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Caithleen Heffernan

"Bikini Model Cookbook" author, culinary chef, licensed pilot, & fitness model reveals her lifestyle habits

CLEAN EATING
for **Long Term Benefits**





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Your
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and Your Own
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Key Benefits

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Key Benefits

Antioxidant and thermogenic benefits of green tea and botanicals.

Provides an energy boost and weight-management support.

Delicious, instant and low-calorie.



Jump-start your Weight Management program with Total Control – an innovative natural dietary supplement designed to support the weight-loss process. Total Control tablets contain a blend of herbs and nutrients that help boost metabolism and build energy and alertness. Total Control® is made with high-quality tea extracts – including green, black and oolong teas – and calming, soothing ginger to ease the digestive discomfort that can sometimes accompany weight loss.*

Key Benefits

Boost metabolism

Build energy and alertness

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Summer/Fall 2013



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CAITHELEN HEFFERNAN

Cover Photographer:

JAMIE WATLING

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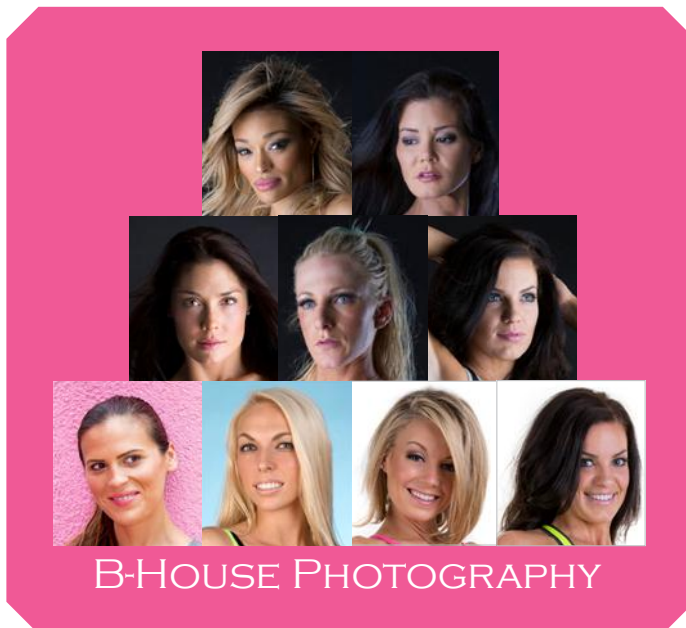
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Let's Talk!

Inspiring YOU to Live Well...Naturally!

Ladies -- Let's talk about body image. I've been going to a lot of events the past year and have been chatting with a lot of women. The one thing that comes up a lot in the conversations is how they feel and look in their bodies.

Many of the women I spoke to are by no means overweight, but in their mind they are. Ladies -- STOP feeling bad about your physique and go do something about it. Stop putting yourself down and eat correctly and exercise.

We need to spend our 'me time' on exercise and nutrition. There isn't any excuse not to start today. We have so many good exercise and nutrition programs to choose from. Go to the gym -- enroll in fun group exercise classes, do your cardio and include strength training.

At *FitnessX Magazine*, there are a lot of women's voices 'who have been there, done that'. Read their articles, execute your plan, challenge yourself, and complete your goal. Don't give yourself excuses, when there are many solutions. Find a plan that will work for you. You can do anything you put your mind into. It's never too late to feel and look good in your body!

Inspiring You to Live Well...Naturally,
BillyBow Aguirre



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Focus on Your Health

Inspiring YOU to Live Well...Naturally!

Do you wake up every morning and attack your day with a smile? Do you have a good relationship with your food and exercise? What does living a healthy lifestyle mean to you?

According to the latest government statistics, despite the recent push to improve the American diet and increase exercise, national obesity rates in the U.S. haven't budged much over the past few years. In 2010, about 35.7% of U.S. adults — nearly 78 million people — were obese. That's up from 30.5% in 2000, but not much of a difference from 33.7% in 2008. Staggering news! What's worse is that many health conditions can be prevented.

What I find most alarming is that many Americans don't make time to improve their health, until it's often too late. Although, we are fed daily with the media advertising an unhealthy lifestyle, it doesn't mean we have to succumb to the pressure. It's simply a CHOICE to say NO to "super-sized" meals with empty calories, fad diets, reasons to not exercise, liposuction and lap-band surgery.

- What are your rules for eating healthy and exercise for life?
- How have you transformed your health with food and exercise?

Life is short, so you might as well make the most of your time, right? After all, it's all about your health which affects every facet of your life. Take responsibility for your body by making good choices with your nutrition and fitness habits. Believe me, your body will definitely thank you! So, what are you waiting for? Don't give up on your goals. The time is now!

At FitnessX Magazine, we are here to help you be a healthier, happier you! Feel free to e-mail your comments to editor-in-chief@fitnessX.com anytime! I'm looking forward to hearing from you!

Inspiring YOU to Live Well...Naturally,

Kat Aguirre

Photos of IDEA World Fitness Convention August 7-11, 2013 in Los Angeles, CA





Summer/Fall 2013

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Mission Statement:
FitnessX Magazine strives to inspire all women by making a difference in empowering and encouraging them to live a healthier lifestyle. We take pride in sharing inspiring articles and facts 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 Magazine readers are health-conscious, discovering or already adopting healthy lifestyle practices, and interested in bettering themselves.

At FitnessX Magazine, we feature athletes in all sports, professionals who work in the health/fitness/wellness industry, everyday women who have made remarkable strides in motivating others to live a healthier lifestyle, and includes articles on the latest and most popular topics of interest.

At FitnessX Magazine, our tag line says it all—
"Inspiring YOU to Live Well... Naturally!"
Kat & BillyBow, Aguirre
Publishers of FitnessX Magazine

Hope Zarro Makeover Specialist



Hope Zarro encompasses a talent in precision cutting with artistic vision and impeccable attention to detail to custom design hair for individuals. While her passion is working with clients to create styles individualized to their needs, she is a master of her craft. With the latest techniques and hair trends as they appear on the fashion scene, Hope is continually working on her innovative techniques to push the boundaries of hair and make-up.

Her extensive list of celebrity clientele include: Alanis Morissette, Molly Ringwald, Brooke Burke, Alison Sweeney, Tia Carrere, Ashlan Gorse, Kendra Wilkinson, Karina Smirnoff and Jeannie Mai.

Besides regularly styling hair, makeup and wardrobe for fashion shows and photo shoots, Hope also delivers expert advice on hit television shows such as: The Style Network's "How Do I Look?", MTV's "Becoming", ABC's "Extreme Makeover, USA Network's "Character Fantasy Makeover" and "Platinum Weddings".

Hope's combined skills turn the plainest faces into bombshell beauties. She is a rare combination of New York edge, California glam and on-camera flare!

Book an appointment at:

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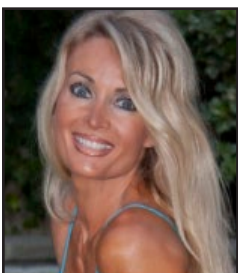
BillyBow Aguirre is the CEO/Publisher and visionary of *FitnessX Magazine*. He proudly served in the U.S. Navy for 13 years and 15 years as a Network Engineer for Utilities, Investment, Entertainment, and Hospital Industries. He also studied and taught nutrition as a Chef for 15 years. With his entrepreneurial skills, BillyBow established *FitnessX.com Magazine*, an online magazine in 2009. In Winter 2011, BillyBow joined forces with his wife, Kat Aguirre, in launching *FitnessX Magazine* -- their first print publication. You can contact BillyBow at billybow@fitnessX.com.



Kat Aguirre is the Owner, Publisher and Editor-in-Chief of *FitnessX Magazine*. She has been actively involved in the fitness industry for the past 13 years working as a group exercise instructor, certified personal trainer, sports nutritionist, transformation specialist, PT manager, fitness director and fitness company owner. Kat has competed and placed in the top 5 in fitness, figure, fitness modeling, bikini and power lifting. She started several boot camp programs in Alabama, Tennessee and California to help hundreds of people get fit and healthy. Kat enjoys volunteering her time at schools speaking about body image, fitness and nutrition. Currently, she serves as an advocate for the "Fighting Obesity Campaign". You can contact Kat at publisher@fitnessX.com.



B-House Jonelit was born and raised in Los Angeles, CA. He has been doing professional photography in Europe since 2003, but only for the past year in the U.S. since returning. B-House enjoys shooting fitness. He also shoots other genres including vintage, military, sports, theatre and concert. He is based in north Orange County, is married (over 10 years) and has 5 small children. He is the Senior Staff Photographer for *FitnessX Magazine*. To contact B-House for a photo shoot, email him at bhouse@bhousephoto.com.



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. 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 at www.fitgirlwear.com.



Dr. Sara Solomon is the first *FitnessX Magazine* Cover Model. Sara launched the *FitnessX Magazine* in Winter 2010. She received her BSc in Physical Therapy and her DMD from McGill University in 2001 and 2005 respectively. Sara is a general dentist practicing in Toronto, Ontario, Canada. Dr. Solomon writes a monthly column in *FitnessX Magazine*, "Ask the Dentist" covering a number of dental health issues. Sara is a fitness competitor, Team Bodybuilding.com athlete, spokesmodel and published writer, author of *Oxygen Magazine's* "Work Train Compete Blog" and more. Check out Sara's website drsarasolomon.com.



Laura Mak is Pregnancy Fitness Specialist for *FitnessX Magazine*. Over the past 20 years certified fitness expert Laura Mak, has used her Master's Degree in Exercise Science from Michigan State University to help others live a fit lifestyle. She has made it part of her career in fitness to be a healthy living leader, a forward thinker, and a positive woman's role model in every way when she undertakes a new project. Since her early days in training as an elite gymnast, full ride scholarship athlete, and then on to the top ranks as an IFBB Fitness Pro, Laura Mak has taken her passion for Lifestyle Fitness, Online Women's Fitness Training, and Pre and Post Natal Specialist to a level only reached by the top echelon in the fitness industry. Laura works primarily online now since she has had her son. Whether it is getting your post baby body back or your looking to improve your lifestyle through fitness, she will work with you to find the right program that works. Enjoy her radio show, youtube videos, blog posts, and shopping site for the latest in fitness. Check out her fitness clothing line, Mak Attack Fitness, available on MakAttackFitness.com.



Toni Lee is fitness model, athlete, comedian and TV/film producer. She lives by the philosophy that success is created by action. She is the perfect example of her own positive thinking as a successful businesswoman who shows that working on yourself each day results in a healthier lifestyle. Born in Seoul Korea, Toni is an accomplished pianist who has traveled the world and gained broad insights to the lifestyle concerns of diverse people and cultures and the common aspirations of health and well-being that all of humanity shares. Toni has taken her affirming message to a broad audience with television appearances on *UPN Channel 13 News* and *KTLA's* morning shows. Her fresh perspective and healthy look has also crossed over into print media with numerous spotlight articles and photo spreads for popular magazines. Toni now is following up on offers to take on a producing role for several Hollywood projects in development. The first of these upcoming projects will be a comedy lifestyle T.V. show starring Toni that spotlights her creativity and outrageously funny sense of humor. Further production updates and speaking tour dates can be found at www.facebook.com/tonileetv.



Jeanette Ortega is the Owner/Founder of Jeanette Ortega's Boot Camp and Extreme Results Fitness Studio. She is the Creator of her own "Fit Team: The Ortega Hunnies". She is a Nationally Ranked Fitness & Bikini Competitor. Jeanette has been a Fitness model for select magazines and sports clubs. She was featured in *Ms. Fitness magazine* (summer 2004) and her articles have been published in the *San Fernando Valley Newspaper* and *Oxygen Magazine*. "I am truly blessed to be practicing in my passion. My love for health and fitness has allowed me to share my knowledge with others and inspire people in any opportunity that I am given. My business has grown by leaps and bounds and I truly believe it's because of the genuineness of my passion to help people fight unnecessary disease and obesity that this country is facing today. I love to inspire courage, confidence and dedication in everyone that crosses my path---all capable of greatness--we just have to dig deep and believe in ourselves. You can visit site www.ExtremeResultsFitness.net.



Nikki Utley serves as a Producer on a host of acclaimed reality television programs such as NBC's Emmy-nominated "The Apprentice" and Bravo's top rated "Flipping Out". Nikki's passion to motivate others has led her to establish a fitness career. Currently, she's the overall winner of NPC's MuscleContest.com Bikini Masters Division 2012. She helped create *Black Fitness Women*, a support group that is dedicated to acknowledging Black women who compete or simply train and strive to promote a positive example of health and fitness. Her unwavering focus to help women know their worth and ability to succeed propels her to be a formidable force in the fitness world. You can email her at kanikanikkutley@facebook.com or check out her Facebook page www.facebook.com/kanikanikkutley.



Hedda Royce founded G-Loves in 2009 which is headquartered in Los Angeles and web-based with a domestic and an international distribution and retail business expansion plan. Hedda, Founder and President, is an active alumni and graduated Cum Laude from Tufts University with a B.A. in International Relations and Economics in 2001. Thereafter, she pursued her business education at Fairfield University with an M.B.A. degree in Finance, Summa Cum Laude. Upon graduation with her solid undergraduate and graduate curriculum in economics, international relations and business, Royce entered the investment banking field before deciding to start her own business dedicated to women's fitness. As a life-long competitive athlete and businesswoman, she knew that her niche would be in women's fitness. This led her education, work experience and passion for athletics to seamlessly found G-Loves. Royce is a certified personal trainer with accreditation from ACE and AFAA. In order to stay abreast of her fitness market, she continues to train competitive female athletes and other business professionals in Southern California. Royce also specializes in spinning for men and women and athletes at all levels.



FitnessX Model, Christine Le Monde, currently resides in Venice, California. This 51-year-old is a Level III Certified Personal Trainer at Gold's Gym in Venice., California She is also the Owner/Master Fitness Trainer/Coach of *Le Monde Fitness* -- a full-service, mobile Personal Fitness Training at home, office, beach or park specializing in outdoor sessions. Christine holds many titles as a Champion Amateur Bodybuilding Competitor in Bikini and Figure Divisions (Masters and Grand Masters), enjoys fitness modeling, and is an Ambassador for G-Loves Workout Gloves, Power Crunch Protein Bar, and Elisabetta Rogiani. You can check out her Facebook fan page, *Le Monde Fitness*, at www.facebook.com/pages/Le-Monde-Fitness.



Born a dancer, Natalie Lynn Lichtenbert started her active career in ballet, tap, jazz, modern and hip hop dance styles. Also, being very active in sports, she participated in cheer, swimming and soccer. Natalie currently keeps up her health and mental attitude while being a nationally recognized model, personal training, working as a photographer, continuing her fitness career, acting and following her environmental endeavors. She holds a Bachelor of Science in Medical Technology with extended studies in Molecular Pathology. She currently resides in Chicago, Illinois.



Miranda Hoffmann is a Certified Fitness Trainer through the International Sports Sciences Association (ISSA) and owner of *Focus Fitness by Miranda*. She has been working as a fitness professional for over four years and takes pride in helping her clients achieve their goals. Miranda's main focus is on weight loss, healthy weight gain, weight management, nutrition and lifestyle coaching, figure and bikini preparation and posing, and overall health. Whether in a gym setting, in-home training, or her corporate boot camps, you can be assured to get personal quality guidance and results. You can find out more on Miranda, visit focusbymiranda.com or contact her at mirandactf@gmail.com.



Rosie Chee "Think like a Champion. Train like a Warrior. Live with a Purpose." Lifetime natural athlete and multiple NZ National track and road cycling Champion, internationally published fitness columnist and exercise physiologist, Rosie "The Female Terminator" lives her motto; constantly challenging the "impossible", always striving to be her best; seeking to inspire and motivate others, to educate and empower them to make positive lifestyle choices that improve their quality of life. To contact Rosie, visit www.rosiesmusclerevolution.com. Photo Credit: Dan Ray.



Laurie Delaney has been in the fitness industry since 1993, teaching, learning and applying what she knows to her clients and herself. Since she received her Certification from the *American Council of Exercise*, she has also been Certified in YOGA, Pilates, Core Synergetics, BOSU Balance, Intensified Strength Training, Lifestyle Weight Management Consultant and as a Clinical Exercise Specialist. Competition life is in her blood and she enjoys the journey...whether it's first place or not. She began competing in 2000 in the Fitness Division, then moved into female Bodybuilding, and now competes in the Bikini and Figure Divisions. Laurie competes with *Fitness America*, *NPC*, *ABA*, *UNBA*, *WBFF* and *INBA/PNBA*. She sees competitions as a way to better herself and prove to women over 40 that you can not only be fit, but you can stand on stage and be proud of your hard work. You can visit Laurie's website at www.lauriedelaneyfit.com.



Lisa Lorraine Taylor has a B.S. in Holistic Nutrition, certified through ACE, AFAA and FITOUR, and is the Owner of *Taylor Made Fitness* in San Diego, CA. She is active in the fitness community serving as a Personal Trainer, Nutritionist, Lifestyle Weight Management Consultant and Fitness Practitioner. Lisa offers Personal Training online, the gym, outdoor workouts and nutrition programs. You can call/text Lisa at 619.987.9691 or e-mail her at Trainerlisa@hotmail.com.



Heather McCullough, a 30 -year-old mother of one, is a NETA certified personal trainer in Crested Butte, Colorado. Originally coming from a nursing background, she has geared her goals towards positive and preemptive health by specializing in high-altitude training for triathletes and endurance runners. Heather has trained for 9 years and, as an endurance runner, participates in mountain races anywhere from marathon distance to 150 miles. Heather also heads up a high-altitude training camp at 9,000 feet for triathletes and endurance runners/bikers in Colorado.

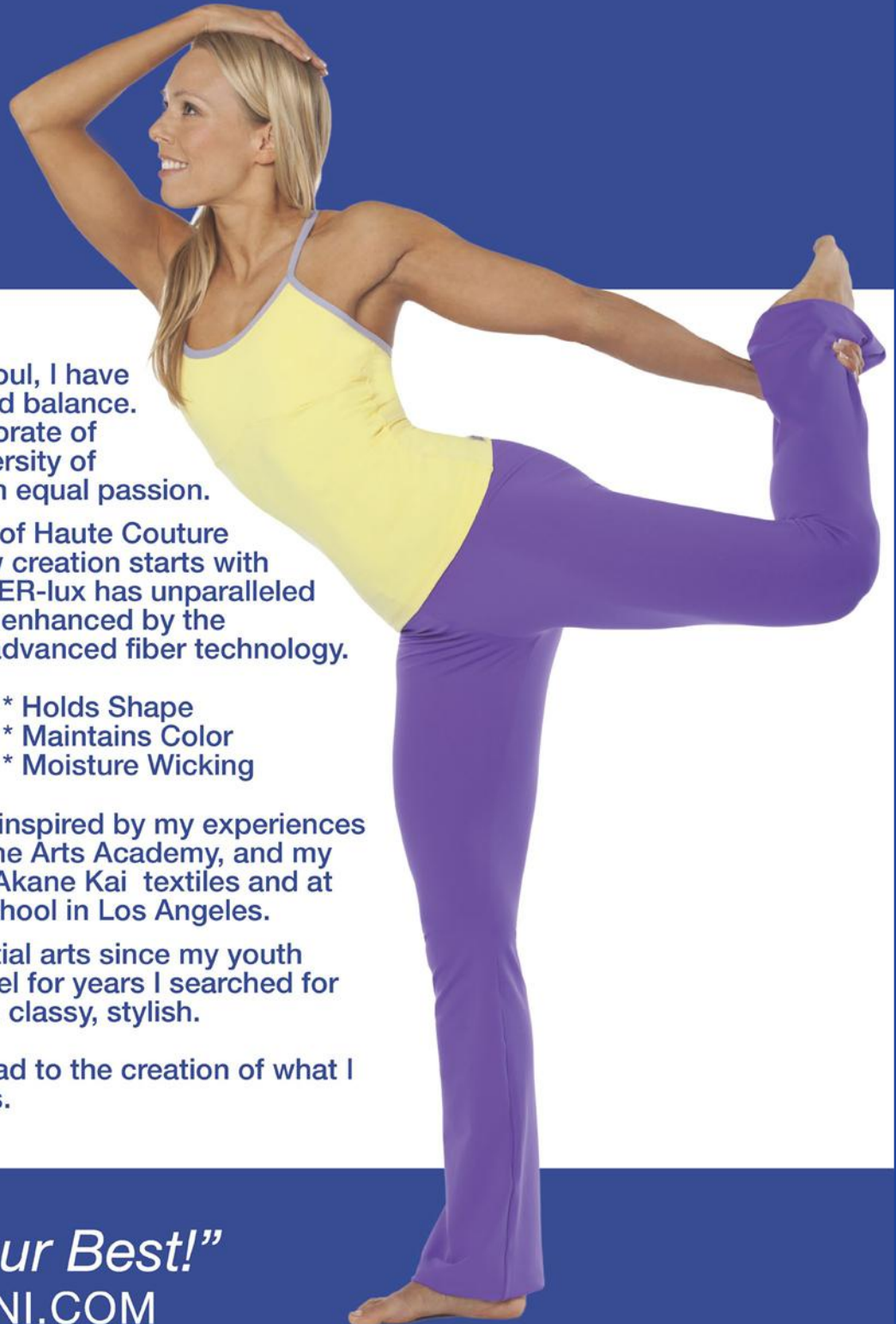


Jacquii Alexander grew up in Melbourne, "the sporting capital of Australia". A driven competitive athlete, Jacquii has enjoyed international success as a Snowboarder, and Fitness Model, and is the current Ms. Bikini America Classic Tall Champion. She is also a successful businesswoman, with an Honors Degree in Physical Therapy, an MBA, two property investment companies, and over ten years of international management experience with leading global corporations. Jacquii currently lives in Sydney with her husband Hamish, and her two cats.



ELISABETTA ROGIANI®

COUTURE FITNESS



Born in Italy, a creative soul, I have always sought beauty and balance. While obtaining my Doctorate of Pedagogy from the University of Perugia, I studied art with equal passion.

At the KOEFIA Academy of Haute Couture in Rome, I learned a new creation starts with the fabric. My signature ER-lux has unparalleled quality with a cotton feel enhanced by the performance benefits of advanced fiber technology.

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- * Moisture Wicking

My Collection colors are inspired by my experiences at the Pietro Vannucci Fine Arts Academy, and my studies at the Japanese Akane Kai textiles and at the Sumi-E Kawaii Art School in Los Angeles.

Practicing yoga and martial arts since my youth and being a fashion model for years I searched for the right pants- feminine, classy, stylish.

My life's pursuits have led to the creation of what I feel are the Perfect Pants.

"Look Your Best!"
ROGIANI.COM

Beautiful

inside
OUT

By Jenna Lobos



THE NAKED TRUTH

Q
+

Dear Jenna,

I am a business women, who entertains clients often, which includes going out to dinner and lunches. I would like to cleanse my body and partake in a detox, is there a way of doing so, without going on an extreme juice or water fast, and still go out with my clients?

A

Dear Marilyn,

This is a great question! Although there can be some benefits to juice fasting, this does not always fit into a busy lifestyle. A simple and effective way to detox is through foods high in nutrients, this allows the body to detoxify itself naturally, the way it was meant to. Start with incorporating natural diuretics, such as kale, tomatoes, cucumbers, carrots, cabbage, melon and asparagus - these are great for ridding the body of excess fluid.

Purchase organic produce, whenever possible. Avoid the culprits; gluten, soy, dairy, and sugar, which can cause allergies. For your lunches, stick to lots of fresh vegetables and salads, which will keep your energy levels high. For dinner, you can add a non-toxic meal, such as roasted fish with kale or brussle sprouts. (Option: switch lunch and dinner) Tip: start your morning with one cup of aloe vera juice, 1 squeezed lemon, and 1 tsp. of *Udo'S 3-6-9 Oil Blend*. This will alkaline your body for the day, is great for digestion, and the healthy fats in the oil will slow down the absorption of any sugars that enter your blood stream. Make sure you keep hydrated with water, herbal teas, or aloe vera with lemon. Get plenty of rest, since your body has a difficult time getting rid of toxins when it is sleep deprived. I recommend keeping to this plan for 30 days, and then for 10 days each spring, summer and fall. This will keep your body clean and free of unwanted toxins. To your beauty!



JENNA LOBOS

Health & Wellness Coach
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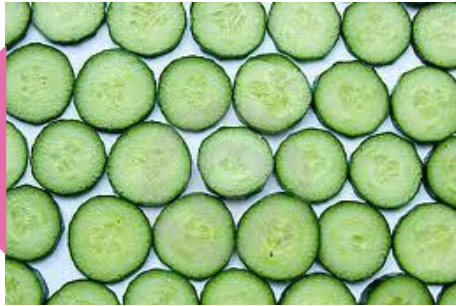
What are some ingredients you should avoid placing on your skin? Do you have skin allergies or sensitive skin? Do you want to change your daily food habits, but need healthier alternatives? *Incorporate an organic and pure lifestyle from the inside out.* What we ingest into our bodies is just as important as to what products we place on our skin. The food we eat affect our moods, energy levels and overall well being. The products placed on our skin have a direct entry to our blood stream. Many items on the market today are loaded with toxins that cause hormonal imbalances, weight gain, fatigue, and much more. As a natural health practitioner, and following a 80% raw food diet, Jenna is an expert at what she calls "beauty foods". She will answer your questions on what foods to incorporate or what to substitute to provide you with ways to add living vibrant foods into your daily routine. A developer of her own organic, paraben-free skin care line, Jenna will answer questions on ingredients that should be avoided and how to become a mindful label reader. With a column that is dedicated to answering these crucial health and beauty questions, you will be educated and inspired to make simple, yet profound changes! To contact Jenna Lobos with your questions, email beautymarkgirl@gmail.com.

beauty essentials for a healthy body



MELON: Watermelon and muskmelon contain high levels of water, potassium and sodium that aid remove toxins and stimulates urine production.

CUCUMBER: It is a better source of sulphur and silicon. These minerals work to kindle the kidneys to wash out uric and unnecessary acid. It helps to stimulate the removal of fat, and loosens the fat from the cells.



TOMATOES: These have high water content and rich in Vitamin C that helps the metabolism and discharge of water from the kidney to swill down waste.



KALE: This is another salad food which contains water. It also holds iron and magnesium. It helps to wash out fatty cells.



CABBAGE: This is a source of sulphur and iodine. It helps to purify the mucous membrane of the stomach and intestines. In addition, it assists breakage of fatty deposits particularly around the abdominal region.



ASPARAGUS: It includes asparagines chemical. This chemical removes waste from the body by breaking up the oxalic acid. It also affects the cells and break down fat.



CARROTS: These have an abundant source of carotene which velocity the metabolic rate of the body and remove fat dumps and dissipate.



Living the Grain-Free Lifestyle

by Alyssa Lemus, CPT



Pastries...pasta's...bread...oh my! With all the up to date information we all have learned that the more processed the carbohydrate source is the lower its nutritional value and the quicker the crash of energy comes (i.e. white bread, white paste, white rice). Don't get me wrong, I love the taste of these foods as much as anyone else but I would like to share something with you that I have learned over time during my long journey towards living well.

I remember one of my biggest struggles of adapting the healthy lifestyle was feeling deprived. What I mean by this was mainly having to reduce all my portions in order to stay in control of my calories. I struggled with this not because I wasn't satisfied with my food but merely because I wasn't full enough. I always made sure that all my foods were delicious because this allowed me to stay on track since I truly loved the taste of my food, but I just wasn't full enough. I tried many different strategies to allow myself to stay fuller. A few of my strategies were drinking more water, making certain meals bigger than others, moving the times of my meals around. Although these strategies did work for a period of time it never lasted because in the end it still resulted in the same problem, me still feeling hungry. So how could I possibly fix this if I wanted to make this my life? Then it hit me.

I started to look at the foods I was currently eating and began to notice that I could actually swap out some of my current

food items with other foods that were lower in calories, bigger in portion hence allowing me to feel fuller. For example, a typical dinner for me would normally include ½ cup brown rice. On a nutritional perspective, ½ cup brown rice equals 110 calories, 22 grams of carbohydrates, 2 grams of fiber and 3 grams of protein. Looking at this on a visual perspective, ½ cup of brown rice is actually quite small on the plate. If I were to swap out this portion of brown rice for broccoli I could eat 4 cups which equals 120 calories, 23 grams of carbohydrates, 9 grams of fiber and 10 grams of protein! Have you ever seen what 4 cups of broccoli looks like on a plate? It's quite a lot and it's very filling too. I eventually started to look at all food items this way. I noticed I could eat more vegetables for less calories than I could grains. Over time I began to notice that I was living grain free and finally I always felt full. The high fiber and water content in all the vegetables allowed me to feel this way. In addition, as an amazing result I have finally been able to maintain my current weight despite eating more and even training less.

It's important for me to point out that this is by no means the popular Paleo diet because I still enjoy my non fat cottage cheese, Ketogenic diet, or even Low Carb diet because I am still getting my recommended amount of carbohydrates a day even by replacing my grains with vegetables. I suggest you give this strategy a try! Just like anything else start slowly and I promise you nothing but a full stomach.

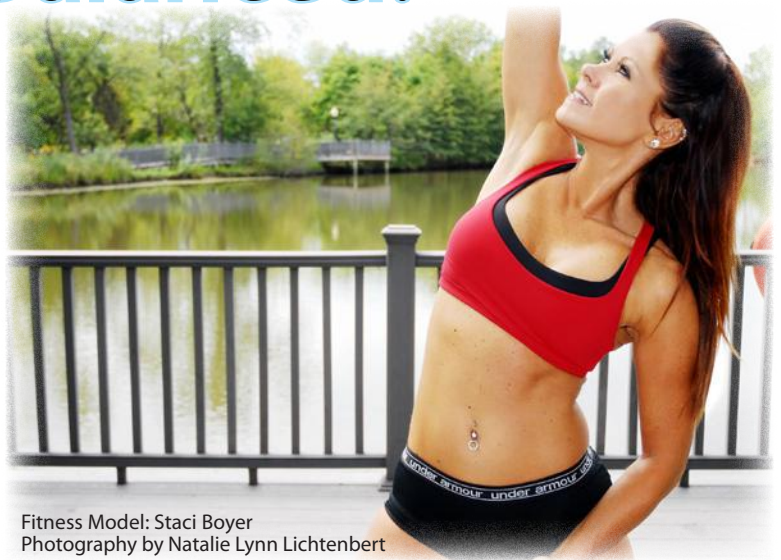


Alyssa Monique Lemus is from Orange County, California. She is a drug-free bikini fitness competitor, personal trainer, sponsored elite athlete and blogger for Quest protein bars. A recent graduate from the University of California, Irvine with a degree in Public Health, she wants to continue her education towards being a certified physician assistant and holistic nutritionist. Her passion is to motivate others reach their highest fitness goals. She believes living a fit life is an ultimate blessing. Photo Credit: BillyBow Photography.

Beautifully Balanced!

by Natalie Lynn Lichtenbert

I get asked all the time how to I manage to do so much and keep it all together. I work full-time as a laboratory scientist during the day, personal trainer in the evenings, and photography and modeling (mostly on the weekends) while at school to obtain my Master's in Zoology, train in the gym, and spend quality time with close friends, family and boyfriend. It is a lot! And sometimes I do go crazy! But, it can be done and be extremely rewarding! Here's how I do it!



Fitness Model: Staci Boyer
Photography by Natalie Lynn Lichtenbert

Mapping Out Your Goals

As with anything, you have to know what it is that you want. Writing down your goals for the day, week, month and even year help guide you to knowing what to focus on and in what order things need to get done. Sometimes this takes some deeper soul-searching in figuring out just what you really want and determining what you think you want but in the long run, you can let go. Some goals may be based on desires for self-esteem or even following someone else's goals because you respect them and want what they have. But thinking on a deeper level, you can figure out what is truly important to you, what things make you feel good doing at the end of the day and that you feel passionate about. I'll often refer people to thinking about what it was in their childhood that made them the happiest. These things often stay with us throughout our lives as interests and could truly be self-actualized as adults! I have found that

vision boards and books really help to keep it real and to keep goals fresh in your mind by referring to your visions frequently, even daily.

Setting Deadlines

Now that you know your goals, you have to set deadlines and timeframes for when you want things done, specifically to the day, week, month and year! Writing the deadlines down in ink keeps them clear and organized. Keeping these deadlines on your smartphone or a calendar you see on a daily basis helps you to remind yourself of where exactly you are heading and helps you to focus on what needs to be done to obtain your goal on a day to day basis. Write them down in order in which they need to be done and refer to often!

One Thing At a Time

Lastly, and most importantly, remember that it cannot all be done in one day and that you need to do

ONE THING AT A TIME. This means not focusing on the whole of what you want to accomplish in life but rather what you want to do that day or even just that hour. By focusing on one or two things, without worrying about the others, you are able to quickly and swiftly get those things done and move on to the next.

Be Blessed in Balance

In following these guidelines, not only will you get a sense of daily accomplishment but also satisfaction so sweet that you are content and able to sleep deeply in happiness. What is it that you want to have in your life? It CAN be done! Write it out, set it down in a timeline and plug away at it on a daily basis. Be blessed in balance!

Natalie Lynn Lichtenbert,
MT SV (ASCP), CPT (NASM)
Environmentally Fashionable &
Globally Healthy
www.natalielynn.net



Born a dancer, Natalie Lynn Lichtenbert started her active career in ballet, tap, jazz, modern and hip hop dance styles. Also, being very active in sports, she participated in cheer, swimming and soccer. Natalie currently keeps up her health and mental attitude while being a nationally recognized model, personal training, working as a photographer, continuing her fitness career, acting and following her environmental endeavors. She holds a Bachelor of Science in Medical Technology with extended studies in Molecular Pathology. She currently resides in Chicago, Illinois. Photo Credit: Mike Williams.

3 Benefits of **HIIT** Training

by SJ Nieuwma, CPT

What if I told you that you can burn more fat, build lean muscle and save time in the gym by doing less cardio? Well, with HIIT (High Intensity Interval Training), you can! High intensity interval training is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. This type of training has been used by athletes to improve performance, but it's also been shown to benefit the average exerciser. HIIT not only helps performance, it also improves the ability of the muscles to burn fat. In the hustle and bustle of today's jampacked schedule, our once firmly adapted fitness routine can go straight out the window. With the pressure to meet all of our daily requirements to our families and jobs, our goals get the back seat. Well, grab a hold of your fitness goals because I'm going to explain some amazing benefits of HIIT that will get you back on track or on a new road to fit!

Photo by Eva Simon

1 BURNS FAT

Are you guilty of spending a lot of time running nowhere on the treadmill? Listen to this-- Exercise physiologists used to believe that "steady state" cardio was superior for fat loss because relatively more fat is used by the body as fuel at lower exercise intensities than at higher intensities. The "Fat Burning Zone" shown on most cardio equipment as only 60%-65% of max heart rate is really a myth and is NOT optimal for burning fat. This is what drove lots of women to spend hours on the treadmill a week! Yes, you burn more fat relative to glycogen when going for a walk, but what we care about is total fat burn. At higher intensities, you are burning far more fat, even though the fat/glycogen ratio is lower. In addition, HIIT allows you to exercise at very high intensities for a much longer period of time than steady state, so you burn more fat.

2 SAVES TIME & MONEY

The beautiful thing about HIIT training is it can be done in the comfort of your own home, outside or even at a hotel while traveling. The exercises that can be performed during HIIT are endless. All you need is your body weight to get in a good workout with no equipment required. Exercises like, Running, biking, jump roping, and rowing all work great for HIIT, but you don't need any equipment to get it done. High knees, pop squats, or anything plyometric like jumping lunges work just as well to get your heart rate up fast! Perfect for those who can't get to a gym. With HIIT, you will be working harder than you normally work, but for about a quarter to a half of the time. Twenty minutes of this hard core training will leave you sweaty. If you are used to performing 60 minutes of cardio you save 40 minutes and get double the benefits!

3 PRESERVE HARD EARN MUSCLE

Anyone who has been on a diet knows that it's hard to not lose muscle mass along with fat. While steady state cardio seems to encourage muscle loss, studies show that both weight training and HIIT workouts allow dieters to preserve their hard-earned muscles while ensuring most of the weight lost comes from fat stores. Especially when adapting a lower calories diet, our bodies can experience a negative responses which is loss of muscle as well as fat. This ultimately lowers the person's metabolic rate which is not ideal for someone looking to burn fat. HIIT workouts along with weight training have been shown to preserve muscles mass ensuring that most of the weight loss comes from fat stores. You aren't spending enough time to breakdown muscles fibers while performing HIIT. Another huge bonus- The more muscle we have, the higher the metabolism.

There are many more positive benefits that come from Interval training, the list goes on. Benefits range from a healthier heart to increasing lung power, increased metabolism and even agility. No matter what training routine you are in currently, give HIIT a try, you won't be disappointed with the results!



SJ Nieuwsma is a published author, fitness writer, personal trainer and holistic/sports nutritionist. She chose this field 8 years ago after losing almost 30 lbs. and realized she wanted to help others do the same. Her desire to help people succeed drives her to bring out the best in each individual. As her passion grew in health and fitness, her love for writing on those topics grew as well. Over the past 7 years she has published a book, "Shedding for the Wedding" as well as contributed her writing to magazines internationally. Some of these magazines include, Ultra-Fit and Health and Fitness. SJ also writes for Supplement and nutrition companies, and guides readers on how to live fit. Photo credit: Eva Simon.

From Overweight to ATHLETE:

My Journey from Sedentary to the Stage

by Lydia Michalitsianos



Making Progress/ The RAW Truth
© MidAtlantic Photography

For most of my life, I was that very sedentary, lazy, typical person who was just sat back coasting through life, wondering where I was going to end up. All of my friends and family were in better shape than me and I had never been happy with myself. It had become apparent to me that I was considered in the “fat” range early in my life while being made fun of at school from as early as I can remember, right up through college. I was made fun of almost daily on the bus rides to school, by random people passing by me in the hallways. In the classroom I was embarrassed whenever the discussion turned into health and nutrition, thinking that everyone was looking and relating all this information to me. These feelings lasted with me even up through college I was embarrassed about how I looked. I felt like I wasn’t worth anyone’s time or even space because I felt unattractive.

AFTER



Before

After college, I decided I knew something needed to change, however I was afraid to set a foot inside a gym thinking people were going to wonder what I was doing, or watch me not being able to operate the machines correctly. Until one day I decided, enough was enough. Even if I just lost a few pounds I would be happy. After waiting for people who said that they would go to the gym with me and never went, or went ahead without me, I realized that the only person that is going to be able to change my life is me.

After Christmas 2008, I decided my resolution would be to rebuild my life, no matter what it took. It was either now or never. I wasn't sure exactly how I was going to do it, but I knew I didn't want to feel the same way, another new year from then. I opened the doors at the Big Vanilla Athletic Club and hopped on a treadmill for the first time.

I started slowly, just a light jog, maybe 3.5mph (which is now nothing!), and managed to increase my speed day by day. I continuously went back again and again, four to five days a week. Eventually got onto the stationary bike, then the elliptical, and pushed myself.

As I saw the numbers on the scale dropping, it kept me motivated to keep going and going. Eventually I moved and swapped gyms, but even after then, I hit the ground running at my new gym as soon as I was able to find one, until eventually I hit a plateau I couldn't get past... That is when I knew I wanted professional help and signed up to work with one of the gym trainers.

“As soon as I began weight training, I immediately broke through my plateau. I got help with my eating habits and exposed to a variety of things I could do.”

I knew I wanted help from a personal trainer when I walked in so I immediately signed up, with the notion to get just introduced to the machines and learn how to use them. Initially I had been way too afraid to hit the weight floor by myself with all the hardcore guys walking around, but with a trainer by my side, I felt comfortable.

For some reason, I got way more satisfaction from the burn, versus doing cardio. I even worked out harder on my own than with my trainer! She had to keep telling me to back off a bit and not wear myself out before working out with her! It was my drive to prove something to everyone who had ever hurt me or called me names growing up, that gave me the motivation and fire to keep going and workout harder.

Everything seemed to be going great towards the end of 2009. I was just about at my goal weight, still going routinely to the gym, and had even developed a love for running. At this time I was running up to 7mph! However, two days after Christmas, I suffered a huge break to my tibia and fibula after slipping on ice, and was admitted to the hospital for two days, where I received a tibial nail and screws.

As soon as I hit the ground, the first thoughts were “When will I be able to run again?,” “Oh my god, if I can't workout, I am going to get fat!” etc. For the most part, I was upset and in shock because I knew immediately, I had done something detrimental and would be out of my routine for a while.

I was on crutches, post surgery, for about four to five months up until May 2009, where even after I had gotten off of crutches, I had developed depression, bad eating habits, which eventually led to binge eating later in the year, and was lost as to where I was and why I was even working out like I was. Learning to walk again was one of the most painful things I ever had to endure, next to the initial break.

There were various different stages of pain as I was re-learning to walk again, but I knew I had to endure it, or it would not ever return to functioning normal.

Even though I was back at the gym, I couldn't remember why I was working out like I was, as I didn't have my drive like before since I couldn't do anything that intense. But day-by-day, I was able to get back into some cardio and eventually, and about four to five months later, I was jogging again. I saw a glimmer of hope, that things would eventually be somewhat normal. There was a ridiculous amount of pain, and even now, a lot of discomfort when doing any physically activity that involves my left leg, but I wasn't going to let that stop me.

Just after Christmas 2010, I suffered a major binging episode. For the first time, the thought of wanting to throw everything up to make myself feel better came to my head. That is when I realized I needed professional help with my diet. I had also developed a habit of needing to burn off everything I ate as soon as I ate it. I was afraid to eat anymore than 30-40g carbs in a day, and sleeping with food in my stomach. I would even do abs and pushups right before bed so that I felt hungry, and therefore, felt safe. In January 2011, I hired nutritionist Danielle Omar, who resides in the D.C. area who set me straight on a “normal” athletic adult eating diet. She got me eating six times a day, and showed me how to put my meals together. But it still wasn't enough. I knew it wasn't what I wanted. I wanted to look like my idols on websites such as *simplyshredded.com* and *bodybuilding.com*.

I began looking at athlete's diet plans and noticing a pattern in most of their diets. There were particular foods that I would see used over and over again, and also saw that everything was measured. I also noticed that most of

TRANSFORMATION

these people had competed in bodybuilding shows and knew that, even though I had no interest in competing at the time, I wanted to have that physique. I stumbled upon picture of a fitness model, Vanessa Tibb, with the phrase, "Train insane or remain the same" written at the bottom, and that was all it took for me to make me realize, that I need to change my routine around, or this was not going to last.

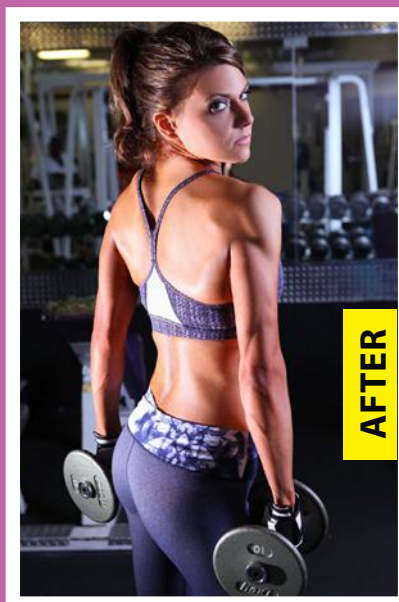
I did some research on competition trainers around my area and I have been working one on one with Stephanie and Doug Miller in Arlington, Virginia, where they have revamped my entire routine to involve more weight training and little cardio as I need to build lean muscle. It was extremely scary at first, handing over my whole diet and routine to someone I didn't know, but I came to trust them and also come to love a whole new world of fitness. They introduced me to a whole new world of fitness and gave me a new goal. I have just finished competing in my first two bodybuilding shows, in the "Figure" divisions, in one NPC show and one OCB show, as well as various photo shoots to help build my portfolio.

I could never thank them enough for what they have done. They have saved me essentially from myself. My obsession with cardio, my fear of food, and every eating disorder I had developed, have been fixed with the diets that they write for me. It can be very strict sometimes, especially during contest preparation, but I couldn't imagine another life. It's hard to stay prepared all the time, have everything cooked and packed if I plan to be away for some time, but I love it and wouldn't go back to the way I was eating ever. I love what I eat and even developed a love for cooking. I am looking forward to continuing to work with them and help me prepare for my next shows after I take some time to build up some more muscle, and eventually want to make my newly found passion my career as a fitness instructor as well open my own gym. I want to help others now because I know how it feels to suffer and be unhappy and feel like you don't deserve to be around others, so I want to motivate others and make them know that they can do it, and that anyone can change their life for the better. I have also started a Facebook athlete page at

<http://www.facebook.com/relentless-willfor> myself to help inspire others and so that they can follow me on my fitness journey as I continue to grow into the industry. competition trainers around my area and I have been working one on one with Stephanie and Doug Miller in Arlington, Virginia, where they have revamped my entire routine to involve more weight training and little cardio as I need to build lean muscle. It was extremely scary at first, handing over my whole diet and routine to someone I didn't know, but I came to trust them and also come to love a whole new world of fitness. They introduced me to a whole new world of fitness and gave me a new goal. I have just finished competing in my first two bodybuilding shows, in the "Figure" divisions, in one NPC show and one OCB show, as well as various photo shoots to help build my portfolio.

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Before



"I want to help others now because I know how it feels to suffer and be unhappy and feel like you don't deserve to be around others, so I want to motivate others and make them know that they can do it, and that anyone can change their life for the better."

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How to Deal with MOTHER NATURE

by Jodi Tiarht

Do you dread that time of month simply because you are faced with every symptom in the book? Do you feel like you some days you can barely get out of bed because you suffer from terrible cramps, cravings, bloated, fatigue and moodiness? Do you crave certain foods when PMS strikes?

Instead of giving in to your cravings, decide what it is you are exactly craving. If it is sugar, try eating more whole grains, yams, squash, apples and cooked fruit. You should also have less meat, salt and dairy products when craving sugar. If it is salt you are craving, you should have more seaweed, black beans and vegetables and cut back on sweets, fats, alcohol, meat and grains. If it is fat you are craving, you should have more protein, beans, fish, chicken and eggs and less grains, fruits and salads. There are also certain foods that help alleviate PMS symptoms.

Try incorporating these foods in your diet and see how you feel.

1. **Have a large glass of milk.** Studies show that 1200 mg/day of calcium has a positive effect on a woman's menstrual cycle by balancing estrogen in the body. If you don't like milk, try veggies like broccoli or kale that are calcium rich foods.
2. **Have some salmon or sardines.** These fish are high in omega 3's which helps to reduce menstrual cramping and they are also loaded with calcium.
3. **Have oatmeal and bananas for breakfast.** Because both these foods are high in Vitamin B6, they reduce symptoms like breast tenderness, water retention and moodiness.
4. **Snack on seeds and nuts,** specifically pumpkin seeds, sunflower seeds, peanuts and cashews. These foods are high in magnesium which helps reduce bloating and moodiness.
5. **Have some pineapple for dessert.** Pineapple is full of manganese which is shown to increase mood and decrease water retention. Not a fan of pineapple? Then try brown rice, garbanzo beans and raspberries which are all high in manganese.

If you are one of the unlucky ones and suffer from cramps, bloating, breast tenderness, headaches or food cravings, your hormones may need to be balanced. To balance your hormones you need to reduce stress in your life, drink lots of water to flush out toxins and get your circadian rhythms on track. You can also balance your hormones through your diet. Eating cruciferous vegetables like cauliflower, broccoli, brussel sprouts and cabbage help the liver to metabolize excess estrogen. It is also important to eliminate

natural and artificial sugars from your diet and eat foods that help block estrogen like nuts, avocado and olive oil.

Hopefully by making these diet changes, they will help you to feel energized and get you through a workout. Working out while mother nature is visiting will also help alleviate cramps, bloating and help you to feel energized. Even committing to 20 or 30 minutes a day will help you feel better and alleviate some of the symptoms.

Try these techniques next time mother nature pays you a visit to help alleviate those awful PMS symptoms. Make these changes next month and your body will thank you!



Jodi Tiarht is a FitnessX Magazine cover model and staff writer who excels as a fitness, figure, bikini and sports model champion. She has competed in over 42 competitions with 36 1st place titles. She is an international drug-free competitor having competed with the ABA, INBA, Fitness America, Ms. Fitness, FAME and NPC fitness organizations. As a life-long athlete, it was during high school and on through college, where she discovered her passion for health and fitness, which has become a lifestyle. Currently, Jodi is a certified ISSA Personal Trainer, Pilates & Fitness Pole Dance Instructor, Nutritionist, Motivational Speaker, Fitness/Sports Model and Actress. She also works as a spokes model and blogger for Quest protein bars, Haute Living Magazine and FitnessX Magazine. The multi-talented Tiarht has over 10 years' experience in the field of personal training, nutrition, speaking, and is motivating and inspiring men and women of all ages through her unlimited accomplishments and ability. She defies the perception of women in the fitness industry as genuinely beautiful and feminine from the inside out. Photo Credit: BillyBow Photography

Spiritual Fitness: Reach out of your Comfort Zone

WELLNESS

by Ms Fitness America Sherry Goggin and Pastor Dean Marini

Comfort is defined in the dictionary as “a condition or feeling of pleasurable ease, well-being and contentment.” I’m sure all of us enjoy the feeling from time to time. Many of us have a favorite article of clothing, pair of shoes, bathrobe or place in our home to relax in that brings us to a place of comfort. Comfort is something we all seek on occasion. Comfort is also defined as “solace in time of grief or fear” and in that sense we all have needed comfort at some point in our lives. The bible talks about that kind of comfort in one of its most well know passages; Psalm 23. In verse 4 the writer states, “Thy rod and thy staff, they comfort me”. So comfort is not always a bad thing. It can however be a dangerous thing if we let it control our lives.

You see we as humans tend to be like running water, we seek the path of least resistance. We do it in our training and many times in our relationships. Including our most important relationship the one we have with our Heavenly Father. We want the good things that we hear that God offers his children but most of us don’t want to put in the work. We find a place for God in our hearts and lives that are comfortable for us and the lifestyle we want to lead. If the Lord lays something in our path that challenges us or calls us to a higher level of commitment, we change direction and avoid it.

So many of us fail to apply the

valuable lessons we’ve learned in our physical training to our relationship with God. It doesn’t take a Master’s degree in Physiology to know that if you continue to do the same exercise at the same resistance for too long, your body is doing nothing more than maintaining and is growing any stronger. We all seem to be able to spot plateaus in our training, but overlook them completely when it comes to spiritual growth. I’m always fascinated to watch how many people at my gym are trying the latest exercise or training regimen to see if it will benefit them. Tractor tires, chains, Zumba, Pilates, cross-fit training, and now functional training are just some of the things that have caught fire the last few years. Let’s be honest...most of us have added something new to our workouts in the last year to try and get greater results.

Yet when it comes to our spiritual training, we fall back on what’s comfortable or has always worked. We need to remember that our relationship with God is a living thing, and like all living things, if it isn’t growing it’s dying. We need to be seeking a way to get out of our comfort zone and find new challenges to help ourselves grow in Lord. Paul exhorts us in 1 Corinthians 9:24 to run the race in such a way as to get the prize. That doesn’t sound to me like we’re supposed to just lay back and keep doing the same old, same old every day because it’s always worked before. In fact

the opposite is true; God wants us to press on toward the mark of the high calling of God.

In Mark chapter 10, we read the story of Christ encountering a blind man named Bartimaeus. I’m sure by the point in his life that we begin the story; Bartimaeus had his daily routine down pat. He was sitting by the road begging, something he most likely did in the same spot every day. If you’ve ever been around someone who is blind, you know that their lives are very structured and ordered. There is a place for everything and everything is in its place. Bartimaeus would have been no different. As a beggar, he would have been wearing a cloak that was large enough so that he could wear it, while also spreading some of it out when he sat so that passers-by could drop money on to it. When he felt the money fall onto the cloak, he would pick it up and place it in the pockets of the cloak, to hide it from thieves. The cloak would have had a place for his other valuables as well, and probably held any food he brought with him to eat during the day. The cloak would have also given him a feeling of comfort and security.

But when he heard that Jesus was passing by, his mindset changed. He no longer wanted to beg of money, but wanted to have his life transformed by the Master. You see he had heard of Jesus’ healing others of their blindness. He knew that the “Son of David” could have mercy on him

and deliver him from his affliction. When Jesus called Bartimaeus to him, Mark 10:50 says he “Threw his cloak to the side, jumped to his feet and came to Jesus.” He left everything he was comfortable with and came to the Savior. When Christ heals him, he immediately followed Jesus. He didn’t turn back and retrieve his cloak; he didn’t sit back down and start begging again, he began a new life in Jesus Christ.

That’s the challenge for us each day. To seek to follow Jesus in new and challenging ways, to seek to grow daily in our spiritual

“It’s easy to fall into habits and routines if we allow ourselves to do it. It’s even easier to fall back into them when trouble or difficult times come along.”

life the way we do in the gym. As James warns us in verse 1:14 we have to be on guard not to let our desires draw us into temptation. That temptation can include the desire to be comfortable instead of responding to something challenging. But my sincere hope for you is that you will daily seek to grow in spiritual fitness the way you do in your physical fitness. That you will choose to commit to the words Paul wrote to Timothy; for while bodily training is of some value. Godliness is of value in every way, as it holds promise for the present life and also for the life to come.



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 by: BillyBow Photography.

GOING THE DISTANCE!

When to Retire Your Gym Shoes

by Monique Kabel

You know it's time to toss out the old faithful gym shirt when it looks more like a garage rag than a tank top. You also know when those small holes start appearing in your gym shorts, and it has seen better days, it is probably time to replace them. But did you know, that your gym shoes also need to be given a good once over every 6 months or sooner, depending on the mileage you put on them.

Replacing gym shoes is easily overlooked. Because we typically only wear our gym shoes while in the gym, we expect their life span to last a lot longer than any other shoe worn every day. Even though realistically, they are the pair of shoes we all own that take the hardest beating.

I recently started experiencing severe foot pains during my daily cardio sessions. After some investigation, I decided to take a hard look at my gym shoes. I remember over a year ago, going to a local sport's store and purchasing a reasonably priced pair of cross trainers. The salesman ensured me that they would be comfortable in all the different styles of training I would be performing in them. From heavy squats, walking lunges and even running.

What he had failed to mention, was that any shoe used for training, should be replaced once every 6 months or 300-500 miles, to prevent any kind of impact/stress-related injuries.

Model: Adrienne Van Lew

BillyBow
PHOTOGRAPHY

With this information, you should be able to gain some perspective on what a vital role our feet really do play. As athletes, we tend to be harder on our own bodies than the average person. In turn, we should take better care of them. Our feet carry us through life; they literally take us everywhere we need to be. We should treat them with some TLC!

Out with the old...in with the brand new shoes!

The normal force of impact for a runner is about 2.5 times the bodyweight with each footfall. Impact increases with fatigue and speed. Improper muscle adaptation to activity is related to most types of injuries and stress fractures, and also various knee problems.

Thickness in the heels can be especially harmful. Studies have shown that heels greater than ½ inch can cause significant dysfunction in the muscles which control the Achilles tendon, and even the quadriceps muscles at heel strike. Also, in one study this results in a 2.4 % decrease in one's VO2max, which is significant, and goes to show how something so small can change can impact the whole body.

Bad shoes can cause problems in the metatarsal joints as well. These problems are very common in athletes, the result of wearing shoes, most commonly ones that don't fit the properly. Over time, hammertoes, bunions, and other problems develop as the bones and joint become permanently changed.

With all that being said, there are ways to prevent damage your feet. When shopping for your fresh set of gym shoes stay aware of the following:

You should not have to "break in" a shoe before it fits perfectly. It should not have to "stretch out" to fit. Shoes should feel completely comfortable when you first put them on.

Always measure both feet while standing on a hard floor. Most people do not measure their feet when buying new shoes, even though their size may have changed. Our feet get larger with age because they spread out, especially in woman.

Allow time to find a proper fitting. It may take you a few pair of shoes or a few different stores to find the right shoe.



Monique Kabel, CPT is a sponsored fitness competitor. She obtained her Sport's Nutrition certification and started her own company, Evolution Nutrition, with the intent of helping people reach their fitness and nutrition goals. She works full time as a safety coordinator in Fort McMurray, AB, Canada and inspires to be a WBFF pro card holder and notable fitness model. Photo credit: David Ford.

AN INSIDE LOOK ON AN EATING DISORDER: ANOREXIA NERVOSA

by Holly Iglehart, BSN, RN

Understanding Anorexia Nervosa

Anorexia nervosa is self-induced starvation which results from a fear of being fat, even though the person affected is underweight (Ignatavicius, 2010). Anorexia primarily affects girls ages 16-23 falling into the middle and upper class socio-economic status and tend to excel academically (Guinzbourg, 2011). Although, the groups listed fall into the highest risk of becoming anorexic, it can affect anyone. It is important to understand and recognize the different signs and symptoms of anorexia, so that if one of your friends, family or peers is suffering from it- you can help. Physical signs of anorexia include hair loss, nausea, vomiting, swollen or bleeding gums, dry skin, fat loss, muscle wastage, anemia, disorientation and an increased heart rate (Ignatavicius, 2010).

Peer Pressure

The pressure to be thin can be overwhelming; it is seen in media through advertisements, in runway models and actresses or even through pressure coming from your peers and friends. When a runway model is a size 00 it makes a statement as to what is considered the ideal woman which places pressure on society to be thin. This causes young women to have an altered body image and poor self esteem. It is important to realize that these standards that have been set for runway models and actresses are not sustainable and many of these women suffer from eating disorders and are not living healthy lifestyles in order to maintain their rail thin physiques.

Healthy Diet, your Key to Success

Implementing a healthy balanced diet, rich in vitamins and minerals is the foundation of beating anorexia and will provide your body with the energy it needs. Without fuel, the body cannot properly function and will waste muscle, lose excessive fat and will eventually harm your internal organs. Fuel your body with lean proteins, whole grains, fruits, vegetables and healthy fats and not only will you look good, you will feel good too.

Get Help

If you know someone who is suffering from anorexia, provide support and help them access valuable resources that can help them. The National Association of Anorexia Nervosa and Associated Disorders, <http://www.anad.org> is an excellent resource which can help find treatment options, support groups and provides information on anorexia.

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Holly Iglehart earned her bachelors of science in nursing degree with her RN with a minor in health. She was a college track athlete and now is a professional natural bikini competitor for the IFPA. Holly also competes in the diva bikini model category for the WBFF. You can find her on facebook at WBFF Diva Bikini Model Holly Iglehart (www.facebook.com/bikinimodelholly).



GOLF ... Anyone?

by Natalie Lynn Lichtenbert

Has anyone noticed just how competitive and large the game of golf has gotten lately? Today's players are athletes at their best, playing for big bucks!

Whether you golf in tournaments or just hit the ball to get outdoors, the proper warm-up can help get your golf swing off to a good start!

These key stretches and exercises will get your body warmed up quickly...allowing you to waste less balls before you start hitting good at the range...or before you make it to the third hole!

For these drills, you will need a small medicine ball, a set of light weights, and one of your golf clubs.



Photos by John Lathrop

1

Forward Lunge with Overhead Lateral Reach

The first exercise involves a kneeling with the right knee resting on the ground and left leg forward (with left knee up). Then, stretch the opposite arm up and over to the left side. Then switch legs and repeat on both legs for a total rep count of 15 each side.



2

Rotator Cuff Stretch

With a club or weighted bar, standing feet hip distance apart, start with the bar held at each end, arms down in front of you. Gently raise the bar up and behind your back, bending your elbows. Bring bar up and over to the front to return back to your starting position. Repeat this drill 10 times.



3

Overhead Squats

Next, warm up your legs performing 12-15 squats with arms overhead holding a club. Your legs will be doing a lot of work and will need to be loosened up!



4

Single-Leg Dead Lift

Continuing with your legs, performing the Single-Leg Dead Lifts with light weight will not only engage and warm up your hamstrings, but also help with your core and balancing. Very important when moving through that swing! Go for 12 per leg!



5 Side Plank

I cannot emphasize enough the importance of a strong core! On the ground, prop yourself up onto your elbow, being sure to lift up through your shoulder...no sinking! Stack your legs and feet so that they are parallel while extending the top arm straight up into the sky. Hold for one minute and then repeat on the other side.



6 Lying Bridges

Moving on to further warm up your body, lay on the ground while holding the light weights. Lift your hips up while extending one arm up into a chest press and lower it back down in a controlled fashion. Alternate arms for a full repetition. Perform 12-15 repetitions.



7 Russian Twists

This last exercise is for ever important core! Sitting on the ground with your knees up with toes just touching the ground, lean your back slightly back while keeping it straight. Holding a medicine ball, twist from side to side, touching the ground just lightly with the ball. Both sides equals one repetition. Perform a set of 15.



Go through this sequence of movements three times prior to getting started at the tee. It should only take about 15 minutes - and bam! - you're done, and hitting like you've been swinging at the ball for a half hour already! Have fun!



Blueberry Chia Kale Salad

Photo by James Patrick

Created by The Fit Mom Diet Team Kim Miller and Shannon Dougherty www.FitMomDiet.com

Serves 4

Salad Ingredients:

3 bunches of kale, stemmed and chopped
 1 cup fresh blueberries
 1/3 cup dried cranberries or unsweetened dried cherries
 2 medium carrots, peeled and shredded
 1/3 cup chia seeds, toasted
 1/3 cup sliced almonds, toasted
 1 tablespoon chopped fresh mint leaves
 Ginger Soy Vinaigrette (see recipe)

Directions for making salad:

1. Combine kale, blueberries, carrots, dried cranberries, chia seeds, almonds and mint in a medium bowl and toss well.
2. Drizzle with the vinaigrette and toss again.
3. Season to taste with salt and pepper. Serve salad right away.

Ginger Soy Vinaigrette Dressing Ingredients:

2 tablespoons soy sauce or Braggs Amino Acid
 2.5 tablespoons rice wine vinegar
 1 tablespoon water
 1 teaspoon minced fresh ginger
 1 teaspoon honey
 1 tablespoon sesame oil
 2 tablespoons peanut oil
 Salt & Pepper to taste

Directions for making Ginger Soy Vinaigrette Dressing:

Combine all dressing ingredients and whisk together until blended.



Kim Miller and Shannon Dougherty represent the Fit Mom Diet Team. They are both nationally published writers, active fitness models, moms, bloggers and advocates for health, wellness and clean eating. As a two-time fitness magazine cover model, Kim's images and articles can be seen in a wide variety of publications where she writes on health, wellness, cooking, fitness and parenting. She is also a widely published fitness stylist, coach and the exclusive fitness blogger for The AZ Republic Newspaper. Shannon's image currently appears on the cover of The Training Edge Magazine, The National Academy of Sport's Medicine's publication. Her recipes have appeared in national publications and her images can be seen in conjunction with a variety of companies. Kim is certified trainer, sports enthusiast and health expert. Photo Credit: Natalie Mihn.



TEN COMMANDMENTS of BOOTY Tightening (PLUS+ A FEW MORE)

ALICIA MARIE is an *INTERNATIONAL fitness supermodel* and *veteran health lifestyle writer*. Alicia Marie decided that she wanted to get into fitness at the age of eight after spotting a comic book shot of DC Comic's Wonder Woman kicking the pants off some bad guys - while decked out in star-studded little shorts.

Fast-forward a few short years (and even fashion runways) later and ALICIA is now a *published author (The Booty Bible)*, an internationally recognized television and multi-media personality, a magazine cover model, a fitness wear designer (Alicia Marie by Rogiani) and a celebrity health guru. Not only does she pen her own column, *ASK ALICIA*, for many magazines and websites like *Oxygen Magazine* and *Fitness Magazine*, to name a few, but Alicia also opened a couple fresh cans of whoop-booty on MTV: Music Television as a MADE fitness coach and as one of the featured health experts on "Kirstie Alley's My Big Life".

In addition to writing fitness books -- she is currently the Editor-in-Chief of www.fitPOP.com, a fun, informational fitness and pop culture web destination for women AND the star of her own health and nutrition video series, "Alicia Marie's CARDIO WORLD" (WATCH NOW on FitPOP.com or on the series' YouTube channel).

Alicia is a NASM elite fitness coach with a degree in Neuroscience from the University of Connecticut and she has completed Broadcast Journalism studies from Columbia University...and yes, that is her rear in the Jergen's body lotion advertisement!

GET LEAN TIPS & TUSHIE-FIRMING 'FABOOTYLOS' NUTRITION & DIET FACTS



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Lauren writes: *A fitness model that is more concerned with straight-shooting us mere mortals than filling a book with pictures of themselves and advertisements for the products they endorse. Alicia Marie is the best in the business, and she answers every question one could possibly have regarding getting in your booty shape."*

D. Smith writes: *"Fun to read! Alicia did a great job. Finished the book in an hour. Straight forward and easy to understand!"*

Fitness Model: Alicia Marie



“Your body can
do anything!
It’s your brain
you have to
convince.”

FITNESSX

Inspiring You to Live Well... Naturally!

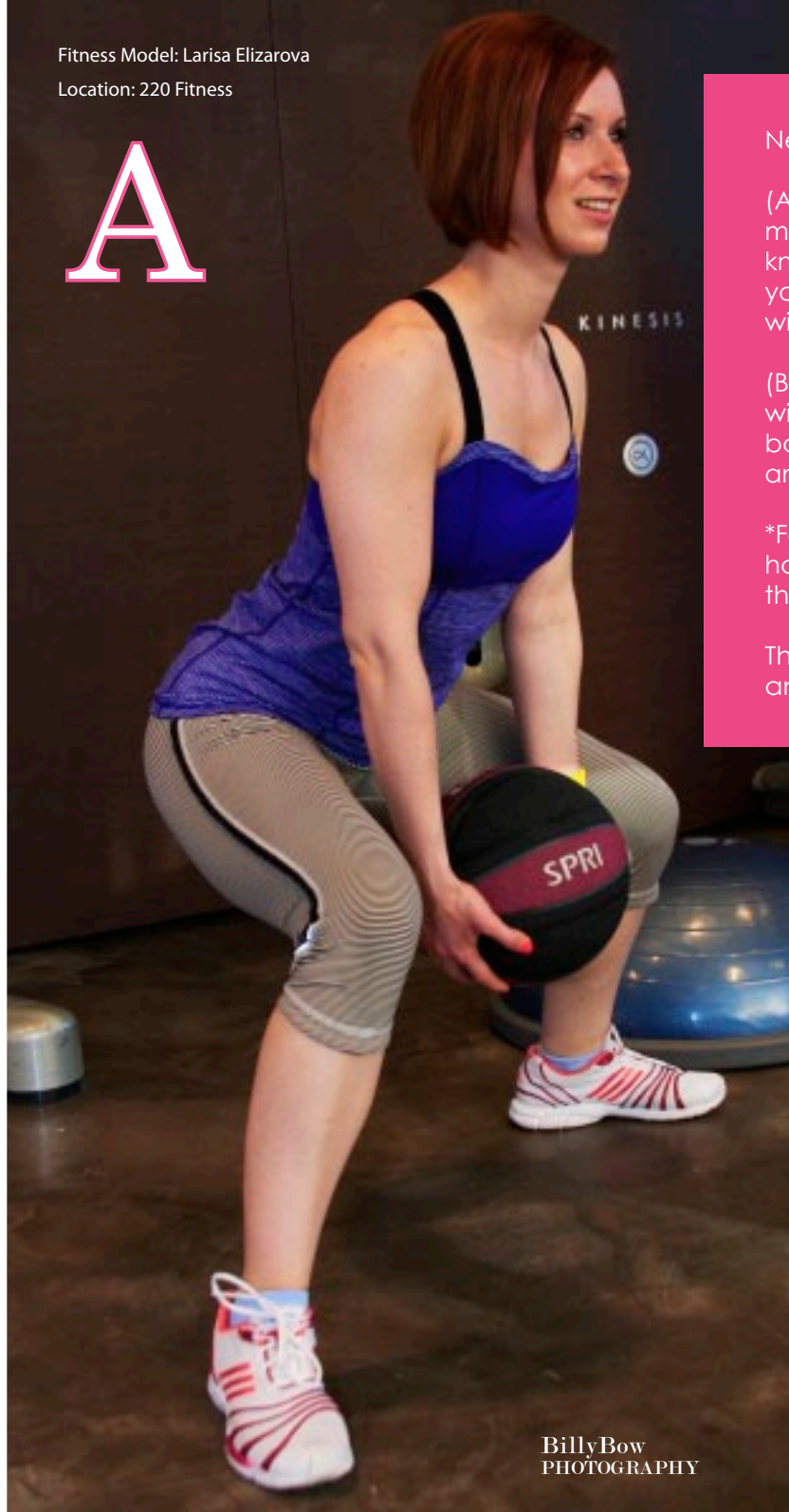
B-HOUSE PHOTOGRAPHY

Medicine Ball Scoop

Fitness Model: Larisa Elizarova

Location: 220 Fitness

A



BillyBow
PHOTOGRAPHY

Needed: 6-10 pound medicine ball,

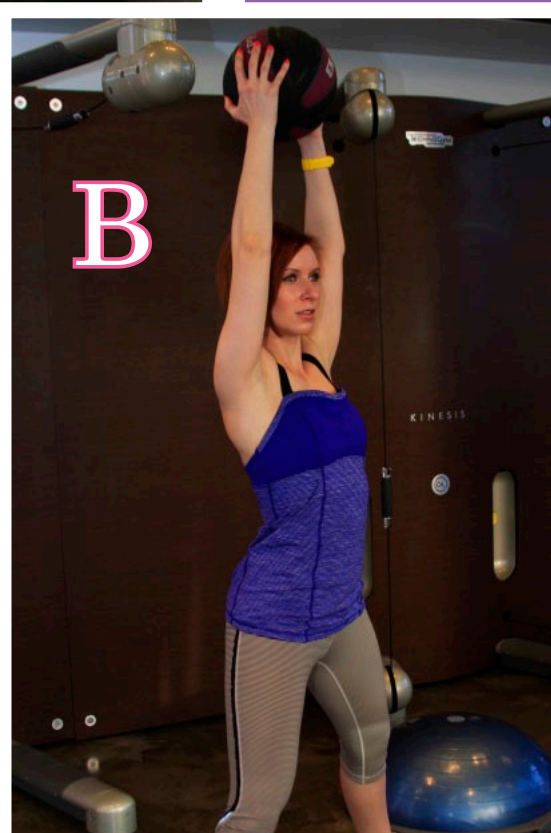
(A) Start in low squat position with medicine ball in hands, ball between knees. Push up through the heels using your legs while straight arms follow with medicine ball in hands.

(B) Stand up into full standing position with arms above head with medicine ball. Lower again into squat position and start over.

*For increased intensity: Add a jump/hop as you rise and land back into the squat.

This movement works the legs, core, and arms.

B



Fitness Model: Kat Aguirre

“Fitness is
more than
just the physical,
it’s more about
the journey of
the mind & spirit
to reach your
destination.”

B-HOUSE PHOTOGRAPHY

Shoulder Supersets

Toned and sculpted shoulders top the list of the many benefits you will receive from doing the right women's shoulder exercises. Another advantage is that developed shoulders automatically make your hips and waist look smaller. Besides helping you maintain good posture, it also allows you to wear a more extensive variety of clothes; and look much better in them. Many women want to work on their shoulders, but clueless in what exercises to perform. Shoulder muscles are primarily compromised of the front, rear, and side deltoids. To shape them effectively, you need to work all 3 parts evenly using a variety of equipment. Supersetting is an excellent way to achieve the look you want!



Photos by Kounelli Photography - Manny Zervos

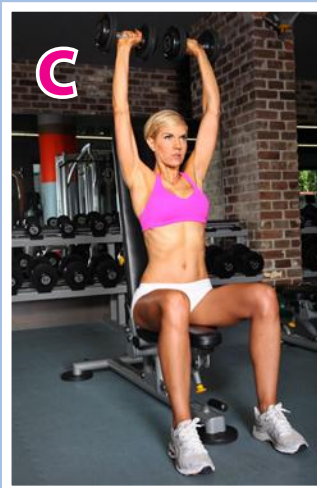
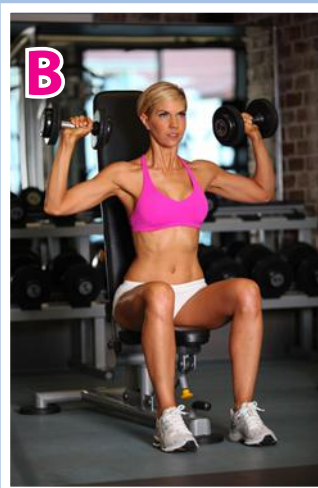
Fitness Model: Jacquii Alexander

1

FRONT, SIDE, & REAR DELT SUPERSET:

Arnold Press & Rear Delt Raise

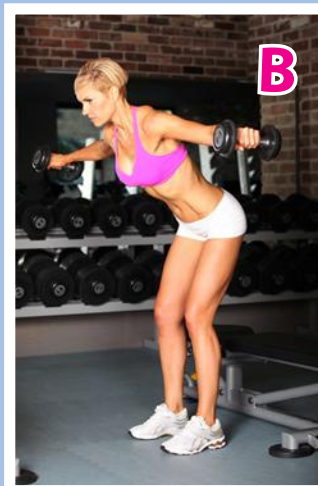
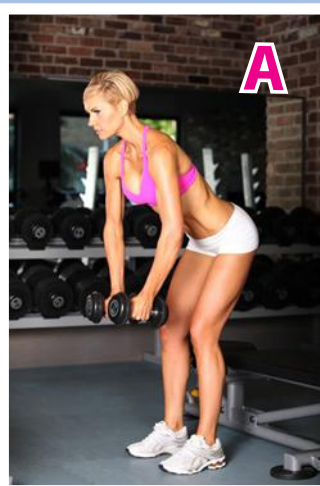
Perform 3 supersets of 15 Seated Arnold Presses, then 15 Dumbbell Rear Raises (Rest 1 minute between each set)



Seated Arnold Press

This is a compound movement that targets the whole shoulder, and also uses the smaller muscles around the shoulder joint for stability.

- (A) Hold your dumbbells directly in front of your shoulders. Make sure your palms are facing you.
- (B) Press dumbbells up and over your head. Turn your wrists at the same time so that your palms face away from your body at the top.
- (C) Reverse the movement back to starting position.



Rear Delt Dumbbell Raise

This is an isolation movement that heavily targets the posterior deltoid muscle.

- Stand with feet shoulder width apart and soft knees, holding a plate or dumbbell in each hand.
- (A) Keep abs tight and back flat, and bend at the waist until your upper body is close to parallel with the floor.
- (B) Keeping the back of your hands facing up and elbows slightly bent, slowly raise both dumbbells towards the ceiling until they reach shoulder height, then lower.

2

FRONT & REAR DELT SUPERSET: Front Raise & Reverse Machine Fly

These two moves target the anterior head (front raise) and posterior head (rear flies) of the deltoid.

Perform 3 supersets of 15 Front Plate Raises, then 15 Rear Delt Machine Flies (Rest 1 minute between each set)

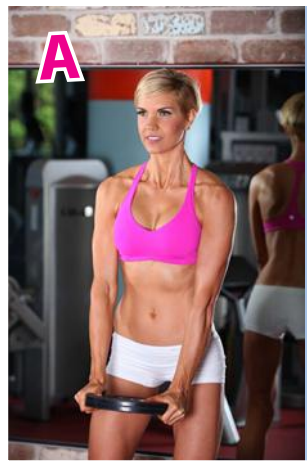
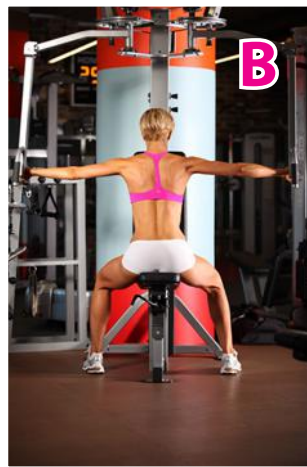
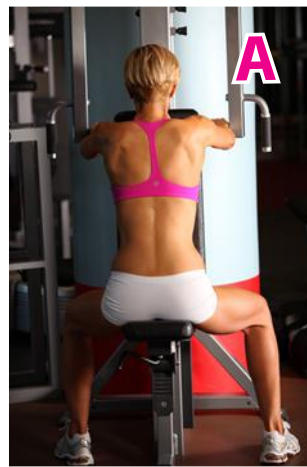


Plate Front Raise

- (A) Hold a plate or dumbbell in both hands in front of your body with your feet shoulder width apart.
- (B) Slowly raise plate towards the ceiling, keeping your elbows straight until it is above head height then lower.



Rear Delt Machine Fly

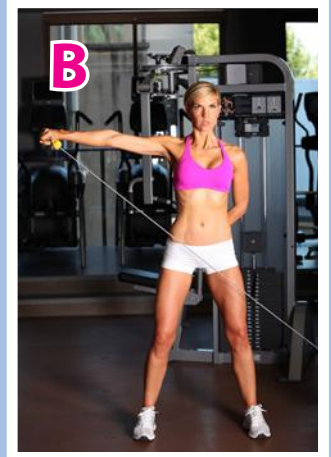
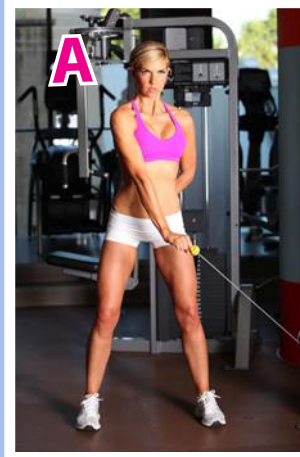
- Grip top bar (palms down) with good body alignment. Squeeze together (retract) shoulder blades. Keep elbows and forearms parallel to the floor throughout entire exercise.
- (A) In a controlled motion, keeping elbows up, pull bars out and back as far as possible.
- (B) While maintaining the controlled motion, return to starting position.

3

LATERAL DELT SUPERSET: Lateral Raise & Upright Row

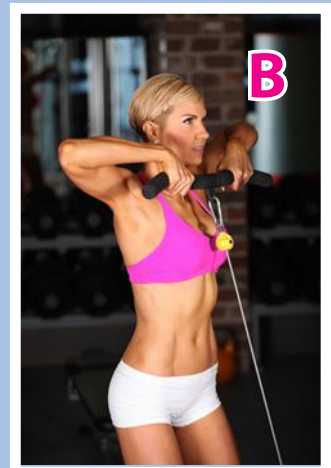
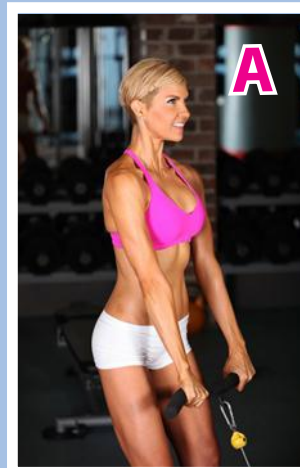
These two cable moves target the lateral head. Be sure to keep the hands at least shoulder width apart in the upright row to avoid the trapezius doing all the work.

Perform 3 supersets of 15 Cable Lateral Raises (each side), then 15 Cable Upright Rows



Cable Upright Row

- (A) Stand facing a low cable with a straight bar and feet shoulder width apart
- (B) With hands shoulder width apart, keeping elbows high, row the bar up until your elbows reach shoulder height, then lower.



Cable Lateral Raise

- (A) Stand side on to a low cable (Left side closest) with feet wider than shoulders. Hold the cable with the right hand in front of the body.
- (B) Leading with little finger up, raise the cable to just above horizontal. Then return to starting position.

ENDURANCE TRAINING *for the*



Photo by Tony Mitchell/OAMG

Marathon Runner:

If you want to run, you need to do the mileage!

by Rosie Chee, BExSpSc

If you want to run, you need to RUN. If you want to improve your time over a specific distance, you need to run THAT distance. If you want to become better, your training needs to be SPECIFIC to your chosen event or performance. Otherwise, you can improve your speed, strength, power, and endurance, but if you've never actually done what you ultimately want to do, then you are not giving yourself the BEST possible chance to perform optimally. In the case of the marathon, you HAVE to run; you have to get in the miles. Not on a treadmill, because you can set the speed and just go, but OUTSIDE, on the road, pounding the pavement over the distance you have to run on race day. Just as resistance training is important to having the strength to maintain posture and improve the function of the muscles worked during the marathon, running the miles is important to having the ability to go the DISTANCE.

Endurance Training

Endurance training is an ESSENTIAL part of the marathon runner's training programme, and is included in ALL phases of training, even if tapering down in distance closer to competition. Running the miles allows the marathon runner to work on their running TECHNIQUE, which is important for optimal performance, as without it, the marathon runner can fatigue more quickly and therefore increase their overall marathon time. Running DISTANCES will vary throughout the course of the marathon runner's training programme, based on which phase and/or subphase the marathon runner is in, but there IS a structure to what distance is run and when.

Base 1 - Technique/Endurance

First of all, the marathon runner needs to build up the aerobic capacity to be able TO run the marathon. As they work on their technique and any muscle imbalances they may have in their Base 1 phase, they will also start RUNNING, getting IN the distance, targeting their cardiovascular fitness and conditioning their body to accustom itself to running. Distances run gradually increase as the weeks progress, building up not only in distance, but in INTENSITY. At least one of the 1-2 longer mileage days in Base 1 will be at least HALF the distance of the 42-km marathon.

Base 2 - Strength/Strength Endurance

Not only must the marathon runner be able to go the distance, but they need to be able to run over ANY terrain included in their marathon course. Thus, they cannot run over only flat distances, but they must incorporate HILLS into their training. Strength becomes a part of their running training alongside endurance when it comes to their Base 2 phase. Running distances get LONGER and the marathon runner MUST have 1-2 days where they do higher mileage, to ensure that they continue building a “base” re endurance. It is towards or at the end of Base 2 that the marathon runner will actually run the actual marathon distance of 42-km at least once, if not TWICE, to ensure that they CAN do it.

Speed – Speed/Power

Endurance is not so much the focus in the final an shortest phase of the marathon runner’s training programme, but it is STILL included, with at least one day towards the end of the week requiring the marathon runner to cover at least half the race distance.

SAMPLE ENDURANCE RUNNING TRAINING PROGRAM FOR A MARATHON RUNNER

Base 1: Technique/Endurance

	Running Intensity	Race Distance %
MON	Easy to Medium	30-35%
TUES	Day Off	----
WED	Easy	65-80%
THURS	Easy to Medium	30-35%
FRI	Day Off	----
SAT	Easy to Medium	30-35%
SUN	Easy	95-120%

Base 2 : Strength/Strength Endurance

	Running Intensity	Race Distance %
MON	Medium to Hard	45-65% *
TUES	Day Off	----
WED	Easy	90-125%
THURS	Medium to Hard	45-65% *
FRI	Day Off	----
SAT	Medium to Hard	45-65% *
SUN	Easy	135-190%

* = inclusive of hill efforts

Speed – Speed/Power

	Running Intensity	Race Distance %
MON	Submaximal to Hard	40-60% *
TUES	Day Off	----
WED	Easy	40-120%
THURS	Medium to Hard	20-60%
FRI	Day Off	----
SAT	Submaximal to Hard	40-60% *
SUN	Easy	135-160%

* = inclusive of intervals

The marathon runner cannot neglect running miles. The mileage is the “sports specific” aspect of their training that is going to focus on building, improving, and maintaining endurance capabilities required to run the marathon for optimal performance. While resistance training IS important to aiding the marathon runner with their technique and other fitness factors important to a successful marathon performance, it is the RUNNING MILES that are the most ESSENTIAL part of the marathon runner’s training program.

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“Think like a Champion. Train like a Warrior. Live with a Purpose.” Lifetime natural athlete and multiple NZ National track and road cycling Champion, internationally published fitness columnist and exercise physiologist, Rosie “The Female Terminator” lives her motto; constantly challenging the “impossible”, always striving to be her best; seeking to inspire and motivate others, to educate and empower them to make positive lifestyle choices that improve their quality of life. To contact Rosie, visit: www.rosiesmusclerevolution.com. Photo credit: Dan Ray.

Your Health Matters!



Photo by B-House Photography

Hula Hoop Away to a Fitter You!

Weighted Hula Hooping is an effective workout for the abs, obliques and back, but it also engages the lower body and provides a substantial cardiovascular challenge when done for sustained periods of time. A weighted hula hoop works exactly the same way that a regular one does but it tends to be easier to use for extended periods of time and rotates in a smoother, more fluid fashion. The American Council on Exercise (ACE) funded a study completed at the University of Wisconsin, and found that a 30 minute weighted hula hoop workout which consisted of hooping moves and twirling motions around the arms, waist, and legs burned roughly 7 calories per minute.

10 Recommendations for Cancer Prevention:

- 1) Be as lean as possible without becoming underweight.
- 2) Be physically active for at least 30 minutes every day.
- 3) Avoid sugary drinks. Limit consumption of energy-dense foods.
- 4) Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
- 5) Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
- 6) If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.
- 7) Limit consumption of salty foods and foods processed with sodium.
- 8) Don't use supplements to protect against cancer.
- 9) * It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.
- 10) * After treatment, cancer survivors should follow the recommendations for cancer prevention.

**Special Population Recommendations*

According to experts, about 1/3 of the most common cancers in the U.S. could be prevented by following AICR's (American Institute for Cancer Research) recommendations. But when you look specifically at the numerous cancers that have been strongly linked to various aspects of diet, activity level and body weight, the preventability estimates go considerably higher.

Is Coconut Oil a Super Food?



A growing band of supporters - including scientists - are singing the healing and restorative praises of coconut. They cite research and evidence to back their arguments and claim this humble, hairy fruit contains properties that can prevent, or even cure, a wide range of ailments from heart disease to Alzheimer's.

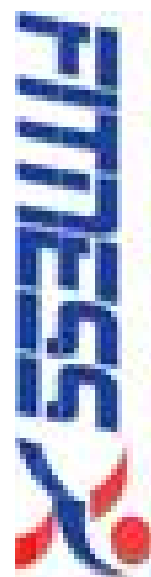
"Coconut oil is the healthiest oil on earth," says Dr Bruce Fife, who runs the Coconut Research Center in the US. While he doesn't dispute that the oil, extracted from the meat of mature coconuts, is mostly made up of saturated fat, Fife says scientific evidence shows it is a healthier version.

"Coconut oil is unique because it is composed predominately of medium-chain triglycerides (MCTs)," he says. "The size of the fatty acid is extremely important because physiological effects of medium-chain fatty acids in coconut oil are distinctly different from the long-chain fatty acids more commonly found in our diet."

"It's the MCTs in coconut oil that make it different from all other fats and, for the most part, gives it its unique character and healing properties. Few foods nowadays contain MCT. By adding coconut oil to your diet you can literally eat your way to better health."

“When you
feel like
quitting:
Think about
why you
started.”

Fitness Model: Loni Christine



Inspiring You to Live Well... Naturally!



I am a COMPETITOR... a SURVIVOR!

by Alyssian Vissat



Many of us are told we have our whole lives ahead of us, but what may come as a surprise is we don't. At any moment, someone or something can divert us away from our dearest dreams and aspirations. We soon find life is full of intersections and it's how we handle them that get us through. In one split second, a determined, young woman would stumble onto such an intersection. She would have to make sacrifices, endure pains, watch her body deteriorate, and find strengths she never knew she had.

Crystal Bragazzi, now a 30-year old woman, grew up in Littleton, Colorado. "Growing up, I always wanted to become a police officer." At 23 years old, she started working as a case manager and continuing to train for the police academy. Crystal stated, "I was in excellent shape. Probably the best shape ever." In May 2004, she was accepted into the Lakewood Police Academy commencing later in August. Crystal was getting excited when Lakewood Police Department (L.P.D.) called June 1st to inform her for a second time, they could not afford to have a police academy. "I was devastated . . . and fed up."

Her next journey would be with Las Vegas Metro; but, to her dismay, she awoke June 7, 2004 to a tender and swollen left side of her neck. She assumed it was a strained muscle. A couple days went by when her mother demanded Crystal see a doctor. On June 11th, she visited her doctor explaining how she wanted to continue her training but not cause anymore damage to the assumed strained muscle. The doctor briefly felt her neck and informed Crystal, "That's not a muscle. It's a lymphoid . . . you have cancer!" At that moment, Crystal was not too sure what to think but her face looked as if she had seen a ghost. She scheduled the next step, a needle biopsy.

Four days later, the doctors' drained fluid from her lymphoid as well as scheduled a surgical biopsy. The fluid tested positive for cancer and three days after her needle biopsy, Crystal would have the biopsy to type the cancer. When it comes to lymphoma, there are two types, Hodgkin's and Non-Hodgkin's. Hodgkin's is known if caught early, to be easier to treat and chances of it coming back

are less than that of Non-Hodgkin's. Crystal soon found ways to keep her mind off what she was about to face. Crystal still planned on testing with Las Vegas Metro. She stepped up her training; pushing her self farther and harder each day. After all, a girl with cancer could not run like she could. Crystal flew to Las Vegas putting her treatment on hold. Returning home was the last thing she wanted to do. July 8th was her first appointment with the oncologist where she was told she did have Hodgkin's. It spread from her neck into her chest and treatment would be aggressive with chemotherapy and radiation. Crystal was determined not to let cancer get the best of her training. That same day, Crystal took her first steps into the chemo room.

Crystal would spend 4 hours in a room every other week until December 10th, 2004. "The worst part about chemo was how I felt after. It literally felt like someone had kicked my butt. . . my whole body hurt. Food tasted horrible. I had trouble breathing." It was after the first treatment Crystal realized training was out of the question. She would have to find other ways to stay active. She bought a dog to take on walks and named her "Kima" inspired after reading Lance Armstrong's It's Not about the Bike. Crystal ended up in the hospital twice, gained over 25 pounds, had to give herself daily injections, and started to lose her hair. Crystal spent the mornings cleaning up her hair and eventually decided to shave it. Crystal and her father shaved each other's heads. "This was a moment I will never forget." Crystal endured 30 days of radiation treatment as well as brea "I had nothing to lose and everything to gain, so I made a commitment to get back in shape, lose the weight, and compete." st surgery.

The radiation burned her throat and skin. Eating became intolerable. She lost 25 pounds in two weeks and forced herself to drink protein shakes and water. Her last day of treatments and first day of remission was February 17th, 2005. A month later, she was hired onto L.P.D. where she worked for 6 years as a beat cop, undercover, and a detective in the major crimes unit. Four years into her dream job, she went in for breast surgery. "I was at the lowest point in my life... I let myself go." Crystal soon realized just how hard it was to get her body back to where it once was, but she was up for the challenge.

Photo by Capturesque Photography

"I had nothing to lose and EVERYTHING to GAIN, so I made a COMMITMENT to get back in shape, lose weight, & compete."

Model: Crystal Bragazzi



On June of 2011, she started as a Probation Officer as well as began to reignite her passion for staying in shape. This job gave her more time to spend in "The Gym" where two of her friends were training to compete in local bikini competitions. "I had nothing to lose and everything to gain, so I made a commitment to get back in shape, lose the weight, and compete." Crystal took stage in November with the constant support of her family and team members, "The Miss Fits". She lost over 20 lbs. and looks forward to competing again this year.

We don't have forever to live; but when life's intersections hand us challenges, it is our choice on how we handle them. It is our choice to accept them. It is our choice to push through the pains and see what parts of ourselves we are willing to sacrifice to get through. Some intersections are easier than others. We can only hope for the best and continue to fight for our dreams and hopes as Crystal continues to do.

Just got off work. Looking forward to an intense back workout to take my mind off everything. I arrive at the gym, change into my gear. Madonna blasting in my ears. I strap my Zebra G-Loves on. It's go time!



I start with 5 pull-ups. Beat my record. No slip grip in full effect! I move from the seated row to dumbbells. I'm in the zone – passionate and focused on goals.

My hands are feeling protected! I get a firm grip on the rear delt machine. My back is feeling tight. Just the way I love it!



A woman strikes up conversation as I'm taking off my gloves. She says I look "glamorous" in them. "And they can handle my hardcore workout!"



I reply, "My hands are smooth and soft. There is no pain in the hand." G-Loves are the ultimate workout glove for the fashionista athlete.

Tomorrow, I think I'll wear my Leopard G-Loves for chest day!

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Natural Healing Remedies

The Rx: Mint



The Target: IBS, headaches
The Dose: 1 cup of tea daily

Chewing on peppermint can freshen your breath, but there's another reason you should try the herb. The menthol in peppermint helps prevent muscle spasms, one of the reasons peppermint oil effectively treats irritable bowel syndrome. The oil is also useful for relieving headaches. Rub some on your temples or wrists and breathe in the minty scent.

Botanist James A. Duke, PhD, author of *The Green Pharmacy Guide to Healing Foods*, recommends brewing mint tea for any type of pain. Pour boiling water over peppermint leaves and steep until the tea is as strong as you like. Add wintergreen leaves for an extra pain-fighting boost; a compound in wintergreen called methyl salicylate blocks the enzymes that cause inflammation and pain. "You could call it herbal aspirin," he says. A final squeeze of lemon will help you extract as many pain-reducing chemicals as possible from the plants.

The Rx: Salmon, Herring, Sardines



The Target: Achy back, neck, joints
The Dose: Two to three 3-ounce servings weekly

Eating fish low in mercury and high in omega-3 fatty acids can help relieve back pain. In a healthy back, blood vessels at the edge of spinal disks transport crucial nutrients to those disks. If blood flow is diminished, the disks lose their source of oxygen and other nutrients, and they begin to degenerate, says Neal D. Barnard, M.D., author of *Foods That Fight Pain*.

Omega-3s help by improving blood flow and tamping down inflammation in blood vessels and nerves. But for the full effect, you may need supplements. One study in the journal *Surgical Neurology* found that taking 1,200 mg or more of EPA and DHA per day could reduce both back and neck pain. And there are added bonuses: "Any amount of fish oil is beneficial for cardiovascular protection and mood elevation," says Joseph C. Maroon, M.D., the study's lead researcher. A study in the journal *Pain* found that people are more aware of their discomfort when they're glum. (An additional bonus: Omega-3s also may reduce brain shrinkage.)

The Rx: Cranberry Juice



The Target: Ulcers
The Dose: 1 cup daily

Ulcers are the result of a pathogen called *H. pylori*, which attacks the protective lining of the stomach or small intestine. Antibiotics are the usual cure, but you can help prevent ulcers in the first place by drinking cranberry juice, thanks to its ability to block *H. pylori* from adhering to the stomach lining. One study found that just under a cup a day for 3 weeks eliminated almost 20% of all cases of *H. pylori* infection—without drugs. But the juice becomes inflammatory when it's loaded with sugar, so grab a bottle of 100% natural cranberry juice. If it's too bitter, add water or a natural sweetener such as stevia.

The Rx: Cherries



The Target: Arthritis, muscle pain

The Dose: 45 daily

Compounds in cherries called anthocyanins—the same phytonutrients that give cherries their rich ruby hue—are powerful antioxidants that work two ways to tamp down pain. “They block inflammation and they inhibit pain enzymes, just like aspirin, naproxen, and other nonsteroidal anti-inflammatories,” says Muraleedharan Nair, PhD, natural products chemist at Michigan State University’s College of Agricultural and Natural Resources. One study in the *Journal of Nutrition* showed that people who ate a bowl of cherries for breakfast reduced a major marker of inflammation by 25%. Other researchers found less muscle pain in runners who drank 12 ounces of tart cherry juice twice daily for 7 days before a distance run.

tion by 25%. Other researchers found less muscle pain in runners who drank 12 ounces of tart cherry juice twice daily for 7 days before a distance run.

The Rx: Coffee



The Target: Headaches

The Dose: Two 4-ounce cups

Coffee isn’t just a morning pick-me-up. It’s good medicine. “Caffeine helps reduce pain by narrowing the dilated blood vessels that develop with headaches,” says Andrew Weil, M.D., founder and director of the Arizona Center for Integrative Medicine. And coffee delivers a one-two punch by reducing pain-promoting compounds and amplifying the effect of other pain relievers too. (But be warned: If you’re a java junkie, too much caffeine can have the opposite effect. When you quit, you can get withdrawal headaches. Coffee works as a headache reliever only if you don’t consume it regularly.)

The Rx: Ginger



The Target: Migraines, arthritis, sore muscles

The Dose: 1/4 teaspoon daily

This spicy root is a traditional stomach soother, easing seasickness and nausea. It’s believed to work by breaking up intestinal gas and possibly blocking a receptor in the gut that induces vomiting. But there are good reasons to eat ginger even when you’re not doubled over. Another natural aspirin impersonator and anti-inflammatory, it can offer relief from migraines, arthritis pain, and muscle aches.

There are plenty of ways to include ginger in your diet. Add it grated into Asian dishes, smoothies, and juice. Or make ginger tea by placing sliced, peeled gingerroot in boiling water and letting it steep for 15 minutes. For ginger lemonade, combine grated gingerroot, lemon juice, and honey with ice water.

Disclaimer: Nothing contained in this magazine is intended to provide health care advice. Should you have any health care-related questions, please call or see your physician or other health care provider. Consult your physician or health care provider before beginning any nutrition program as you would any other weight loss or weight maintenance program.

2 Effective Tummy Trimmers!

FitnessX Magazine Model: Christine Le Monde

Couture Fitness Clothing: Elisabetta Rogiani

Location: Gold's Gym - Venice, CA

BillyBow
PHOTOGRAPHY

It's all about technique...

The secret to getting flat abs is to do the exercises correctly. That means that the abdominals have to be very pulled in. They cannot be allowed to bunch up and poof forward. When that happens, the rectus abdominis, the outermost muscle of the abdominal muscles, is getting shorter and bunching up. This might make that muscle stronger, but it will not result in balanced development, core strength, or a flat stomach (crunchers take note!). The flat abs come from the deep scoop of the abdominals, balanced by the length and breadth of the spine. strengthens your ab and core improves your flexibility, and lengthens your midsection giving it a leaner, toner look without added bulk.

1 >>> The Hundred



Movement:

Pulse your arms up and down at your side energetically keeping time to the 5-count breath in and the 5-count breath out. Keep your head and torso still and unmoving as you pulse your arms like pressing a pile of sand on either side of your hips. Keep flattening the abdominals. Do 100 pulses.

BEGINNER Setup:

Lie on your back with knees bent, feet on the floor and arms long and just above your abdominal floor. Your head and shoulders can be lifted or down. *(See above in the pink font for the movement.)*

INTERMEDIATE Setup:

Lie on your back with feet off the floor and knees bent at a 90-degree angle. Keep your arms long and just above your abdominal floor, your head and shoulders should be curled off the floor using your abdominal muscles to support the head. Feel a fold just under the chest and flatten the tummy. Make sure to keep the spine in a flat or neutral position, keeping the mid ribcage or shoulder blades connected to your mat.

ADVANCED Setup:

Lying on your back with both legs extended out somewhere between a 90-degree and a 45-degree angle to the floor. Caution: The farther you lower your legs the harder your abs have to work to keep the spine in neutral, meaning the ribs do not pull off the mat or you will have a pain in the back! If you feel a pull in your back and cannot keep your ribs connected to your mat then raise your legs higher to the sky until you feel your tummy flatten and your back stable. *(See above in highlighted area for the movement.)*

2 >>> Crunches



Movement:

Lift your shoulders and head to the ceiling with your chin pointing towards the ceiling and not tucking your chin to your chest. Make sure not to pull with your hands. Hold for 2 to 3 seconds and then slowly return to the beginning position. Do 15-20 reps.

BEGINNER Setup:

Lie on your back feet on the floor and arms crossed in front of your chest.

Movement: *(See above in the pink font for the movement.)* Hold for one second and then slowly return to the beginning position. Do 10-15 reps.

INTERMEDIATE Setup:

Lie on your back with feet off the floor and knees bent at a 90-degree angle. Place your arms behind your head with your fingers behind your ears.

ADVANCED Setup: (Same as Intermediate.)

Movement: *(See above in the pink font for the movement.)* Hold for one second and then slowly return to the beginning position. Do 20-25 reps.

GET Your Print Copy of FitnessX Magazine at FitnessX.com!



FitnessX Magazine Models, Christine Le Monde & Hedda Royce

A reader Christina Fisher said this about *FitnessX Magazine* -- "What a great magazine! I know this is almost blasphemy, but I enjoyed reading these articles as much as *Oxygen Magazine*! Good job ladies!"



"Bravo's Flipping Out" stars, Jeff Lewis and Jenni Pulso



Michael Blanks reading the November 2012 issue!

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Up Close & Personal with Caithleen - "The Bikini Model Cook"

Photos by Jamie Watling



Caithleen Heffernan is more than an eBook Author of *The Bikini Model Cookbook*, 5-time Cover Model and Bikini Pro. When she's not in the weight room or her new kitchen goofing around, she's navigating the skies. This fit girl has been flying airplanes for over 12 years!

Life Before Fitness

I love flying for a living. The challenge for me was that, the life of a pilot can be very sedentary. Usually aviation offers very few healthy snacks on the road unless you pack them yourself. On a busy schedule away from home that can be tricky. I now use a *6 Pack Fitness™* bag and take it with me everywhere.

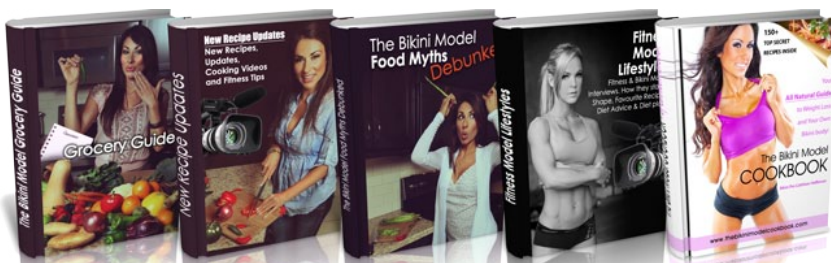
While I thought I was in decent shape, a few snaps of the camera had me see the reality of my conditioning. I decided to get myself back on track and entered my first fitness competition. I developed recipes that I could eat while training for my shows that were not only healthy but also tasted great and I compiled them into a cookbook.

With the title "The Bikini Model Cookbook", who can benefit from your cookbook, whom is it meant for?

The cookbook was intended for all women looking to get into great shape, but anyone can use it, even men. I can just imagine the looks they will get if they get caught with a copy! Because I am a fitness competitor, I understand the challenges involved in eating a bikini models or fitness models diet. The great thing about the book is there is probably close to 50 easily portable meals. It takes the guesswork out for people prepping for a show.

The recipes are mostly made with high volume, nutrient dense foods that keep you feeling full longer. The goal for me was to make the meals look and feel like a "treat" but made from ingredients I could eat all year around and still stay shoot ready.

I wish a cookbook like this existed when I first started out!



*You ARE what you eat!!!
Healthy food CAN taste great!*

What she eats on the fly?



Apple Cinnamon Portable Pancake

Ingredients:

- 6 egg whites
- ½ cup old-fashioned oats
- 1 tsp. Epicure Vanilla Extract or Homemade Vanilla Extract (available in "The Bikini Model Cookbook")
- ¼ granny smith apple, chopped
- Dash of Epicure ground cinnamon
- 1 tsp. pure organic coconut oil

Directions:

1. Put egg whites through to cinnamon in a blender, blend until smooth. For each pancake you may need to blend again so the batter is well combined.
2. Heat a non-stick cooking pan with ½ tsp. of the coconut oil over medium heat, add half of the batter into the pan and cook until there are small air bubbles on the surface of the pancake or about 2-3 minutes. Flip and cook the other side for 1-2 minutes.
3. Repeat using the remaining ½ tsp. of coconut oil for the second pancake. Cool and cut each pancake into 4 wedges.

Makes 1 serving: Serving size = 2 pancakes, cut into 8 wedges

Calories per serving: 322, Protein: 26.7g, Carbohydrates: 35.5g, Fat: 8.1g



This is my favorite recipe to take with me, when I have a busy day ahead. It's handy, tasty and fills you up for 3 hours!

What are your plans for the future in fitness?

I've decided to take a year off competing to focus on my cookbook launch. I made an appearance at the WBFF World Championships in August 2013 in Las Vegas and will also attend the upcoming Olympia to interview all the top Fitness Pro's about their diet and training strategies. Stay tuned for these interviews! I'm also starting my own cooking show and Youtube channel teaching people how easy it is to eat clean all year around.

I hope to have my second cookbook for men out by mid next year. It's a spin off from my first cookbook "The Bikini Model Cookbook". I plan to have it ready to go and launched before the summer 2014.

Having my own cooking show has been a dream of mine. I remodeled my kitchen and am now shooting recipes in it. Cooking is my passion and always will be. I want to teach people how easy it is to stay in shape and eat great tasting healthy food whether you are a fitness competitor or not.

Fun Facts



Favorite Vacation spot:

Thailand

What she has in her cooler:

Turkey meatballs, protein pancakes, fresh vegetables, fruit, homemade shakes and nuts.

Fitness Pet Peeve:

Guys that grunt and growl at the gym and slam their weights down. It's so awkward!

Cure for cravings:

1 tsp. all natural peanut butter and water or hot tea with lemon.

Favorite healthy food:

Oatmeal and Thai Red chili peppers (but not together!)

Favorite "Treat" Meal:

Pizza and any kind of cheese or chocolate. I love red wine too!

Favorite show:

Anything on the cooking network.

First Recipe ever made:

Play dough and I ate it too!

“My goal is to inspire you to become more creative in your own kitchen on your way to get your own best bikini body. Making healthy food delicious is my passion and I’ve developed hundreds of recipes that are full of über healthy ingredients, flavorful spices, and will have you looking your best in no time. ”

www.thebikinimodelcookbook.com
www.caithleenheffernan.com

Caithleen Heffernan



Women of Fitness

Fitness is more than
working out for these women--
It's a true passion, a lifestyle!

Photos by B-House Photography

Alicia MARIE

International Fitness Supermodel,
Author of *The BOOTY Bible*,
Editor-in-Chief of fitPOP.com,
co-creator/host of *CARDIO WORLD*,
MTV's 'MADE' Coach,
& IFBB Pro

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Alicia Marie is 'The Cardio Girl™'/fitness unicorn! International fitness supermodel, Author of *The BOOTY Bible*, Editor-in-Chief of fitPOP.com, Co-creator/Host of *CARDIO WORLD*, MTV's Emmy-award winning program 'MADE' Coach, Fitness Consultant on "Kirstie Alley's My Big Life" on A&E. and IFBB Pro. She is a respected fitness and health writer and has written columns and features for a multitude of women's magazines and websites including *Oxygen* magazine's 'ASK ALICIA', *Muscle & Fitness HERS*, *Fitness RX*, *SELF* and *Fitness*. Alicia Marie is a NASM Elite Trainer and she graduated Cum Laude with Honors and Distinction from the University of Connecticut with a degree in Neuroscience and Psychology. She studied writing for Broadcast and Reporting at the Columbia University Graduate School of Journalism.

STACEY NAITO

*Family Practice Physician
Medical Researcher,
IFBB Bikini Pro,
Fitness Professional,
& Fitness Model*

“

As a physician, fitness professional and IFBB Bikini Pro, I am committed to inspiring and motivating my patients and clients to pursue optimal wellness and fitness through my own healthy habits and practices. I serve as medical director at a Los Angeles-based fitness and wellness center, perform cosmetic injectable treatments, and design nutrition programs for those looking to lose weight, attain a higher level of wellness, or achieve hormonal balance through natural means. For those interested in competing, I offer comprehensive coaching to NPC bikini and figure competitors.

”



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KATIE JONES

*NPC Figure Competitor,
Interventional Radiology Technologist,
& Mother*

“

I've always dreamed of since I was 16 looking at Oxygen Magazine. Being a figure competitor, I've always stayed pretty fit but never had the confidence to go for it. After gaining 60 pounds with my daughter at 28 years old, I decided my time was now. I prepped for my first show and placed 6th! I was hooked. At my second show in San Diego I placed 3rd and qualified for nationals. The confidence I gained from these competitions changed my life. I'm now the top executive of a large fitness website set to launch in October 2012. My dreams have taken my life to a place I never knew possible. Peace love 'n muscle baby!

”



B-HOUSE PHOTOGRAPHY



**CRYSTAL
RENEE**

NPC Competitor,
Graphic Designer

“

My passion is the gym, eating right, and helping or advising people in anyway possible. I feel so blessed to be doing what I love everyday and living this healthy lifestyle. My fitness journey began October 2011 when I joined a team of amazing women that had the same hopes and goals to compete in the NPC as I did. I learned how to transform my body and feed it properly. In my first show, I won 1st in my bikini class, at the "Iron Man Magazine" in January 2012. I was hooked and competed in a couple more shows after that. That same year, I earned my BFA in Graphic Design and ISSA personal training certificate. Also, I married my supporter, best friend, and workout partner. I am currently training to step on that stage again in October and not stopping till my dreams come true. I do online training, competition prep, and also work as a design director at ISSA. I love designing national advertisements for the top leading fitness magazines and feature my fellow competitors on stage and fellow ISSA trainers. I'm creating my life and enjoy every part of it - *Always moving forward, never look back cause you're not going that way anyways.*

”



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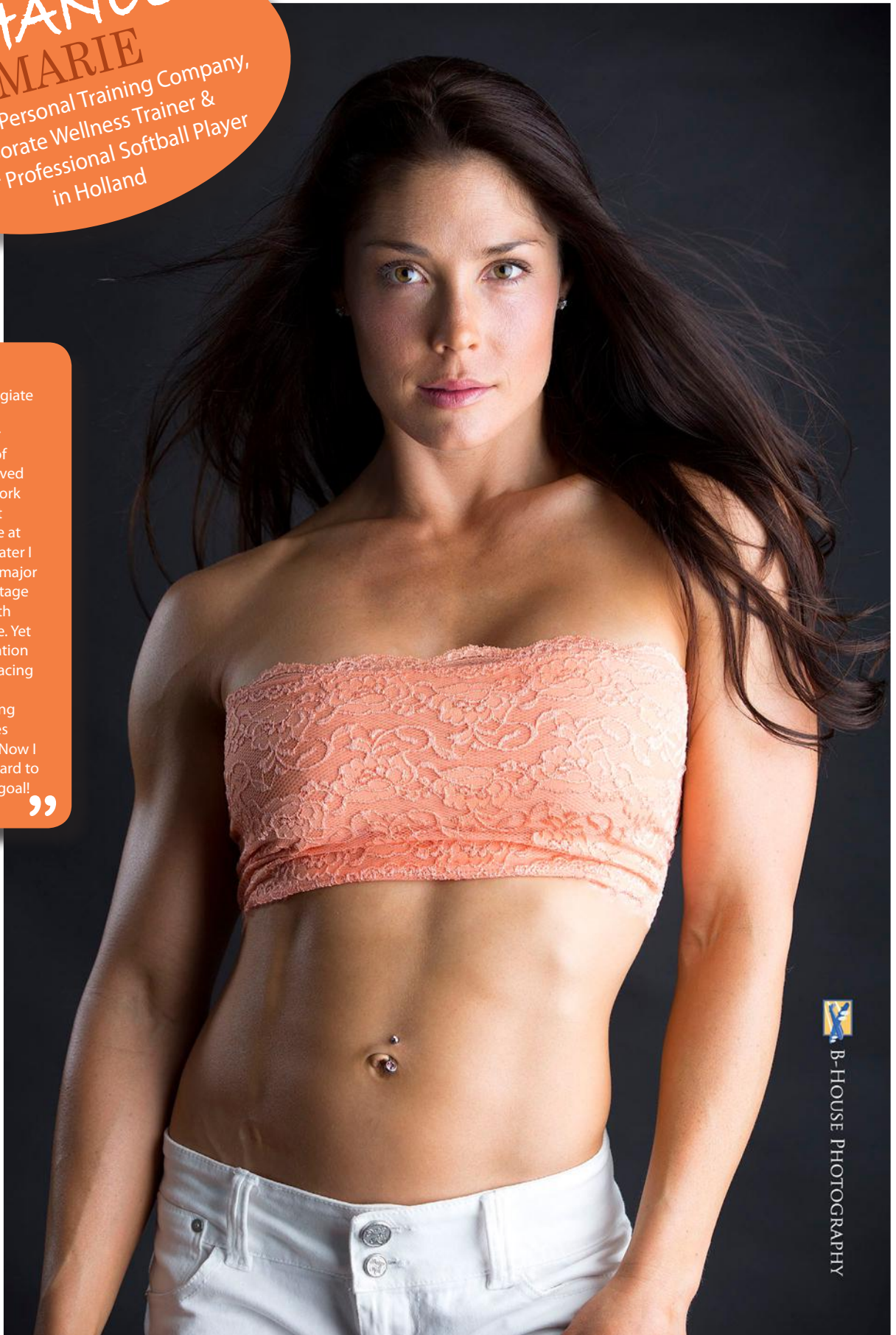
CHANEL MARIE

Owner of Personal Training Company,
Corporate Wellness Trainer &
Former Professional Softball Player
in Holland

“

As a former collegiate and professional athlete I lived for the excitement of competing. I thrived off of the hard work and dedication it takes to compete at that level. Years later I decided to set a major goal to step on stage and compete with the NPC in Figure. Yet again, my dedication led to success placing first in multiple shows and earning a National Spokes model contract. Now I am looking forward to setting my next goal!

”



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KRISTINE KELLY

Actress
& Fitness Model

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“

Fitness is a lifestyle that can be achieved by anyone who has dedication and wants to live a constant adventure! Life, so far, has been an exciting journey, as I have been exposed to healthy eating habits, workout ideas from friends, traveling and reading/writing blogs! I strongly advocate living a healthy lifestyle; which begins from within. It starts by fueling our bodies with a variety of natural superfoods and nutrients. An unlimited wealth of organic foods can be found in nature! The keyword is “variety...” Eating a variety of healthy dishes, and incorporating diversity along with the workouts we choose is very important. As we continue to grow, I recommend a recharged willingness to experiment with healthy cooking, and changing up your routine. This will lead to a healthier lifestyle and you may be surprised that you will have twice the amount of energy as you had before! Check out my lifestyle blog: www.kristinekellymedia.com

”

ASHLEY BAKER

Wife and Mother of 2,
Certified E.M.T,
Certified Haz-Mat First Responder, &
Owner of Long Live The Bully,
Pit Bull Rescue

“

I am a proud mother of 2 beautiful children. I am a fitness model, certified Haz-mat first responder, certified E.M.T, Fire Science major, and owner of Long Live The Bully, Pit Bull Rescue. I am very lucky to have a supportive husband that motivates me.

”



ANNIE
PARKER



B-HOUSE PHOTOGRAPHY



A full-page photograph of Crystal Cunningham, a fitness model, posing in a bright yellow sports bra and grey leggings. She is holding two 15-pound dumbbells, one in each hand, and smiling at the camera. The background is plain white. The entire image is framed by a thick yellow border.

CRYSTAL CUNNINGHAM



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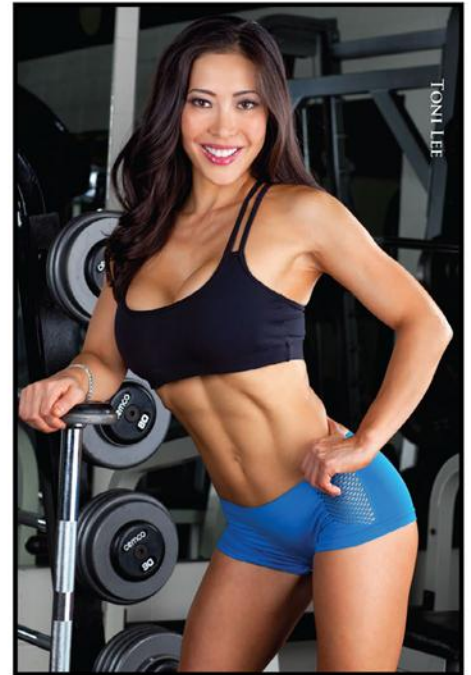


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Book your shoot!

B-House was born and raised in Los Angeles, California. He has been doing professional photography in Europe since 2003, but only for the past two years in the U.S. since returning. B-House enjoys shooting fitness. He also shoots other genres including vintage, military, sports, theatre and concert. He is based in north Orange County, is married (over 10 years) and has 5 small children. You can contact him at BHouse@BHousePhoto.com.



B-HOUSE PHOTOGRAPHY

SENIOR STAFF PHOTOGRAPHER FOR FITNESSX MAGAZINE

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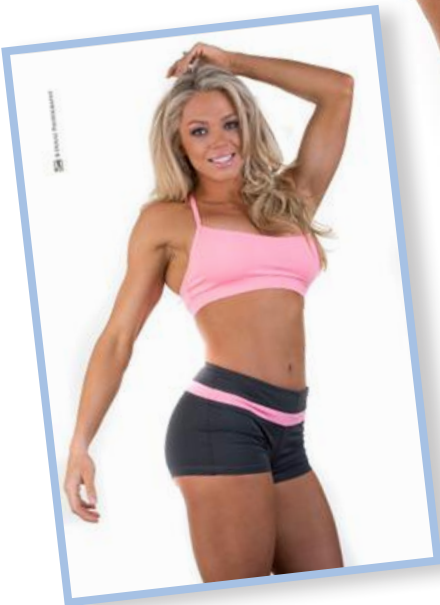
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Loni Christine

FEATURED
FIT MODEL





My name is Loni Christine and I am a fitness professional and fit model. I've been in a sport since I was eight years old and played basketball, softball, track, water skiing, biking, weight training, boxing and even Brazilian Jiu Jitsu. BUT I did have a little "hick up" along the way where I got off track mentally, physically, spiritually, and got overweight.

The good old college days took a toll on me. Late night drinking and food binging sure didn't leave much time for sports or church, let alone school. Everything went downhill for me. I lost touch with family and friends and found myself looking for acceptance through men, money, and material things. I broke down one night when I realized how unhappy and unhealthy I had become. I made a decision right then and there to turn my life back around.

I started back up on a fitness plan, went back to church, and mended family and friend relationships. It wasn't easy, but I knew persistence and prayer every day would get me through. I had rediscovered my passion for fitness and through that I have found happiness and self-love. Sometimes I get down and discouraged, but then I'll get an email from a girl somewhere in the world letting me know how my story or my post has encouraged her to live better. That is the greatest reward of all!

Today, I have accomplished many things. Among them would be getting married to the most wonderful man, having a great relationship with God, and helping other people find happiness through health and fitness, being a cover model and role model.

It's never too late, no sin is too bad, no punch is too strong, no belly too big...There's always a way out of those bad circumstances you may be in. Please feel free to send me a message for support or advice.



Visit my website: www.LoniChristine.com
Facebook: Loni Christine
Instagram: Lonichristinefit

Building a Fitness Accountability Group

by *The Fit Mom Diet Team*, Kimberly Miller & Shannon Dougherty

www.FitMomDiet.com



Photo by Brent Worley

How can we find ways to maintain fitness? Are there cost effective strategies to ensure we keep fitness a priority in our lives? A recent poll conducted by the Fit Mom Diet Team surveyed people and asked what motivates them to hire a trainer and go to the gym? By far, the answer was accountability. Respondents stated they were motivated because they were paying a trainer who expected them to show up. For many individuals trying to get in shape and improve their health, hiring a personal trainer isn't in the budget; however, many are members at their local gym and attend classes there. Attending classes at a gym or participating in some sort of group fitness activity builds community

and paves the way toward building positive relationships with like-minded people. These relationships help create accountability as missing classes doesn't go unnoticed. Others encourage your participation and as such, you are more motivated to be involved.

This begs the question, what strategies, other than just hiring a personal trainer can you implement to help stay motivated? One suggestion is to form a fitness accountability group. An accountability group is a group of people who serve to motivate you and hold you accountable for your time and effort. This idea can be adapted to any goal or profession.

Here are the steps to developing a successful accountability:

- 1 Identify other individuals who might benefit from, or be interested in, joining the accountability group.**

Who has similar fitness interests as you do? Think outside the box and invite neighbors, members of local groups with which you are associated, people from work who share your schedule, friends, Facebook contacts who live nearby, individuals you meet at social activities, teachers, and family members.
- 2 Contact a handful of people and present the idea: If you are shy, this can be difficult. Keep this in mind as you go.**

The best way to make friends is by bringing people together; some of the most fulfilling experiences in life come from making friends. Pulling a group together can not only help you stay fit, but can also help build lasting relationships. People enjoy being around motivated individuals, so put your goals out there for others. The simple fact of you saying, "I care enough to do this, and I'd like you to join me," might be enough to encourage others to participate.
- 3 Come together.**

Set up a time to meet and establish the group's goals. Have each person identify their personal fitness interests and goals, and come prepared with a list of ideas on how to get in shape. Pick a few activities that work for the majority of the group and develop an implementation plan.
- 4 Put together a schedule.**

Decide how often the group will meet. Assign each member a time when they are in charge of planning a fitness event. That member is responsible for arranging logistics, and sending out the event details as the date draws near.
- 5 Establish an online forum to hold each other accountable.**

One of the most motivating things in our fitness world is an online Facebook group of dedicated fitness people who post regularly. Although there are days when our inbox fills up with their messages, they are always inspiring. Encourage members to post their workouts and other thoughts that help motivate people in the group. This is also a great way to pose fitness questions, generate dialogue, and share information. In addition, finding a partner who you work with one-on-one on a daily basis by checking in can be empowering and helpful. Find someone who supports your goals and is also committed to their own and form an alliance.
- 6 Plan time for fun!**

Bring the group together from time to time outside of your planned fitness activities. Remember, this group should serve not only to keep you accountable, but also to motivate you to do your best. Consider signing your group up for local, fitness-related charity events or volunteer activities.

Remember, there are a lot of ways to get in shape and stay there! Going to the gym with a trainer is one, but try and think outside the box on ways you can stay motivated and be held accountable. Most important, remember that what you do every day is more important than what you do occasionally, so incorporating fitness motivation and accountability on a daily basis will go a long way toward successfully meeting your goals.

Kim Miller and Shannon Dougherty represent the Fit Mom Diet Team. They are both nationally published writers, active fitness models, moms, bloggers and advocates for health, wellness and clean eating. A two-time fitness magazine cover model, Kim's images and articles can be seen in a wide variety of publications where she writes on health, wellness, cooking, fitness and parenting. She is also a widely published fitness stylist, coach and the exclusive fitness blogger for The AZ Republic Newspaper. Shannon's image currently appears on the cover of The Training Edge Magazine, The National Academy of Sport's Medicine's publication. Her recipes have appeared in national publications and her images can be seen in conjunction with a variety of companies. She is certified trainer, sports enthusiast and health expert. Photo Credit: Natalie Minh Photography.



Tight Overnight!

Workout designed by Christine Le Monde, Level III Certified Master Trainer



Location: Gold's Gym, Venice



Billy Bow
PHOTOGRAPHY

This 5-section, multi-joint circuit incorporates high-intensity intervals while sculpting your arms, chest, shoulders, abs, back, glutes and legs.

HERE IS THE WORKOUT:

Do 10 reps of each section of the circuit. Repeat up to 10 times or for 40 minutes. Whichever comes first.

1. Sissy Squat to Lie-Back
2. Crunches with Chest-to-Sky Plate Press
3. Squat pulses with plate
4. Superman Burpee with Pull-Back
5. Box Jumps

When this workout feels like a breeze, gradually increase the weight of the plate (or kettlebell) you are holding.

Workout gloves: G-Loves www.g-loves.com

Hair/MUA: Crystal McDermott



1 SISSY SQUAT TO LIE BACK

Stand with feet shoulder-width apart holding a weight plate in front of chest. Then sit back into a squat and slowly drop hips down on the bench or floor while you lower your body down. Move your arms overhead, then move your arms forward as you push through your heels to stand back up to starting position.



Note: If you don't have a Sissy Squat apparatus, a Turkish Get-Up with a kettle bell works nicely. Just make sure you do an equal number of rounds on each side of the body.

2 CRUNCH WITH CHEST-TO-SKY PLATE PRESS

Lie on your back on the bench or floor holding a weight plate, ball or dumbbell above your chest with your arms straight. Crunch up, reaching the weight plate/ball or dumbbell as far toward to the sky as possible. Squeeze your abs and hold the top position for two seconds.

Tip: Keep your tailbone in contact with the bench or floor throughout the entire exercise. Also, do not crunch forward. Instead, attempt to reach upward toward the ceiling, which will cause better abdominal muscle recruitment.



3 SQUAT PULSES WITH PLATE

Standing upright with feet hip-width apart, maintain good posture -- Keep chest up, back flat, hands holding plate in front of chest and look forward. Squat down until knees reach 90 degrees, then just pulse the movement at this lowered position.

Tip: Make sure to keep your heels down on the floor concentrating on your body weight going through your heels. Keep knees back behind toes.

4 SUPERMAN BURPEE TO PULL-BACK

From a standing position, squat down as you kick your feet back, you go all the way down to your chest and break into a superman hold by squeezing your upper back, butt, and hamstrings. In that position, pull your elbows back (squeezing the shoulder blades together) towards the torso with palms facing down and hold. Then pop back up like a normal burpee and lift hands up over head.



5 BOX JUMPS

Stand with feet shoulder-width apart. Sit back into a quarter squat as you swing arms back. Then explosively jump (while swinging your arms forward) onto the box with a soft landing. Hold your position on top of the box, then jump back down.



FitnessX Model, Christine Le Monde, currently resides in Venice, California. This 50-year-old is a Level III Certified Personal Trainer at Gold's Gym in Venice. She is also the owner/Master Fitness Trainer/Coach of Le Monde Fitness -- a full-service, mobile Personal Fitness Training at home, office, beach or park specializing in outdoor sessions. Christine holds many titles as a Champion Amateur Bodybuilding Competitor in Bikini and Figure Divisions (Masters and Grand Masters), enjoys fitness modeling, and is an Ambassador for G-Loves Workout Gloves and Power Crunch Protein Bars. You can check out her Facebook fan page, Le Monde Fitness, at www.facebook.com/pages/Le-Monde-Fitness. Photo Credit: BillyBow Photography of FitnessX Magazine.

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Prevention of Injury: The First Steps

by Racheal Lawler

None of us ever wants to get injured when exercising. You work too hard to get injured and have a setback, major or minor. Don't we work out to get strong, stay strong, and to prevent injury? Of course! So, what do you do when you do get injured? What types of injuries seem to be the most prevalent? What should you concentrate on to prevent the most injuries? There are so many questions that arise with injury. However, today we want to discuss ways to prevent injury. There are obviously the basics, nutrition, hydration, stretching, and proper warm up. A lot of injuries that we tend to get are directly related to the sport or activity that you enjoy doing the most.

So many injuries can be prevented with a small amount of planning and time. Planning for your meals, your hydration, your workouts, and just a little extra time with warm up and cool down. Nutrition is *huge* to the prevention of injury. The proper nutrition can eliminate traditional muscle soreness, give you energy to increase or maintain your intensity throughout the entire workout and day, and reduce the risk of overuse injuries. Our bodies are made up of 65-80% of water, depending on which literature you reference. So, the obvious choice for hydration should be water to rehydrate your body. Do the electrolyte replenishing drinks have some benefit? Of course, however, we should keep these to a minimum due to the large amounts of sugar in most of them.

You should try to maintain a balanced diet with proper vitamins and minerals. The most proficient way for your body to

do this is to eat 5-6 small meals throughout the day with a balance between carbohydrates, proteins, and fats. This type of eating helps to keep your body's metabolic rate stable. This makes your workouts more effective and allows your muscles to recover more efficiently. Muscle recovery is critical to the prevention of injuries.

Stretching and warm up...I know, I know...we all know that it is important, but we only have small window of time to get our workout in the day. So, my suggestion would be to make your warm up part of your workout routine. Have you heard of a dynamic warm up? Dynamic warm ups allow you to get your blood pumping, heart rate increased, and warms up the ligaments and tendons of your joints. The basics of dynamic warm ups include light plyometrics, with stretching simultaneously, and this is combined with a quick pace. Your dynamic warm up should only last about 10 minutes. This will do wonders for the rest of your workout and your overall recovery.

Your post work out stretching should last about 5-10 minutes. This should be done with long relaxing stretches concentrating on the muscles you focused on for the workout. Your body has a stretch reflex that lasts about six seconds to protect your muscles and tendons from harm. So, long stretches would last over 15 seconds up to 30 seconds. This is the best cool down that your body yearns for at the end of a workout.

These small tips are just the beginning to prevention of injuries. They seem so insignificant; however they produce great attributes to your workout and your overall well-being.

Racheal Lawler, MS, ATC, LAT, Sports Medicine Professional with 12 years experience.

Just Say . . .

YES!

by Nikki Utley



B-HOUSE PHOTOGRAPHY



People see me and think I am a ray of light. I laugh loud, smile a lot, shout to the world I'm hot, wave my poms poms for those who need a good cheer, grace the stage in bikini without any fear, hug a friend when she can't hold back the tears...but there is an inner battle going on inside of me that people can't see.

I nearly lost the battle 5 years ago. Even though I had a great career, dressed really well, drove a nice car and looked like I was a happy, successful woman...deep down I did not like me. There were voices in my head declaring I wasn't good enough. "See, you didn't get the job to work for The Oprah Show", "...you didn't get that raise", "...you're always going to be broke", "...you ain't never going to have kids", "...you can't keep a man". I believed these voices to be true, especially when it came to men, because all my relationships with men were 'dead ends'. I dated guys who had no real interest in getting to know me beyond the parameters of my bed. Yet, I still wanted them to love me anyway.

My failed relationships with men sunk my already low self-esteem. The more my spirit sank, the more I tried to deceive the world with my outward appearance. Fake smile, fake make-up, fake hair and nails, fake clothes, fake car. Everything about me was fake. If anyone tried to pry into my life, I would shut them down. I hid from the world so no one would know what was really going on with me. I didn't want to talk to friends and if I did I was distant. I isolated myself in my apartment after work. I never went out. I stayed home and ate and ate crappy food to medicate.

I gained 15 pounds and was on my way to getting fatter. But on the outside, people saw me as this positive, upbeat woman who was just getting a little thick, no biggie. But behind my pretty smile, there was an ugly frown. Even though I wasn't considered overweight, I still had the mindset of an obese female who just gave up on herself. I felt like I was drowning in darkness. I called this darkness "the monster". It's the same monster that I thought hid in my bedroom closet back when I was eight. My mom always assured me the monster wasn't real. But I saw it. While I was frozen under the covers, I saw my monster. It was a midnight blue beast, stood on two legs with dragon wings on it's back. It had large scaly claws and green eyes that glowed.

Sometimes, it whispered my name. This was my monster. It made me feel scared, weak, and helpless. I hated the monster and wanted it to go away. So before going to bed, I decided to turn on the bathroom light down the hall too illuminate the darkness in my room. I sat up in bed, eyeing the closet. I waited for the monster to appear. It never came. It hated the light. I felt scared, weak, and helpless. I hated the monster and wanted it to go away. So before going to bed, I decided to turn on the bathroom light down the hall too illuminate the darkness in my room. I sat up in bed, eyeing the closet. I waited for the monster to appear. It never came. It hated the light. But now this monster was back to haunt me again. It enjoyed watching me fail. It fed off my fear and weakness. I became paranoid of people actually seeing the real me. I hid some more. I did not want anyone to know how ugly I truly was inside.

Then one day, I spent an afternoon with my Nana. Before my visit, I made sure I was fashionably dressed with flawless makeup. Even my hair was perfectly combed and curled. I wanted to appear happy and healthy even though inside I was a hot mess. I didn't want Nana to worry about me because I could tell she wasn't feeling too well that day. However, her spirit was strong. She liked telling stories about

when she was a young girl in Troy, Alabama, and how much trouble she and her brother would get into. She loved getting gifts for her birthday, Christmas and Mother's Day because she was a "Depression baby", and the only gifts they got back then was a good meal. She talked about all the delicious southern dishes she learned to cook and eat growing up. But then she finally said, "Be good to yourself okay baby. Don't eat the way I ate. You only have one heart, one life. Take care of it." She passed away from heart disease 3 years ago, but

“ I was tired of pretending. I wanted to be authentic from the inside out. I really wanted to beat my monster and silence the dark voices in my head that kept telling me 'no'. ”

what she said stuck with me. I needed to start taking care of me.

I thought of Nana's last words of encouragement and finally just looked in the mirror. No clothes, no make up, hair pulled back...raw looking at me. There stood the woman I didn't want the world to see. But if I was going to make a change, I had to start with the woman in the mirror.

I began a new life chapter with saying one word, 'yes'. I started to focus only on saying

'yes' to me and my life shifted. I stopped being fake. I stopped isolating and hiding. I stopped eating crappy food. I stopped partaking in dead-end relationships. I dragged my butt into the gym and kept saying 'yes' to myself even when I felt like saying 'no'. I kept pumping iron until my muscles gave out, kept climbing stairs until my legs buckled, kept "taeboing" until I passed out, and kept running until my feet hurt. Through this practice of saying 'yes' to me, I found strength. I found truth. I found worthiness. I found love. I found beauty. I started to let my light shine and my monster and the bad voices eventually went away.

So no matter what I look like on the outside, there is an inner battle going on inside of me. Everyday, I fight the mean voices and the monster that wants to terrorize me again. But as long as I continue to say 'yes' to me, I win.

Begin tomorrow with saying yes to yourself first. It's okay to be selfish. Don't worry. When you are truly happy, every one around you prospers. Believe in your worth. Believe in the power of the word 'yes' and what that means for you and then start your new journey. You will eventually see positive changes in your life. You will feel awesome. Just say 'YES' to yourself and you'll never want to say 'no' again.

"The biggest devil is me. I'm either my best friend or my worst enemy." -- Whitney Houston



Nikki Utley serves as a Producer on a host of acclaimed reality television programs such as NBC's Emmy-nominated "The Apprentice", BET's Prism award-winning "Keyshia Cole: The Way It Is," and VH-1's hit show "Celebrity Rehab". Nikki Utley is currently a Senior Producer on Bravo's top rated "Flipping Out" Season 6. Nikki's love of writing, story telling and her strong desire to motivate others lead her to establish a second career in the health and fitness industry. Nikki utilized her high school track and field experience as well as eight years of studying ballet to help launch her debut in the fitness competition world. After months of intense training and strict diet, Nikki's physique and image transformed so dramatically that she is now a healthy billboard for women nationwide to change their mind, body, and soul. Nikki's unwavering focus to help women know their worth and discover their inner power to succeed propels her to be a formidable force in the fitness world. Photo Credit: B-House Photography.



Tempeh Greek Salad Wraps

Ingredients

- 2 tablespoons olive oil, divided
- 1 (8-ounce) package organic tempeh, cut into 24 pieces
- 1 cup water
- 3 tablespoons lemon juice, divided
- 2 tablespoons plain low-fat yogurt
- 1 1/2 teaspoons dried Italian seasoning, divided
- 1 teaspoon grated lemon rind
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 2 cups bagged baby spinach
- 1 cup shredded romaine lettuce
- 2/3 cup sliced cherry tomato
- 2/3 cup sliced English cucumber
- 1/4 cup (1 ounce) crumbled feta cheese
- 1/4 teaspoon freshly ground black pepper
- 4 (8-inch) whole-wheat tortillas

Directions

1. Heat a 10-inch skillet over medium-high heat. Add 1 tablespoon oil; swirl to coat. Add tempeh; sauté 4 minutes or until lightly browned, turning once. Add 1 cup water and 2 tablespoons juice to pan; reduce heat to medium, and simmer 10 minutes, turning once.
2. Combine 2 tablespoons yogurt, 1/2 teaspoon Italian seasoning, and the next 4 ingredients (through garlic) in a small bowl.
3. Combine 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 teaspoon Italian seasoning, spinach, and next 5 ingredients in a bowl.
4. Warm tortillas according to the package directions. Spread 2 teaspoons yogurt mixture over each tortilla. Top each tortilla with 3/4 cup spinach mixture and 6 pieces tempeh; roll up. Cut each rolled tortilla in half crosswise.

Nutrition Information

(Serving size: 4) Amount per serving; Calories: 319; Fat: 16.2g; Saturated fat: 3.7g; Unsaturated fat: 12.5g; Carbohydrates: 29.8g; Sodium: 468mg; Fiber: 2.4g; Protein: 16.4g; Cholesterol: 17mg; Iron: 2.9mg; Calcium: 194mg



Personal Pan Cauliflower Pizza Crust (Dairy-Free)

Ingredients

- 8 oz chopped cauliflower florets (about 1 tightly packed cup of "riced" cauliflower)
- 3 tbsp. water
- 1 egg
- 1 1/2 tbsp. extra virgin olive oil (or use grapeseed or avocado oil if concerned about smoke points)
- 1 1/2 tbsp. nutritional yeast, almond meal, ground oats, or grated parmesan (if you're unconcerned about dairy)
- 1/8 tbsp. sea salt
- 1/4 tbsp. dried oregano
- 1/4 tbsp. dried basil
- pinch garlic powder

Directions

1. Make your cauliflower rice by either grating the pieces using a cheese grater or pulsing florets in a food processor until finely chopped.
2. In a small saucepan, bring 3 tablespoons of water to a boil. Once boiling, add the cauliflower rice to the pan.
3. Turn heat off (leave the pan on the burner), and cover the pan. Let pan sit covered for 10 minutes.
4. Preheat the oven to 400 degrees.
5. Remove lid from the 'rice', and dump the contents into a fine mesh sieve to drain a bit (there won't be hardly any water).
6. Transfer cooked cauliflower from the sieve to a clean dish towel. Wrap cauliflower in towel, and squeeze out excess water.
7. In a bowl, mix the egg, oil, and remaining ingredients. Then add in the squeezed cauliflower.
8. Mix everything until well combined.
9. Pour contents of bowl onto a parchment paper-lined cookie sheet. Using a spoon, spread the mixture out into the shape of a small, round pizza (it should be about 1/4 of an inch thick). You can also use your spoon to create a little crust, if you like.
10. Place the pan into the oven, and bake the pizza for 40 minutes.
11. Remove pizza, and increase oven temperature to 450 degrees. Top the pizza as you desire.
12. Once the oven has heated up, replace the pizza, and bake for 6-7 more minutes until toppings have cooked through.
13. Remove the pizza, cool, and enjoy!

Nutrition Information

Serving size: 1; Calories: 200; Fat: 11.9g; Saturated fat: 2.4g; Unsaturated fat: 9.5g; Trans fat: 0g; Carbohydrates: 15.1g; Sugar: 5.9g; Sodium: 368mg; Fiber: 7.1g; Protein: 12.4g; Cholesterol: 164 mg



Mango Berry Fruit Salad

Ingredients

- 2 mangos - peeled, seeded, and diced
- 1 cup reduced fat raspberry vinaigrette salad dressing
- 8 cups mixed torn salad greens
- 1/4 cup chopped cilantro
- 1/4 cup sliced red onion
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries
- 1/2 cup fresh strawberries, halved
- 1/2 cup fresh blueberries
- 1/2 cup toasted hazelnuts
- 4 ounces freshly grated parmesan cheese

Directions

1. Place 1 mango and the raspberry vinaigrette dressing in a blender, and blend until liquefied.
2. In a bowl, toss the remaining mango, salad greens, cilantro, and onion. Drizzle with the dressing mixture. Top each serving with equal amounts of raspberries, blackberries, strawberries, blueberries, and hazelnuts. Sprinkle with parmesan cheese.

Nutrition Information

Serving size: 6; Calories: 280; Fat: 12.8g; Saturated fat: 1.2g; Unsaturated fat: 11.6g; Carbohydrates: 33g; Sugar: 5.9g; Sodium: 357mg; Fiber: 5.9g; Protein: 11g; Cholesterol: 17mg



Raw Chocolate Coconut Macaroons

Ingredients

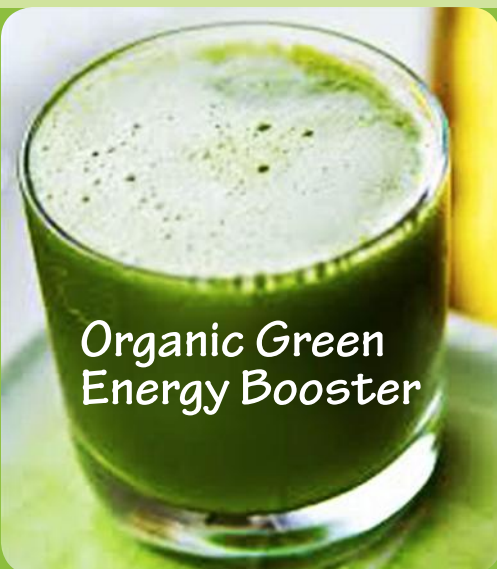
- 1 banana
- 1/4 cup almond butter
- 1/4 cup coconut oil
- 2 tbsp maple syrup
- 5 tbsp raw cacao powder
- 1 1/2 cups unsweetened shredded coconut
- 1/2 tsp vanilla extract (optional)

Directions

1. Cover a flat baking tray with some baking parchment.
2. Mash the banana in a large bowl. Whisk in the almond butter, coconut oil, maple syrup and vanilla if using to form a paste.
3. Add cacao powder to mix, one spoonful at a time, stirring well.
4. Stir in coconut, making sure all mixture is well combined. Form the mixture into 12 mini "macaroon" shapes, and place on top of the baking parchment.
5. Leave in the fridge for at least an hour to fully set. If you can't wait that long, 10 minutes in the freezer is just as good!

Nutrition Information

Servings per recipe: 14; Serving Size: 1; Calories: 110.3; Fat: 8.4g; Saturated fat: 7.4g; Unsaturated fat: 1g; Carbohydrates: 8.3g; Sugar: 3g; Sodium: 7.3mg; Fiber: 5.9g; Protein: 1.6g; Cholesterol: 0mg



Organic Green Energy Booster

Ingredients

- 1 cup fresh pineapple, chopped
- 2 cups spinach, washed and still damp
- 1/4 cup parsley, washed and still damp
- 1/2 lemon
- 1 medium green apple
- 1 Tbsp ginger, peeled and chopped

optional:

- 2 Tbsp mint leaves
- 1/2 grapefruit, peeled and de-seeded
- 'Lighter Version' mix with 1 cup ice cold coconut water

Directions

1. Juice the lemon and set aside. Avoid juicing the seeds due to bitter taste.
2. Slice green apple into chunks. Seeds can be juiced here.
3. Juice all the greens first. Then juice the fruit.
4. Add your lemon juice to the juicer last to juice it through, or simply pour in your lemon juice. If you are going for the 'lighter version' add your 1 cup of coconut water.
5. Pour and drink immediately, or pour into a sealable container for later consumption.



Photos by B-House Photography

Sculpt LEAN & Beautiful Legs!

by Jodi Tiarht, CPT

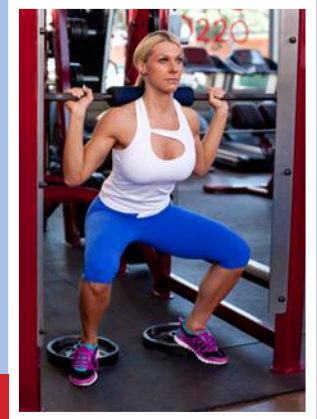
Building lean, beautiful legs can be done in just a few weeks by following this workout, along with a clean diet and regular cardio program. Building strong legs is not only important for looking great in a mini skirt, but it is also vital to prevent lower back pain and foot, ankle or knee problems that result from a weak lower body. When your quadriceps, hamstrings, glutes or abductors and adductors are weak, this leads to imbalances in the body. This, in turn, will lead to difficulty in performing everyday activities.

This particular workout can be performed with or without weights. Beginners should begin with no weight or very light weight until you get the hang of it. Do this workout followed by 30 minutes of cardio that targets the glutes and your legs will be beach ready in no time. Some great cardio for your glutes is stair climbing, hill running, sprints, hiking and kickboxing. Make sure you begin each workout with a 10 minute warm-up of light cardio and follow each workout with stretching in order to prevent injury and muscle soreness.

Barbell Squats

**A**

Set Up: Standing with feet shoulder width apart and heels elevated on plate. Turn toes slightly out and knees slightly bent when starting. Make sure back is straight and head is up facing forward.

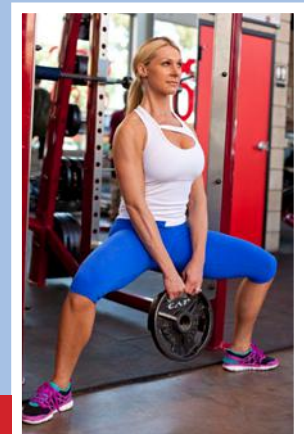
**B**

Movement: Bend your knees to squat toward the floor as if you are sitting in a chair. The lower you go, the more you engage the glutes. Keep your shoulders back and head up, squeeze your glutes and stand back up to starting position. Repeat this for a total of 15 reps.

Plie' Squats

**A**

Set Up: Stand with your feet slightly wider than shoulder-width apart with toes angled to about 45 degrees. Hold a plate with both hands between your legs. Keep your head up, back straight and shoulders back.

**B**

Movement: With your shoulders back and head up, bend your knees until your thighs are almost parallel to the ground. Push up through your heels and squeeze your glutes to return to starting position. Repeat for a total of 15 reps.

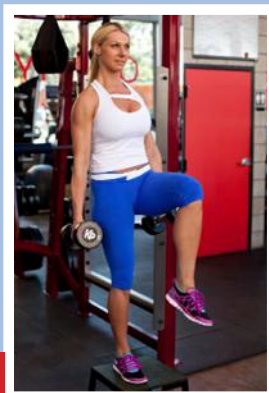
Box Lunges

A



Set Up: Starting with feet slightly wider than shoulder width apart and toes turned out. Grasp a dumbbell with both hands and stand straight up.

B



Movement: With your shoulders back and head up, bend your knees until your thighs are almost parallel to the ground. Push up through your heels and squeeze your glutes to return to starting position. Repeat for 15 reps.

Walking Lunges

A



Set Up: Stand with your feet about 6 inches apart from each other and toes pointed forward. Make sure you have plenty of room to move forward several feet up.

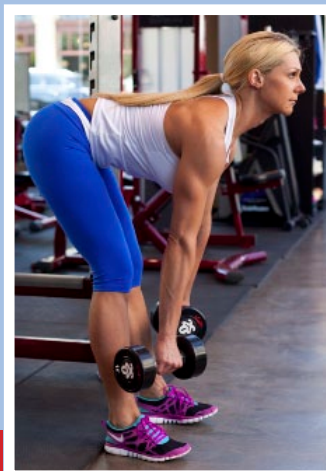
Stiff-Legged Deadlifts

A



Set Up: Starting with feet slightly wider than shoulder width apart and toes turned out. Grasp a dumbbell with both hands keeping both shoulders back.

B



Movement: Lower dumbbells to ankles by bending hips. Flex knees slightly during descent with back straight and parallel to ground. Lift dumbbells by extending at hips until standing upright. Repeat for 15 reps.



B



Movement: Step forward with right leg and lower your body until both knees are at 90 degrees. Keep weight on your heels and don't allow your knees to extend past your toes. Then, push up, bringing the rear leg forward until you are standing straight again. Do 15 reps on each leg.

Leg Extensions

A



Set Up: Sit on machine with back against the padded back support and place front of lower legs under padded lever. Grasp side handles for support.

B



Movement: Extend legs forward and upward until legs are straight and return to starting position. Repeat for a total of 15 reps.

To emphasize the inner thigh, point the toes out.



To emphasize the outer thigh, point the toes in.

TRIATHLON TRAINING: TIPS TO INCREASE YOUR ENDURANCE!

by Heather McCullough, CPT

If you have found a race suitable for you and are ready to start training, it only seems fair to start your training with the most basal building block...your nutrient intake. In this article, you will find the basic guidelines for nutritional intake during the weeks/months of training ahead of you.

The following nutritional advice sounds simple, but can be hard to control on a daily basis (especially when you are tired and busy on a regular basis). However, if carried out through the entirety of your training, these tips will allow for your body to be working at full capacity. Pretend your body is a car. High performance vehicles require regular maintenance to perform. The more mileage you put on it, the more fuel you need to burn. You would also need your fluids and oil replaced more regularly. Since you are not an actual car, I would consider these fluids like vitamin/mineral supplementation that will be needed for optimum training. (Supplements will be discussed further in a future article.)

One question you may be asking at this point is, "How many calories should I be consuming per day?"

The exact amount of calories that needs to be consumed during triathlon training varies so greatly from person to person, it is impossible to answer this question, in general. I will, however, give you an easy way to figure out roughly how many you, as an individual, will need.

The first couple weeks of your training will likely be the most difficult of all, due to the fact that you are putting your body through strenuous exercise. Your muscles do not yet recognize it as something you have done on a regular basis in the past. During this period of time, your body will recognize the need for more calories. To identify how much fuel your body needs, eat the RIGHT foods when you are hungry, for these first few weeks. (We will talk about what the right foods are in a minute.)

By the end of two weeks, you will notice one of three things has happened from your eating habits:

(1) You will **Gain Weight**. (Yes it IS actually possible to gain when you consider how ravenous your appetite can become when training.) (2) **Lose Weight** (which means you could be on the road to muscle eating when all of the fat is gone), or (3) your **Bodyweight will be Relatively the Same**.

The most important thing to consider:

Do NOT deprive your body of calories it needs to train efficiently. Your body will most likely be burning anywhere from 1,000 to 3,000 calories (maybe more) extra, a day depending on how often you are training and what distance you are training for. One may be inclined to get excited about possible weight they may lose early on in their training and make sure the loss continues. This may be ok, but certain people with limited body fat should beware of the fact that, this will eventually decrease performance.

Another question may be, "What weight should I be at to train efficiently?"

Bodyweight is not as important, in this case, as body fat. An ideal body fat percentage for optimum training is usually between 12% and 25% for women (4%-18% for men). Less than 12% will not provide you with the energy required for endurance sports, specifically. Over 25%, and you are likely to be putting your joints at risk by making them operate a machine with a bunch of dead weight (fat weight).

Now, what are the right foods I speak of?

Let's first break it down. Roughly 60% of your calories will be from carbohydrates, the other 40% being a combination of fats and proteins. Without adequate carb consumption, your body will switch to fat and protein (harvested from within the body) for energy. This is a process you do NOT want to take place, when training for a triathlon!

CARBS:

Carb sources could be fibrous carbs (most all vegetables and legumes), complex carbs (oats, rice, pasta, whole grains, potatoes), and natural sugars (fruits). Carbs should be consumed 6 to 8 times a day, to some degree. Energy providing boosts, pre and post workout, such as dried/fresh fruit and natural fruit juices are encouraged for energy. Be careful, however. Moderation is key with concentrated sugars because of the potential for weight gain.

Complex carbs such as breads (I recommend Ezekiel bread), whole grain cereals, oats and other grains should be consumed more in the first half of the day. The second half of the day should focus on fibrous carbs such as beans and veggies, while the simple carbs (sugars) will be consumed throughout the day. Complex carbs such as pasta and potatoes can be consumed later in the day, but be sure to mix them with lots of fibrous carbs and/or other forms of fiber, so your body can digest it quickly and get it out faster.

FATS:

Fats will take up roughly 10-15% of your diet. Unsaturated fats, such as nuts, fish and nut/seed oils/butters help greatly in cardiovascular and neural function. Since certain meats come with a level of saturated fats, they are usually limited for those with health-conscious, eating habits. However, mineral rich red meats, pork, fish and chicken are ok to eat a few times a week during training to replenish iron (helps oxygen transfer to your muscles from your blood), calcium and magnesium (essential for proper muscle function) levels in the body.

PROTEINS:

Proteins are responsible for muscle/general cell recovery. Your training diet should consist of 25-30% protein. Since meats such as those mentioned above are already good choices for vitamin/mineral intake, protein will be another benefit to obtain through the consumption of such foods. Most of your protein should be obtained from nuts, milk, yogurt, beans, grains and some cheese. A lot of these foods have carbs and/or fat associated with them as well.

Choose the most nutrient rich foods possible.

Below, I have listed some specific examples of foods that should be staples of your diet during your training period (some you may have never heard of before).

Fats: Almonds, Grapeseed oil, Coconut oil, Flaxseed (whole), Salmon

Protein: Greek Yogurt, Beans (Black, pinto, fava, ect), Quinoa, Miso

Carbs: Ezekiel Bread (they also make tortillas and English muffins), Steel Cut Oats

A couple of these foods satisfy more than one group, which is one of the reasons I listed these specific foods. The best thing you can do is research foods as you go for the first month. Keep a food and workout journal so you can track your progress and discover what sort of "fuel" works with your body and what doesn't. This will be a learning process, but will enable you to make smart food choices for the rest of your life, as well as create a "high performance" body that is firing on all cylinders!



Heather McCullough, a 31-year-old mother of one, is a NETA certified personal trainer in Crested Butte, Colorado. Originally coming from a nursing background, Heather geared her goals towards positive and preemptive health by specializing in high-altitude training for tri-athletes and endurance runners. Heather has trained for 9 years and, as an endurance runner, participates in mountain races anywhere from marathon distance to 150 miles. Heather also heads up a high-altitude training camp at 9,000 ft for triathletes and endurance runners/bikers in Colorado. Photo Credit: Jason at Herbodys.com.

Lower Extremity Assessment: Correcting Imbalances & Protecting Your Knees

by Heather L. Ellis MSPT, ATC

Working hard to pack on muscle, eating right and ramping up the cardio are all working towards that sculpted body...all this is hard enough to balance while living and working to meet all the challenges that face us. Injury and pain becomes just one more challenge that adds significant frustration, seemingly stalling progress towards our goals. Addressing imbalances in strength and flexibility restrictions protects and maintains healthy joints so we can continue to push our training forward at a steady pace.

Consider that gradual onset anterior knee discomfort, no 'injury' to speak of, but it certainly can derail a lot of training programs, gradually the lower body training programs need to be revamped and tolerance/ability to perform cardio at previous intensities can very often be significantly affected. Whether you are currently suffering from some twinges, had chronic anterior knee pain or have no history, you can benefit from a good look at the health of your knees...actually we should look at the general health and balance of the lower extremities as foot /ankle as well as hip and core can most certainly affect knee pain.

Let me explain...As we all used to sing...'ankle bone connected to the knee bone...' the mechanics of the lower extremity is important to look at from a pre-hab or re-hab perspective. Often the knee pain is actually a symptom arising from more proximal weakness, lower extremity flexibility restrictions or altered foot mechanics. In a closed chain environment the ankle and hip certainly have strong effects on the mechanics of the knee.

Take a few moments to assess lower extremity flexibility and strength.

Flexibility Restrictions of the...

Hamstrings: Flexibility restriction in the hamstrings can increase the demand on the quadriceps during extension of the knee which in turn places increased joint forces at the patella-femoral (PF) joint.

Quadriceps: Decreased flexibility in the quadriceps can increase PF joint compressive forces.

Iliotibial band (ITB): Tight lateral structures contribute to a lateral patella pull and patella tracking dysfunction.

Tightness in any or all of the above structures can increase stress

on the knee or alter joint mechanics contributing to an increased risk of experiencing knee pain.

Also consider the Gastrocnemius and the hip flexors: decreased flexibility here can lead to an altered gait pattern that can place abnormal stresses on the knee.

Considering Strength and Muscular Balance

Decreased activation/recruitment and strength of the quadriceps with particular consideration to the vastus medialis oblique (VMO) can create an extensor lag and contribute to increased lateral deviation of the patella and increased stress on the extensors with activity. Greater dynamic stabilization is necessary in terminal knee extension requiring good balance and strength throughout the quadriceps muscle group for proper patella tracking to reduce risk of anterior knee pain.

Decreased strength in the lateral hip including the hip external rotators and abductors can lead to valgus collapse at the knee altering knee/PF joint mechanics contributing to knee pain. The principle here is to control mechanics of the knee from the proximal joint.

Also consider controlling mechanics of the knee from the distal joint, pronation at the foot/ankle creates a valgus at the knee as well. Strengthening the ankle/foot through a variety of balance and proprioceptive activities to limit/control pronation should be part of the program. If pronation is a more structural problem vs. functional, orthotics or a change in footwear may benefit.

Important: Put it All in Motion

Keep in mind that just improving lower extremity flexibility and improve strength will not correct your mechanics until you correct your mechanics, correct and practice your form to correct mechanics as you improve your flexibility and strengthen the offending weaker muscles.

Considering these strategies can help you improve your training, correct imbalances and reduce some of the factors that may contribute to knee pain. Keep your training on track with a little time investment including some assessment of strength and flexibility; take the time to address the mobility restrictions and strength imbalances. If you are struggling with knee pain consult with a local MD/PT to help you get to the source of the problem.



Heather Ellis works full time as a physical therapist and also as a certified athletic trainer, working in the healthcare field for over 15 years. Her other full time job is wife and mother of 2 young boys. At 39 years young, Heather was in the best shape of her life with a new mission and motivation. It is her passion to sculpt a fit and healthy lifestyle for herself and her own family. Heather finds great inspiration in inspiring and motivating others, reaching out through writing and setting a positive example for those around her. You can check out her website - <http://memosfromafitmom>.



Photo by Tony Mitchell/OAMG

Inner Beauty: The Reflection of a Woman's Soul

by Rosie Chee, BExSpSc

What is Beauty? Like when asked to define "success", "beauty" too means something different to everyone, dependent on their personality, personal experiences and life perspective.

Physical beauty, although in the "eye of the beholder", sadly is what many define beauty as. However, just because a woman looks beautiful, it does not mean that she IS. A woman can be very beautiful on the outside, but it tells you nothing about her personality and what she is truly like. There is nothing wrong with physical beauty, but it is meaningless without INNER beauty to complete it.

Inner beauty is not so easy to see as physical beauty and unfortunately, many are too shallow to see - or even want to see - beneath the surface to the woman within. It takes time getting to know someone, how they think and feel, what is inside their heart, the truth of their character and integrity. It takes genuine interest in a woman for MORE than something physical.

- 🌸 Physical beauty is appealing to the eye. Inner beauty is appealing to the SOUL.
- 🌸 Physical beauty can be the initial compelling force in desiring to get to know someone. Inner beauty is what will KEEP that desire burning.
- 🌸 Physical beauty attracts lust and adulation. Inner beauty attracts LOVE and RESPECT.
- 🌸 Physical beauty causes you to think of a person as they look. Inner beauty allows you to think of them as they ARE.
- 🌸 Physical beauty is simply that and nothing more. Inner beauty is the reflection of a woman's soul and radiates throughout her ENTIRE being.
- 🌸 Physical beauty fades with time. Inner beauty lasts FOREVER.

The woman with physical beauty may harbour the desire to be seen as something MORE, for people to want to get to know her beneath what she looks like. The woman who is not as attractive on the outside may wish that people were not so quick with impressions and realize that she is JUST as special as the woman with physical beauty. The woman possessing BOTH physical and inner beauty is a rare jewel, truly a treasure to be valued.



"Think like a Champion. Train like a Warrior. Live with a Purpose." Lifetime natural athlete and multiple NZ National track and road cycling Champion, internationally published fitness columnist and exercise physiologist, Rosie "The Female Terminator" lives her motto; constantly challenging the "impossible", always striving to be her best; seeking to inspire and motivate others, to educate and empower them to make positive lifestyle choices that improve their quality of life. To contact Rosie, visit: www.rosiesmusclerevolution.com. Photo Credit: Dan Ray.



Billy Bow

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