blood stream compared to the control group. Higher levels of antioxidants translate into quicker recovery and healing during intense training.

Probiotics may be a supplement to consider...

In summary, probiotics such as those found in yogurts and pills available in your grocery store may improve your athletic performance on race day by reducing fatigue and regulating gastrointestinal function. Just as important, probiotic use has demonstrated less days off from training due to respiratory or gastrointestinal illness and evidence of improved recovery after intense workouts. "Probiotics are not a short term fix" emphasizes Dr. Marousis, "however long term of probiotics can be valuable to the overall immune health, gastrointestinal function, and training recovery for serious athletes." If you are a serious runner, adding regular consumption of probiotics to your daily diet may sharpen your competitive edge and separate you from the pack! 

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DRINKING^{the} Kool-AID[™]; CROSSFIT

Written By **MARCY BROWN**
Photos By **CROSSFIT PURGATORY**

CrossFit has been described as a cult, a grassroots health movement, health insurance for the 21st century and a fad, just to name a few.

Explaining the benefits of CrossFit is simple. CrossFit is a fitness program for everyone, regardless of age or ability, who is interested in improving their current level of fitness. CrossFit provides immediate, noticeable, measureable and positive results. Explaining CrossFit can be a bit more complicated. CrossFit treats every participant as an athlete, and seeks to challenge that athlete with a constantly changing program featuring a wide range of functional movements performed at high intensity through a variety of modalities from Olympic Lifting to jumping rope. Simply put, CrossFit develops and maintains one's ability to engage in the activities that improve and extend the quality of life.

CrossFit is a strength and conditioning brand which combines weightlifting, gymnastics, sprinting, plyometrics, rowing, kettlebells, and medicine balls training. The first time I heard about it or saw pictures of it, I was extremely intimidated. I couldn't really imagine myself climbing up ropes, flipping tires or lifting massively large weights over my head without killing myself. The beauty of CrossFit is, even if you are eighty years old and have back problems, all of the workouts can be scaled down to meet your individual needs. The best part for me is I'm not doing it alone. CrossFit gyms, also known as boxes, are usually family oriented environments. The workouts are extremely challenging, but you have someone beside you coaching you through them. On Memorial Day, my "box" did a workout called "Murph" to remember a Navy Seal who had lost his life in Afghanistan. It was a one mile run, 100 pull-ups, 200 push-ups, 300 squats and a one mile run on the end. Many people who work in law enforcement and the military participated in this "workout of the day" (WOD) in their 20+lbs of armor or gear. It was incredible to watch people push each other, cheer each other on, and pat each other on the back for a job well done. You will never find this in your regular cardio room and weight lifting room in a divided gym.

Getting started doing CrossFit is easy. www.crossfit.com is the website for CrossFit Headquarters (CFHQ). A new Workout of the Day (WOD) appears at the top of the page every day. On the left side of the page is a list of navigation buttons to a whole bunch of topics. Two links near the top of the list are helpful: "What is CrossFit?" and "Start Here," which provide plenty of detailed information to help out a CrossFit newbie. A little further down the list is a link to hundreds of exercises, demonstrations, and tutorials on just about everything that might pop up in CrossFit world. CrossFit's knowledge base is free to everyone. Nothing is hidden, no secrets. CrossFit founder, Coach Greg Glassman, says this: "Our raincoats are open." A level of transparency exists that is unlike any other business model out there, making it easy for a newcomer with a basic understanding of body mechanics and lifting form to


By far, the best way to get started is to find a local CrossFit affiliate for some personal coaching. All CrossFit affiliates are listed on the CFHQ website. A CrossFit affiliate is there to help you learn the proper form, technique and skill for even the most challenging technical movements, such as the Snatch and Clean and Jerk. No matter what level you start at, you should start CrossFit in good health and use caution; no matter how simple the workout appears. CrossFit workouts are tremendously demanding.

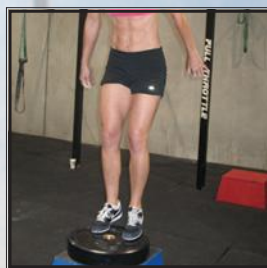
While many CrossFit enthusiasts simply follow each WOD listed on the CFHQ website to the letter, you can also create your own CrossFit workout, provided you stick to certain guidelines and only use movements you are familiar with. A WOD can be assembled in many, many ways and will involve completely different exercises, weights, rep patterns and time lengths each day so that other than benchmark workouts like "Cindy," no two workouts are the same.

Pick a weighted exercise that you are already familiar with. Maybe that's a kettle bell swing, a deadlift or a squat. Each day focus on a different body part and use various weights. You should only use movements that you have perfected and are comfortable with.

Add in two to four bodyweight exercises or endurance elements. These could be anything from pushups, pull-ups, jumping squats, or medicine ball throws and slams to running or jumping rope. Perform these for various sets and reps, depending on what other movements are in the workout.

Plan a system for your exercises, sets and repetitions. There are no rules here. Pick something challenging and interesting. Decide how long you want your WOD to be. CrossFit workouts should be relatively short and very intense, typically ranging from 5 to 20 minutes. If you are a beginner, you will want to start off with 10-minute workouts and build from there. Each day should be different.

As you start using the WODs you create, you will learn to perfect your "system" to create better and more challenging WODs. Have fun with it! 



A classic CrossFit HQ developed WOD that can be done at any location with a pull-up bar is "Cindy."

"Cindy"

20 min AMRAP (as many rounds as possible):

5 pull-ups
10 pushups
15 squats

Tips:

Stay hydrated, drink sufficient amounts of water before and during your workout.

Stretch and warm up thoroughly before the workout.

Don't take on too much too fast – CrossFit is very physically demanding.

Learn how to scale workouts on the CrossFit site so you can learn new movements safely.

In the CrossFit approach, routine is the enemy. Mix up your workouts, add variety to your workout to maximize your results.

Stretch after your workout.



ABOUT THE WRITER:

Marcy has been a fitness enthusiast and professional for over 15 years, while also serving the citizens of the State of Arizona as a Highway Patrol Officer since 1997. She is the mother of 2 daughters and with her husband; they own and operate CrossFit Purgatory in Tucson, Arizona. Marcy is certified as a personal trainer through ACE and NASM and is CrossFit Level 1 certified. Photo Credit: She.We Studio



PHOTO BY
HARVEY ELKINS
OF POWER SYSTEMS

7 MY LUCKY STEPS TO TRANS- FORMING YOUR BODY

WRITTEN BY: PATTY WILSON
CERTIFIED PERSONAL TRAINER
WWW.PATTYWILSONFITNESS.COM

GETTING THE BODY THAT YOU WANT IS GOING TO TAKE HARD WORK, DEDICATION AND DETERMINATION. AS A PERSONAL TRAINER, I DEAL WITH MANY PEOPLE IN MY CAREER. I AM THEIR NUMBER ONE SUPPORTER AND LOOK FORWARD TO HELPING THEM ACHIEVE THEIR BODY AND MIND TRANSFORMATION TO REACHING THEIR GOALS. IN THIS ARTICLE, I HAVE LISTED MY...

**"SEVEN LUCKY STEPS TO
TRANSFORMING YOUR BODY"**

ABOUT THE WRITER: Patty Wilson has 15 years of training and education in the fitness industry as a passionate certified personal trainer and group fitness/cycling instructor. She is a sponsored athlete for Optimum Nutrition and American Bodybuilding, FMI graduate, and a published fitness model. She has been competing in figure and bikini for three years winning her figure class and most recently, won in figure at the 2011 Orange County Muscle Classic. Patty is a native of Arizona and currently resides in the Phoenix/Scottsdale area. Photo Credit: James Patrick



STEP 1 ~ MOTIVATION

Find one reason why you want to make the change in your life - whenever you want to give up think of that reason. In order to be successful at this lifestyle, you must have a good reason for doing it in the first place. What will get you up in the morning when you just want to stay in bed? You must dig deep within you. What is important to you? What do you value most in life? **GET COMMITTED.** Once you find your "why," it's time to make a commitment. How many times have you been excited to start a diet or an exercise program, only to become bored or sidetracked by other things? As soon as the excitement passes, so does your exercise plans or your diet. Be sure you are ready to commit to this new lifestyle. As a beginner, you need to be patient with yourself. There will be times when it will be difficult to maintain motivation. Don't let those situations stop you from that "reason" why you wanted to start. You may need someone who will hold you accountable for your exercise. My 1st recommendation would be to hire a personal trainer or a coach that will give you the support you need and you can work together to identify obstacles from keeping your commitment and develop strategies to overcome these barriers. Most people need a more support, follow up and accountability than they think to start and maintain an exercise program.

STEP 2 ~ CONSISTENCY

If you want to go somewhere, you have to know where you want to go and how to get there. Then never ever give up. Staying consistent will yield the best results in the quickest time. That's why having a plan and preparing meals, day in and day out, helps you keep to your plan not allowing for variations or unexpected situations. You'll always be prepared for those off days and maintain consistency to achieving your goal. The reason consistency is so difficult to achieve is that it is not something in and of itself that you can work on. It is a testimony to the quality of the desire to achieve results.

STEP 3 ~ GOAL SETTING/PLANNING

We all have that choice. Only you can decide which type of person you want to become. One of the main reasons most people never accomplish their goals is that they don't define them, or never seriously consider them achievable. One of the biggest tragedies of fitness is not reaching your goal, but not having a goal to reach for. When you determine your goal, you have made the very most crucial decision in your new lifestyle. You have to know what you want in order to reach it. So suggest you don't think small goals, because you will only have small success, but if you plan for huge goals you will have made life-changing

STEP 4 ~ FITNESS MINDED

Eating healthy and exercising is essential to achieve optimal wellness. Once you decide to choose a healthy life, you will notice more energy, increased self-confidence, more time to do things that really matter, and they spend less time in the doctor's office or in front of the television. In our current society - we oftentimes go for the cheapest and quickest food to get rid of that nasty hunger sensation. This will not only cause you to have it around your waist, diabetes, or the variety of other conditions caused by this type of lifestyle. A healthy lifestyle also involves taking care of your body in ways besides nutrition. It is necessary for everyone to exercise. Not only does it keep you in shape, it also keeps your muscles, heart, blood vessels, lungs, and other organs functioning at their best. Humans are meant to move. Sitting all day at a job then coming home and sitting the rest of the day at home is very unhealthy.

STEP 5 ~ NUTRITION


Stop buying all the "bad, unhealthy" foods and having these foods linger around the kitchen. "Out of sight/out of mind" nutrition is the most important factor for losing weight or building muscle even more important than training and supplementation. About 80% of the way you look and feel is determined by the way you eat. Just cutting calories isn't the answer and actually works against losing fat. Improving the composition of the food you eat and how the different macronutrients are combined will yield a better body composition than just cutting calories and eating less.

STEP 6 ~ CARDIO AND WEIGHT TRAINING

Ideally you should work out aerobically 30-45 minutes, five days per week. Cardio is second to only nutrition, when it comes to weight loss. If you can't get to a gym, go for a walk/jog, take a hike, or go for a bike ride with the kids. Add 2-3 days of weight training. It is essential for weight loss because it builds calorie-burning muscle tissue. A combination of weights and cardio is ideal for weight loss - aerobic activity and anaerobic activity. Always do your weight routine before your cardio. Performing in this routine allows your body to use available blood sugar and build more muscle during your weight routine. You will burn fat faster in your cardio regime since you have depleted most of your glycogen (carbs) during the workout leaving only fat for your body to burn. Anything you do is better than nothing remembering that "Nothing you put your heart into could ever be a"total loss" no matter how minimal.

STEP 7 ~ CONFIDENCE

Have confidence in what you are doing. The feeling of being self-confident is learned and can be passed from one task to another. With this great ability, it develops and reveals itself increasingly with every new circumstance. You have to have confidence to believe every person has a very powerful ability that can make anything happen as long as you keep focused. If you doubt you can accomplish a goal, then you won't accomplish it. You have to have confidence in your ability and then be focused enough to strive forward.

FITNESS IS NOT JUST ABOUT REACHING A DESTINATION, IT IS A JOURNEY WHERE YOU WILL LEARN SO MUCH ABOUT YOURSELF AND GROW FROM YOUR EXPERIENCES TO ACHIEVE MANY ACCOMPLISHMENTS. KEEP YOUR SHORT TERM GOALS IN MIND, AND ENJOY THE JOURNEY TO REACHING YOUR ULTIMATE FITNESS GOALS. 

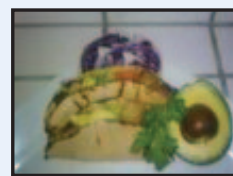
FitnessX.com Magazine has become the gold standard of all fitness magazines.
~ Carey Ann via Facebook

I just purchased FitnessX.com Magazine. Got my new issues and loved it! Keep up the great work...I hope I'll get to be (with more hard work) contributing to your magazine someday! It's a fabulous magazine full of great information by fitness professionals with workout exercises, motivational reads, fitness models and competitors to inspire! Straight to the point and no fluff. Check it out yourself! :)
~ Anissa Daniels via Facebook

I've been receiving FitnessX.com Magazine email every day...I love their ideas and helpful workouts. I've lost over 138 pounds this year and most of my ideas and help with my diet come from your website and magazine. Thanks for the posts on Facebook! I get inspired and motivated every time!!!
~ Todd Kroll via Email



THUMBS UP!
Look what came in the post today... thanks Vince for picking me as one of your August cover contest winners. The magazine was an awesome read I really liked the article interview yourself and Flavia did. Once again thanks :)
~ Andrew Kirby via Facebook



Just tried Leha Long's Chicken & Pineapple Fajitas. It had just the right amount of flavor even with the no salt seasoning, the pineapple took care of that. Great recipe Leha! Tilapia Fish Tacos tomorrow! :)
~ Salvador Farfan via Facebook

FitnessX.com Magazine Readers, please submit your comments about our magazine and articles at publisher@fitnessX.com. Your comment can be in one of our upcoming issues. Thank you!!

VITAMIN D:

MAKING A CASE FOR THE SUN

WRITTEN BY SUMMER TAYLOR

I LOVE SUMMER. MAYBE IT IS BECAUSE IT'S MY NAMESAKE, BUT I LOVE THE SEASON AND MORE SPECIFICALLY, I LOVE THE SUN. I LOVE THE FEEL OF THE SUN'S WARMING RAYS, THE GOLDEN HUE IT IMPARTS ON MY SKIN, AND THE UPLIFTING MOOD THE SUN CAN CAUSE JUST BY SHOWING ITS FACE. UNFORTUNATELY, MY BUDDY, THE SUN HAS DEVELOPED QUITE A BAD RAP AND WITH GOOD REASON. NOT ONLY CAN TOO MUCH SUN CAUSE PAINFUL SUNBURNS AND WRINKLES, BUT IT IS ALSO THE LEADING CAUSE OF SKIN CANCER.

WHY WOULD I LOVE SOMETHING WITH SUCH A BAD REPUTATION?

>> VITAMIN D

Vitamin D is the only vitamin derived from sun exposure. It is an essential nutrient with a variety of benefits including, but not limited to:

- Stronger bones and teeth
- Increased immunity
- Decreased pain and inflammation
- Enhanced mood (Wilkins et al, 2006)
- Better cognitive function (Wilkins et al, 2006)

According to the New York Times (Brody, 2010), a significant part of the population lacks vitamin D. Research indicates that the effects of vitamin D deficiency include an elevated risk of certain kinds of cancer, cardiovascular diseases, osteoarthritis, and myriad of auto-immune diseases such as Type 1 diabetes and multiple sclerosis. And that's just for the general population, if you're an athlete, vitamin D is even more crucial.

>> ATHLETES, COMPETITORS, REALLY NEED VITAMIN D

Vitamin D's primary role is to regulate calcium and phosphorus levels. Vitamin D ensures that calcium is properly absorbed and calcium is crucial to supporting bone strength and development. Athletes are constantly challenging their bodies and an athlete that has low vitamin D levels is at risk for stress-related fractures. Physique competitors are specifically at risk because not only are they challenging their bodies, but they're also decreasing their calorie intake and cutting out possible sources of vitamin D in an effort to obtain extremely low body fat.

>> OBTAINING VITAMIN D NATURALLY

The primary source of vitamin D is the sun. Just 10-20 minutes of exposure 3 times a week is the recommended amount to obtain adequate levels. Very few foods naturally contain vitamin D. Oily fish such as salmon and tuna contain vitamin D. Small amounts of vitamin D can be found in egg yolks and cheese. Other food items in the USA are fortified with vitamin D such as milk, certain cereals, and some juices. Vitamin D food sources are very minimal to say the least.

>> VITAMIN D SUPPLEMENTATION

I am a natural girl at heart and would much rather obtain essential nutrients through nature. I strongly believe in the school of thought that suggests that we cannot fully comprehend the synergistic relationships between the nutrient we are interested in ingesting and the other components within that natural source. However, I realize that sometimes supplementation is the only way an individual will obtain a nutrient. My preferred method of vitamin D supplementation is through the ingestion of fish oils and/or flaxseed oil. As a last resort, a person can simply take a vitamin D supplement.

>> VITAMIN D DOSAGE

According to the Mayo Clinic, the Adequate Intake, which has been established by the U.S. Institute of Medicine of the National Academy of Sciences, is 5 micrograms or 200 IU daily for men and women under the age of 50. Over the age of 50, doses range from 10 to 15 micrograms depending on your specific age. It is important to note that vitamin D is a fat soluble vitamin that can lead to toxicity, if taken at levels above the recommended dosage.

>> SUN'S VERDICT: NOT GUILTY IN MODERATION

The safest and best way to acquire adequate levels of vitamin D is via the sun. If you obtain vitamin D from the sun, you are never in at risk of obtaining too much vitamin D. Your body actually generates vitamin D when exposed to the sun and thus, regulates the production of it. So go ahead, enjoy the warmth of the sun on your skin, soak up the healing rays, and stop giving my buddy a bad reputation.

PLEASE ENJOY THE SUN RESPONSIBLY.

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ABOUT THE WRITER: Summer Taylor is a graduate of Purdue with a Bachelor's Degree in Biology, high school Biology, Anatomy and Physiology teacher, published fitness model and author, national-level NPC athlete, certified personal trainer. She is deeply passionate about fitness and motivating others to be the best they can be inside and out. She accredits this intrinsic desire for self-growth as the driving force behind her success in education and the fitness industry. She has developed a love for human psychology and she is very intrigued by human motivation. She writes to educate, inspire, motivate and light a fire within the reader. Photo Credit: Dan Ray



A BETTER WAY TO STRETCH

WRITTEN BY SEAN HASHMI, MD, MS, FASN



MODEL LEONELA WALTRICK
PHOTO BY JAMES ACOMB
WWW.JAMESACOMB.COM

My first exposure to stretching came during my teenage years training in martial arts. The stretches consisted of basic positions held for 30 seconds at a time. At that time, I never questioned the validity of such a warm-up. It wasn't until my graduate work that I started to approach everything scientifically. As I delved into paper after paper, a whole new world opened up to me. All my earlier methods of training were challenged and I demanded proof for everything. This hunger led me to understanding a more efficient stretching method termed dynamic stretching.

The concept of dynamic stretching is very simple. According to NASM, its using a muscle and momentum to take a joint through its full range of motion. Remember, this is not the same as ballistic stretching where there is more of a bouncing effect. Dynamic stretching has been steadily gaining popularity as increasing amounts of scientific data have shown its beneficial effects on sports performance.

In a study comparing dynamic versus passive stretching, McMillian and colleagues looked at the impact of stretching on power and agility. Using 14 participants, the authors did 10 minutes of either stretching method followed by 3 tests of power and agility. These tests consisted of: T-shuttle run, medicine ball throw for distance, and 5-step jump. On all 3 tests, the participants performed significantly better ($p < 0.01$) after dynamic then static stretching.

Winchester and colleagues took the idea of dynamic versus static stretching even further. Their study looked at whether static stretching could diminish the beneficial effects of dynamic stretching. The authors recruited 11 NCAA division I track female athletes to perform a dynamic warmup followed by static stretching or rest. The athletes then performed 40 meter sprints. The authors found that performing static stretching after a dynamic warmup resulted in significantly slower time than doing only dynamic warmup followed by the activity.

In yet another study, Needham and colleagues showed that dynamic warm-up resulted in better jumping and sprinting performance as compared to static stretching. The authors also added a dynamic warmup plus resistance arm in which participants performed 8 front squats plus 20% body mass. The authors found that dynamic warm-up plus resistance produced better jumping ability than dynamic warm-up alone.

The rationale behind the superiority of dynamic warm-up may lie in its ability to elevate "core" body temperature, mimic specific movements and enhance motor unit excitability. This is not to say that static stretching is useless. It is best performed at the conclusion of your workout when your muscles are warm and can benefit the most.

So if you have been doing the same old static stretching routine for years, maybe its time to try something new. Dynamic warm-ups are not only scientifically proven to be effective but they are also fun to do. They may be just the missing ingredient you need to break through your current plateau. 🏃

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TRAINING



Ask the DOC

"Ask the Doc" is a column dedicated to answering our Fitness X readers' most pressing questions about nutrition, fitness, health and more. Dr. Sean is a board certified Internist and Nephrologist, a sought after trainer and weight loss advisor for hospitals. If you would like to submit a question, please email drsean@fitnessX.com. You can also find him on facebook at: [facebook.com/drseanhashmi](https://www.facebook.com/drseanhashmi)

Q: Hi Dr. Sean. I love my white rice but people keep telling me I should eat brown rice!!! Is white rice really that bad for me?
~ Anna V (Florida)

A: Hi Anna. Great question. First of all, everything should be eaten in moderation. Too much of even the good things can be bad for you. I think the superiority of brown rice over white rice has been questioned recently. In a new study published in the Journal of Nutrition, Zhang, G and colleagues randomly assigned 202 adults with diabetes or at risk for diabetes to white rice or brown rice group. They looked at risk factors such as body mass index, glycated hemoglobin (how much sugar is attached to blood cells), cholesterol, blood sugar levels and insulin levels. After 16 weeks, the authors found NO difference between the white rice group and the brown rice group for any of these markers except the bad cholesterol, LDL. Surprisingly, the LDL was actually lower in the white rice group. We definitely need longer term studies looking at these markers and things like incidence of heart attack, stroke but this study is definitely interesting. The take home message is that it is okay to have a little white rice as long as you do it moderation.

ABOUT THE WRITER: Dr. Sean Hashmi is a practicing Internist and Nephrologist in Southern California. He designs and manages weight loss programs for hospitals. His program, Walk with your Doc, has gained tremendous popularity and has been featured in many publications. He has been involved in the health and fitness industry for over 15 years. He started as a Martial Arts instructor and then moved on to personal training for athletes. Currently, he runs a fitness company called Amped Fitness in Woodland Hills, California. He is also the Senior Science Editor and CEO of FitnessX.com magazine. If you would like to ask Dr. Sean a question, you can reach him at: drsean@fitnessX.com



Reference:

- Zhang, G. et al. Substituting White Rice with Brown Rice for 16 Weeks Did Not Substantially Affect Metabolic Risk Factors in Middle-Aged Chinese Men and Women with Diabetes or a High Risk for Diabetes. J. Nutr. September 1, 2011



Training with the Best of the Best!

TEAM BOMBSHELL!

WRITTEN BY LEHA LONG

PHOTOS BY ROB ROSETTI

WHO IS TEAM BOMBSHELL? They are the most prestigious fitness, figure, and bikini team in the world! These ladies are definitely the "bomb"! They are featured in major magazines and websites all over the world. I have been a competitor for nearly two years, but I needed a change. I love to challenge myself and searched for answers. I heard about Team Bombshell and wanted to know more about this team. I entered the NPC Eastern Seaboard because I knew this team would be there, and I wanted to check them out!

I was very impressed with the stage presence, friendliness, and the confidence these ladies had. That was the moment I knew I had to be part of this wonderful team! I emailed Shannon Dey, who is the team's owner, that Monday and signed up. I am proud to say that I am now a part of Team Bombshell! I had the honor of attending camp in July in Daytona Beach, FL. This camp is no joke! We worked out every day, posed, and best of all, shared our wonderful stories. I met so many beautiful, inspiring, and motivating women at camp. Luckily, camp fell on the weekend before my next competition, so I was definitely prepared for my show. While at camp I had the honor to train with the best! I can definitely tell a difference with my stage presence, motivation, diet, and how my body has transformed. Joining this team was the best decision!

I ALSO HAD THE HONOR TO ASK THE LADIES, SHANNON DEY, VANESSA CAMPBELL, AND GENNIFER STROBO, WHO MAKE UP TEAM BOMBSHELL, SOME QUESTIONS ABOUT WHAT MAKES THIS TEAM A WINNER!



1 WHAT IS YOUR ROLE/TITLE WITH TEAM BOMBSHELL?

Shannon: Founder and Momma Bombshell

Vanessa: Team Bombshell Coach, IFBB Professional Athlete. If you would like more info on the team feel free to contact me at BombshellHelpDesk@gmail.com

Gennifer: I have been with Team Bombshell as an athlete from almost the very beginning. Dec. '07. Just recently, I took the position as In-house Figure coach and many other day-to-day roles. I am enjoying being around the other Teammates and helping them with their dreams all the while pursuing mine.

2 HOW DID YOU GET STARTED AND HOW LONG HAVE YOU BEEN IN THE FITNESS INDUSTRY?

Shannon: I competed in my first show in 1998 and earned my IFBB Pro card in 2003 at the NPC Nationals. I have been working with competitors since 2003 and founded Bombshell in 2007.

Vanessa: I began training about 7 years ago. I always loved the idea of training but never knew how to go about it. I began when my daughter was about a year old. I just wanted my body back!!!

Gennifer: I have been in the sport since July 2007. I saw my first local show in April and decided that I wanted to try it. I've always been in to being healthy, exercising and eating well. But this was ALL new.

4 WHAT HAS BEEN YOUR MOST MEMORABLE MOMENT SINCE TEAM BOMBSHELL STARTED?

Shannon: Memories are great and I love every moment - but my focus isn't on creating my own memories - but on helping each of our girls keep pushing forward and creating their own memories through Bombshell!

Vanessa: Ever since joining the team in December '09 I have to say that the most memorable moment for me as a Team Bombshell Athlete was competing in the first ever Bikini Olympia in 2010, but as a coach there are many. Every time I see one of our girls develop into a great athlete and build confidence ...that to me is very rewarding.

Gennifer: There are many, but the night they called my number on stage at the 2009 Jr. USA's as a Pro Card Winner. I had to check and see if that was my number. But when I came off stage the first person I saw was Shannon and she had worked so hard with me I wanted her to have all that credit. Also, when I see a woman overcome an adversity with either the dieting or workouts it is a great feeling to know that you have played a part in making her life more enjoyable.

3 TELL US ABOUT TEAM BOMBSHELL CAMP. WHAT DOES IT CONSIST OF AND ITS PURPOSE?

Vanessa: Bombshell Camps are AWESOME!!! Girls from all over the world come to camp. It consists of a great group of hardworking females training hard all weekend long while having fun and making some great friends. There is no better way to spend the weekend than doing something you LOVE!!!



5 DO YOU HAVE ANY FUTURE GOALS FOR TEAM BOMBSHELL? WHAT CHANGES WOULD YOU LIKE TO SEE?

Shannon: I want to continue to give or girls the best training and support in the industry. At the end of the day it's all about changing lives and helping dreams come true. I want to continue on that path and strive to be a better Coach each and every day.

Vanessa: My personal goal is to be the best coach I can be for the team! I want each girl to know that I am here for them.

Gennifer: I hope to compete for many more years. However, when the time comes that I'm not doing it, I want to remain with the Team and help other women with their goals of being on that stage.

7 WHAT HAS BEEN YOUR BIGGEST CHALLENGE WITH THE TEAM? HOW DO YOU KEEP THE GIRLS MOTIVATED?

Shannon: The biggest challenge is keeping the girls from eating cookies - lol! Actually the biggest challenge is a challenge I give to myself every day - to continue to provide the girls with everything that they need to be the best that they can be!

Vanessa: Everything is a challenge and that's why I love my job! I keep them motivated by staying in contact with them online, reaching out to them and letting them know that they can come to me anytime. I am also a competitor so I know what they go through on a daily basis.

Gennifer: Keeping people motivated is hard at times. We all have our own lives going on around us at the same time. I try and let the girls know, it's OK to take care of themselves first or give themselves 30 minutes a day to just them. It makes everything else around them seem to go better.

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6 WHAT TIPS/SUGGESTIONS DO YOU HAVE FOR WOMEN AND/OR MEN WHO ARE LOOKING TO COMPETE?

Shannon: Get good solid guidance from the beginning! No matter who it is with, don't try to go it alone. By having the proper guidance you will save time, money and frustration. Good guidance is key!

Vanessa: Go for it!! Competing to me is the icing on the cake. If you train hard, eat clean and live this type of lifestyle then have some fun with it and get on that stage. Be proud of your accomplishments and of the body you have created.

Gennifer: If you even THINK you want to try it, then get up and TRY it. It is not all about making it to that stage, it's about the journey you go on to get there. Not only physically changing your body, but mentally you change and realize you're stronger than you ever thought.

8 ANY OTHER INFORMATION YOU WOULD LIKE TO SHARE?

Shannon: Bombshell isn't just about the physiques and winning. It's also about learning about yourself and just how strong you can be. We strive to help our girls to be fit and fabulous not only for a moment on stage but for life!

Vanessa: Only that Team Bombshell is a group of smart, beautiful, confident, and athletic women who love the sport and the lifestyle. We truly care for one another and are happy to be BOMBSHELLS!!

LINKS:
www.bombshellfitness.com
www.facebook.com/pages/Team-Bombshell/310724471990
www.facebook.com/pages/Momma-Bombshell/126186087464071



ABOUT THE WRITER: Leha Long lives in Atlanta, GA. She is a fitness model, NPC competitor, writer, trainer, and nutritionist. Leha is also a Team Bombshell Member for Bikini. Please check out her website at Lehahealhandfitness.wordpress.com for more information. Photo Credit: BillyBow Photography



Leha Long's Recipes

ALMOND AND CHOCOLATE PROTEIN SHAKE



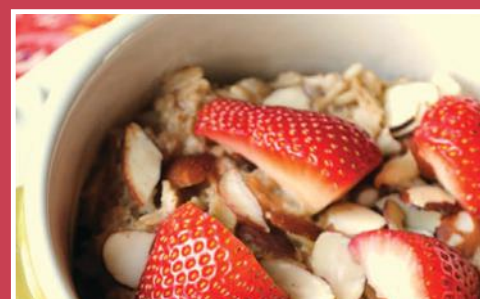
Ingredients:

- 1 scoop of chocolate protein powder
- 1 tbsp. of Almond Butter
- 5-6 oz. of Almond Breeze
- 1 tsp. of almond extract
- Optional: Ice

Directions:

BLEND ALL OF THE ABOVE INGREDIENTS IN A BLENDER UNTIL SMOOTH LIKE A SHAKE. YOU CAN EVEN SPRINKLE THE TOP WITH SOME CINNAMON OR SUGAR FREE COOL WHIP!

HEALTHY HOMEMADE PROTEIN CEREAL



Ingredients:

- 1/2 cup of dry oats
- 1/3 scoop of your favorite flavor protein powder
- 1 tbsp. of raisins or dried cranberries
- 1 tbsp. of crushed almonds or pecans
- 1 tsp. of cinnamon
- Optional: Fruit

Directions:

MIX ALL OF THE ABOVE IN A BOWL. POUR 5-6 OZ. OF ALMOND BREEZE OR FAT FREE MILK IN THE BOWL WITH THE MIX. OPTIONAL: ADD FRESH SLICED STRAWBERRIES OR BLUEBERRIES!



FUELING

your Pregnancy Properly-

More Important Than YOU KNOW

WRITTEN BY VAL ANDREA-WAY BA PSYCH, PTS, NWS, CCP

Expecting a brand new little person in your life - an excitement and experience unmatched by anything! So many changes to your body during these nine months - your body operates like a fine tuned machine, making a cozy nest for your little one to thrive in, as well as to receive nutrients to grow and mature. Now more than ever, is the time to pay close attention to your daily menu and intake of nutrients? It is so important to be mindful that what you eat during this time is what you are feeding your baby, and are essentially the building blocks being used for your baby to develop.

EATING FOR TWO?

You've heard the expression - however, it is a bit of a stretch from the truth. You are still eating for you, plus a soon to be (on average) eight-pound little person. Of course, your body is expending extra energy creating life, but in actual fact, you only need to consume an extra 200-300 calories a day, and this typically applies to the last three months (when baby doubles and triples in size prior to birth). Those extra calories are easy to acquire:

- * A cup of yogurt and a banana
- * A slice of whole grain toast and nut butter
- * A protein smoothie made with a scoop of protein, fruit and almond milk

If you aren't sure how much to eat and what to eat, read on my ladies, but it's always a good idea to speak to your doctor to factor in your pre-pregnancy weight, as well as any health concerns you may have that will affect your dietary choices. A good place to start is 2000 calories (think of it as a "building" meal plan if you will) and then add or subtract in the extra calories as needed. If you are engaging in an exercise program, you must factor in those calories as well to ensure that you are eating enough to compensate for the calories burned during exercise.

FOOD SAFETY

Not only is eating healthy and balanced meals important, but attention and awareness of food that aren't considered safe to you and your growing baby are imperative. Risk of bacteria in certain foods can make you sick or possibly be harmful to your little one in utero. Your doctor will be able to provide a complete list for you to adhere to, but a few items that are commonly avoided are:

- * Unpasteurized milk and cheeses including soft cheeses such as brie, feta, goat cheese.
- * Deli meats, unless boiled.
- * Caffeine
- * Raw and undercooked meat, eggs, and seafood
- * Unwashed fruits and vegetables - rinse all produce thoroughly.
- * Avoid fish that are known to have higher mercury levels such as shark, swordfish, mahimahi, and fresh tuna.

Some canned tuna is okay, but limit it to six ounces per week and light tuna to 12 ounces. Do not cut fish off your menu entirely as some fish such as salmon, haddock, sea bass are not only considered safe to eat but also great sources of DHA fat which is known to aid in baby brain development, and boosts mom's brain power too! Remember, pregnancy is never a reason to have anally you can eat buffet for nine months. Not only will you have to face the music post birth if you have excessive weight gain, but your baby may end up with a higher than necessary birth weight (over 8lb. 12oz.) and as mentioned in my July article, can predispose your baby to conditions such as obesity and diabetes later in life. Also ensure you are eating enough - which can be just as concerning. Being underweight or not gaining enough weight to support baby's growth can result in a preterm and/or underweight baby. The general recommended healthy weight gain is 25-35 pounds; however, starting off underweight or overweight is going to vary these figures more or less, respectively.

So eating sensibly during this time will keep you healthy long term and give your little one the best start in life. Enjoy your pregnancy, embrace your body for its miraculous ability, eat a balanced diet and feel good about how healthfully you brought your new baby into the world!

IMPORTANT NUTRIENTS

Pregnancy is special time and your diet during deserves special attention. Pregnant women are advised to take a folic acid supplement, preferably starting at the planning and conception stage, which is said to help prevent neural tube defects in babies. The recommended dosage is 400mcg daily, and can be found in most prenatal vitamins supplements. Good food sources of folate are: dark leafy green vegetables, fortified cereals and grains, and legumes.

Iron is another nutrient that is instrumental during a healthy pregnancy, largely due to the increased blood volume. Again, most prenatal vitamins include the recommended dosage of 16-20mg of iron, but it is a good idea to have your iron and hemoglobin levels checked throughout your pregnancy as low iron levels in pregnant women are common. Low iron can lead to anemia, fatigue as well as premature delivery and low birth weight. Iron-rich food selections include beef, poultry, iron fortified cereals and grains, shrimp and spirulina (blue green algae supplement). During my first pregnancy, I ate mostly vegetarian, except for protein shakes supplemented with spirulina daily. My doctor and nurse were so impressed by my red blood cell and iron levels that they inquired about what I was eating/taking and took note of the spirulina supplement to recommend to other patients. A lot of non-animal protein sources tend to be not easily absorbed by the body; however, spirulina has been noted to be twice as absorbable as vegetable or even meat sources of iron, and packs up to 10mg in a 10gram serving - 55% of the recommended daily dosage! (www.spirulina.com) Spirulina can be found in most health food stores and online supplement stores.

ABOUT THE WRITER:

Val Andrea-Way is a Certified Life Coach, Master Trainer & Nutrition Consultant. She is also a National-Level Competitor, BioX Nutrition Athlete & Rep, as well as a mother and wife. For more information, you can email her at valandreaway@gmail.com. Photo Credit: Sergio's Photography



THE MYSTERY BEHIND YOUR WORKOUT BLUES

Let's face it, when you're really into fitness and nutrition, you get to know your body pretty well.

We learn that certain exercises and rep ranges may not produce the best results for our body type or that various foods cause us to retain water or can even make us feel sick. Most of the time, we'll try to avoid these things in hopes to prevent an injury or digestion problems so that we can feel prepared for our next gruelling work out instead of feeling like we caused our own demise by feeling sick or having abnormal body pain. However, what about the times when you feel sluggish for absolutely no reason, cannot manage to put the same intensity into your training as you once did (and you're not overtraining) or you just cannot get any leaner no matter how hard you try?

Your life in a nutshell; you've had a great training week, your clean eating hasn't changed and you haven't missed a Vitamin C tablet to date. Suddenly, you feel like you've been taken down by an invisible army and haven't a clue as to why. What could you be doing wrong?

At first, you come to the conclusion that it's just a seasonal flu or cold because of the new cough you've developed. Thinking to yourself, "I'll be over it in no time."

But wait, now, you're having problems sleeping at night because you've been woken up in the middle of the night to a coughing fit. On an average day, you may feel swollen or have enlarged lymph nodes around your neck, but don't we all feel a bit puffy when we are sick?

Next thing you know, a few more days have gone by, the energy that you were once gliding along with is a distant memory and your body is bearing the brunt of it all. What were once occasional simple headaches that you thought were due to not

sleeping enough and over-exerting yourself during a busy day are now full-fledged painful migraines. These migraines can become so painful that you may end up waking up yet again only to be sick to your stomach for the entire night.

Some of you may be thinking, "Why didn't you go to see a Doctor?" Seeing as we've all had an outbreak of flues and colds this year, most symptoms can be easily mistaken and mimic a side effect of something else. A dry cough could come from flu or cold, nausea can be due to an intense migraine, a migraine can be from lack of sleep... and the cycle continues. These seem like such common symptoms, but you know your body better than this. Something is up!

At this point, your work outs are sparse not just because of your diminished energy levels and malaise, but because you only get fifteen minutes into training before one, if not all of your symptoms reappear and you begin to have difficulty breathing.

This may happen a few times for you to realize that it's not just from being run down or being unable to get over the flu. Trust me; this isn't a case of being a slight hypochondriac either. If you have these symptoms and you google them, you may even come to the conclusion that you have a variety of possible life threatening illnesses and thus begins your minor freak out.

When this happened to me and to be honest, I thought my family history of cancer has spread its seed early. I couldn't figure out for the life of me why a ridiculously healthy eater, avid exerciser and reasonably health preventative individual

WRITTEN BY Jaylie Nicoll, WBFF Bikini Model
ISSA Certified Trainer & Nutrition Expert
Live Lean 365 Co-Owner • Sponsored Blue Star Athlete

would feel like they had been thrown under the bus and run over a few more times.

Luckily, I don't have cancer or a terminal or devastating disorder, but I did have allergies that were able to imitate the early signs of an acute illness. Yes, allergies! I think many people around me thought I actually did have a much more severe illness and telling them that it's from allergens just doesn't sound that serious.

I'm sure that when most people hear of allergies, the first thought is that Allegra commercial you've seen with a man ecstatically jumping over dogs and fresh cut grass. Easy fix, right? Well, not really. Besides the fact that most OTC medications to combat allergens (antihistamines) can cause drowsiness or actually slow down your metabolic rate, allergies themselves can actually cause some pretty extreme side effects. My allergies even gave me adult asthma and so the mystery had been solved as to why my cardiovascular abilities had dramatically decreased. You do need to seek medical attention when these symptoms persist for more than a few weeks or you have extreme difficulty breathing.

One in five people are known to have either allergies or asthma symptoms; so the reason you feel like you've had a cold or flu for weeks may actually be an impersonator of a very common underlying diagnosis. While not every reason for hindered weight loss or physique changes are due to an illness, if you know your body well and you feel like something is wrong, you should continue to be proactive for a solution, while remembering it's not always your fault. ✘



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ABOUT THE WRITER: Jaylie fell in love with training and nutrition in April 2008 when she was 20 after coming to the conclusion that her lifestyle habits needed to change. Many people thought her entire life was fitness and that is all she had to talk about, however, it's definitely not all there is to her. She says it's just something that is truly a part of her. She feels healthier and happier when she is training, eating well, and working towards a goal. Respecting and valuing your body and health are key factors to being happy in her eyes. Jaylie co-owns fitness company, Live Lean 365, and has a new book coming out soon! For more information, visit Jaylie's site at livelean365.com or contact me at info@livelean365.com. Photo Credit: Kris Josef



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Demystifying BIKINI BS

Written by Simone Sinclair
Model Narmin Assria, IFBB PRO
Photo by RC Photography & Associates



If you're a savvy fitness freak like me, then you're also the type of person who reads the labels of everything you put into your mouth. Good thing too because, as they say, "you are what you eat as much as what you don't." Often times, however, I find label translation to be utterly perplexing with terms such as "proprietary blend", "clinical strength" and "classified formulation" being used without regulation. Manufacturers use such terms to conceal from their competitors, the ingredients and/or the ratios that make up their revenue generating secret sauce.

Many fitness competitors have been known to build the value of their personal brand on the same business foundation. If they can make you believe that their secret to success is one that you could never follow, well then frankly, you won't, securing their title for yet another season. At a recent and very well-known competition, a certain bikini champion described her fitness regimen as "everything everyday". While this had the crowd in chuckles and remains possibly the most quoted statement to ever be made on a fitness stage that very statement served to alienate anyone who formerly believed that such a spectacular physique was within their reach.

HERE'S THE TRUTH. I am a wife, a mother of 3 busy children, a bikini competitor and model, a TV personality, author and success coach. I do not have time for everything every day and yet, I am now also the 2011 CBBF National Bikini Champion. If "everything everyday" is the mandate for muscle majesty, then how did I manage to circumvent seemingly insurmountable time constraints and steal the spotlight? Well, let me tell you the secret to my success. It's **BALANCE!**

YES, BALANCE. Customized balance to be exact. The somewhat new Bikini Division is precisely that – a physique that displays a balance of tone with curve and class with sass. It would make sense, then, that in an attempt to achieve a balanced looking physique, one would follow a prescription of balanced exercise, nutrition and focus. While I suppose it would be in my best competitive interest to keep my fellow athletes thinking that I spend hours in the gym and maintain some sort of rigidly restrictive menu, the fact is that I don't. Here are the principles that I followed on my way to the National stage and my first National victory.

• COUNT YOUR BREATHS, NOT THEIRS.

Most exercise programs will provide you with some sort of rep/set range. I have found that focusing my mind on pushing or pulling to a certain number often results in not exerting myself to my max output. My max output is not necessarily someone else's and certainly can't be found in a generic magazine. I define my max output as the point where I want to give up but can muster maybe two more reps and more importantly, my heart rate has detectably risen. This season has proven to me that listening to your body and respecting the signs it shows you, keeps you better aware of your exertion level and pushing to your limit rather than above or dangerously beyond it. Injuries are avoided, form is maintained and your cardiovascular system is triggered. This brings me to my second point.

• CUT THE CARDIO.


A fitness prescription can seem really daunting when it demands that you commit not only weight lifting time but also cardio time to the gym. In pushing to your max output when weight training; you're giving yourself an opportunity to engage your cardiovascular system in a very significant way. My in-between-sets rest period is timed by how long my body requires to return my heart rate to the lower end of my fat burning zone; in essence combining HIIT with my weight training, thus eliminating the need for any further cardiovascular activity and getting me in and out of the gym in under 50 minutes. That's right folks, I don't do any cardio!

• GIVE UP ON GOOGLE.

In every other known sport, athletes surround themselves with experts of all sorts. They have conditioning coaches, meditation coaches and nutrition coaches. All too often, I see bikini athletes Googling their diets or asking their gym's biggest male bodybuilder for advice. Our bodies are all different and with a unique genetic makeup, gender, activity level, illnesses and let's not forget competing division requirements, only a customized meal plan will feed your physique what it needs to succeed. Find yourself a qualified and respected sports nutritionist to prescribe a menu designed with your body in mind. My diet was created based on my personal needs and as such, allows me to consume all of my favorite foods without ever compromising my winning form. Carbs, fats, mineral salts and proteins are all necessary for an optimally functioning physique. I enjoy all of them within reason. Breads, pastas, red meat, fruit, etc. all make their way into my muscle menu. Being able to eat from all food groups, all day long, keeps my body and my mind balanced and keeps me in the social game, eating with my family and friends. No deprivation equals no cravings equals no self-sabotaging binge feasts.

• TRAIN FOR 3, GET 4 FREE.

Finding time in your busy schedule to workout everyday can be a workout in and of itself. In fact, the #1 reason that people give for **NOT** sticking to an effective workout plan is that they "don't have time". I've discovered that I do in fact have time, as long as I use it wisely. In combining body parts when training, I am able to train 3 days per week and take 4 days to recover, maximize my muscular growth and get back to the rest of life's demands. I have a back/chest day, a leg/glute day and a shoulder/arm day. Working on several muscle groups in one session keeps up my tempo and my cardiovascular efforts and allows me to accomplish more in less time than it takes to get to and from the gym. On the days that I am away from the gym, I can focus on all of my other interests and responsibilities without distraction and by the time gym day rolls around again, I'm mentally craving another workout that my body is absolutely ready to endure. So, consider incorporating supersets and compound movements when planning your next workout. Whichever way you look at it, having more days off than on, is a very good thing.

The long and short of it is that "everything everyday" works about as well as "nothing never". The ideal bikini body is a body that exudes balance of health and mind and can only be achieved with a program that incorporates a balance of custom training, resting and eating. Moderation is key, in life and in the course of achieving your perfect and winning bikini physique. It's what I used to earn my title and the body that I enjoy every single day of my otherwise chaotic life. 

AN INTERESTING NOTE TO READER: Let it be understood that I believe that the statement "everything everyday" was said as a reflection of the speaker's state of mind. To achieve what she did must have required astute focus on everything bikini every day. I do not believe that it was said to alienate her fans and rather I have used the example to illustrate a point. The stunning woman who coined the phrase "everything everyday" is our reigning Bikini International Champion, Nicole Nagrani, who also happens to be a fast-tracking pre-med and honor roll student. Surely balance has snuck its way into her life too.

ABOUT THE WRITER: Simone Sinclair is the current CBBF Canadian National Bikini Champion. She is also a mother of 3 young children, a highly sought after Reality TV Host and Success Coach, published model and the former CEO of EstablishedMen.com. She has been featured on ABC's Nightline, CP24, The Tyra Show, Time Magazine as well as countless other media. Her love of family combined with her education in Fitness Nutrition have become the platform upon which her latest venture, MommyMenu Inc has been built. It is her passion and mission to provide mothers everywhere with the key to balanced and healthy living. Photo Credit: Glen E. Grant



Jennifer Chapman

- FITNESS MODEL
- NPC NATIONAL FITNESS COMPETITOR
- SPONSORED ATHLETE



I have always considered myself an athlete since I was a child. I competed in every type of sport and started track & field during my days in school. It took a little while but I am so grateful that I learned a healthy lifestyle at a young age. Currently, I am at a National level in the NPC Bikini Division and striving to achieve IFBB pro status.

Today, I see that a healthy diet is just as important as fitness. I stick to moderate carbohydrates and high protein. I love to mix up my workouts. I use crossfit, HITT, weights, cardio, plyometrics, cycling... I am trying to find the balance of working out to much and too little. I set and achieved my goals of getting back into shape and now I am just trying to maintain the right structure of a Bikini Competitor. I joined Team Bombshell in 2011 and could not be happier with how my body looks. I love the various workouts and a well balanced diet that doesn't negatively affect my body weight.

I really had no idea that there was an amateur side of bodybuilding, just assumed that everyone was already perfect. When I started to research the sport and found myself drawn to it, I was already starting to whip myself back into shape and thought that this would be a great challenge to set for myself. Eventually, I hired a trainer and had a sense of accountability with myself and my teammates. It was such a rush and so different from what I was use to. After my first show, I was ecstatic when they called my name for the top five. When I saw my photos on stage, I knew exactly what I needed to do to improve and it was full steam ahead. I did six shows that year and my highest placing was second at 2010 Jr USA in Houston, TX.

When it came to off-season, I had a lot of different emotions after my last show where I placed a disappointing 10th. There were a lot of people on my side reminding me that I had a great season. I finally got over myself and kept a clean off season diet. I struggled to make top 5 in 2011 until the USA's in Vegas. I never felt more confident and relaxed. I told myself that competing was supposed to be fun and not taken so serious. I placed fourth in Class C Bikini and was more than ecstatic to have caught the eyes of the judges. I still have high hopes of obtaining my Pro Card so I can rock the stages with some of the most beautiful women of fitness. Becoming a Professional competitor would open so many more doors for me that I want to experience. I am so grateful to have a strong support system of family and friends.

Something that I live by everyday is working hard,
"If the Goal is Attainable, then Don't Give Up."

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Billy Bow

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