

YOURS TO KEEP

November-December 20

fernwood

YOUR HEALTHY LIVING MAGAZINE

fernwoodfitness

glam guide

**TIPS FOR
GORGEOUS
MAKE-UP**

**HEALTHY
VISION**

you'll be amazed
what an eye test
can tell you

20

**WAYS TO
PART
PROVE
YOUR
FITNESS**

slim secrets

**HAPPINESS
IS THE KEY**

*Why
good
take risks*

HOT BODIES

Sizzling summer
swim & gym wear

**ACHIEVE THE
IMPOSSIBLE**
We'll show you how

* HEALTH * FITNESS * NUTRITION * WELLBEING * FASHION * BEAUTY * SUCCESS STORIES * TRAVEL



contents

● November-December 2011

4 Welcome and privacy notice

5 Letters

● fitness + balance

7 **Fitness + balance news**

10 ✨ **20 ways to party-proof yourself**

Enjoy the silly season and the holidays without a blow-out

14 **Fit for life**

Preparing and maintaining your body for everyday activities

16 **Sweat talk**

Tactics to help you beat the unpleasant side-effects of working up a sweat

18 ✨ **Do the impossible!**

A step-by-step guide to conquering five very difficult gym exercises

20 ✨ **Swim + gym**

The latest swimmers and exercise wear to sizzle in this summer

● health + wellbeing

27 **Health + wellbeing news**

✨ On the cover

30 ✨ **Keep an eye on your health**

An eye examination can uncover a lot more than vision problems

34 **A growing risk**

Insulin resistance – what it is, who's at risk and how to prevent it

36 **Breathe easy**

The lowdown on adult asthma

40 **Mother + baby**

Why it's good to sing to your baby

41 ✨ **Show your colours**

Expert party make-up

● food + nutrition

45 **Food + nutrition news**

48 **Relief for IBS**

Good news for sufferers

50 **Is dieting ruining your sex life?**

Obsessing about food can flatline your libido

53 ✨ **A positive approach**

Want to lose weight? First, get happy!

56 **Party your way around the world**

Festive inspiration for a healthy celebration

58 **Healthy eating**

On the grill

60 **In season** Mangoes

● inspire + motivate

61 **Inspire + motivate news**

62 **Club news**

64 ✨ **Take a chance**

Jump out of your comfort zone and reap the rewards

66 **Members**

Inspiring success stories

68 **Club list**

● relax + refresh

69 **Relax + refresh news**

To help you unwind

71 **Prize winners**

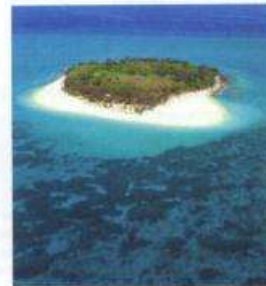
72 **Nature at its very best**

Camp out in comfort at five luxury camps



ON THE COVER

Photography Duncan Robinson
 Stylist Talia Maltz
 Hair + make-up Rachael Brook
 Clothing Lorna Jane
 Lorna Jane swim crop top, \$54.99; Lorna Jane
 Lorna Jane swim briefs, \$45.99; Lorna Jane
 Classic performance jacket, \$89.99.





If you're struggling to lose weight, stop right now! Instead turn your efforts to making yourself happy – the results may surprise you

A positive approach

Australians are battling the bulge like never before, with approximately 60 per cent of the population considered obese or overweight. Depression is also on the rise and now affects one in five Australians, according to a worldwide survey by medical insurer Bupa. And these simultaneous increases may not be a coincidence.

The constant struggle for a svelte physique has many flitting frantically – and often counterproductively – from one diet to the next, and the lack of results can be dispiriting. Tying our happiness to our physical appearance is also a recipe for misery.

"I'll be happy when I lose weight... gain weight... get a tan... tone my arms ... have

biceps like Madonna and a booty like Beyoncé ..." Sound familiar?

This vicious cycle is what coaching psychologist and chief happiness officer at The Happiness Institute, Dr Timothy Sharp, calls the "tyranny of when".

"This can be problematic because of an ongoing sense of negative emotions," says Dr Sharp. "How many people are motivated to do what's required in order to obtain a healthy weight when they're feeling disappointed or dissatisfied?"

FIRST, BE HAPPY

Dr Sharp believes that instead of tackling their waistlines in an effort to make themselves happy, people should focus first on being happy, and only then tackle other issues. It's something he calls the primacy of positivity, and it's the basis for his Happiness Diet, which focuses on building helpful behaviour and thinking habits. The idea is to get happy first and then reap the fruits of your labour with greater ease from there.

Clinical psychologist Deborah Thomas, who runs workshops on the psychological perspective of weight-loss at Sydney University, agrees that sustainable weight-loss requires a holistic approach.

"People often direct their efforts to the limited components of diet and exercise," she says. "These factors are essential in the big picture, but on their own are insufficient to create lasting results. Other major components of emotions and cognitive processes must be considered."

Deborah believes a well-rounded weight-loss program also requires the implementation of stress-

management techniques, because lowering stress levels gives people greater control over things such as what foods they choose and the amount of exercise they do.

FOOD AND MOOD

When you're stressed, your body responds by releasing the hormone cortisol, which can cause a sense of sluggishness and increased deposits of superfluous fat. Another unfavourable biochemical reaction to stress is that it depletes the feel-good hormone serotonin, which can lead to carbohydrate cravings and comfort eating.

"Foods high in fat and sugar are known to have a calming effect on the mind and body, which is why they are called comfort foods," explains Deborah. "Research shows that high levels of glucose in the circulatory system stimulate the release of neurotransmitters, which bind to pleasure centres in the brain. Sadly, however, this effect is very short-lived."

Constantly consuming rubbish could eventually make you feel like rubbish. A study by the University of Melbourne's Department of Clinical and Biomedical Sciences concluded that people with a diet comprising processed and unhealthy food were at significantly greater risk of developing psychological disorders than consumers of healthier whole foods, like vegetables, fruit, lean meats and wholegrains.

"If your diet is high in processed packaged foods, it's much harder for your body to break it down, which can have a detrimental effect on your neurochemical health," advises

nutritionist Lola Berry, the author of *Inspiring Ingredients* (Berry Hill, \$29.95).

Paradoxically, according to Lola, it is often the processed diet products labelled low-fat or sugar-free that can wreak the most havoc on emotional stability.

"Artificial sweeteners, particularly code number 951, are used to add sweetness without the calories, but they can significantly decrease moods," she warns.

FOCUS ON YOUR STRENGTHS

Changing eating and cognitive habits isn't easy, and Dr Sharp suggests creating an inspiring vision board of your ideal future.

"Creating a tangible image of a fantastic life creates hope, and with hope comes positive energy, optimism and motivation to do what you need to do," he says.

The Happiness Diet is designed to help people realise their dreams by helping them discover and use their inner strengths. Dr Sharp encourages people to identify their top five strengths, and then ask themselves the following questions:

- How will I make these strengths work for me?
- How, where and when have I already used my strengths?
- Where and when have I succeeded with my strengths?
- How can I specifically use them with the Happiness Diet?

By reshaping the way people feel and teaching them to be happy,



UPBEAT FOOD

Beat the blues with nutritionist Lola Berry's top healthy mood-boosting foods:

- Bananas: great source of vitamin B6 (pyridoxine) and tryptophan, which stimulates serotonin in the brain.
- Blueberries: cross the blood-brain barrier, giving you a healthy pick-me-up.
- Organic protein: such things as lean meat, chicken and eggs are full of amino acids vital for feeding our neurochemical pathways, keeping the mood lighter for longer.
- Water: up your intake when your mood drops, as it's often a sign of dehydration.
- In addition, foods containing folate, omega-3 fatty acids and vitamin D are helpful in stimulating the release of mood-regulating hormones serotonin and melatonin. These foods include spinach, turkey, walnuts and ground flaxseeds.

the Happiness Diet aims to arm them with the energy, motivation and inspiration they need to achieve their goals, including losing weight. To learn more, see www.thehappinesdiet.com.au

"With hope comes positive energy, optimism and motivation to do what you need to do"

