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Australia

Prevention

FIGHT FAT

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- ▶ 29 Minutes to a Leaner You

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BURN FAT FASTER

QUICK. EASY. SUPER-EFFECTIVE.
LIFT WEIGHTS TO LOSE WEIGHT!

OF COURSE, YOU HAVE THAT FRIEND. The one who won't stop going on about her discovery of weight machines at the gym. It feels amazing! It's changed her life! You should try it! Well here's the latest research: health and mood benefits aside, strength-training—lifting weights or pumping out push-ups or doing any other 'resistance' activity—is *the key* to losing weight. Mounting evidence shows that if cardio exercise, such as walking or swimming, is the equivalent of the body 'knocking on the door' of fat cells to release their energy, then strength-training first ensures the door is unlocked. Building two to three sessions of strength-training into your week makes the energy in your fat cells easier to access. It's that simple. In this issue, *Prevention* is offering every reader a *free* 14-day test-drive of the Contours 29-minute strength and cardio circuit. To get to know the machines at Contours studios, or at most local gyms, start by lifting these pages!

by SAM GIBBS ■ photography HAYDN WOOD

STRENGTH-TRAINING MOVE Leg Press

➤ **FEEL IT IN YOUR:** quadriceps (fronts of thighs), hamstrings (backs of thighs) and glutes (bottom) Sit on seat with spine firmly against back pad. Place your feet flat, roughly shoulder-width apart, on the push plate and grip the handles. (Adjust seat so knees make a 90° angle.) Using your legs, slowly push yourself away from the push plate until legs are almost completely extended but not 'locked'. Pause briefly, then slowly return to starting position. Repeat.



YOUR WORKOUT AT A GLANCE

➔ **When to Train:**
➔ For maximum results, strength-train two to three times a week on non-consecutive days. Incorporate your aerobic exercise (walking, riding, swimming) into the 'off' days or in between using each machine.

➔ **What You Need:**
a. A water bottle to rehydrate before, during and after your session.
b. An old towel to wipe sweat off equipment after you've used it.
c. A pair of good-quality walking, cross-training or running shoes. (See yahoo7.com.au/prevention/walking to help you choose an appropriate shoe.)

HAIR AND MAKE-UP: KATIE GOERLACH AT LIZARD MANAGEMENT; STYLING: STAY HORTIS AT NETWORK AGENCY; GYM GEAR: LULULEMON, LULULEMON.COM; SHOES: SALCONY, (03) 8578 3000

STRENGTH-TRAINING MOVE Shoulder Press

➤ **FEEL IT IN YOUR:** deltoids (shoulders) Sit on seat with feet flat on floor and spine against back pad. Grip handles with palms facing either together or away from body. Push handles overhead. Pause briefly, then slowly return to starting position. Repeat.



STRENGTH-TRAINING MOVE

Leg Curl

➤ **FEEL IT IN YOUR:** hamstrings (backs of thighs) Sit on seat and place ankles on roller pad. Grip handles and slowly curl pad down. Pause, then return to starting position. Repeat.



STRENGTH-TRAINING MOVE

Chest Press

➤ **FEEL IT IN YOUR:** pectorals (chest) Sit on seat with your feet flat on the floor and spine against back pad. Grip handles with palms facing either together or away from body. Steadily push the handles away from your body. Pause briefly, then return to starting position. Repeat.

FREE!
14-DAY
GYM PASS
A Exclusive Storage
assessment, \$1.79
Contours

➔ What to Expect at Contours

Use your free 14-day Contours gym pass to start strength-training. The Contours 29-minute workout consists of a circuit of the weight machines on these pages, interspersed with short bouts of cardio work (running, skipping, even hula hooping!) to keep your heart rate up and blast even more fat.

➤ **It's easy:** Just turn up; the Contours staff will talk you through everything.

➤ **It's 29 minutes:** Warm up, have a balanced whole-body workout, stretch and cool down—all in just under half an hour. And you never have to wait for a machine; everyone moves around the circuit at timed intervals.

➤ **It's all women:** jump into some trackle daks, forget your insecurities and focus on what matters—you and your fitness.

STRENGTH-TRAINING MOVE

Leg Extension

➤ **FEEL IT IN YOUR:** quadriceps (fronts of thighs) Sit on seat and place your ankles under the roller pad; adjust the pad or seat so your knees align with the machine's pivot point. Lift roller pad until your legs are straight; don't lock knees. Pause briefly, then slowly return to starting position. Repeat.

STRENGTH-TRAINING MOVE

Lever Lat

➤ **FEEL IT IN YOUR:** lats (back) Sit on seat with feet flat on the floor and knees below roller pads. Grip handles with palms facing each other. Slowly pull handles down to shoulders. Pause briefly, then return to starting position without locking elbows. Repeat.



STRENGTH-TRAINING MOVE

Tricep Rope Extension

➤ **FEEL IT IN YOUR:** triceps (backs of upper arms) Face the machine and grip rope ends with palms facing each other. Slowly pull the rope down so your elbows form a 90° angle, then bring forearms down and out towards your hips, fully extending your arms without locking elbows (keep them close to your sides). Pause briefly, then return to starting position. Repeat.



STRENGTH-TRAINING MOVE

Arm Curl

► **FEEL IT IN YOUR:** biceps (fronts of upper arms) Face the machine. Take hold of the curl handle with straight arms and slightly bent knees. As you stand up, slowly bring the handle up to about shoulder height. Pause, then slowly lower the handle to waist height. Repeat.



➔ Strength-Training Tips

- 1 KNOW WHAT YOU WANT**
Before you walk into a new gym, be prepared to discuss your goals—honestly. The gym staff will be better equipped to help you if they know exactly what you hope to achieve.
- 2 GRASP THE MACHINES**
A basic knowledge of which muscles a specific machine is working not only ensures that you get the most from strength-training, but also helps prevent injury.
- 3 WARM UP AND STRETCH**
"Warming up is essential to 'priming' the body for physical activity," says Contours national training manager Paul Bulatao. Hop on a stationary bike or treadmill for five minutes before your workout. After your workout, take time to stretch.
- 4 AVOID INJURY WITH GOOD POSTURE**
"If you're confident, you'll keep your head and shoulders up, and sit tall," says fitness expert Lisa Champion.
- 5 START SMALL**
Ask gym staff what a good beginner weight is for each machine. You should be lifting every weight 10 to 15 times and be struggling towards the end!
- 6 CONTROL THE LIFT**
Each lift should be a deliberate, controlled movement of three seconds up and three seconds down. "I suggest a one-thousand, two-thousand, three-thousand count up and down," says Sydney exercise physiologist Robert Parker, PhD.
- 7 BREATHE CONSCIOUSLY**
"There are no precise rules for breathing during exercise—as long as you are breathing!" says fitness expert Donna Aston. "But I do suggest you exhale during exertion and inhale as you return to starting position."
- 8 PAUSE FOR A MINUTE OR TWO**
"If you're going on to another exercise that uses the same muscle group, wait one or two minutes in between moves," recommends Aston. ▼



PLUS!

Every *Prevention* reader also receives a **FREE BioAge assessment**

The BioAge assessment is a scientifically formulated health check that measures your overall health, fitness and wellbeing to calculate your body's 'health age' and compare it with your actual age. (The fun is in seeing how your BioAge decreases the stronger and fitter you get.)



Contours

Prevention

Exclusive Reader Offer

FREE!

14-DAY FITNESS PASS

Busy women don't have time to waste. That's why Contours fitness studios offer a **unique 29-minute workout that gets real results**, whatever your goals are. Contours is for women of all shapes, sizes and ages, and offers a **friendly, convenient and supportive environment**. Throughout June, all *Prevention* readers can receive a **FREE 14-day trial pass** to Contours.

HOW TO ACCESS YOUR FREE 14-DAY PASS:

- 1 Go online to contours.net.au/preventionmagazine and type in your details.
- 2 Enter the code word 'Prevention' to download your pass. The system also lets you know your nearest Contours gym.
- 3 Pack your free pass and a water bottle and let the friendly Contours staff talk you through the rest!

*No membership required. Offer must be redeemed by 30 June 2010. Available at participating studios only.