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JUNE/JULY 2019 / HERs
Make your own history....

Today at BodyPower HQ, I did my usual talk for this time of year to the team (just before BodyPower Expo UK), about how we started something back in 2008 and what we’ve achieved in the eleven years since—BodyPower, as a brand, has spread across the world, and nowadays we have numerous large-scale events and expos, plus a chain of BodyPower gyms, supplement stores, the BodyPower café, and our own BodyPower branded clothing range and sports supplements range.

Most of the team weren’t with us back in the early years and so they didn’t see the struggles. It reminded me of the many conversations I had with so-called “experts” and industry figures who said that BodyPower would never work. “It will fail”, they said, along with various other similarly negative remarks....the human brain seems to really know how to highlight those sorts of comments, so they resonate louder than the more positive ones! In the case of BodyPower, I really was confident in my ability to make it work, so I ignored the negative stuff, and ploughed on regardless of the “experts”.

You should do that too.

If you want to achieve something greater than normal, then you need to do two things.

1. Ignore the naysayers; they often see things as black and white, without emotion, whereas you have belief on your side.
2. Work harder than anyone else.

Get those two things right, and you drastically increase your chances of winning. Anyone that has been to BodyPower Expo before will know how inspiring it is. I love that we get so many people visiting, all of a similar mindset, into fitness...this year it’s a new show layout and we have added various new experiences for visitors. The expo is now split into various sectors so that it’s easier to find your way around and enjoy the talks, competitions, features, shopping mall and advice areas. There are so many new companies exhibiting at BodyPower for the first time, it’s going to be amazing. Muscle & Fitness have a really cool area, with a huge athlete lounge and ‘tower’...you can’t miss it, as it’s right in the centre of the area, named ‘Grand Central’ as you first enter the expo.

Visit us and find out about our exciting plans for the future and how you can be a part of it!

I hope to meet you if you get a chance to attend the expo on 10th – 12th May at the NEC www.bodypower.com for details... 

@nickorton22

Nick Orton
CEO BodyPower
www.bodypower.com
Don’t Waste Your Time...

Time flies when you’re having fun and it seems like only yesterday I was at the BodyPower Pink Carpet event to launch the first issue of this magazine. One year later and we’re holding another event to celebrate our 1st anniversary, this time with special guest and cover star Heidi Somers.

With twelve months having passed in the blink of an eye, I sat for a moment and thought about the concept of time. Most of us spend so much time chasing after goals or money; the operative word being “spend”. Goals can be achieved repeatedly if they are not sustained. Money can be spent and returned. Time cannot.

Time is the most valuable commodity in the world. It doesn’t discriminate and doesn’t favour the cash rich. Time can be cruel if you abuse it; it’s precious. Use your time wisely.
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Heidi Somers can relate to being overweight and out of shape. The college graduate may have over 1.7m followers on Instagram, but she wasn’t a natural-born fitness guru.

Having first set up her account using the name ‘Buff Bunny’ to signify strength and femininity, Heidi successfully built on a brand that inspires women all over the world to adopt her vibe!

“I was going to college and I gained close to 40lbs,” begins Heidi. “I realised I had picked up some unhealthy habits, so I did my best to work on those.

“I still remember walking into the gym feeling so lost and having no idea what to do. It was overwhelming for me and I didn’t enjoy it at all. I started off just doing cardio and felt it was boring. Not only that, I wasn’t seeing the results I wanted, so I tried CrossFit because it was cheaper than getting a trainer and they helped me to learn the movements. Once I started studying the different exercises and exactly what they do, I felt more confident in the gym. I started losing weight and I felt amazing. It made me fall in love with the gym and I’d never felt better.”

Having become familiar with working out, Heidi decided to start an Instagram page to track her progress and meet fellow gym goers.

“Initially, it wasn’t my goal to accrue a huge following on social media,” she says. “I just did it for fun while I was in school. I remember how lost and confused I was when I started working out, so I shared my workouts and diet tips on my Instagram and YouTube channels to help other newbies.

“I hoped women would feel more comfortable taking my advice than listening to their boyfriend when it came to lifting weights.”

What started off as a hobby for Heidi
soon flourished into a beautiful community of women.

“My following consists of mainly women who not only watch my videos for fitness tips, but also life struggles, running a business, and other day-to-day activities,” she says.

“My username works well because the word ‘buff’ signifies strength and the word ‘bunny’ signifies that soft and feminine vibe. It has kind of become a nickname for me, but I’m trying to get away from that and let the name become a brand in its own right.

“I have just started a Buff Bunny collection, featuring beautiful pieces for girls to wear in the gym or to run errands in looking cute. There is something for everyone and the range compliments all figures.”

Despite her phenomenal success, Heidi says she’s not finished yet!

“I have a lot of goals for my future,” she says. “I have started branching out of apparel and into some other fun projects but I can’t say what those are quite yet! Stay tuned though, because it’s very exciting! I have also recently enjoyed investing in different things, including other businesses!”

Heidi has some advice for women wanting to follow in her footsteps.

“My best advice is to be yourself and stay true to yourself,” she says. “It’s a very competitive market now but it’s rare to find fitness influencers who are openly silly, fun and imperfect. Anyone can tell you to be healthy and train, but I believe it’s important to show that nobody is perfect and it’s ok to skip a workout or have a cheat meal. Balance is key!”
The Buff Bunny workout for perfect buns!

Heidi performs this leg workout once a week to sculpt and maintain her lower body curves.

“My diet consists of eating a variety of healthy foods,” says Heidi. “I personally don’t like tracking my calories so I practice intuitive eating. I make sure I get in enough protein every day which is around 100 grams. The remainder of my calories go towards my carbs and fats!

“Since I eat intuitively, I listen to my body and I eat when I’m hungry and stop when I’m full. I would say I eat around 2,000 calories per day, but sometimes more and sometimes a little less. When it comes to leaning out, I incorporate cardio into my routine before changing up my food at all.”
SUMO SQUATS
4 x 8-10 reps

HEIDI’S SUSTAINABLE EATING PLAN

BREAKFAST: Chobani Greek yoghurt with protein granola followed by a freshly cut up orange

SNACK: Skinny vanilla latte

LUNCH: Poke bowl with tuna, rice, courgette, cucumbers, onion, coriander, corn, and a light dressing

SNACK: A large bowl of snacking veggies that include fresh bell peppers, cucumbers, broccoli, etc. Sometimes I’ll have fresh fruits instead, like oranges and grapefruit

DINNER: Grilled chicken, sweet potato and grilled veggies

YouTube: HeidiSomers
Instagram: @buffbunny
SPLIT SQUATS
3 x 12 reps
LATERAL LUNGES
3 x 12 reps

WEIGHTED STEP-UPS
3 x 15 reps
Bodyweight
by Beau

Walk On Up!

Turn your workout on its head with the Muscle & Fitness HERS handstand tutorial led by calisthenics whizz Tori Beaumont
Wall Walks

- Keeping body in the plank position start with feet on the wall and hands on the floor
- Start walking feet up the wall and moving hands inwards at the same time

- Aim to get your body and face as close to the wall as possible, before coming back down to starting position

- Keep arms shoulder-width apart and the same width with your feet, try not to let your lower back arch as you move through the movement
- Repeat for 5 reps without feet touching the floor
Scapula Shrugs

• Kick up into a handstand against the wall, keeping the arms locked at the elbows.
• Just using the muscles of your shoulder girdle and traps, shrug up, trying to make yourself taller. Stretch as far as you can go.
• Then lower using the same muscles and repeat.

15 reps x 3 sets

Shoulder Taps

• You can do this facing the wall or facing the other way whichever you feel most comfortable with.
• Load your weight to one side of your body.
• Ensure your whole body is engaged and keep your shoulder protracted. Squeeze into the floor with your fingers.

• Slowly take opposite hand off the floor, and aim to touch opposite shoulder.
• Repeat on the other side.

10 reps x 4 sets
Pike Push-Ups

• Place your hands on the ground shoulder-width apart, with your bottom in the air and feet on the ground
• Your arms should be overhead, slightly in front of your face
• If flexibility is a problem then feel free to bend your knees or place your feet on an elevated object

• Lower yourself under control, until the top of your head touches the ground
• Hold for a second, then return to the start position
• Elbows should stay in line with your hands throughout the movement, don’t flare them out
• This will focus on your triceps, as well as keeping your shoulder joint stable

10 reps x 4 sets
Handstand Negatives

• You can perform this against the wall or freestanding depending on your confidence and handstand ability.
• Start in a handstand then slowly start to lower, controlling by keeping full engagement throughout your whole body.

• Lower your body at a slight angle leading with face and chest.
• If you haven’t performed this exercise before try with feet against a wall to get a feeling for the movement pattern and understanding the mechanics of the position.
• Most importantly keep your whole body fully engaged throughout, and do not arch your back.

5 reps x 5 sets
Handstand with Resistance Bands

- Secure a resistance band over the middle of a pull-up bar and pull the band down, put the band over the tops of your feet
- Keep knees into chest, shoulders engaged and arms straight

- Lift yourself and aim to get your hips over your head so you are in a stacked position, once you are here you can then extend legs straight

- Hold your handstand in a static position for stability for a second or so, then bring knees into chest and return to start position

10 reps x 3 sets
GLUTES!

Social media is flooded with fantastically fit women who aren’t afraid to share their glute workouts and inspirational before and after snaps. Gluteal transformations have grown hugely in popularity recently, and rightfully so with all the hard work installed! Although you can’t build the perfect booty overnight, that’s not to say you’re stuck with the butt you’ve got.
Building strong glutes has countless benefits, but where do we start, and which are the best exercises? Unfortunately, this question is difficult to answer, and everyone will have their own opinion. However, we must consider the best exercise for one person might not be the best exercise for another person.

For example, if a particular exercise consistently causes pain or injury, it’s not worth doing, no matter how popular or trendy the exercise is.

Anatomy and physiology play a large role in determining exercise tolerance. Not every hip is designed to squat heavy, or ‘smash’ the lunge, and some lifters don’t tolerate high impact or large ranges very well thus limiting their progression. Moreover, some lifters don’t feel popular exercises working their glutes very well no matter how hard they concentrate and pursue that deep buttock burn sensation. This leads to individuals questioning their technique rather than questioning their repertoire of exercises.

The gifted gluteal masters out there need not apply, but for those who fancy a change-up or aren’t getting the results promised, give these a try. We’ve broken them down into three phases, which are research-led over guru-led.

**PHASE 1.**

**Pre-Activation (Priming)**
1. Wall press 6 x 45 sec holds each side
2. Side planks 6 x 45 sec holds each side

These isometric hold exercises show high gluteal activation. Recent research shows isometric activation exercise increases corticomotor excitability (heightened response of the spinal nerves to stimulate muscle activity) of Gluteus Maximus (GM) suggesting this may aid with priming your muscles before the strength work.

‘GM activation exercise may be considered a method to prime the brain for subsequent GM strengthening by enabling an individual to target GM more precisely’ (Fischer et al, 2016).

**PHASE 2.**

**Neuromuscular control (Movement control)**
1. Single leg squat 4 x 20 reps each side
2. Single leg deadlift 4 x 20 reps each side

The focus here is more on control through the movement than strength. The aim is to use the gluteal muscles to control the knee dropping in and pelvis position (dropping down or out) during
weight-bearing. It’s placed early in the programme to prevent fatigue from reducing movement control. Progression in this phase can be modified with sets, reps, range, unstable surfaces and speed rather than increasing the weight.

**PHASE 3.**
**Strength**
1. Step-ups 3 x 12 reps each side
2. Banded walks (around toes) 3 x 20m each side
3. Side lying abduction 3 x 12 reps each side

**The focus on these is strength and hypertrophy.**
Step-ups have been found to recruit both GM and gluteus Medius (Gm) in research studies and also incorporate further movement. Banded walks have also been found to activate Gm, especially when resistance is placed across the toes rather than the traditional around the knee approach as this used the muscle two ways (abduction and external rotation). What a win two exercises in one!

Surprisingly, our biggest winner is the side lying hip abduction exercise which has been found to recruit the highest levels of Gm activation so is vastly superior to the traditional ‘clam’. Thus, better suited to targeted activation of Gm. So, it’s time to get step away from the seafood platter and get building some prime rump!

This strength exercise if loaded sufficiently can lead to significant gluteal fatigue, making weight-bearing exercises more challenging to control. As a result, we’ve put it at the end to prevent injury or pain. We can’t be held accountable for muscle pain though.....that’s what you signed up for!
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Calisthenics coach Paula Bines has a back that screams dedication. But how did she sculpt it with such precision? Build back wings and fly away with Paula’s weekly workout.
“From personal experience, I have found that the most effective exercise to build your back for increasing muscle mass and strength is the pull-up,” says Paula.

“When performing all of these exercises ensure you control the movement of each rep and do not use momentum. Focus on contracting your muscles at the top of the movement and pause. It’s important not to sacrifice your form; quality over quantity always so avoid going too heavy.”

**Tip: Add Variety!**
Switch your grip or use different cable attachments to hit all the muscles at different angles. This will promote more growth.

**Scapular Pull-Ups**
Hang on the bar using a pronated cup grip with your hands a little wider than shoulder width. Retract your scapular by pulling your shoulder blades down and squeezing them together. Pause before repeating the exercise. Your arms should remain at full extension throughout the whole movement.

**12 reps x 3 sets**
**Muscles used:** Trapezius, Latissimus Dorsi

**Bodyweight Pull-Ups (wide)**
Hang on the bar at full extension in a hollow body position using a pronated cup grip with your hands outside shoulder-width apart. Perform the scapular movement before pulling up. As you pull up, aim to pull your elbows behind you and for your chin to go over the top of the bar, pause at the top and lower yourself down to full extension before repeating the movement.

**10 reps x 3-5 sets**
**Grip (pronated):** Narrow/ Shoulder-width/ Wide
**Muscles used:** Latissimus Dorsi, Rhomboids, Posterior Deltoids, Teres Major, Infraspinatus and Teres Minor

**Regression**
If you are unable to perform a pull-up yet, use a resistance band as this will give you assistance allowing you to perform the entire movement with full engagement (ensure both feet are inside the band).
Single-Arm Dumbbell Row

Place your left knee facing forwards and your left hand out in front of you on a flat bench, bending at the hips and keeping a neutral spine. Place your right foot on the floor and hold the dumbbell at full extension with the palm of the hand facing the bench, before retracting your scapular and pulling the weight back high with your elbow towards your hip. Squeeze your back muscles, then lower the weight down slowly back to your starting position. Look down and do not twist your torso. Repeat the same amount of reps on the other side.

8 reps x 4 sets
Muscles used: Latissimus Dorsi, Middle Trapezius, Rhomboids

Weighted Pull-Ups

When you can achieve approximately 10 strict form pull-ups you can add weight! You can do so by using ankle weights, a weight belt or a vest. Always warm-up first with bodyweight pull-ups before adding a light weight to start with. Perform the same movement as described for bodyweight pull-ups.

5 reps x 5 sets
Muscles used: Latissimus Dorsi, Rhomboids, Posterior Deltoids, Teres Major, Infraspinatus and Teres Minor

Seated Cable Row

In an upright seated position, slightly bent at the knees and keeping your chest up, grasp the cable attachment at full extension and retract the scapular before pulling the weight towards your lower abdomen. As you are pulling the weight, drive your elbows down and back so you are engaging your lats. Control the movement as you return the weight to your starting position. Keep your torso still throughout the exercise.

Muscles used: Trapezius, Latissimus Dorsi, Erector Spinae, Rear Deltoids
Seated Lateral Pull Down

Whilst seated, ensure you are in a position where your legs are secure to minimise movement. Hold the bar with a wide (outside shoulder-width) pronated grip, keeping your chest tall and leaning back slightly. Retract the scapular and pull the bar down to your sternum. Pause whilst engaging your upper-back muscles, before returning to the start position.

Muscles used: Latissimus Dorsi, Rhomboids, Posterior Deltoids, Mid-Low Trapezius

Instagram: @paula_lb5
The Kettlebell Workout that will Smash those SUMMER BODY GOALS

Starting point double dead
1) Set the kettlebells in front of the body, with the handles angled inwards. Grip them and take a large step back. Lower the hips, elevate your chest and extend the thoracic spine. Inhale and move your bodyweight to your heels, dragging the kettlebells between your legs, thumbs leading.

Clean
1) Start in the double dead position
2) Hinge via the hip, knees slightly soft, arms long, bringing the kettlebell softly through the legs, thumb leading.
3) Hip drive with full extension, eyes forward and elbow snap to hip.
4) With a relaxed grip, the kettlebell moves around the hand to rest on the outside forearm in rack position. Elbow, wrists and knuckles should be aligned, with hips fully extended. Sink slightly to receive the kettlebell.
Press
1) From the rack position, aggressively laterally rotate the shoulders whilst simultaneously pressing the kettlebells upwards. Bring your arms close to your face, maintaining a pronated grip and with full hip extension. Lock your elbows into a fully extended position with tight shoulders co-contraction.

Squat
1) Pop both kettlebells forwards from rack. Hinge via the hip, with your knees slightly soft, arms long, and kettlebell softly through the legs, thumb leading.
2) Hip drive with full extension, eyes forward. Elbow snap to the hip whilst dropping to squat catch position. Stand back up from your front squat, then pop both kettlebells from rack to swing to allow hips to hinge and the next rep to occur.

Swing
1) Pop both kettlebells forwards from the rack. Hinge via the hip, with knees slightly soft, arms long, and bring the kettlebell softly through the legs, thumb leading.
2) Hip drive with full extension, eyes forward. Elbow snap to the hip whilst dropping to a squat catch position. Stand back up from your front squat, then pop both kettlebells from rack to swing to allow the hips to hinge and the next rep to occur.

Burpees
1) Place two kettlebells a little closer than shoulder-width apart and get into the push-up position on top of the kettlebells, holding onto the handles. Maintain a strong grip and keep shoulders, elbow and wrist aligned.
2) Keep your body as straight as possible from your head to your toes, maintain glute tension and don't let your hips sink.
3) Lower your body into a press-up position, keeping the core strong throughout, then push back up to go back to a plank position before jumping forward and stand up.
**Renegade row**

1) Place two kettlebells a little closer than shoulder-width apart and get into the push-up position on top of the kettlebells, holding onto the handles. Maintain a strong grip and keep shoulders, elbow and wrist aligned.

2) Keep your body as straight as possible from your head to your toes, maintain glute tension and don’t let your hips sink.

3) Lower your body into a press-up position, keeping the core strong throughout, then push back up to go back to a plank position before jumping forward and stand up. Maintain core tension throughout the duration of the exercise. Squeeze your upper-back as you lift, rotate the trunk and pull the kettlebell to your chest.

---

**High pull**

1) Hinge via the hip, knees slightly soft, arms long and bring the kettlebell softly through the legs, thumb leading.

2) Hip drive with full extension, eyes forward, arms parallel to the floor.

3) When the kettlebells are unweighted, quickly retract the shoulder girdle and simultaneously pull them into the body by flexing the elbow. Ensure the kettlebell base is facing forward in the top of the pull.

4) Keeping your grip and wrists strong, resist force to drive and push the kettlebells out and away from the body into the next swing.
One hand swing

1) From a full extension at the hip, flex slightly and pop the kettlebell away from the body into the first swing. Hinge via the hip, knees slightly soft, arms long and bring the kettlebell softly through the legs, thumb leading. Keep the non-working arm maintaining tension throughout.

2) Aggressive hip drive with full extension, eyes forward, arms parallel to the floor.

3) Ensure relaxed arm mechanics and grip are present at parallel position to exchange the kettlebell to the opposite hand.

4) Allow the kettlebell mass to fall and load the next swing.

Figure 8 swing

1) Pop both kettlebells away from the body into the first swing.

2) Hinge via the hip, knees slightly soft, arms long and bring the kettlebell softly through the legs, thumb leading. Keep the non-working arm moving back behind the knee.

3) As the kettlebell reaches its deepest position, exchange hands and use aggressive hip drive with full extension.

4) Ensure relaxed arm mechanics, centred movement and good grip.
Snatch

1) Hinge via the hip, knees slightly soft, arms long and bring the kettlebell softly through the legs, thumb leading.
2) Hip drive with full extension, eyes forward.
3) When the arm reaches parallel, retract the shoulder and quickly flex the elbow altering trajectory of the kettlebell to a horizontal plane.
4) Follow with immediate punching action vertically into air, while initiating a whole body brace.

Split catch long cycle

1) Hinge via the hip, knees slightly soft, arms long and bring the kettlebell softly through the legs, thumb leading.
2) Hip drive with full extension, eyes forward. The elbows should snap to the hip, then drop to a split snatch position.
3) Bring the arm close to your face, maintaining a neutral grip.
4) Allow the kettlebell to fall under control back into rack position.
5) Push aggressively into your heel to jump back to the start position.
At Phoenix Elite Coaching, we help health-conscious athletes and non-athletes achieve optimum results with injuries, weight loss, muscle building and performance goals. We provide a unique, multidisciplinary approach to achieve faster results and higher success rates to optimal body function and general health and fitness. Instagram: @coach_caroline Phoenix

Windmill
1) From rack position, push your hips out to the same position as the kettlebell to isometrically lock the elbow and shoulder into fully extended, internally rotated and abducted positions.
2) Isometrically contract your lats and shoulders into a musculature hard to hold position, whilst simultaneously lowering and reaching the opposite hand towards the floor, moving your body away from the kettlebell without a pressing action.
3) Maintain the position of the kettlebell, whilst bringing your torso upright to meet the kettlebell in the rack.
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In 2018, Whitney Jones became the first mum ever to win an Olympia event. But she’s so much more than a trivia answer. Here are four things we can all learn from this tireless champ.

BY SHAWN DONNELLY /// PHOTOGRAPHS BY IAN SPANIER

1. DON'T BE AFRAID TO TRY STUFF

Ask Whitney Jones to list all the injuries in her life, and you will be listening for quite a while. “I’ve broken one ankle three times,” Jones begins. “I’ve broken the other four times. I’ve torn my rotator cuff twice. Had surgery on both knees.

Broken both wrists multiple times. Broken both elbows, broken some ribs. Had four back injuries, six concussions, 14 surgeries..."

Finally you interrupt to ask how she managed to rack up more wounds than a Hollywood stuntman.
Jones spent her childhood in the hot Arizona sun, trying to keep up with her two older brothers and performing any physical challenge they dared her to do. She also played sports. Like, all the sports: football, basketball, softball, cross country, swimming, diving, and volleyball.
“I even tried to play American football,” she says. “But my parents wouldn’t let me.”
She was resourceful, too. To learn to do flips, she just placed a pool raft on the lawn and started flipping. (Note: Don’t try this at home.)
“You’d eat it hard a lot of times,” Jones says.
“That’s where some of the concussions came in.”
In high school, Jones was—naturally—the flier on her cheerleading squad. This meant more falls.
“They’d throw me up in the air and then this girl was supposed to catch me, and she didn’t always catch me,” she says. “So that’s how I broke a lot of my bones.”
Later, at Arizona State, Jones performed on the dance team. This led to—you guessed it—more injuries. But Jones has no regrets about any of this activity. The falls built character, she says. Instilled grit.
“I learned to be pretty tough, pretty early,” Jones says. “I learned how to fight. I learned how to handle injuries and keep on kicking.”

HAVE THE COURAGE TO SWITCH CAREERS

After college, Jones put her business communications degree from ASU to use at an advertising agency. She was making good money, but she was ultrastressed, spending all day in an office, and not a happy camper. She was also skipping the gym, packing on weight, and feeling lazy.
“I went from being active my whole life to work, work, work,” Jones says. “I decided, ‘I don’t like this. I want to get back to being active.’”

So after the birth of her second child—which required a torturous three-month stretch of full bed rest—Jones put a fork in her advertising career and became a full-time personal trainer. She loved it so much, she ended up partnering with a friend and opening her own gym. Today, that gym, Pro Physiques, is the largest personal training facility in Arizona, complete with 20 coaches who train everyone from teens and
3 DON'T MAKE EXCUSES

In 2010, Jones entered a figure competition, but she was quickly enamoured with another discipline—fitness. “That looked way more fun than just going onstage and doing quarter-turns,” she says.

Jones quickly switched divisions and never looked back. A year later, she earned her IFBB Pro League pro card and started competing in the world’s top shows. The sport was a perfect match for her dance background and adventurous spirit, and she started posting top 10 finishes on the regular, whether it was the Vancouver Pro, the Arnold Classic Brazil, or the Olympia. Then her neck gave out during a practice before the 2017 Arnold Classic. An MRI revealed a bulging disk and nerve damage. In the summer of 2017, Jones underwent a two-level anterior cervical discectomy and fusion (ACDF), which fused two vertebrae in her neck and stabilised them with a surgically implanted metal cage. Everyone figured this was the end of her fitness career. Everyone, that is, except Jones. On the morning of the surgery, she started a countdown clock of 276 days—the length of time until the 2018 Arnold Classic. When she awoke after surgery with full feeling in her right arm, it was all systems go.

“That’s when I was like,
game over, I’m 100% getting back on that stage,” recalls Jones. “Like, there’s no doubt in my mind.”

Four weeks out, Jones was right on schedule. Her arms were weak, so she had designed a routine that featured lots of lower-body, break-dancing-type moves. She was on the cusp of a comeback that nobody but Jones thought was possible, and that nobody in the sport had ever pulled off.

Then, another setback: While practicing her routine, she tore her ACL and MCL. Doctors said surgery was the right move, but Jones ignored them and pushed ahead. She went back to the choreography drawing board, cooked up a one-legged routine, kept her injury a secret from the other competitors, and wore a full knee brace onstage at the Arnold. She won the division. Only afterward, when Arnold himself presented her with the trophy onstage, did she reveal that she had competed with a torn ACL.

Six months later, Jones claimed first at the Olympia, becoming the first Olympia champ ever to be known as “Mum.”

The key to the double win, says Jones, was to never succumb to excuses. “You never know what you’re capable of until you truly push beyond your level of comfort,” she says.
For example: a full night's rest. Jones often rises at the crack of dawn to do her cardio, then helps her boys, Brody, 12, and Jake, 10, get ready for school. Then she heads to the gym and trains clients, then works out again, then picks up her boys from school or practice, and then does some bookkeeping or emailing late into the night.

Another key: multitasking. At Jones' sons' baseball games, you'll find her running laps around the field or performing burpees in a corner of the park. Likewise, when it's time to design choreography for a routine, Jones focus-groups it with her sons. If they think a move is cool, she leaves it in; if they're bored, she nixes it.

"Every minute of the day I'm doing, like, two or three things at once," says Jones. "But it doesn't feel like work since I love it so much."

It's all how you look at things, she says. She chooses to view her daily tasks as privileges, not chores. And she reminds herself that she's fortunate to be healthy, to have two able-bodied boys, and to be running companies for which she's passionate.

Her advice: Look at the tasks in your life as things you get to do, rather than things you have to do.

"I'm lucky that I get to travel the world and step onstage," Jones says. "What if my kids weren't healthy? What if I were injured with my arm still not functioning? If you can look at it with the right perspective, you're able to balance it all. You really, really are."
HAMMER TIME

A former basketball phenomenon, IFBB Pro League figure pro STEPHANIE HAMMERMEISTER is now devoted to a life of fitness, and her message for others is simple: Be yourself.

BY SHAWN DONELLY
PHOTOGRAPHS BY IAN SPANIER
Once upon a time, Stephanie Hammermeister could ball. “I still hold a couple of school records,” Hammermeister says. “And I was team captain my senior year.”

A standout guard at Southern New Hampshire University, Hammermeister had opportunities to extend her basketball career overseas after graduating. Instead, she hung up her high-tops, moved to San Diego with her fiancé, and began lifting weights at a local gym. That’s where she kept hearing the same advice from fellow gym goers: “You should compete!”

Finally, she decided to listen. Hammermeister prepped for 15 weeks, entered an amateur figure show, and promptly took first. Within a year and a half, she was finishing just outside the top 10 at the 2016 Olympia.

And while Hammermeister is currently taking a break from competing to focus on training others, she still boasts an admirable physique. Here’s what the former hoops star told us about her fitness philosophy, her fantastic last name, and her favourite cheat meal, which sounds both insane and delicious.

**M&F:** Within one year of competing, you were going toe-to-toe with Olympia competitors. How did you rise so fast?

**SH:** I put on muscle fairly quickly. But I have never been the biggest on stage in terms of muscular development.

It’s always been about my symmetry. That’s how I beat out some of the bigger, denser girls.

**In 2018, you decided to take some time off from competing. Why?**

To focus more on the business side of things. I have about 35 clients whom I coach online. I also wanted to show my audience that there is life off the stage and how to manage that balance between fitness and, you know, normal things like enjoying food, because a lot of people struggle with that balance.

**What is your workout routine like these days?**

Right now I’m in the gym five days a week. It’s mostly high-intensity strength training. So instead of focusing on slower rep times and more concentric motions, it’s a higher pace with less rest time. And I do cardio five days a week. I love the StairMaster. I’m a huge stepper. For me, the slower, steady-rate cardio is where I find my results. I throw on Netflix and either step or walk for 45 minutes.
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How often do people ask, “How do I look like you?”
Honestly, I get that question a lot, and it kind of irks me. Everyone has a different body type, and everyone responds differently to different foods and workouts. And as a coach and mentor, I take pride in being able to make those adjustments and get familiar with my clients and their bodies.

So how do you respond to them?
With my clients, I try to coach them to live a balanced life. Commit to that diet 85% of the week, and then on that evening when you want to go out with friends, it’s guilt-free and you are able to enjoy yourself. That way it gives them motivation and encouragement that they can maintain this lifestyle over a long period of time. They get their cheat meal and a drink or two, and they’re back and excited to start another week.

Any other advice for those who want to transform their bodies?
My best advice is to start to love yourself. Love yourself at every phase of your body’s transitioning. That’s going to help quite a bit. Bigger is not always better, and more muscular might not be right for you. Make your abilities shine and don’t focus on other people and what they’re doing. We’re not all the same.

You mentioned cheat meals. What’s yours?
Oh, man. The Peanut Butter & Jellousy at this place called Slater’s 50/50. It’s a burger with peanut butter, strawberry jelly, bacon, and a scoop of vanilla ice cream. I eat it at least once a month.

Do you think you’ll compete again?
It’s definitely not out of the question. The mental aspect is the biggest part of it. If you’re not ready to commit to the lifestyle, it’s not worth doing.

Finally, Hammermeister is such a badass name. What’s it like to have that?
Ha ha. I cannot take credit for that. That’s totally thanks to my husband. He’s the Hammer. I’m the Lady Hammer. But I have to say, living with it is pretty dope.
SNAPSHOT

STEPHANIE HAMMERMEISTER

BIRTH DATE: 16th April, 1987
HEIGHT: 5'7"
WEIGHT: 68kg
RESIDENCE: Orange, California
OCCUPATION: IFBB Pro League figure pro, contest prep coach
INSTAGRAM: @lady_hammer
WEBSITE: theladyhammer.co
A Vest to Impress?
“I look badass and am ready to complete a tactical assault on this floor space.”

the other

“I hope no one sees me as I look out of my depth…. literally looks like I’m about to fall into the deep end.”

Seriously though, this is not about how you look during your workout; we’re talking performance. By incorporating weighted vests into your training arsenal, you can arm yourself with an additional tool that can be used to modify exercise intensity, improve speed and agility, help avoid workout monotony and improve future health outcomes.

It’s well known that the importance of any weight training programme is varying the stimulus to challenge the body. In order to efficiently gain lean muscle mass and efficiently lose fat a combination of diet, cardio and strength training must be implemented. Whether you’re squatting, lunging, jumping or high intensity interval training (HIIT), the vest provides a safe overload method that enhances your ability to generate force and build muscle.

We will look at the results of studies carried out to determine the degree of benefit gained from weighted vest workouts. Knowing these will enable you to make an informed decision about whether this type of training is for you.

**Weighted vest training provides the below benefits:**

1. **Improves Leg Strength**
   Weighted vest training 3 times a week for 10 weeks increased leg strength by 30%.

2. **Improves Short-Term Endurance**
   Weighted vest running (at 5% of bodyweight) 2 times a week for 8 weeks reduced 3000m by nearly 3 minutes.

Weighted vest training (at 10% of bodyweight) 3 times a week for 4 weeks improved endurance by 25% during sprints.

**3. Improves Speed**

Weighted vest use in a warm up (at 20% bodyweight) consisting of six 10 second sprints improved running by 2.9% and running economy by 6%.

Weighted vest training (at 20% of bodyweight) 2 times a week for 6 weeks improved 10m sprint speed by 9.5% and 30m sprint speed by 6%.

**4. Improves Jump Performance**

Weighted vest use in a warm up (at 2% of bodyweight) improved jump height by 13.5%.

Weighted vest pre-performance (at 15% bodyweight) consisting of 3 sets of 5 reps improved jump height by 5.4%.

**5. Improves Bone Mineral Density (BMD) and Subsequently Lowers Risk of Fractures**

Weighted vest training (at 15% bodyweight) 3 times a week (60mins) for 26 weeks improved BMD by 2.4%.

Weighted vest training 3 times a week (60mins) for 32 weeks improved BMD by 1.5%.

**6. Reduces Risk of Falls in the Future**

Weighted vest training 3 times a week for 32 weeks improved balance by 16-33%.

**Impressed yet? So why use a weight vest?**

If you are looking to boost your overall fitness performance and use weighted vest training for future health benefits, learn from the research. Use a weighted vest during warm ups, full body workouts and splits at 10-20% of bodyweight. Exactly how much, is up to you and should be based on your fitness goals. The weight should be enough to intensify a workout, not make it impossible. We suggest around 10% of bodyweight to build up speed and endurance with 20% of bodyweight for strength training. [HERS](#)

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**Complete this bodyweight superset with a weighted vest for great results**

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Every issue, *Muscle & Fitness HERS* stops to admire a truly unique fitness talent meet Michelle Fredua-Mensah, an awe-inspiring dancer and gymnast who made us say WOW
FACT FILE

Name: Michelle Fredua-Mensah

Age: 31

Country: UK

How many hours a day do you practice your art?
2 + hours

What should we know about you?
I competed in gymnastics when I was younger to national level. After watching and being inspired by the movie “Bring It On”, I went onto become a cheerleader and competed in the World Championships.

When I was 8 years old I had to make a decision between gymnastics and ballet. I chose gymnastics and took up ballet as an adult instead.

10 months ago after a shoot with Matt Marsh and an interesting conversation, I decided to compete in fitness shows. I am also a mum and a gymnastics coach.

Instagram: @shellyfitpro87
Why are we going Barking Mad for Barre?

By Danni Levy
Photographs by @eli_michaud

Instagram is flooded with elegant influencers sporting their enviable levels of grace and flexibility on the barre. But why is this ballet-inspired workout getting so much hype?

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If you fancy giving barre a go, why not take a step out of your comfort zone.

Co-owners of @viefitretreats, @alex_winkler and @niki_pislis_fitness offer Barre, Bootcamp, Yoga, HIIT, Pilates, Bodylicious and more! 

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“Can you please put your seatbelt on?” smiled the tiny, glamorous flight attendant as she brushed past me down the aisle. There was no way I could stretch the belts any further together over my stomach to fasten them. I think she knew as I awkwardly fumbled about with the buckle, but she watched politely for a moment with a sorry look in her eye before she took hold of my hand and squeezed. “Just bear with me, I’ll be back in a second” she said softly. She duly returned with a seatbelt extender and fastened it up for me. That excruciating moment broke my heart. “Sh*t, I have to do something about this” I thought, and it dawned on me that I had a serious problem. I’ll never forget the flight attendant’s kindness, it was the one thing that got me through that embarrassing ordeal. I went on holiday to Magaluf, had a ten-day binge and returned with a new resolve to change. That was my turning point.

I did a lot of comfort eating when my parents split-up and I would eat everything I could get my hands on. All my friends were skinny with fast metabolisms who could eat whatever they wanted; I was the odd one out.

My diet consisted of Domino’s Pizza and chocolate; I used to have a large pizza followed by a family-sized bag of M&Ms and Maltesers for afters. I didn’t understand calories and my life consisted of eating in the week and drinking at the weekend. On a Saturday night I would guzzle Archers, Malibu and WKD and always ended the night with a kebab.

I even broke my own bed from the sheer weight but never quite accepted just how large I had become. For years and years everyone around me tried to coerce me into losing weight but it was that fateful flight that finally released my tenacity to make a change. I came back from the holiday determined to slim down and started swimming, I would go really late at night because there was nobody there.
I started in February and it took until November before anyone noticed any difference. I had already lost an impressive four stone but when you’re that big even such a large amount of weight can easily go unnoticed.

After starting to see results, weight loss quickly became a really unhealthy addiction. The weight seemed to drop off, I became very conscious about what I was eating and the more compliments I received, the more I was determined to lose even more. Initially I was too self-conscious to step inside a gym, but I heard about the benefits of spinning and decided to pluck up the courage to attend a class.

The day after my first class I found myself in A&E: my muscles had completely seized up and I couldn’t walk, they spasmed into complete shock. It was the most horrific pain I’ve ever experienced in my entire life! The doctor said that the class caused me to use muscles that I hadn’t fully engaged before and prescribed muscle relaxing gel to alleviate the overstimulated muscles.

Despite the knock back I was still unperturbed in my quest to lose weight.
I put so much pressure on my chest area from being so overweight that I ruptured internally.

I was eating very few calories but in an uneducated manner- Weight Watchers ready meals were my go-to source of fuel.

My fitness levels continued improving and I completed my first half marathon for the British Heart Foundation.

At this point, I was sat at about 60kg; because I had lost such a colossal amount of weight, I had an awful lot of excess skin with no chest. I confided my insecurities to my dad who paid for me to have a boob job in an attempt to regain the lost volume. When I went for the initial assessments it was found that I ruptured my chest muscles from being so large. I put so much pressure on my chest area from being so overweight I ruptured internally. It was concluded that this problem had to be rectified first before they would even consider augmenting my breasts. It ending up being a three stage process, the internal muscle damage was tackled first, followed by an uplift and finally the insertion of the implants. My skin is so thin from being obese now if I get too lean my implants visibly ripple. I couldn’t afford to have my excess skin removed and wasn’t eligible on the NHS.

With my new-found confidence came a new partner Chris, (now fiancé), he introduced me to weight training and helped me overhaul my diet. By now I was cycling forty miles a day and had a very obsessive relationship with food; I was eating a thousand calories per day and remained in a constant state of starvation Monday-Friday. Then, at the weekend I would binge on sweets and ice cream. I sabotaged my weekday efforts and endured a constant mental battle. I remember driving the short
distance from my house to my dad’s and inhaling a whole packet of chocolate Hobnobs. One weekend, I surrendered to my ultimate nemesis; the pick ’n mix, I made my way to Wilko’s, dismissed the pre-provided tubs and filled up a plastic bag with £18.44 worth of confectionary, I made my way home and ate the lot in one sitting.

Being undernourished caused my periods to stop completely; I was hungry, irritable and couldn’t sleep. I was chasing the unattainable, airbrushed figure you see on social media.

My mindset changed after finding an online coach, Charlotte Tunloch who helped me gain a healthy relationship with food and empowered me to up my calorie intake and finally start enjoying food as fuel.

Today I’m healthy and happy! I eat to fuel my body for heavy weights sessions and I’m on 2,200 calories a day whilst still retaining a lean figure, weighing in at 58kg. I weight train five days a week and my total cardio burns no more

than a meagre 200 calories over the entire week.

I’m certainly not deprived anymore, I just had a bag of Milky Bar buttons on my porridge! I feel energised and my periods have returned. I have breakfast, lunch and tea with a mid-morning snack and a pre-workout meal, meaning I’m eating every three to four hours. I track everything I eat, except for on a Sunday which is a higher calorie day to coincide with when I do a lot of heavy compound lifting. I use this day to go out to eat and have whatever I fancy. Although I enjoy treats, I eat to hunger because I’m not in the bingeing cycle anymore. I’m careful to not see this as a cheat day, that has a negative connotation but rather a day I can enjoy more calorie-dense foods.

It’s been an up-and-down roller coaster, but I can honestly say I’m the happiest I’ve ever been. I look forward to going to the gym and all I want to do is help people like me to turn their lives around. I get so many questions from ladies desperate to slim down; when I tell them to eat more and lift heavy weights, they don’t always believe me. I try to sway people away from popular, marketed diet plans; eating as much ‘free food’ as they want or following the latest new fad, it’s counterproductive and doesn’t generate a healthy mindset.

My absolute dream is to enter a bikini competition; if I have the discipline to lose all that weight, I have the discipline to step on stage; watch out for me in the next transformation category!
Labiaplasty Surgery Changed my Life!

Copy and photographs courtesy of Michelle Cauchi, 33, Braintree

‘I look as if I have a penis,’ I said to my best friend Sarah. ‘Babe you look amazing,’ she assured me. ‘It’s only you who’s sees that; nobody else does!’

After giving birth to my first child 16 years ago, my labia was torn in half. The midwife said I should’ve been stitched up. The severe tear caused clothing to rub and the appearance of my private parts caused me embarrassment not only in the bedroom, but in my day to day life too. I couldn’t go to the gym because sitting on a spin bike or squatting down was painful and wearing leggings was something I’d never even attempt. But the NHS told me that because I’d heeled, my plight was merely aesthetic and there was no need for surgery. I was only 16 at the time and just thought that was normal, so I carried on my life concealing my private areas with long baggy jumpers or loose fitting trousers.

“I was only 16 at the time and just thought that was normal.”

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Things changed when I met a new partner and we became intimate. ‘Which kid did that?’ he asked as he started to caress me. I wanted the bed sheets to swallow me up and whisk me away.

‘Erm, my eldest,’ I replied. My worst fears had just been confirmed. I looked butchered and sexually unattractive and my labia was far from normal. But even though underwear rubbed and caused the area to swell, I had no choice but to continue going on as I was. I couldn’t even use sanitary pads because of the discomfort.

My self-esteem was at an all time low. I’d spent years avoiding the topic, but now the route cause of my complete lack of self confidence had been brought to the fore and I’d been forced to face up to reality. I felt so low that at times, I wished I wasn’t a woman.

In January this year I met my current
“Who cares what people think, Labiaplasty is so common nowadays and it’s going to change your life!”

partner Chris. I was open about my ‘problem’ from the start and he was immediately understanding and supportive. But I still suffered on a daily basis and really wanted to find a solution.

‘I’ve made a decision and I’m going to have surgery,’ I told Sarah over a takeaway one evening.

‘If that’s what you want to do, I fully support you,’ she assured me. ‘I’ll even come with you on the day.’

I did my research and found the Bella You clinic online. They were experienced in labiaplasty procedures and Consultant Plastic Surgeon Amir Nakhjievani who performs the procedure for them is one of the top surgeons in the world.

I called the clinic and arranged a consultation.

‘Don’t worry, the surgery can be performed under local anaesthesia so you’ll be able to return home the same
day and you won’t feel a thing,’ the friendly staff told me. I couldn’t believe it was such a quick and simple operation and yet I’d waited over 16 years to do something about it! I booked the procedure there and then.

‘Do you think people will think I’m vain and that I’m having a designer vagina,’ I asked Sarah as we travelled home from the consultation.

‘Who cares what people think,’ she assured me. ‘Labiaplasty is so common nowadays and it’s going to change your life!’

Bella Vou explained to me that most patients who come through their doors to have labia surgery actually do it for medical reasons like myself, not for aesthetic purposes, although it drastically improves the way your private parts look! For me, it was about being able to go out in public without having to hide my lower body, be able to workout at the gym and get myself in good shape and live without severe daily discomfort, rubbing and chafing.

I waited about a month for surgery and felt apprehensive but excited. I felt so reassured I was doing the right thing and as always, Chris supported me too. I have always remained good friends with the dad of my children and when he visited the house to collect them, he and Chris had a right old giggle about my vagina!

‘I’m having a labiaplasty,’ I told him in front of Chris.

‘Ah wow, I am so pleased for you that you’re finally getting that sorted,’ he responded.

It was surreal having two men in the same room who knew about my torn labia and being able to speak openly about it to both of them. All those years on and my ex still remembered what it looked like and how much grief it caused me.

When I arrived at the clinic for my surgery, I started to visualise how my new vagina would look.

‘I wanted it all tucked in nicely with no hanging bits,’ I told Sarah who was by my side every step of the way.

I’d been told no intimacy for 4-6 weeks following surgery, but I couldn’t wait to see how it’d improve my confidence in the bedroom. I dreamed of going on a romantic holiday with Chris and being able to wear a tie side bikini, something that made me look as if I had a penis with the torn labia.

The moment I’d been waiting for arrived and I was taken into the operation theatre. The nurses made me feel so at ease, as did Amir. The procedure took about 45 minutes and all I felt was a gentle tugging - no pain at all!

‘That’s it, you’re all done,’ the nurses smiled. I couldn’t believe that was it! I was awake throughout, felt perfect and hadn’t experienced even the slightest bit of discomfort. In fact, we were all having a laugh and a chat whilst Amir was working away on me!

Following surgery, I did say ‘ouch’ a few times, but just days later my life was back to normal. Chris took me shopping for a new wardrobe and he couldn’t believe the change in me, both physically and mentally. He was my best nurse throughout recovery and we recently resumed our intimate life, which is better than ever before, not least because I am confident for the first time in my adult life.

‘You feel brand new,’ Chris joked the first time he touched my vagina.

‘I agree!’ I laughed.

I do feel like a completely new woman and it’s all thanks to Bella Vou. I have started going down the gym wearing leggings and getting in shape. I will have a body I can show off all summer in my new swimwear, which is something I’d previously only dreamed of! I just wish I’d done it sooner!

Labiaplasty at Bella Vou costs £2,500
www.bellavou.co.uk
Instagram: @bellavou
Marathon Essentials

London Marathon got you thinking about dusting off your running shoes?

Take a look at these tried-and-tested marathon essentials to make your next 26.2 miles a whole lot more pleasant.
Runderwear Cushioning No Show Running Socks
www.runderwear.co.uk
The Runderwear Cushioning Socks combine an excellent lightweight cushioned construction with high performance technical fabric to give you the ultimate comfort and support. Carefully chosen cushioned panels above the foot helps protect you where you need it most. The mid-foot grip is engineered with the highest quality elastane to support the foot arch and to prevent the sock from moving. The breathable, moisture-wicking fabric combined with reinforced mesh panels help regulate foot temperature and prevent overheating.

On Cloudswift
www.on-running.com
For nine years, Swiss sports brand On has inspired the running scene with its unique CloudTec™ technology. Now, the company announces its latest industry-disrupting innovation with the launch of the Cloudswift performance running shoe, the first shoe to feature On’s new Helion™ superfoam.

The Helion™ foam combines properties other foams can’t, delivering durability and rebound at a previously impossible level. The unique new On Helion™ foam is formed of a special structure fusing stable, hard elements and softer, elastic segments. This enables greater durability without adding weight and more rebound without sacrificing cushioning. Thanks to its temperature resistance capability, the cushioning stays premium—no matter if it’s cold or warm outside. Its enduring energy-return properties offer protection from the road and performance for the run.

Runderwear Women’s Support Running Bra
www.runderwear.co.uk
The Runderwear Women’s Support Bra is designed specifically for runners looking for reduced bounce, maximum support and comfort. It uses an incredibly soft first layer against the skin to help prevent any irritation or rubbing, and offers non-slip, adjustable soft-feel straps to ensure you remain chafe-free.

MALAKO Skin To Soul Saviour Oil
This aroma-therapeutic oil infuses blissful scents to balance and calm energy levels when feeling fatigued. The careful selection of herbal, time-tested botanicals are excellent relievers of dry and weathered skin, promote hair health, and alleviate muscle tension. Massage directly onto skin or hair for instant hydration and to calm, uplift and relax your mind and mood. Can also be spritzed into bath water and used as a skin softening, relieving soak.

Inspired by thousands of years of Thai healing wisdom and self-care practices, MALAKO have carefully sourced powerful ingredients from around the world, that were used in ancient remedies, meditation, and prayer. A luxurious formulation to help support muscle recovery.

This concoction of powerful botanicals delivers a surge of antioxidants and vitamin E to soothe and nourish from head to toe. The saviour oil was given its potent skincare benefits and anti-inflammatory properties by revitalised lemongrass; which has been used since ancient times to relieve tired muscles, headaches and stress, and jojoba oil; which is anti-bacterial and balances oil levels in the skin, keeping body acne at bay.

Women’s Runderwear Low-Rise Hipster
www.runderwear.co.uk
The Runderwear Women’s Hipster is designed to ensure you can enjoy all your running adventures chafe-free, in ultimate comfort. Perfect for women seeking performance underwear that sits nearer the hip. Ergonomically designed to move with your body, created using an incredibly soft fabric, which is label-free to prevent irritation, rubbing and chafing mile-after-mile. 360 degree seamless design resulting in no side seams, meaning that edges are flat, eliminating irritation and rubbing and minimising VPL. The technical fabric is lightweight and designed to wick sweat away from your skin. Mesh panels containing micro perforations to increase breathability, reduce friction and keep you dry.
Tikiboo
Cookie Monster Leggings
www.tikiboo.co.uk

These loopy leggings are perfect for Sesame Street fans looking for a fun pair of high-performance sports tights. Full-length and covered in Cookie Monster faces, what could be more lovable?! Cut from 50 denier Italian LYCRA, they’re soft and supple with flat-lock seams to minimise chafing. The high drawstring waistband tucks you in neatly and has a handy rear zipped pocket for a large phone (or even some cookies - just don’t sit on them). The compressing material gently hugs your contours for a supportive fit throughout your run, and they’re squat-proof too.

£36.99

Recovery Room Run Cream
www.recoveryroombodycare.com

Specially formulated for marathon runners and tested and approved by hundreds of athletes. Key ingredients provide runners with the following target cardiovascular and running performance benefits; relieves airways– peppermint acts as an expectorant, helping to open your airways, clear mucus and reduce nasal congestion. Increases blood circulation– hawthorn can help improve the amount of blood pumped out of the heart during exercise, serving to widen the blood vessels and increase the transmission of nerve signals. Muscle warming– peppermint essential oil is a very effective natural painkiller and muscle relaxant. It also has cooling, invigorating and antispasmodic properties. Anti-chafing– pine has healing properties that ease skin irritations and fights dry, itchy skin, making it a great non-steroidal treatment. Relaxes– lemon balm increases calmness and can relieve anxiety helping you to feel more relaxed on race day.

£14.99

Smoovall Skin Contact Spray
www.smoovall.co.uk

Millions of people suffer from chafing. Most tend to keep it to themselves. Chafing occurs when running, especially long distances and is caused by friction from clothing or skin-on-skin contact. Smoovall Skin Contact Spray forms an invisible & breathable protective layer on your skin to prevent irritation.

Skin irritation is caused by prolonged friction, which is why you need long-lasting protection. Smoovall Skin Contact Spray protects your skin from chafing for a minimum of 4 hours per application. Suitable for all skin types, easy to apply and completely invisible. Leaves your skin protected whatever you get up to.

£12.99
All winter long, you’ve worked hard for that booty. But summer is here and we’re all feeling ready for bikini season. After lots of tough sessions on the squat rack, we want you to feel confident and really show off the muscle gains you have earned through dedication in the gym and the kitchen.

The best way to make your muscles look more prominent is to cut some fat. This will make your muscles look more defined and sculpted all over your body.

Unfortunately, getting into a caloric deficit to burn fat usually means losing muscle. That’s the last thing you want when you have worked so hard for it!

Can You Cut Fat Without Losing Muscle?
If you adjust your diet and training right, the answer is yes!

The answer lies in reducing your calories slowly. Don’t go on a crazy crash diet! Instead, keep treats to a minimum and keep your meals super clean with lots of wholefoods.

Although you will need to maintain a calorie deficit to burn fat, this doesn’t mean you should scrimp on protein. Protein feeds and maintains your muscles, so try to reduce your carbs and fats instead. Protein will also keep you satisfied and help to curb cravings for sugary or fatty treats. If you’re unsure how much protein you should be eating, aim for 1g of protein per 1lb of your weight as a benchmark.

Cardio
Even if you don’t love cardio, we can all agree that it has its benefits. If you burn extra calories in a quick cardio session, it will help bring you into a calorie deficit without having to reduce your food intake. Yep, more cardio means being able to eat more food!

If you burn 100 calories in a quick cardio session, you’ll be able to enjoy an extra 100 calories worth of muscle supporting protein, without eating yourself into a calorie surplus.

Now that the weather is warming up, it’s a great time to get outdoors for a workout! Head outside for a run, mixing it up between short sprints and slower, longer distance runs. If you hate traditional cardio then try something completely new, like boxing or a dance class.

A Cheeky Little Boost
If you feel you need that extra bit of help, you can fire up your cardio efforts with Clenbutrol, a natural, herbal and safe alternative to the celebrity cutting fave. With its thermogenic and performance enhancing plant extracts, it burns fat and improves cardiovascular performance by increasing oxygen transportation. It will help you to sculpt a lean and ripped body that’s just waiting to be revealed.

It’s important not to overdose your cardio. Too much cardio will start to weaken your muscles as you burn more calories than you have eaten for energy. Instead of going cardio crazy, add one or two extra cardio sessions per week into your training regime. Give your body time to recover in-between sessions and make sure you get plenty of sleep too.

Stay Hydrated
Look to increase your water intake if you aren’t already drinking 3-4 litres of water each day. Doing more cardio means sweating more, so you’ll need to replace the water that your body is losing each day. If you’re sweating lots, you might notice some headaches or cramps as you’re losing more minerals than usual. Luckily, this can be easily remedied with an isotonic drink.

Feeling Depleted?
Cutting down on your carbs and doing more cardio can leave you feeling pretty fatigued. There’s no point looking great if you don’t feel great, so you need something that’s going to give your body that extra power to keep up with your intense training.

Try Anvarol, which improves your strength and energy by stimulating phosphocreatine synthesis within your muscle tissue. You’ll feel explosive strength whilst you train, making it perfect for heavy lifting and HIIT sessions alike. Unlike some supplements, it won’t cause water
retention so it’s going to help you achieve a really shredded look. It provides you with the ongoing energy and explosive power you need to push your workouts harder and longer whilst shredding fat for a harder, sharper, leaner body.

**Eat Healthy Fats**

Even though you might be tempted to cut the fat out of your diet, it’s important to eat healthy fats. Avocados, nuts and salmon are all healthy sources of fat which help keep your cell structure optimal and your hormone levels balanced. This is important for supporting your body to create an environment that maintains muscle whilst you burn fat. As a bonus, healthy fats will also help your hair and nails grow and give your skin a glow.

**Keep Lifting Heavy**

The techniques that helped you build muscle will also help you maintain it. Using your muscles by lifting heavy regularly reminds your body that they are important, and triggers growth rather than breakdown. You can’t expect to make new gains without being in a calorie surplus, but you can keep lifting so that your muscles stay strong and stimulated.

We find that the most effective technique is to continue to lift heavy, and to try your best to minimise your rest time between sets. But do what works best for your body! If your body was responding well to lighter weights and more reps, keep training the same way.

It’s also important that you continue to practice progressive overload. This means increasing the weight on each lift regularly. You can also increase the number of reps you perform in each set, or the number of sets you perform in total.

To keep increasing your strength whilst on your cut, use Winsol. It’s going to fill your body with vitality with DMAE, a super anti-ageing supplement that’s going to make your body perform like it was five years younger. Prepare to lift heavier, to run faster, and to perform better than ever. 

Grab all three supplements mentioned in this article and save 10% on the Female Cutting Stack using code HERS10 at CrazyBulk.co.uk
“I trained as a dancer for twelve years and martial artist for five years,” reveals Jo. “I am also a personal trainer and yoga teacher. Having a background in these activities meant I naturally evolved into the more physical side of the movie industry and also helped when I began screen combat training. Being able to perform as many movement skills as possible is key.”

“I’ve always been physically active but it wasn’t until I really focused on weight training that I began to look the part too,” says Jo. “Three years ago I started to really get serious about lifting. The physical and mental changes quickly had me hooked and it has become an innate part of my life. I find the gym therapeutic. It’s my ‘me-time’ when I get to zone-out and just focus on myself. This has definitely helped further boost my work in the film industry.”

“This year I entered my first bodybuilding competition at the UKBFF Zack Khan Classic and won the masters bikini category, which is for women aged over 35 who train for condition and shape rather than huge bulk,” Jo explains. “The result qualified me for the British finals. I coached and prepped myself for the show, as I felt I had enough experience and the self-motivation to achieve the look I wanted. I kept my prep as simple and as healthy as possible. My day-to-day training didn’t
change too much. I always train intensely. It was the changes to my diet and the cardio that made the big changes in body composition. I’m a huge advocate of keeping your carbs and calories as high as possible to give you energy through a cut. Six weeks out, I started doing fasted cardio each morning in the form of a low intensity steady state (LISS) walk for 40 minutes and gradually tapered my calories and carbs down over the final few weeks.

“48 by slightly crazy”

“I fully dislocated my right shoulder just six weeks out from the competition in a motorbike incident on holiday in Ibiza,” says Jo. “But, my fighting spirit took over and I decided to continue with my prep, even training with a sling on for a couple of weeks. For the three weeks following the dislocation I trained legs 4-5 times a week, as all upper-body movements were off limits. I could only add in very light upper-body training for the final few weeks of prep. Luckily my upper body was already well-developed from all the work put in over the previous three years.”
**5 Work With Hollywood Stars**

“I’ve been in the film industry for over 15 years now,” says Jo. “I started in the industry as a body double for Thandie Newton on Guy Ritchie’s RocknRolla. I’ve worked on several of Guy’s films since then, including Sherlock Holmes, The Man from U.N.C.L.E., King Arthur and am now currently involved in his new Disney live action remake of Aladdin. Last year I stunt doubled for the American actress Gina Rodriguez on Alex Garland’s Annihilation, which was out in February 2018 and also stars Natalie Portman.”

**6 Be Up For Anything**

“As part of my preparation for Annihilation, I underwent three months of firearms training in order to look the part of the military-trained badass female character I was doubling,” Jo explains. “I needed to look like I knew how to handle and fire an M4 carbine as if it was second nature. Wire-work training was also required for some scenes, which was particularly taxing on my body but it was also incredibly exhilarating being flung high and hard into walls. Oh, and I also had to shave off half my head of hair for this role too!”

**7 Become an Amazon**

“Last year I successfully auditioned for a role on Justice League as one of Wonder Woman’s Amazonian fighters,” says Jo. “As Amazons, we needed to be sliced and diced so we underwent three months of brutal training to get us screen-ready. There was a lot of metabolic conditioning and circuit work: heavy sled relays, battle ropes, SkiErg HIIT training, assault bike, sprints, rowing... it was real vomit-inducing stuff!”

**8 Learn How to Die**

“We underwent highly specific weapons training for Justice League, which included learning how to use a sword and shield, spear and bow and arrow,” reveals Jo. “We needed to be able to die convincingly on camera too. So we drilled and drilled taking hits in various parts of the body from arrows, spears and sword stabs and the eventual painful death from the injuries.”

**9 Kickass in the Gym**

“I was tasked with getting the lead actors for Aladdin in shape for their roles in a very limited time-period, so I had both actors training with me five times a week in a specially-designed gym at the studios,” says Jo. “Mena Massoud, who played Aladdin, was on a bulking and then cutting programme and Naomi Scott, who played Jasmine, was on a cutting plan and made incredible progress in her strength and fitness. They both killed their training and I’m incredibly proud of them. I’m also planning to produce an online training programme and nutrition package.”

**10 Find Time**

“It’s all-too-easy to say you don’t have time to fit everything in,” says Jo. “But in this game you have to master a lot of skills and work hard. I’m always against the clock but I still find time to train. My weekly training split is simple and time-efficient. My off and on-season training doesn’t really change at all; it’s the diet and cardio that alters.”
The Corevue 360 is a professional scale, perfect for retail, physiotherapists, gyms, health centres and more. It uses Multi Frequency Bioelectrical Impedance Analysis, a safe and accurate way of providing insight into your customers’ health. Among other things, it shows their body fat percentage, muscle mass, bone mineral mass and metabolic age. This allows it to deliver a full body composition analysis in as little as 15 seconds.

Corevue 360 Specification:

- Precision full body composition
- Automatic height measurement
- Weighing capacity up to 270kg
- Printed results and receipt
- Intuitive user interface with spoken instructions
- Cloud based multi-platform access
- 17” portrait touch screen with advertising
- Coin / contactless card payment options
- Retail hardened internal electronics
- FDA cleared dual-frequency technology
- Online real-time usage reports
- Barcode or pin based identification
- Professional grade weigh scale
Mindfulness has become very popular in recent years. It is claiming huge mental health benefits in treating anxiety and depression and has become integral to psychotherapy, especially within cognitive behavioural therapy (CBT), with a common goal of helping people gain perspective on irrational, unhelpful and self-limiting thoughts.

But what is mindfulness and what are the benefits?

Mindfulness is, in principle, simply a set of meditation techniques that lead you to question your identity and your relationship to the world. If you can understand your patterns and triggers to painful emotions that manifest themselves in unhealthy behaviours, habits and beliefs, you can help yourself to transform them.

In other words, mindfulness seeks to train the brain to break the patterns of unhealthy autopilot responses to painful emotions and help you accept your experiences, from a positive and healthy perspective, and create alternative conscious thoughts and behaviours.

Is it successful in helping anxiety and depression?

Yes - mindfulness can help in many ways:
- It can increase your ability to engage and enjoy the pleasures of life, form connections with others

and enables you to “let go” so you can focus on the here and now, be less preoccupied about the future, or wallow in the past.
- This has proven benefits to mental wellbeing as psychotherapists use mindfulness to treat not only anxiety and depression but in addition, substance abuse, eating disorders, relationship issues and obsessive-compulsive disorder.
- As mental wellbeing improves, mindfulness has proven benefits to physical wellbeing in the prevention of heart disease, lower blood pressure, reduced chronic pain, improved sleep, and alleviated gastrointestinal issues.

How do you it?

All mindfulness techniques are a form of meditation with the aim to achieve a state of alertness by deliberately paying attention to the thoughts and bodily sensations that arise within you, without judgment, allowing the mind to focus on the present. This is a daily practice so give yourself at least 20 -30 minutes a day undisturbed.

The basic technique is the sit quietly in a chair or on the floor and focus on your
natural breathing, or mantra, allowing the thoughts to come and go without judgement, just noticing them, returning your focus on your breathing or mantra. Notice sounds, sensations, your thoughts and:
• Your bodily sensations, such as tingle or itch, without judgement and let them go.
• Other sensations such as sounds, smells, tastes, touches, without judgement. Name them and let them go.
• Emotions that come up like joy, sadness, anger, frustration. Again, name them, without judgement and let them go. It may become difficult but accept the presence of the emotion, but sit with it, feel it and let it go.
• If your body is craving something such as food, substance, behaviours, notice how the craving feels in your body, without judgement. Replace any thought or wish for the craving to go away with the knowledge that the craving will soon reduce and let it go.

It’s important to stay with it
At first your mind might wander, daydream or criticise. Simply notice where your mind has gone and gently redirect it back to the present. Mindfulness may evoke emotions, thoughts and sensations that are uncomfortable and difficult to sit with. Over time, and with greater mindfulness practice, it will become easier to sit with the emotions, thoughts and sensations from your experiences, rewarding you with a route to greater happiness and self-awareness. Above all, mindfulness involves being kind, forgiving towards yourself and self-accepting.

Developing resilience to anxiety and depression
Brain scans show how mindfulness assists neuroplasticity in the growth of new neural circuits in response to new mental activities. This means that, psychologically, mindfulness helps you to develop a mental state of acceptance and resilience, rather than avoidance, so you will find yourself increasingly moving towards, accepting and managing challenging situations. This quickly becomes the new “normal” and with it, increasing self-confidence and self-esteem.

Mindfulness script
Sit on a straight-back chair or on the floor. Make sure you will be undisturbed for at least 30 minutes.

Bring your attention to your breath
• Notice your breathing as you slowly breathe in and out – in through the nose and out through the mouth. If you wish you can count slowly - in for four, hold for two and out for seven
• Notice the sensations in your chest and your belly
• Notice any other sounds, sights, tastes, touch and let them go

Bring your attention to the emotion
Name it with a word that best describes it – angry, sad, frustrated, happy, irritated etc.
• Notice the emotion. It can be helpful to understand where it has come from, what it was, and what has contributed to you feeling this way. Don’t judge the emotion. Simply let it move through you without resisting it, struggling against it, or encouraging it
• Investigate the emotion. How intense is it? Where in your body do you feel it? What’s your posture, breathing, body temperature and muscle tension like when you feel the emotion? What is changing?
• Investigate the thoughts or judgements you notice about the emotion. If you find that you’re engaging with the thoughts – judging them or yourself for having them; bring your attention back to your breathing and to the physical sensations of the emotion
• As other emotions come up, simply notice them and repeat the steps above. Notice how the emotions change over time

As you become more practised, you can use this mindfulness technique when you feel more intense emotions.
By Zee Golding, Founder of SteelandIron training, including the SteelandIron sports merchandise and clothing range

Growing up, I was always focused and full of determination towards my goals, whatever they were. In school, my goal was to finish school successfully. Then later in life, I always strived to be the best at everything I put my mind to. Still to this day, I aim to hit every goal to the best of my ability.

I believe in order to become successful, you must be driven, have a competitive spirit and be willing to put in the extra time. In everything I do, my mindset is to have a strong desire to be the best or to win. So, I compete with myself to be better than I was before. In accordance, I try to encourage personal development in those who I train.

Personal training is not just about physical appearance. To me, it’s about helping people change certain aspects of their life for the better, whatever that may be.

Like many others, I’ve had to overcome many personal hurdles however, this never stopped me from being committed and working hard to progress and achieve my goal to be a successful personal trainer and to have my own clothing label. So, from me to you; never lose focus, and keep that determination to hit your targets!

Have that entrepreneurial spirit and mindset! Believe it to achieve it, and never give up!!

• Follow my training page on Instagram @SteelandIrontraining for fitness and diet tips, nutritional information and workout videos that you can copy whilst you’re in the gym. I can help you achieve optimum fitness!

• Follow @SteelandIronclothing for our new clothing range.

Check out the photos and send a DM for your SteelandIron gym gear!

• Gym vests and hoodies (male and female)
• Shorts (male and female)
• Sports bras
• Crop tops
• Leggings
• Sweat bands
• Water bottles
• String bags

Don’t miss out on your chance to be a Glamazon Warrior or a SteelandIron Soldier and wear the mark!!

Clothing Company: Victoria Printers, Nottingham, Unit 4, NG3 3AR
The creation of CENTURION CLUB NUTRITION

Everything is important. That’s the philosophy of Cindy Landolt when it comes to creating the perfect physique, it’s one of the reasons that she created the world-renowned Centurion Club in Zurich Switzerland, a facility without compromise, created with the sole objective of ensuring the success of her personal training clients.

5 times per week vs 35 times
Born out of a dissatisfaction with what was available in the sports supplement marketplace, I decided to go the extra mile for my clients and create a nutrition company without compromise.

I was able to source the highest quality ingredients available anywhere, and work with experts in blending and formulating products that were to my exacting specification. I wasn’t interested in creating a “me too” brand to surf the emerging fitness trend of the time; this was something altogether different and not to be rushed; a labour of love driven by the demands of my highly discerning clients and formulated to the exacting specifications required to ensure their results.

Being entirely independent freed me from the constraints of other large manufacturers who were unable to make radical changes and were far less agile, they needed to quickly provide generic “off-the-shelf” supplements dressed up in the latest Day-Glo packaging to their existing customers in order not to miss the current “it” product trend (regardless of its merit), the industry had somehow lost its way and was churning out multiple versions of the same product with only minor tweaks and yet ever more explosive adjectives to describe its effects, simply to capture that day’s marketing hype! The tail was wagging the dog!

This led to confusion for the consumer, I witnessed this first-hand from my trainees and decided to do something about it.

Five years in the making and after numerous small batch productions and testing to ensure everything worked perfectly for my trainees and I could guarantee their results, I decided to make the products openly available. These products are the culmination of that time spent far away from the marketing driven hype, they are created for the sole purpose of delivering results, not manufactured to provide catchy taglines for the advertising manager who likely neither understands nor has ever used the product in the first place!

They are created by the trainer for the trainee!

Having an equal amount of male and female clients who I train in excess of 50 hours per week, I had a perfect sample size to optimise their training and diets, so that regardless of their start point and end goal, I could precisely prescribe a diet plan that would ensure they reached their goals with minimum delay.

Consider that I have some clients who train directly with me five times per week, this means that I can closely monitor and influence their training and progress, however, when they aren’t physically with me, they need to successfully follow my diet plans, eating on average five to six times per day, seven days per week. Put simply, they have five opportunities per week to make their training perfect under my watch, but they have thirty-five to forty-two opportunities per week to make sure that their food intake is optimised for their goal.

This is the area that was somewhat out of my control and was clearly of paramount importance, as forty-two opportunities to get it right, also creates the clear possibility that there are forty-two opportunities to get it wrong! My instruction and the client’s effort in the gym could easily be drowned out or muted by bad nutrition.

Convenience
Most of my clients are very busy people who travel a lot or are in restrictive office situations without necessarily having the inherent structure that permits consuming chicken breast, rice and broccoli throughout the week. I would write ‘pitch perfect’ nutrition plans, optimised in every way following a bio-impedance and skin fold caliper appraisal at the Centurion Club, only for the client to simply not be able to adhere to it due to work and travel commitments and constraints.

The role of supplementation
We all know the benefits of supplements, I’m not here to explain the role they play in terms of providing your body with the necessary nutrition required to support your training and development, in 2019 it’s a given. But the confusion that I would be met with when explaining the role of individual supplements to my clients was inescapable. I would be bombarded with questions like, “How many grams of X?” “Shall I mix it with Y?” “Do I take Z before or after training?” “But will I get fat?” “I don’t want to get too bulky!”
The difficulty that a lot of us inside of the industry face is that being a personal trainer is a somewhat obsessive occupation, we read into the deepest texts and test out theories looking for a method or routine that provides our client with that ‘edge’ (or at least we should), not realising that we ‘lost them’ somewhere on step 2.

This is why I decided to create Centurion Club Nutrition for my clients almost six years ago, to remove ALL confusion and create easy to understand formulations that were beautifully simple, the opposite direction the industry was taking at the time. Additionally by formulating my own blends I was able to ensure a linearity of flavours so that you could mix and match my products without tying your tongue in knots, while other manufacturers produce seven different versions of ‘turbo double deluxe chocolate with cashew nut & Goji berry sundae’ and are pulling your taste buds in more directions than a kaleidoscope.

My products

The first thing to do was appraise the needs of my clients specifically. I have trained people for weight loss, muscle building, endurance sports, strength competitions, film roles and even Olympic competition. Clearly each of these had different goals, but there was enough commonality to develop a foundational line of supplements. I used this highly diverse range of trainees and their goals to interpolate a common set of requirements that would benefit all of my clients and customers.

I created the Centurion Club ‘White’ range to satisfy the needs of my clients who needed precise calorie control, with the objective of fat loss and weight management with minimum fuss and confusion, I could 100% ensure that when the clients consumed my ‘Diet Meal Replacement’ twice per day, they were receiving the exact calories they required in the perfect ratio of low GI carbohydrate to protein, whilst being low- sugar and high in fibre, where previously they had been trying and failing to find meals at the office or on the road that were vaguely similar at best to reach their requirements but, with none of the convenience.

Consuming the ‘Diet Whey Protein’ (an optimised concentrate isolate and hydrolysate blend) before training and before bedtime, ensured their ‘hard earned’ muscle fibre was protected throughout the session and they were placing their bodies in the ‘all important’ anabolic state before sleeping. Add to that, Centurion Club ‘Eliminate’ (potent thermogenic capsules) for those whose goal is more heavily biased towards fat loss than simple ‘calorie controlled’ weight management and you have created the perfect environment for your weight loss goals to become a reality.

In contrast the Centurion Club ‘Black’ range was created for optimum athletic performance and muscle building. Starting with ‘ONE’, I created the ultimate ‘All in One’ product that contains the ideal low-GI carbohydrate to protein ratio, as well as an optimised creatine and arginine matrix, finally the formidable combination of natural testosterone boosters ZMA and avena sativa are included to make sure this is the ONE product needed to build lean muscle mass FAST.

For those that need the most potent protein product on the market, I created Whey+, not to be mistaken for simple whey protein powder, Centurion Club Whey+ is a blend of whey concentrate and isolate with additional BCAAs and glutamine peptides. It’s this combination that sets Centurion Club “Whey+” apart from the crowd.

Finally, I wanted to cut through the confusion regarding different types of creatine and provide my trainees with a straightforward extremely high-quality product without the need for unnecessary third party manufacturer brands or stories, this is simply pure micronised creatine monohydrate, clean, pure and simple.

The results have been undeniable, the combination of perfect ingredients with unparalleled convenience have led to vast improvements in the progress of all of my clients, regardless of goals, when it comes to creating the perfect physique, remember “everything is important”, remember Centurion Club Nutrition.

Centurion Club Nutrition is exclusively available in the UK from www.retailsupplements.com and you can receive 15% off with our introductory offer. Use code CCNHRS15 at the checkout.
Strength training is a type of physical exercise specifically utilising resistance to induce muscular contraction. Over time this can lead to improvements in strength, anaerobic endurance and lean muscle tissue. Maintaining some form of strength training is a great defence against various health issues that commonly affect the over 40s.

Lift against...

Loss of lean muscle tissue
Also known as sarcopenia - this not uncommon in this age bracket. Sarcopenia reduces quality of life and life expectancy significantly.

Osteoporosis
Osteoporosis is a condition that affects the strength and density of bone. Over 40s are at an increased risk of developing this. Physical activity, particularly load-bearing exercises such as strength training, can provide the stimulus to not only sustain bone health, but actually improve it.

Benefit from...
Strength training can offer benefits like increased cognitive function, increased energy, an improved hormonal balance and increased confidence.

Introducing clients to a well-designed strength training programme is always one of my top priorities, because this form of training delivers excellent results. This is demonstrated perfectly in these photos featuring a long-term client of mine, Michelle Payne.

About Michelle
Michelle was diagnosed with severe arthritis at the age of 26. I met Michelle when she was 35. At 42, she’s now in the best condition of her life, both physically...
and mentally. The past seven years working with Michelle have been nothing short of incredible. Her success has largely been acquired through strength training.

To showcase Michelle’s fantastic condition, we recently decided to undergo an ambitious 12-week transformation. During this time, her calorie intake was progressively lowered, whilst calorie expenditure was increased to trigger maximum fat loss. We meticulously tracked several variables including: scale weight, girth measurements, photographs, maintenance of strength, apparent motivation levels and sleep. The results were striking. Michelle lost over a stone in weight during this period.

“I didn’t want to keep wondering whether I could,” says Michelle. “It was time to show what I was capable of!”

Instagram:
@taurean_the_trainer @michellexpayne
Ask Dr. Maria

Face Alert!

Considering having facial fillers? Muscle & Fitness HERS aesthetic specialist and licensed GP Dr Maria urges us to think twice before injecting!

We are seeing more and more big lips, ironed out faces accompanying wrinkled necks and old hands!

Why this has happened?
Beauty has become an act of selfishness! We don’t care whether people “approve” of our faces anymore. What it matters is that we have the biggest lips at the table!

Let’s talk about fillers. These are gel-like substances injected into our faces. Where do they come from? Do we know which ship they have been sent on to our beautician’s door?

The “therapists” we choose have often qualified at YouTube University. In our eagerness to inject, we don’t even stop to question where that needle has come from? Is it safe to inject with? What happens if even a small amount of that filler leaks into a blood vessel near your eye and causes you to become blind?

How confident are you that the therapist injecting your face understands the anatomy of your face and knows what the long-term side effects are of the gel (or possibly silicone) injected into your face.

These are not facials or beauty procedures! These are invasive procedures requiring knowledge and responsibility.

Fillers should slowly be reabsorbed into your system and this should not take longer than 12 months. If your lips still look nice and full after more than 12 months, you should be worried.

If the filler is not produced in a licensed laboratory, the enzyme used by the professional will not be able to dissolve it.

Do you have a question about facial aesthetics? Need medical advice? GP and beauty whizz Dr. Maria is at your service!
How to avoid dodgy fillers!
* Ask to see the practitioner’s license.
* Don’t be fooled by nice furniture. A license has nothing to do with the quality of the chair you are sitting on!
* Ask to see the clinician’s qualifications.
* Does the practitioner have knowledge of facial anatomy? Ask to see the proof.
* Ask what product they are using. Research the product name; ask to see the box.
* Ask to see before and after pictures.
* Look for patient reviews on their website.

Remember: If anything goes wrong you’ll be on your own and you will not have proof of anything at all. Sometimes even in professional environments, side effects can occur so make sure you are prepared for that too.

www.mariamicclinic.com
Now you can contact Dr. Maria on Instagram @dr.maria_rosca
There are two things in life that are guaranteed – you’re going to pay taxes and you’re going to die. That’s kind of a morbid and depressing way to start off an article but it’s the truth. No one wants to get older, yet it’s a process we all go through whether we like it or not. However, there are certain things that are making you look older than you really are. In an effort to keep you looking as youthful as possible, I’ve come up with a list of 11 mistakes you could be making which you need to address and fix as soon as possible.

1. **Only Wearing Dark Colours**

While they say the colour black is slimming, it should be noted that if all you do is wear dark clothing you will give off the vibe that you’re boring and old. Freshen things up with some brighter colours every once in a while, and step away from the dark browns and blacks to make yourself look younger and more stylish.

2. **Wearing Baggy Clothing**

I’m not saying you need to have a tailor on speed-dial, but it is well worth the investment to purchase clothing that fits your body type and isn’t too loose or baggy. When you purchase baggy clothing, it does not lay nicely on your figure and if you’ve worked
hard to attain a rock-hard physique, the last thing you want is extra fabric floating around making you look old and frumpy. Get your loose clothing tailored or size down slightly to achieve a better and more flattering fit.

3 Rocking Joggers
We are living in the greatest era ever when it comes to athleisure. Rocking a pair of joggers around town or even in the gym gives off an older vibe – something you don’t want unless you want to look like your mum. With the advent of leggings and yoga pants, you can walk around town feeling relaxed and comfortable, while showing off your physique and looking young and stylish at the same time.

5 Sticking with an Outdated Hair Style
People are creatures of habit and many hate the thought of change – especially when it comes to their look. However, donning a ’70s haircut in today’s age will severely date you. Ladies, the ‘Rachel’ cut you emulated in the ’90s to look stylish, isn’t working today. While you don’t have to go do something drastic, try something a little more stylish and trendier to give off a younger appearance. A 20-year old with feathered bangs is going to add years to your look. Try something new and fresh and don’t be so averse to change.

4 Excessive Tanning
I get it – you want that sexy tan all year long and don’t want to go back to looking like Casper the friendly ghost. However, excessive tanning can lead to increased wrinkles which will make you look older than you really are. Not only that but if you use a tanning bed excessively for years, it can cause your skin to look leathery and rough – ultimately prematurely ageing you. You’re not the only person with lighter skin who loses their tan when colder months arrive, but in the long-run, by skipping the tanning bed you will protect your skin and help lower your risk of skin cancer.
**6 Having Poor Posture**
When you see a lady hunched over with her shoulders rolled forward what is the first thing that comes to mind? Probably an older woman, right? If you’re young and have poor posture it can make you appear older than you really are. Not only that but after a while due to your poor posture you’re going to feel older as well due to your poor posture taking a toll on your body. Focus on your posture and standing straight with your shoulders back. Stop leaning forward at the waist and allowing your chest to cave in. Stick out your chest and roll those shoulders back. Not only will you look younger but also more confident and assertive.

**7 Not Getting Enough Sleep**
At the end of the day (literally) you need to unwind and relax. Before bed, you should try to destress as much as possible and go to bed early enough to allow you to achieve a minimum of seven hours of sleep. Lack of sleep can cause many issues when it comes to the look and health of your skin. You’ll find bags and dark circles under your eyes due to lack of sleep. You’ll notice fine lines and wrinkles become more prominent on your face. Not only all of that but lack of sleep can affect your mental and physical performance which can negatively affect your productivity at work as well as in the gym.

**8 Skipping Workouts**
This should come as no surprise based on where you are reading this article, but if you aren’t exercising you will find your muscle tone will disappear, your skin will become looser, and your energy levels will plummet. Television and Netflix are causing you to age due to increasing how sedentary you are. You’re probably sitting enough at work already that you don’t need to sit on your sofa all night too watching shows that ultimately bring no value to your life. To keep a young appearance and look half your age, be sure to make time for 150 minutes of exercise each and every week. Utilise both weight training and cardio to compete your 150 minutes. The combination of both weights and cardio will help preserve and build lean muscle mass while cardio will help keep your heart healthy and allow you to better manage your weight and body fat.
9 Not Protecting Your Skin
This goes hand-in-hand with #4 (excessive tanning), but many people aren’t protecting their skin when they are outdoors. Sure, people want a tan in the summer months but that can lead you down the path to skin cancer and increased ageing of your skin. The one area where many fail miserably is when it comes to the colder months. Just because it’s not sunny and 30 degrees outside doesn’t mean that the UV rays aren’t still damaging. You should be using sunscreen regularly. A great way to do this is by using a moisturiser that also has SPF protection. Put it on in the morning before you leave the house and you’re good to go.

10 Not Properly Managing Stress
Stress comes in many different forms. It could be stress from work, home life, exercise, environmental factors, the list goes on and on. What stress does is prematurely age you if you don’t keep it under control. Stress causes free radicals to seek out and destroy or mutate our cells. When this happens not only does it speed up the ageing process, but it can also cause us to become sick (including extreme cases such as some forms of cancer).

11 Not Properly Hydrating
Our body is mainly made up of water and when we aren’t drinking enough fluids during the day your skin can pay the price. Not staying hydrated during the day can cause your skin to become dry, dull, and ultimately lead to an increase in pronounced wrinkles. Help your skin stay fresh and healthy by drinking water throughout the day (even when you aren’t thirsty). And if you exercise regularly it’s especially important to replenish any lost fluids due to sweat from your workouts.
Save Face!

Comp prepping or dieting? Save your face from diet disaster...

By Ez Dyer - Skincare Therapist + Makeup Artist
Photographs by henrietta_photography

So, you’ve spent weeks and weeks training in readiness for your competition, holiday or photoshoot. Your nutrition has been on point, and you are happy with how your body has transformed, but... you feel that your skin is lacking lustre, and you may have come out in with spots...which can be common. You are pushing your body to its limits and it is under stress during this time. Here are some tips to help keep your skin stage and camera ready:

**Hydration:** Your water intake may be great, however this does not always mean your skin is hydrated as your body consumption is much higher. I recommend using a hyaluronic serum, most brands have these as a staple product. My favourite one is by The Ordinary- Hyaluronic Acid 2% + B5. So easy to apply, and can be added to any facial regime!

**Collagen Supplement:** Collagen can help improve skin elasticity, skin glow and increase collagen production which will give you that feeling of a fresh looking face. Personally I would recommend taking collagen orally, whether it’s in a drink form or as tablets. I feel these are more effective than the topically applied products. My fave is Rejuvenated Collagen Shots—mix up and add to your pre-workout, protein shake or just as it is...simples!

**Tackling Spots:** You have suddenly started to get spots, like with everything else changing with your skin, your body is responding to the trauma of the aggressive training, and unfortunately our skin will always be an area that suffers. One way to tackle this is to use a mild serum based with salicylic acid- it sounds harsh, however it’s very mild and can help by working into the spots and clearing out the dirt that’s clogged up the pores.

**Facials:** Leading up to the big day/ week, book in some facials to give you that extra boost of goodness! You skin will appreciate it and it will also make you happy! My go-to facial for my clients is one that hydrates, provides glow and then finishes with a facial massage to work the facial muscles too.

**Regular Cleansing + Moisturising AM/ PM:** You may say that this is common sense, but you would be surprised to know that some people don’t actually like washing their face!
Legacy’s Founder Adam Franks said about the Unleashed collection: “We wanted to create something completely different to anything we had done before and use different colours like olive, storm grey and dusty blue. A basic design is functional but a great one should really say something, and the unleashed collection does just that!”

Be one of the first to get your hands on this collection at this year’s BodyPower expo; Legacy will be on stand 11.

For more info and release dates, head on over to www.legacysportswear.co.uk

We take a closer look at the 3 hottest items from their SS19 range:

1. The Unleashed Bra
A well-fitting and supportive sports bra can make all the difference between slogging through a session and beating your personal best. The unleashed bra is a medium impact bra that will keep you supported through the toughest of workouts.

2. The Unleashed Leggings
Who says you can’t look good while working out? These figure hugging, high waisted squat proof leggings also have a mesh pocket for your phone. Don’t just wear them at the gym, they’re also perfect for heading out in, why not wear them to brunch?

3. The Unleashed Cropped Hoodie
Having smashed your gym session, you don’t need to squeeze yourself into a pair of jeans right away. Slip on this hoodie for a cooldown, gentle stretch or relax. The Unleashed combines the best of both worlds making it the perfect outfit to wear from bootcamp to brunch.
What’s in your Diary?

By Samantha Yardley

YouTube sensation and paleo advocate Jade Joselyn gives M&F HERs an exclusive peak at the gluten-free diet that keeps her seriously lean!

M&F Verdict: 10/10

It’s an M&F HERs first this month with a perfect score that isn’t a novelty Christmas addition! Jade had us with the abundance of fish and particular care over omega-3 consumption; vital for a whole host of health benefits. Jade says: “I follow a paleo-based diet due to having celiac disease. Ever since I made the switch to a wholefood diet I never looked back. My energy is always through the roof and I have noticed a huge difference in my skin and life since doing so! I have been paleo for over two years now and gluten free for almost ten!”

This plan represents Jade’s off-season, so the focus is slowly increasing calories after her eight bikini competitions last year in order to build muscle. “I don’t aim for a certain macro split but eat in accordance to my training so if I have a big leg day I will eat more carbs from either fruit or vegetables and on rest days I tend to swap out most of my carbohydrates for more healthy fats such as salmon or walnuts which are both rich in omega-3! I eat between 1700-1900 calories at the moment (I am 5ft 2 for reference) but my coach and I are working on building these up before deciding to compete again. I want to show women that it’s important to eat nutritiously dense food and not cling on to a show day physique all year round and to instead create a sustainable lifestyle and have a healthy relationship with food.” We couldn’t approve more!

(Pre-workout) 1 Salmon Fillet with 100g Spinach & 1 tbsp Coconut Oil.
100g Berries, Omega-3 supplement & Probiotic

(Post-workout) 1 cup Almond Milk,
1 scoop Whey Protein, 170g Potato or Sweet Potato, 1 Banana

100g Chicken Breast & 100g Mixed Veg
followed by 1 Apple. Omega-3 supplement

Protein Bar, Nut Butter & Dark Chocolate
or 100g White Fish/ Chicken with Avocado

100g White Fish with 200g Butternut Squash & 200g Mixed Veg

Greek Yoghurt mixed with Whey Protein & Stevia drops
Fed up of shop bought snacks? Whip up these quick protein treats and take anywhere for a healthy on-the-go snack.
Pudding protein pancakes

INGREDIENTS
- 6 egg whites
- ½ cup of oats
- 1 scoop vanilla whey
- ½ packet of strawberry sugar-free jelly

INSTRUCTIONS
Mix all ingredients together in a blender and let sit for an hour in the fridge. The mixture turns out to be like pancake batter. Cook in a skillet just like pancakes. Makes 4.

THE MACROS

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No-bake chocolate peanut butter protein balls

INGREDIENTS
- 2 cups natural peanut butter - smooth or crunchy
- ½ cup agave nectar
- 2 ½ scoops vanilla whey
- Sea salt, to taste
- Water, as needed
- 2 cups dark chocolate (70%+)
- 1 tsp vanilla extract

INSTRUCTIONS
Mix the peanut butter, agave nectar, protein powder, sea salt and water in a large bowl. Roll the mixture into balls (1 tbsp per ball) and refrigerate for 30-45 minutes. Melt the chocolate over a medium-low heat, stirring often, until smooth. Stir in 1 tsp of vanilla extract. Remove the balls from the refrigerator. Dip into melted chocolate and arrange on a baking sheet. Let set for 30-45 minutes, and then place in the refrigerator for another 30-45 minutes before serving. Makes 5-6.

THE MACROS PER BALL

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Oaty bars

INGREDIENTS
• 5 tbsp natural peanut butter (chunky or smooth) or almond or cashew butter
• ½ cup dry oats
• 1 cup oat flour (or double the oats)
• 6 scoops chocolate whey
• 1 tsp. vanilla essence
• 2 tbsp. flax seeds (optional)
• 1 cup skimmed milk
• ½ cup water

INSTRUCTIONS
Spray an 8 × 8 baking dish with 1 cal spray. Mix dry ingredients and then add peanut butter and mix. Add water and vanilla. Mix until a sticky dough forms. Spread into a pan and refrigerate for a few hours (or freeze for 1 hour). Cut into 9 or more squares. Wrap bars individually or store in a covered container between sheets of wax paper. Keep refrigerated. Makes 9 bars. You can add honey, vanilla essence and/ or nuts.

Rocky road banana split

INGREDIENTS
• 170g plain 0% Greek yoghurt
• 2 scoops chocolate whey
• ¼ cup water
• 1 banana (you can leave this out for a lower carb option)
• 2 strawberries
• 1 tsp walnuts
• 2 tsp low-calorie chocolate syrup or indulgent chocolate syrup
• 2 tsp low-calorie marshmallow cream or 20g mini marshmallows

INSTRUCTIONS
Combine yoghurt, protein powder and water and place in the freezer for 30-60 mins. Make sure it is frozen enough to roll into ice cream scoops but not too hard. Slice the banana and strawberries and place in a serving dish. Place the balls into the centre of the fruit. Drizzle with marshmallow cream and chocolate syrup and then sprinkle with walnuts. Makes 2.
Plant specialists have revealed 11 of the most unusual yet delicious recipes Brits can cook up from their flower beds.

The team from online garden centre GardeningExpress.co.uk have listed nettle soup, chamomile jelly and tulip canapés amongst their favourite go-to flower recipes.

From hibiscus and sumac prawns to chamomile jelly, the garden and kitchen can combine to make a delightful meal for experimental cooks up and down the country.

Chris Bonnett from GardeningExpress.co.uk said: “Flowers can provide a brilliant range of flavours, colours and textures to get budding chefs salivating.

“Sweet or savoury, snack or meal, food or drink– edible flowers are always a tasty treat for adventurous cooks and there are so many brilliant recipe ideas out there, just waiting to be discovered.

“Our researchers have listed some of the lesser-known yet delicious garden dishes; there’s no time like the present to try a nasturtium salad and an elderflower cordial.”

**Nettle Soup**
This classic dish is made by cooking traditional vegetables in oil and then cook until soft, before adding nettle leaves; once they have wilted, blend the soup and decorate with dead nettle flowers.
**Lavender Lamb**
Make a roast dinner to remember by stuffing the meat with sprigs of fresh lavender, or mix the flowers with honey and oil to form a glaze.

**Chrysanthemum and Dandelion Frittata**
Take the heads of chrysanthemums and dandelions, chop roughly and fry with beaten egg, diced onion and cooked potato for a yummy flower-based lunch.

**Nasturtium Salad**
Give a regular salad an extra lease of life by tossing bright nasturtium flowers through it; they have a peppery flavour, similar to watercress.

**Chamomile Jelly**
Dissolve honey into boiling water before adding chamomile flowers; sieve the leaves out before adding the gelatine, then leave the flowery flavours to set in the fridge.

**Hibiscus and Sumac Prawns**
Mix oil, lemon juices and spices with hibiscus and sumac to create a tasty marinade for prawns to be fried or baked in.
Viola Cake
Elevate any homemade cake by decorating with vibrant viola petals; they have a sweet, perfumed flavour and are great crystallised.

Elderflower Cordial
A refreshing drink for all seasons, this cordial is back in fashion; trim fresh elderflower heads from their stalks and infuse in a sugar syrup, with lemon zest and for at least a day, before diluting.

Tulip Canapés
Untreated tulip petals can make for an eye-catching and edible mini-plate at parties – try topping with a spoonful of cheese dip.

Rose Turkish Delight
Turkish Delight is already a great sweet treat, but adding rosewater to the recipe will give it an extra-special flavour to savour.

Garden Chai
Pour boiling water over geranium leaves and anise hyssop flowers, rest for fifteen minutes and then strain; fill a mug with half garden mixture and half regular tea, then add milk or sugar and stir before drinking.
What’s In Season
JUNE/JULY

ASPARAGUS
Superfood hall of famer asparagus is in fact a member of the lily family. It’s one of the most micronutrient-packed vegetables out there, high in vitamins A, C and K plus folic acid, which is especially beneficial for expectant mothers. If you’re wondering what on earth it contains to create the phenomenon known affectionately as ‘asparagus pee’, thank asparagusic acid which metabolises into compounds that contain sulphur.

CORIANDER
Known across the pond as cilantro, the fragrant herb has complimented many an Indian curry. Its health benefits are copious, from lowering cholesterol, promoting eye health, reducing inflammation to helping alleviate menstrual pain. A natural preservative, adding coriander to other foods will help ensure they stay fresher for longer by releasing oil that inhibits oxidation. Add towards the end of cooking or as a garnish as heat can reduce its potency.

MICRONUTRIENTSMATTER
Eating seasonally provides the most nutritional bang for your buck. Experience better value for money, next level depth of flavour and your chance to do your bit for Planet Earth. In a bid to fuel those gym gains with micronutrient packed powerhouses HERS brings you the essential guide to eating seasonally...

#micronutrientsmatter

CERIERS
Black stone, morello and Spanish are some of the most popular varieties of this stoned fruit that comes into its own in June and July. The flavour-packed bite-sized morsels are thought to be the absolute sh*t when it comes to aiding in recovery post-workout and reducing the dreaded DOMs. They are also bursting with vitamins and powerful anti-inflammatories such as anthocyanins and cyanidin, which are thought to help with conditions like arthritis.

SALMON
Salmon is one of the most nutritious foods on the planet and is known to be one of the best sources of long-chain omega-3 fatty acids, EPA and DPA. Omega-3 fats, unlike most other fats, are considered essential, meaning they must be derived from diet and cannot be produced by the body. The protein-packed, not to mention delicious, oily fish is high in B vitamins, potassium, selenium and the powerful antioxidant astaxanthin.

 TOMATOES
A staple in summer salads, tomatoes are a fruit that belong to the nightshade family, but we all treat them as a vegetable. A major dietary source of lycopene, a potent antioxidant that has been linked to a reduced risk of heart disease and cancer, tomatoes are a nutritional powerhouse! Research suggests that cooking tomatoes increases the lycopene compound levels so get to roasting, grilling and sautéing to up the antioxidant ante.
Hiking of going green this summer? These light and lovely recipes from Vega plant-based protein powders will satisfy your sweet tooth AND pack a protein punch!

Go for it girl!

By Danni Levy Photographs Courtesy of myvega.co.uk

Chocolate and hazelnut protein muffins with crispy buckwheat topping

These mini muffins are the perfect dish to whip up and store away so you always have a deliciously healthy snack to hand. Top with buckwheat and roughly chopped hazelnuts for a little extra crunch.

Ingredients
- 12 muffin cases
- 1½ cups of gluten-free flour
- 1½ tsp baking powder
- ½ tsp bicarbonate of soda
- ½ cup ground hazelnuts
- 1 scoop (37g) Chocolate Vega® Clean® Protein
- 1 tbsp cinnamon
- 2 mashed bananas
- 1½ cups plant-based alternative to yoghurt

- ½ cup of plant-based drink (e.g. almond unsweetened)
- 1 tsp vanilla bean paste
- 1 tbsp cocoa powder
- 4 tbsp apple sauce
- 100ml melted coconut oil
- 60ml maple syrup

Topping:
2 tbsp buckwheat groats
30g of roughly chopped hazelnuts

Method
- Preheat the oven to 180°C
- Line a 12-hole muffin tin with 12 muffin cases
- In a large bowl, mix together flour, baking powder, bicarbonate of soda, ground hazelnuts, cinnamon, Chocolate Vega® Clean® Protein and cocoa powder
- In a jug, blend together the mashed banana, plant-based alternative to yoghurt, coconut oil, maple syrup, apple sauce, plant-based drink and vanilla bean paste
- With a wooden spoon, fold the wet ingredients into the dry in as few movements as possible
- Spoon the mixture into the cases, sprinkle the top of each muffin with a little of the buckwheat and chopped hazelnuts
- Bake in the oven for 25-35 minutes or until cooked through and risen

"At" Vega, clean means: non-GMO; gluten-free; non-dairy ingredients; suitable for vegetarians and vegans.
Chocolate pear smoothie

New to smoothies? Add a juicy pear to Chocolate Essentials for a thick and nutritious shake – the perfect pear-ing!

Ingredients
- 1 ripe pear
- 1 scoop (35g) Chocolate Vega™ Essentials
- 2 tsp cinnamon
- 250ml almond drink
- 4 cubes of ice

Method
- Peel and core the pear, place in a blender and add the remaining ingredients
- Blend until smooth, pour into a glass to serve

Sweet potato waffles with avocado and rocket

Serve up these sweet potato waffles for the ultimate Saturday brunch spread. Simply delicious topped with avocado and rocket, and just a hint of lime.

Ingredients
- 200g cold cooked sweet potatoes
- 150g gluten-free flour
- 2 tsp baking powder
- 4 tbsp gram flour mixed with 4 tbsp water
- Pinch salt
- 2 tsp cumin
- 350ml almond drink
- 4 tsp nigella seeds
- 2 tbsp coconut oil
- 1 avocado
- 1 lime
- 2 handful of rocket

Method
- Peel and mash the sweet potato until smooth. Sift the flour, cumin, salt and baking powder into a mixing bowl
- Whisk together the gram flour and almond drink. Gradually whisk the wet ingredients into the dry until you have a smooth batter
- Grease a waffle iron liberally with coconut oil, sprinkle in a little of the nigella seeds and heat until hot. Cook the batter in batches until all the batter is used up, keeping the waffles warm as you go
- Peel and slice the avocado, top the waffles with sliced avocado and rocket, serve with a couple of lime wedges on the side to squeeze over
Monkey business protein ice cream with banana and peanut butter

In the mood for a mid-week treat? Try topping this classic nut butter and banana ice cream combo with chopped nuts.

**Ingredients**
- 60g peanut butter
- 200g frozen chopped banana
- 2 tbsp plant-based alternative to yoghurt
- Splash of plant-based drink (e.g. almond unsweetened)
- 1 scoop (34g) Vanilla Vega Essentials
- 1 tbsp chopped roasted peanuts

**Method**
- Place all the ingredients except the chopped roasted peanuts into a food processor and blend until creamy and thick, like ice cream. Add an extra splash of your chosen plant-based drink to loosen the mixture if necessary
- Spoon into two bowls and sprinkle with the peanuts to serve

Vegan Banana Protein Pancakes

Looking to add a little oomph to your breakfast? These banana protein pancakes might just fit the bill. Part pancake, part banana bread, they make a delicious post-workout meal or Sunday morning brunch. Top with your favourite fruit, nuts, or syrup of choice and enjoy!

**Ingredients**
- 1 large banana, mashed
- 1 tsp vanilla extract
- 250ml plant-based drink like almond or coconut
- 130g gluten-free all-purpose flour like buckwheat flour
- 1 serving (35g) Vanilla Vega Essentials Clean Protein
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp cinnamon
- A little oil for frying

**Optional toppings:** Banana slices, chopped nuts or maple syrup

**Preparation**
- Whisk together the plant-based drink of choice, mashed banana and vanilla extract. Set aside
- In a separate bowl, mix together the remaining dry ingredients
- Incorporate the dry ingredients into the wet and mix until just combined
- Add more plant-based drink if the batter appears too thick
- Drizzle a little oil on a non-stick frying pan over a medium heat
- Add a spoonful of the pancake batter onto the pan. Flip once bubbles have formed and popped (approximately 2 minutes per side)
- Top with fresh fruit, nuts and maple syrup and enjoy!

*At Vega Essentials*, Clean means: Non-GMO, suitable for vegetarians and vegans, gluten-free and non-dairy ingredients.
Green goddess vanilla smoothie bowl with kiwi and mint

Treat yourself to this bowl of green goodness for a delicious way to start your day. You can mix up the toppings too – try chia seeds instead of pumpkin seeds one day, swap blueberries for raspberries the next.

**Ingredients**
- Small bunch of mint
- 1 peeled kiwi
- 2 handfuls of spinach
- 1 tsp toasted pumpkin seeds
- 250ml plant-based drink
- 1 scoop (35g) Vanilla Vega® Clean* Protein or Vanilla Vega® Essentials
- A handful of blueberries
- 1 tbsp desiccated coconut

**Method**
- Cut the kiwi in half lengthways. With one half, finely cut into five thin slices
- Take a few sprigs of mint and put to one side with the sliced kiwi
- Add the remaining kiwi half, spinach, Vanilla Vega® Clean* Protein and plant-based drink into a power blender and blend until smooth
- Pour the smoothie into a bowl and decorate with the blueberries, pumpkin seeds, desiccated coconut and reserved kiwi and mint

*At Vega, clean means: non-GMO; gluten-free; non-dairy ingredients; suitable for vegetarians and vegans.

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Fudgy vegan brownies

Sweet potato-OMG, these raw vegan brownies are divine. Bake up a batch to enjoy whenever you fancy a cheeky chocolate fix during the week.

**Ingredients**
- 300g pitted medjool dates
- 150g pecan nuts, plus 12 reserved pecan nuts for decoration
- Pinch salt
- 3 tbsp cocoa powder
- 3 scoops (108g) Chocolate Vega® Essentials or Chocolate Vega® Clean* Protein
- 2 small cooked sweet potatoes

**Method**
- Add the pecan nuts to a food processor and blend into a flour
- Scoop the flesh from the sweet potatoes and add to the food processor, along with the 2 tbsp cocoa powder, pinch of salt, the dates and the Chocolate Vega® Essentials
- Blend everything together into a smooth mixture
- Line a small square deep sided baking dish with parchment paper and spoon in the mixture, squashing this right into the corners and levelling it out with the back of a spoon. Place in the fridge to chill for two hours
- Dust the surface of the brownie with the remaining cocoa powder and cut into 16 small squares. Press a pecan nut into the top of each brownie square to finish

*At* Vega, clean means: non-GMO; gluten-free; non-dairy ingredients; suitable for vegetarians and vegans. www.myvega.co.uk
Instagram: @vegasteam_uk
Mrs Cannon’s Kitchen

By Heidi Cannon

Fancy a summery sweet treat? Whip up these sugar-free delights straight out of Mrs Cannon’s Kitchen!

No matter how sweet your tooth!

Chocolatey Banana Loaf

Servings: 10  
Time: 45 min  
Difficulty: Easy

Ingredients:
- 3 ripe bananas
- ½ cup almond flour
- 2 cups large oats
- 4 tbsp honey
- 1 tbsp baking powder
- 1 scoop salted caramel Quattro protein powder
- 1 tbsp vanilla extract
- ¼ cup chocolate chips
- 2 packs Splenda sweetener
- ¼ cup crushed walnuts

Directions:
In a large bowl blend with mixer all ingredients (except walnuts).

Use these to decorate on top of the loaf. Pour into lined baking dish for optimal no stick option. Bake at 180°C for 35-40 mins or until golden brown.

All nutritional info is based on one slice. Recipe makes 10 slices. 
Carbs: 38g  Protein: 9.3g  Fat: 5g  Calories: 226
Summer Blackberry Muffins

Ingredients:
- 2 scoops vanilla Quattro protein powder
- 1 cup blackberries (fresh not frozen)
- 1½ cup oats
- ¼ cup coconut oil
- ¼ cup vegetable shorting
- ¼ cup coconut palm sugar

Directions:
Blend together all dry ingredients, then add wet ingredients and mix with electric mixer. Don’t over mix. NO frozen berries, use only fresh, due to moisture from frozen berries making the muffins to soggy. Scoop out mixture and place into muffin tins. Make sure you use tin foil wrappers in muffin tins for no sticking :) Bake at 180°C for 15-20 mins or until golden brown.

All nutritional info is based on one muffin. Recipe makes 8 muffins.
Carbs: 18.3g
Protein: 9.6g
Fat: 14g

Come bake with me! Download my app Mrs. Cannon’s Kitchen APP available in your app store www.MrsCannonsKitchen.com Instagram: @MrsCannonsKitchen_CannonBalls
King of Calcium

By Mehmet Edip

It has long been claimed by parents, schools and even the government, that milk provides calcium which is good for us and will make our bones strong and healthy. But is this really the case?

What is Calcium and Why Do We Need it?
Calcium is a mineral that aids certain bodily functions, such as building healthy bones and teeth and enabling our blood to clot, our hearts to beat and our muscles to contract.

99% of the body's calcium is stored in the bones and teeth, with the remaining 1% found in the blood, muscle, and other tissues.

Our bodies cannot produce calcium, so we must derive it from food sources. If not enough calcium is consumed from food sources and levels are low, then the body will steal calcium from the bones to make up the difference, as this is our most abundant source.

If you do not consume enough calcium and calcium is continually taken from the bones, they will eventually get weaker.

Your bone density, which is a measurement of the amount of calcium and other minerals in a segment of bone, is highest between the ages of 25 and 35. This diminishes as you get older, resulting in brittle and more fragile bones.

Where Does Calcium Come From?
Calcium comes from the earth, from soil in fact as calcium is a mineral. It is absorbed into the roots of plants, and this is where animals obtain their calcium. Plant foods such as green vegetables, beans, seeds and even fruits are rich in calcium.

Milk and Bone Health
There has long been a correlation drawn between drinking milk and bone health. This is largely due to the fact milk is famed for its high calcium content. This has been perpetuated over the years by the dairy industry, but an article in the ‘American Family Physician,’ stated that

“Lactase deficiency is present in up to 15 percent of persons of northern European descent, up to 80 percent of blacks and Latinos, and up to 100 percent of American Indians and Asians”.

A further 2017 study showcased that lactose intolerance is prevalent in “65-70% of the world’s adult population”.

So, if most of the adult population is lactose intolerant, why are we told to drink milk?

In actual fact, studies have also shown osteoporosis and fracture rates to be higher in countries where dairy is consumed the most! These countries are the United States, Finland, Sweden and the United Kingdom, compared to Asian countries where very little milk is consumed.

Studies
A 2014 study was released in The British Medical Journal (BMJ), that followed 61,433 Swedish women (39-74 years old) and 45,339 Swedish men (45-79 years old). The study found that the women who were drinking milk had higher rates of death, heart disease, and cancer.

The study also stated that women who
drank three or more glasses of milk a day, were 93% more likely to have died during the study period.

Men with higher milk consumption also had a higher death rate.

Another study of more than 96,000 people found that the more milk men consumed as teenagers, the more bone fractures they experienced as adults.

A 2005 review published in the American Academy of Pediatrics, and co-authored by Amy Joy Lanou PhD, showed that drinking milk does not improve bone strength in children. She writes that “milk is unnecessary” and that “calcium can be found in a variety of plant-based sources”.

**Where Should We Get Our Calcium From?**

Good, non-dairy sources of calcium include:

- Spring greens
- Almonds
- Pak choy
- Dried figs
- Tofu
- Fortified soy milk
- Broccoli
- Edamame
- Kale
- Sesame/ sunflower seeds
- Baked beans
- Sweet potatoes
- Non-dairy supplements that contain calcium

**Calcium Absorption**

*40-64% of calcium is absorbed from beans and most greens

*28-36% of calcium is absorbed from fortified cereals, juices, soy milk, rice milk, and others

*32% of calcium is absorbed from milk

**Conclusion:** The absorption levels from milk are lower than those from other food sources.

(Study by Lanou published in 2009 showcasing the absorption levels for milk and non-dairy products).

**What Affects Calcium Levels?**

Our calcium levels can be affected by various factors.

**Sodium:** 40-60 mg of calcium is excreted alongside 1000mg of sodium, so the higher your sodium intake is the more calcium you will likely excrete.

**Caffeine:** Caffeine is a diuretic (makes you urinate), so the more caffeine or pre-workout you drink, the more calcium you will excrete (for at least 3 hours after consumption).

**Protein:** As the intake of dietary protein increases, so does the urinary elimination of calcium. Also, as your body digests protein, it releases acids into the bloodstream, which the body neutralises by drawing calcium from the bones.

**To Summarise**

* Calcium is abundant in many plant-based food sources, fortified foods and non-dairy milk. The calcium absorption levels for these foods have been shown to be higher than those of cow’s milk.

* Numerous studies have showcased the fact that milk is actually bad for bone health.

* 65-70% of the world’s adult population is said to be lactose intolerant.

* Diary consuming countries have been shown to be more at risk of osteoporosis.

We say ditch the dairy!

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The B12

By Mehmet Edip

A ccording to studies backed by the Vegan Society, there are now approximately 600,000 vegans in the UK. And it seems that number is now on the rise after a poll found that over the next year, 2.2 million people will go green.

But whilst a plant-based diet brings many known benefits, a common problem faced by vegans is a lack of B12 in their diet.

What is plant-based?
According to the Cambridge Dictionary, plant-based is a diet ‘consisting or made entirely of plants or mainly of plants’.

The diet can consist of fruit, vegetables, plants, seeds, nuts, grains and it refrains from including any animal products or by-products. This means the exclusion of all forms of dairy, eggs and even honey.

Vegan is a term used to describe a person who eats a plant-based diet and also does not wear or use any form of animal products or products that have been tested on animals.

What is B12?
B12 is a nutrient that plays an essential role in the production of red blood cells and DNA, as well as the proper functioning of the nervous system. It also helps to prevent a type of anaemia called megaloblastic anaemia that makes people tired and weak.

Where does B12 come from?
There is a misconception that B12 only comes from animal sources. Whilst that may be the case for many humans, B12 is actually bacteria based, and it is synthesised by bacteria and is typically found in dirt and soil.

Before our drinking water and fruits started to become fortified, we used to obtain all of our B12 from the bacteria in dirt. And this is exactly how the animals we eat obtain their B12.

How much B12 do you need?
In the UK, the recommended intake is 1.5 micrograms (μg) per day. Deficiency Whether you’re vegan or not, B12 deficiency is reasonably common.

Research conducted by the Harvard School of Public Health (HSPH), Tufts University, stated that 40% of the US population is deficient in vitamin B12. Adults over the age of 50 are typically
advised to take supplemental B12 as their absorption levels diminish (due to a drop in acid production in the stomach). Furthermore, B12 in meat is actually bound to animal protein thus making it difficult to absorb, so even for younger meat eaters, an alternative source may be better suited.

B12 Sources: Fortified Cereal
Cereal isn’t usually known for being healthy, but consuming cereal fortified with B12 can actually help increase our B12 levels.

In one study, volunteers were given one cup (240ml) of fortified cereal, which contained 4.8 micro grams of B12 each day for a span of 14 weeks. It was concluded that in this relatively healthy group of volunteers, consumption of one cup of fortified breakfast cereal daily significantly increased B12.

Nutritional Yeast
B12 is not naturally prevalent in nutritional yeast so please check labelling accordingly, but two tablespoons (16 grams) of fortified nutritional yeast can provide 7.8 micro grams of vitamin B12. That equates to over five times of the UK Recommended Daily Intake (RDI).

One study added nutritional yeast to the diets of raw-food vegans and found it increased vitamin B12 blood levels and helped reduce blood markers of vitamin B12 deficiency.

Non-Dairy Milk
Soy milk can actually increase your RDI, as one cup (240 ml) of milk contains 2.6 micro grams of vitamin B12, that’s more than double your RDI.

Marmite
Oddly enough (and you either love it or hate it), this spread is jam-packed with vitamin B12.

A 4g serving will give you 0.6 micro grams of B12!

It is essential to read the labels on all of these foods, as some may not be fortified with vitamin B12. B12 also can be administered in the form of a daily spray, tablets, capsules or injections. There are many plant-based protein powders on the market that are fortified with B12 too.

Recent Breakthrough
In 2018, scientists at the University of Kent, led by Professor Martin Warren, proved that ‘common garden cress can indeed take up cobalamin’ (also known as B12).

By fortifying the cress’ growth medium with B12, they found that the vitamin went up through the stems and ended up in the leaves.

Prior to this discovery it was thought that plants did not and could not produce B12. This breakthrough could signal new plant-based B12 sources being readily-available, thus giving those deficient in B12 more options.

In Conclusion
B12 deficiency is not just a plant-based/vegan problem, so whatever your nutritional preferences it may be worth you supplementing your diet with the vitamin.

Instagram: @mehmetedip

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Fresh for Dayzz

Bananas, avocados and salad can now last in your fridge for even longer thanks to a new guide. Wellbeing experts at Vivotion.com have compiled a guide on how to best store foods to retain freshness, stretching the penny even further and cutting down on those never-ending supermarket trips.

Bulk buying is often cheaper but can lead to large amounts of waste, with fresh produce only lasting a couple of days.

A spokesperson from Vivotion.com explained: “We’d encourage everyone to spend more time cooking at home with fresh ingredients, but we do understand the frustrations when produce goes off and good food is wasted. But your hard-earned cash doesn’t have to be thrown down the drain. Understanding how to store food properly to retain freshness and slow down the process of it going off can help save money, whilst ensuring you’re eating a nutritious and balanced diet too.”

Here is Vivotion.com’s guide to storing staple foods:

**Berries**

A popular choice for those with a sweet tooth, berries are filled with antioxidants but do have a short shelf life. Rinse berries in a simple solution of vinegar water (1-part vinegar 10-part water) before putting them in the fridge. This will kill any berry-infecting mould spores so berries can last for longer.
Salad
Fitness fans can rejoice knowing that soggy salad can be no more. Many will find that when left in the fridge salad loses its crunch. This is due to the excess moisture produced from the veggies. Before cling film the bowl, place a paper towel on the top of the salad to soak up the moisture.

Potatoes
As a staple carbohydrate, it is important to know how best to keep them. Avoid storing potatoes near onions as they both release moisture and gases that cause the other to go bad faster. Instead, store them with apples which helps keep them from sprouting. When kept in the fridge, starch turns into sugar resulting in a change of the taste and how they cook.

Avocados
Made popular by millennials, avocados are flying off shelves and are now a staple for many. Store them at room temperature until they are soft and ripe, then pop in a plastic bag and in the fridge for 3–5 days. For avocados that have been cut, wrap tightly in cling film to keep them from oxidising. For guacamole, stick cling film directly onto the surface.

Bananas
Favoured by both tennis players and children as a great source of potassium and fibre, banana stems produce ethylene gas which makes the fruit ripen faster. To keep bananas fresh, wrap each individual stem in plastic wrap, this prevents the release of the gas, slowing the process of the fruit going off.

Meat
Keep meat on the bottom drawer/shelf of the fridge to avoid any juices dropping onto other food, and ensure the meat is double wrapped to prevent cross-contamination. Beef and pork will last one to two days in the fridge and three to four months in the freezer. Chicken will last up to nine months when frozen.
**NUTRITIONAL INFO**

**Serving Size:** 411g  
**Amount Per Serving:**
- **Calories:** 332 kcal
- **Total Fat:** 11g
- **Saturates:** 1.8g
- **Sugars:** 12g
- **Salt:** 1.4g
- **Protein:** 16g
- **Carbs:** 32g
Beet Chilli

Beans are a great source of protein and fibre, so this one pot dish delivers in both flavour and health benefits! If you prefer to substitute another bean, flageolet or cannellini beans also work really well in this recipe.

Serves 3 / Preparation time 10 mins / Cooking time 30 mins

Ingredients
- 1 pack HECK Beet Goes On sausages
- Olive oil
- 1 large leek
- 1 clove garlic
- 1 tsp chilli flakes
- Balsamic vinegar
- 400g tin black beans
- 400g tin chopped tomatoes
- 1 glass red wine (optional)
- Handful of basil leaves

Steps
- Finely chop the leek and garlic and cook over a medium heat in a casserole dish with a dash of olive oil for a few minutes until softened. Add the chilli flakes and a slug of balsamic vinegar and cook for another 2 minutes. Drain the black beans and add to the casserole with the tomatoes and red wine if using.
- Simmer for 10 minutes and then stir well. Now pop the raw sausages into the casserole, poking them down into the mix. Reduce the heat and put a lid on the casserole dish before leaving to simmer gently for a further 12-15 minutes until the sausages are cooked through.
- Serve with rice for a more substantial supper or some potato wedges and salad on the side. Top with torn basil leaves once plated.

A HECK of a Vegan Feast

By Danni Levy
Photographs by Courtesy of Heck

Going green is becoming more popular than ever, but can you really cook up taste that beats meat?

To celebrate the launch of their new vegan breakfast sausage, Heck rose to the challenge and presented to us these 7 banging recipes!

START YOUR DAY THE PLANT-BASED WAY
HECK Launches UK’s First Vegan Breakfast Sausage at Sainsbury’s

Breakfast doesn’t get much better than a full English or sausage butty but if you’ve committed to going vegan or want to get more plant-based eating into your diet without losing out on your foodie favourites, HECK has come to the rescue with the creation of the UK’s first vegan breakfast sausage that goes on sale in May at Sainsbury’s.

Gluten-free and high fibre, HECK’s Vegan Breakfast recipe follows in the plant-based footsteps of its four other vegan sausages launched last year. Packed with chickpeas, roasted tomatoes, mushrooms, carrots, parsley, sage and black pepper, they’ve created a tasty all-rounder set to take the great British breakfast to a whole new meat-free level.

“A sausage butty is the ultimate comfort food but just because you don’t want to eat meat doesn’t mean you have to miss out on the good stuff” says HECK co-founder Jamie Keeble. “For us, it’s all about doing things differently and constantly innovating. We’re the first company to launch a vegan breakfast sausage and ours uses lots of great veg, pulses and herbs rather than fake meat. We think we’ve hit on the perfect recipe that will set you up for the day and where you really won’t miss the meat at all.”

With demand for vegetarian and vegan sausages soaring in 2018, and plant-based breakfasts trending, HECK’s newest recipe ticks the box for vegetarians and vegans, but they hope it will inspire meat eaters to hop between menus too. The subtle flavours and ingredients have been chosen to work well with anything the sausages are served alongside, so as well as bringing something new to breakfast they make the perfect swap for regular sausages in pasta, risottos, casserole, bangers & mash or toad in the hole. With a clever combination of hidden veg, they’re also ideal for younger, fussy eaters in the family.

HECK’s drive to deliver delicious food for every lifestyle choice led them to create their meat-free range in 2017 that serves up the same taste and quality for which the Yorkshire family food firm has become known. Studies last year suggested that more than 3.5 British million people now identify as being vegan*, a big increase since 2016 when The Vegan Society revealed that there were approximately 540,000 vegans over the age of 15 living in Britain. The Vegan Society also reports that demand for meat-free food increased by 987% in 2017.

HECK’s Vegan Breakfast sausages are now on sale exclusively at Sainsbury’s stores nationwide and online from www.heckfood.co.uk. £2.50 for 255g (6 sausages).
HE CK of a Vegan Feast

Warm Chickpea & Super Greens Salad

This makes a speedy supper and can also be a good option for meal prep if you’re making a packed lunch for work the next day. It’ll keep in the fridge very happily for a day or two after you’ve made the original. The fresh mint in the salad brings out the flavour of the mint in the sausages.

Serves 3 / Preparation time 10 mins / Cooking time 20 mins

**Ingredients**
- 1 pack HECK Super Greens Sausages
- 400g tin of chickpeas
- 1 small red onion finely chopped
- 2 cloves garlic minced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Zest of half a lemon
- 50g black olives chopped
- 2 tbsp chopped fresh mint

**Steps**

- Drain and thoroughly rinse the chickpeas. Cook the sausages according to the packet instructions.
- Heat the oil, lemon juice, red onion and garlic in a small frying pan and cook over a medium heat until the onion is translucent and soft. Add the olives, lemon zest and chickpeas and continue to cook over a lower heat for 3-4 minutes.
- To assemble the salad, divide the chickpea mixture between 3 plates, topping the salad leaves. Finish with a couple of sausages on each and sprinkle with the chopped mint to finish.

Sweet Fusion Sausage Noodle Bowls

The base of these noodle bowls is a delicious Thai-infused vegan broth. If you’re in a hurry, there are some great ready-made broths available in most retailers, but making your own is to be recommended and you can always freeze what you don’t use. Plus you get the added flavour hit with the addition of lemongrass and ginger to the conventional base broth recipe.

Serves 3 / Preparation time 10 mins / Cooking time (excluding broth) 20 mins

**Ingredients**
- 1 pack HECK Sweet Fusion Sausages
- 300g rice noodles
- 1 pak choi
- Handful fresh coriander leaves
- 1 tbsp sesame oil
- 4 spring onions finely chopped
- Finely chopped fresh red chilli (optional)
- 1 tbsp tamarind (GF) or soy sauce
- 1 tbsp sesame oil

**Broth**
- 1 large onion
- 1 stalk lemongrass
- 2cm piece fresh ginger
- 2 large carrots (sliced)
- 2 sticks celery (sliced)
- 4 sprigs coriander
- 4 sprigs parsley
- 1 red chilli (chopped)
- 2.5l water

**Steps**

- Roughly chop the onion, ginger and lemongrass. Sauté in a large saucepan with the vegetable oil for a few minutes over a medium heat. Add the carrot, celery, herbs and chilli and continue to cook for a couple more minutes. Now pour over the water and bring to the boil. Simmer with the lid on for approx. 1 hour until the vegetables are soft. Strain the liquid off and discard the vegetables. Set to one side until ready to use/ freeze.
- To make the dressing, mix all the ingredients together and leave to infuse until ready to serve.
- Cook the sausages over a medium heat with 1 tbsp sesame oil in a frying pan. After 10-12 minutes, add the sliced pak choi and increase the heat for a couple of minutes. Prepare the rice noodles according to the packet instructions, and then divide between 3 bowls. Top with 2 sausages in each bowl along with the pak choi. Heat 375ml of the vegan broth and pour over the bowls, dividing equally.
- Top with the ginger dressing and sprinkle with the spring onions and coriander leaves to serve. You can also garnish with a bit more sliced fresh chilli if you want even more of a kick to this bowl full of goodness.
Green Eggs No Ham

Everyone loves a good “feed-the-whole-gang” brunch dish and this is one for the vegetarians! Inspired by the genius Ben Lebus @ MOB Kitchen, this won’t quite get under a fiver but it packs a punch of deliciousness that’s worth splashing out on. We’ve added our twist on the original and think it hits the spot...What do you think?

Serves 3 HUNGRY people, or 6 with some croissants and crusty bread on the side / Preparation time 10 mins / Cooking time 30 mins

Ingredients
• 1 pack HECK Super Green Sausages
• 850g frozen peas
• 30g pine nuts
• 1 tsp lazy garlic
• Bunch of basil, chopped
• Bunch of mint, chopped
• Juice and zest of a lemon
• 150g fresh baby spinach
• 2 tbsp crème fraîche
• 80g grated parmesan cheese
• Olive oil

Steps
► Cook the peas in boiling water as per the packet instructions, then drain and put approx. 2 thirds in a food processor. Whizz up with the garlic, basil, mint, juice and zest of the lemon and a generous tbsp olive oil. Once smoother, add the crème fraîche and half the parmesan cheese.
► In a shallow oven proof dish, wilt the spinach over a low heat with a dash of water, then fold in the remaining peas and the pea purée. Season to taste while mixing together.
► Push the sausages into the pea mix like the spokes on a wheel so they’re not sitting on top, then make 6 wells in the mixture between the sausages and crack the eggs into the holes. Top with a scattering of pine nuts and the remaining parmesan cheese and bake in the oven at 180°C for 12-14 minutes until the eggs are set and the sausages cooked through.

NUTRITIONAL INFO

Serving Size: 454g
Amount Per Serving
CALORIES: 578kcal TOTAL FAT: 25g
SATURATES: 8.7g SUGARS: 16g
SALT: 1.2g PROTEIN: 31g CARBS: 51g
There’s nothing more comforting than a baked potato! So why not give this recipe a whirl and raise the baked potato game with some Bollywood Bangers for an instant supper fix?

Serves 3 (or 2 hungry people) / Cooking time 35 mins

Ingredients
- 1 pack HECK Bollywood Bangers
- 3 sweet potatoes
- 2 tbsp mango chutney
- 2 tbsp coconut milk yoghurt
- Handful of coriander leaves

Steps
- Wash the sweet potatoes and make a small slit along the long side of each one. Pop into a pre heated oven at 180°C and bake for 35 mins until the skin is crispy and a knife slides in easily.
- While the potatoes are cooking, mix together the mango chutney and yoghurt and set to one side until ready to serve. Cook the Bollywood Bangers according to the packet instructions.
- Once the bangers and potatoes are cooked, slice the potatoes in half and fluff up the flesh inside with a fork. Top with the mango/yoghurt mix, then add a sausage to each half and sprinkle with fresh coriander leaves.

NUTRITIONAL INFO

Serving Size: 271g
Amount Per Serving
CALORIES: 350kcal TOTAL FAT: 5.8g
SATURATES: 1.5g SUGARS: 31g SALT: 2.1g
PROTEIN: 8.5g CARBS: 59g
Heck Super Green Lettuce Boat

A juicy, fresh and light meal for these warmer evenings. Super quick to prepare and best to be enjoyed in your garden, whilst soaking up some rays!

Serves 1 / Preparation time 5 mins / Cooking time 15 mins

Ingredients
- 1 Super Green burger
- 1 x romaine lettuce heart
- 20g sweetcorn
- 2 spring onion
- ½ red pepper
- 1 beef tomato
- ¼ cucumber

Optional
- Vegan yoghurt
- Hummus
- Sweet chili sauce

Steps
► To cook our Super Green burger, we suggest pan frying in a little oil for about 12-15 minutes on a medium/high heat, turning occasionally to get an even browning (they also BBQ well).
► Rinse your lettuce then tear the leaves away from the core.
► Chop your red pepper, tomatoes, cucumber, spring onion and put into a mixing bowl.
► Remove burgers from the pan and chop in to mix with either scissors or a knife.
► Add the sweetcorn and mix well
Lay the lettuce leaves out like boats and fill with veg mix.
► Serve with yoghurt, hummus and sweet chili sauce. Enjoy immediately!

Beet Goes On Burgers

Enjoy a gastro pub dinner in the comfort of your own home! Our Beet Goes On Burger is full of flavour but why not dress it with all your favourite extras. Who’d say no to honey roasted sweet potato chips? It’s a crowd pleaser!

Serves 2 / Preparation time - 15 mins / Cooking time - 25 mins

Ingredients
- 2 Beet Goes On Burgers
- 2 brioché buns
- Handful of lettuce leaves
- ½ a beef tomato
- 2 sweet potato
- 1 grated apple, any kind
- 1 grated raw beetroot
- 100g vegan yoghurt
- 1 tsp of honey

Steps
► Preheat your oven to 180°C
► Drizzle some oil on a baking tray and put in the oven to warm.
► Put each sweet potato in the microwave for 1 minute. This will make the baking time much quicker as the potatoes will soften.
► Chop the potatoes into chunky or chips, keeping the skin on for an extra crispy texture.
► Remove baking tray from the oven and evenly arrange the sweet potato. Add the honey and give them a stir with a spatula or some tongs.
► Put them in the oven and bake for 20-25 minutes
To cook our Beet Goes On burger, we recommend frying off in a pan for about 15 minutes with a splash of oil, turning occasionally.
► Remember to give your sweet potatoes a shake/stir so they don’t burn!
► In a mixing bowl, grate or thinly slice the beetroot & apple. Stir in the yoghurt. We used coconut yoghurt but there are lots of other varieties that would work nicely!
► We suggest toasting your burger bun. If you pop it under the grill for about 2-5 minutes, it should turn a lovely golden colour.
► Slice red onion & tomato into disks.

Nutritional Info

Serving Size: 350
Amount Per Serving
CALORIES: 172kcal TOTAL FAT: 5.8g
SATURATES: 0.5g SUGARS: 5.7g
SALT: 0.95g PROTEIN: 5.9g CARBS: 19g

Nutritional Info

Serving Size: 432g
Amount Per Serving
CALORIES: 703kcal TOTAL FAT: 21g
SATURATES: 1.8g SUGARS: 8.4g
SALT: 0.41g PROTEIN: 3.7g CARBS: 15g

► Stack all ingredients between the burger bun. You may want to use a skewer to keep the ingredients secure.
► Remove your crispy sweet potatoes from the oven.
► Arrange the burger on a plate or board with the chunky sweet potato wedges and beetroot slaw.
► Garnish with fresh mint.
► Serve and enjoy immediately.
Battle of the Bars

BATTLE READY FUEL
Developed by the stars of SAS Who Dares Wins, Battle Ready bars are the ultimate high protein on-the-go snack, packed with 24 grams of protein.

Available in 3 indulgent flavours: cookies and cream, triple chocolate and salted caramel, these bars are low in sugar and carbs but high in protein and fibre.

Blended with fast and slow-release proteins to deliver a sustained supply of important nutrients throughout the day and made using a specially selected baking process, offering exceptional taste.

Instagram: @battlereadyfuel
www.battlereadyfuel.com

NOVU NUTRITION
Novo Nutrition first started by developing the world’s first protein chip.
They have since expanded their range to include products such as the 20g no added sugar protein bar, aptly named “Easy Bar”.

A spokesman for Novu said: “We acknowledge there are a lot of protein bars on the market, but we have developed these bars to taste just like your favourite confectionery bars. With a super soft texture and delicious caramel filling, these bars are super easy to eat with no aftertaste.”

The Easy Bar is packaged much like a conventional chocolate bar, giving the brand a visual positioning that doesn’t alienate women. It’s a thumbs up from us!

Instagram: @novonutrition
Facebook: novonutrition
www.novonutrition.net
Could the traditional chocolate bar be forced into retirement? These high protein confectionary alternatives think so!

**SCI-MX NUTRITION**
Packed with protein, PRO 2GO helps you stay fuelled and focused, whatever life throws at you. Because it’s a marathon, not a sprint, and when you’ve got everything you need to keep up the pace, you’re ready to take on the challenge. Taste? Yep. Convenience? Definitely. Nutrition? 100%. You’re good to go.

**PRO2GO GOOEY BARS**
PRO 2GO gooey bars pack a serious protein punch, with 20g of high-quality protein per bar. And with six epic flavours to choose from, they don’t just do good - they taste amazing too. Craving something indulgent, but also need to fuel up? PRO 2GO gooey bars have a delicious soft centre that will hit that sweet spot, and with no more than 2g of sugar per bar, they’re the ideal choice for on the go goodness.

**HIGH PROTEIN**
PRO 2GO Gooey Bars don’t just treat your taste buds... they’re loaded with 20g of high-quality protein, essential for muscle maintenance and growth, so you’re always ready to lift, climb, run or stretch your way through the day.

**UNIQUE CORE**
PRO 2GO Gooey Bars have a delicious soft centre, for a hit of unexpected indulgence, and are available in six mouth-watering flavours for an epic taste you wouldn’t expect in a high protein bar.

**LOW SUGAR**
Craving some sweet indulgence, without the sugar crash? With no more than 2g of sugar per bar, PRO 2GO Gooey Bars keep you full, and keep you fuelled.
All you need to worry about is which flavour to choose.

Instagram: @scimx
www.sci-mx.co.uk
We stopped by the WHEYHEY and Breyers factories to find out exactly what goes into their ice creams to make them low in sugar, high in protein and bang on in the taste department!

If, like us, you’re partial to the odd frozen treat, then fear not because you CAN have your cone and eat it!

Instagram: @breyersdelightsuk @wheyheyofficial

**Breyers Delights**

Breyers Delights have created an ice cream that’s only 290-350 calories PER TUB- Yes that’s PER TUB! The high protein, lower sugar and fresh cream recipe contains 38-57% less calories and 45-60% less sugar per 100g than similar products.

Available in 9 delicious flavours, each tub contains 20g of protein, plus fresh cream to ensure an authentic, smooth taste.

**Nutritional info for Creamy Chocolate flavour**

<table>
<thead>
<tr>
<th>Per 100g</th>
<th>Per portion</th>
<th>100ml</th>
<th>Per 500ml tub</th>
</tr>
</thead>
<tbody>
<tr>
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<td>257</td>
<td>1278</td>
</tr>
<tr>
<td>Energy (kcal)</td>
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<tr>
<td>Fat (g)</td>
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<tr>
<td>Of which saturates (g)</td>
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<td>1.1</td>
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<tr>
<td>Carbohydrate (g)</td>
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<tr>
<td>Of which sugars (g)</td>
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</tr>
<tr>
<td>Protein (g)</td>
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<tr>
<td>Salt (g)</td>
<td>0.17</td>
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WHEYHEY

Wheyhey are a team of British and Irish healthy treat pioneers committed to changing the face of food without compromising on either health or taste. The business started in 2013 in a flat in Brixton after the guys behind these irresistible treats became increasingly frustrated by friends and family digging into so-called ‘healthy snacks’ that were secretly extremely high in sugar. They decided to venture into the snacking market themselves to try and make a difference. Out of this mission, WHEYHEY was born.

WHEYHEY treats are naturally low in sugar and high in protein because they use whey protein, the goodness found in the best bit of milk. They ensure that all their ingredients come from trusted sources. Especially the milk. WHEYHEY milk comes from happy, grass-fed cows cared for by farmers they trust.

From humble beginnings where many evenings were spent hand-stickering ice cream pots and many days were spent selling ice cream door-to-door, WHEYHEY has continued to grow year-on-year into a serious contender on the snacking scene.

We adore their ice cream and brownie range and can’t stop digging in!

<table>
<thead>
<tr>
<th>BROWNIE RANGE</th>
<th>CLUSTERS</th>
<th>ICE CREAM</th>
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</thead>
<tbody>
<tr>
<td>Per Serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy</td>
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<tr>
<td></td>
<td>377kJ/90kcal</td>
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<tr>
<td>Fat</td>
<td>8.5</td>
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<td>of which Saturates</td>
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<td>Carbohydrates</td>
<td>8.7</td>
<td>8.5</td>
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<tr>
<td>of which Sugars</td>
<td>1.9</td>
<td>1.9</td>
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<td>of which polysols</td>
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<td>6.6</td>
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<tr>
<td>Salt</td>
<td>0.04</td>
<td>0.04</td>
</tr>
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</table>

Wheyhey 24/04/2019
The Muscle & Fitness HERS

Makeup Masterclass

By Danni Levy

Whether you’re going nude for those long, hot summer days, or you want to vamp up your look for the evening, founder of the Forever52 Marius Lupu shows you how to make the best of your assets!

Create the Look!
The step-by-step guide below shows how Marius created a day to night look using the same palettes for both effects.

1) Apply an ultra-thin foundation
2) Apply a complete coverage concealer
3) Apply a translucent powder to fix the foundation and give a matte effect
4) Use highlighter in Star Twinkle
5) Use the pro ibrow palette to enhance and define your natural brow
6) Choose from matte or metallic makeup for eyeshadow and contouring. For this look, the Metallic Forever53 palette was used along with the counterpalette in Cool Cold Wedding
7) For a vamp look, apply the Super Stay Vamp lip gloss plus glitter, or for a nude look tone it down with the Nude Creme lip gloss.

www.forever52marbella.com

WIN WIN WIN
A Forever52 goodie bag!

How to WIN
Create a summer or vamp look on yourself or a friend, then upload to Instagram and tag @muscleandfitnesshersuk @forever52makeupespana
Marius will announce the winner on his page.

GOOD LUCK!
Swimwear for Gym Chicks

**JOSEPHINE - £24.99**
Comes in Red and Black. The MOLLY Bikini holds a truly 90's vibe, with it's high leg and metal ring details. Set features padded cups, adjustable arms, a clip up back, and subtly cheeky-cut bottoms. Link: https://www.leafldn.com/productpage/molly-bikini-red

**MOLLYBLACK - £24.99**
The ELEONORA is our all time bestseller. The comfortable bikini flatters a number of different body types and exudes elegance with a girly charm. The set is made from crinkle-effect luxury material and hosts an unpadded top and cheeky cut bottoms. The set in khaki has been worn by Love Island favourite Alexandra Cane! Link: https://www.leafldn.com/eleonora
You’ve spent weeks in the gym perfecting those summer curves, but finding the perfect two piece can be quite a challenge! We love this diverse range of colours, cuts and styles from Leaf London. Their unique range is bound to catch you eye, no matter what your taste or body type!

**ELEONORA - £25.97**

**REDBOX MARKETING**
The beautiful Sarah set bursts with summer colours and femininity. The top features padded cups and Bardot off-the-shoulder style sleeves for a vintage look (which can be tucked in to create a bandeau effect), whilst the bottoms feature a subtly ‘cheeky’ style cut.

Link: https://www.leafldn.com/product-page/sarahbikini

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**MOLLY RED - £24.99**

Comes in Red and Black. The MOLLY Bikini holds a truly 90’s vibe, with it’s high leg and metal ring details. Set features padded cups, adjustable arms, a clip up back, and subtly cheeky-cut bottoms. Link: https://www.leafldn.com/productpage/molly-bikini-black
Best Sum

Palmer’s Foot Care
Fit feet need extra care, especially if you want to make a smooth transition from trainers to sandals this summer. We love the new range from Palmer’s, that leaves feet looking and feeling silky smooth for those long, hot summer days.

Palmer’s Coconut Oil Formula Coconut Sugar
Foot Scrub - RRP £4.99 / 60g
Naturally exfoliate and buff away tough calloused skin and dead surface cells with this hard-working foot scrub containing raw natural coconut sugar. In addition, cooling peppermint oil soothes and invigorates tired and weary feet!
This foot scrub is a must have for anyone with dry or calloused feet, to use as the perfect summer prep and beyond to keep them in the best shape possible all year round.

Palmer’s Coconut Oil Formula Coconut Water
Cream - RRP £4.99 / 60g
For essential foot indulgence look no further than this super rich hydrating coconut water cream, which deeply nourishes and rehydrates dry skin and heels. This decadent cream deeply penetrates extremely dry or cracked heels, whilst smoothing and softening feet for the ultimate foot repair. Ideal for daily use or for an intense treatment, slather on and pop on cotton socks overnight and wake up to perfectly pampered, baby soft skin!

Loella Makeup Brushes
We’re lusting after these super girly makeup brushes from Loella cosmetics. Available as singles or essential sets, they are vegan and cruelty free and also superrrr soft, with high-quality synthetic bristles.
Loved by the stars’ makeup artists, Loella brushes have been spotted on the sets of ITV, Sky Studios, Showtime, the Food Network, London Fashion Week and the X-Factor. They’re designed to be highly versatile and easy to use, making them perfect for beginner and professionals alike.
Essential brush collection
RRP €60
loellacosmetics.com

ALOR Bottles
We adore these high-quality and stylish bottles that actually make you want to stop using single-use plastic. Their sleek lines and classic colours have created a timeless product to use all day and every day, from the boardroom to the gym and everywhere in-between.
ALOR Bottles look sexy and sleek but due to the advanced double wall vacuum technology, ALOR promise to keep water cold for 24 hours and hot for 12 hours. Their added monogramming service allows you to personalise your bottle, making them the perfect gift.
In addition to bottles, ALOR also have a collection of chic coffee cups, as well as a mini collection, which are leak-proof and perfect for gym bags!
arorstore.com

Palmer’s Coconut Oil Formula Foot Oil
RRP £5.99 / 100ml
We use oils on our bodies and face so why not our feet too? Treat your feet to Palmer’s lush new foot oil which could be mistaken for coconut heaven in a bottle! Perfect for an intense foot care treatment or an at home DIY pedicure this fast absorbing, dry oil drenches feet in the natural soothing powers of coconut, eucalyptus and lavender oils for a one of a kind footcare experience. Use daily or for a foot massage when feet are in need of some extra care. The result is intensely soft, soothed and refreshed feet that you’ll be proud to show off!
www.palmers.com
Instagram: @palmersuk
Pretty Athletic

The new skincare range for fit chicks from Pretty Athletic has got us lusting after that summer sweat. Whoever thought perspiration could be so damn glam?!

Workout Glow

This beautiful rose water tonic enriched with gentle coconut-derived cleansers and vital skin nutrients is a super quick way of achieving clean, nourished and hydrated skin in one simple step.

Lightweight hyaluronic acid and botanical extracts of rose and calendula help to leave the skin feeling perfectly balanced. Vitamin E and niacinamide nourish and provide antioxidant benefits.

Use pre and post-workout.

RRP £17.50

Hydration Kick

Lightweight and easily absorbed, this cooling gel body moisturiser is a beautifully refreshing way to hydrate.

Formulated with sacha inchi oil, hyaluronic acid and black oats to deeply hydrate the skin. Rich in soothing aloe vera, and infused with nourishing vitamins and antioxidants. A patented multi-mineral complex revitalises and energises the skin.

RRP £24.00

Cool Down Cleanser

This luxuriously rich facial cleansing gel with aloe vera, cucumber and chamomile soothes, whilst gently cleansing the skin to help prevent exercise-related breakouts. A lightweight hyaluronic acid derivative works to improve skin hydration and reduce oiliness. With botanical extracts of lavender and green tea, and prebiotics to support beneficial skin flora.

RRP £18.00

Recovery Boost Serum

A lightweight serum-oil, rich in phytosterols and high levels of antioxidants that helps to restore the skin barrier and fight the signs of environmental damage. Grapeseed oil helps to improve skin elasticity and firmness. With jasmine and rose damascena to calm and soothe.

Contains 0.5% vitamin A palmitate, 0.5% vitamin E and 1% vitamin C as well as the active phytosterene which has a proven capacity to improve the skin's barrier effect after stress, improve skin moisturisation, and help diminish skin redness after stress.

RRP £28.00

Instant Refresh Shower Scrub

An invigorating shower scrub with natural sulphate-free free cleansers, jojoba microspheres and raspberry seeds that effectively cleanses the body, removing sweat and impurities, without irritating the skin. Menthol and eucalyptus to cool and refresh, with lemon Tea Tree for an uplifting burst of aromatic freshness.

RRP £15.50

www.prettyathletic.com
Instagram: @prettyathletic
Muscle & Fitness HERS loves... My FitFix

“Rifling through the hundreds of new clothing accounts popping up on Instagram, we stumbled upon My FitFix. A fitness subscription box, exclusively for women, filled with brand name gym apparel, fitness accessories, recipes, advice, and more.

“The team hand selects products from fitness brands all over the world and creates personalised monthly boxes of gym clothes, and includes accessories, advice, and other lifestyle products alongside. Each box is made only for you, based on your size preferences, style interests and budget” says founder Josh Horne.

“It’s the perfect way to treat yourself to new products and try new brands, whilst also getting a fix from the ones you know and love.”

“We have 3 subscription boxes, starting from £29.99 per month, and subscribers have complete control. You can skip, or cancel, at any time. There’s no long-term obligation, plus there’s an option to send a one-time only box as a gift.”

My FitFix’s most popular subscription, the Gym Queen box, has contained over £115.00 worth of goodies, which gets the green light from us when its priced at just £49.99!

You can exchange items too, if they don’t fit for example!

Depending on which subscription box you choose, you’ll receive between 3-8 products a month, or 1 pair of new, premium squat-proof leggings each month if you subscribe to their leggings club - and the variety is fab! It saved us hours of trawling the net to find the latest new trends.

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<th>The Gym Queen - Example Box:</th>
<th>Subscription prices</th>
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</thead>
<tbody>
<tr>
<td>White Airtex Vest</td>
<td>Leggings Club: £29.99</td>
</tr>
<tr>
<td>White GV Lifestyle Cap Gymversus</td>
<td>The Hero Box: £39.99</td>
</tr>
<tr>
<td>Support Sports Bra Clean FReek</td>
<td>The Gym Queen: £49.99</td>
</tr>
<tr>
<td>Bio Armour</td>
<td><strong>Total Value = £117.99</strong></td>
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</tbody>
</table>
DOWNLOAD THE DIGITAL EDITION OF M&F HERS

GET HERS TO GO! ON ANY DEVICE, ANY TIME
Cover star

Heidi Somers

answers your questions...

**Favourite body part**
My favourite body part on a guy is the chest! There is something about lying on a man’s chest that is so comforting to the soul.

**Favourite movie**
My all-time favorite movie is Wedding Crashers. It’s my go-to for a great laugh whenever I’m having a bad day!

**Favourite holiday destination**
I have been lucky enough to travel to a lot of beautiful places but my favourite is the Cayman Islands. The water is not only beautiful but SO calm and peaceful!

**Favourite cheat meal**
I can CRUSHHHHHH some doughnuts! That has always been my go-to cheat meal. Sugar over salty snacks any day!

**Trainers or heels?**
Definitely trainers, but heels make the legs look unreal so I am torn!

**Hair up or hair down?**
Most of the time my hair is up, especially during the week! But I do enjoy getting dolled up now and then for a date night or if I’m shooting something special.

**Country or city?**
Well, I grew up in a small town in Alaska so I do love the small town vibes, but I would say I’m more of a city gal now!

**Takeout or meal out?**
Eating out is fun but takeout is great so I can snuggle up with my boyfriend and watch my current favourite show: Game of Thrones.

**Afternoon nap or power through?**
Ohhh man I wish I had time for power naps but unfortunately I don’t ever have the time! My days go by so quickly. I feel like I wake up in the morning and as soon as I blink it’s nighttime already!

**Girly mag or novel?**
I do enjoy both. At night I prefer novels but during the day I love a good girly magazine read.

GOT A QUESTION FOR OUR NEXT COVER STAR? Keep up to date with Muscle & Fitness HERS @muscleandfitnesshersuk for news on how to make it happen!
Patients can now see GPs in their local high street pharmacy, thanks to a new digital doctor service.

The GP Service is the first paid-for online GP service in the UK to be granted access to patient’s NHS records without the patient needing to leave their own GP.

It means patients need never set foot in a doctor’s surgery and could get a diagnosis and a prescription in less than 30 minutes, avoiding lengthy waits to see their local GP.

Hundreds of pharmacies across the UK are now offering the The GP Service, which sees patients undergo a video consultation with a doctor who then sends their prescription direct to the store, enabling them to walk out with it within minutes.

Founder Suleman Sacranie said: “Many patients visit their pharmacy needing medication that requires a prescription but who face waits of several days or even weeks to see their doctor.

“It causes massive amounts of frustration for both patients and pharmacists. Our aim with The GP Service is to put a doctor in the pharmacy, reduce the pressure on GPs and help people get better more quickly.”

In participating pharmacies patients will be offered the option of having an instant online appointment with a GP, costing £25, which will take place via a secure tablet device, within the pharmacy’s consultation room.

The GP can then send the prescription direct to the pharmacy for it to be dispensed there and then. If the online GP feels further investigation is required before a prescription can be given the patient will be referred back to their own GP.

Mr Sacranie said: “The benefit of this compared to other online GP service providers is that there will be someone there to help talk people through the system, so it makes it accessible to those who may otherwise be worried about seeing a GP in this way. The oldest patient who’s used it so far was in her 80s.”

The GP Service also offers patients online appointments on the go, they do not have to be in a pharmacy to access the website.

They already have a network of over 1,500 pharmacies, expected to grow to over 5000 independent pharmacies by the end of the year, that prescriptions can be sent to – not just those that have the in-house GP service.

Doctors, who all do regular NHS work alongside their shifts for The GP Service, are usually available within a few minutes.

The service is the first paid-for online GP service in the UK to be granted access to patient’s NHS records without the patient needing to leave their current GP and is currently part of a trial project with NHS Digital.

Other services are simply reliant on what the patient tells them, but if a patient gives their consent to The GP Service it can access their Summary Care Record – a snapshot of key details like the medications they are on and any pre-existing conditions, such as allergies.

Mr Atul Devani, CEO and co-founder of the business, added: “Having access to this information will mean our doctors are more comfortable in making a diagnosis and prescribing certain medications, knowing that they won’t conflict with anything the patient is already taking.

“Nothing will be disclosed to us without the patient’s consent and we are working closely with the NHS to ensure that we follow the strictest guidelines.

“The hope is that being better informed will mean there is less need for our doctors to refer patients back to their GPs, again helping to relieve the pressure on the system.”

The GP Service is regulated by the Care Quality Commission (CQC) and the Medicines and Healthcare products Regulatory Agency (MHRA).
Wellness Festival VERVE Launches in September

Ideal for singles, groups and families, VERVE will offer an exciting programme of; yoga & Pilates, meditation, breath work, sound bathing and woodland exercise classes as well as a ‘wild’ spa, boutique shopping and luxury glamping. There will be an on-site bar and DJ and in addition, visitors can learn from a carefully curated panel of speakers who will discuss topics relating to physical and mental health, sleep, nutrition and more.

Set up by luxury hotel and travel expert Anna Hayward - who has a personal passion for health and wellness - the aim of the 2-day festival is to ensure every visitor can experience something different, with like-minded people and in a new setting that is completely unrivalled;

“After 22 years of working for other people, I wanted to do something for myself, encapsulating all the things I’m passionate about, in the green and calm of Wiltshire. With VERVE, I’m drawing on my background in luxury experiences to create a stylish festival that embraces health and nature, in the area of outstanding natural beauty Cranborne Chase.

“According to the Global Wellness Summit 2019, one of the biggest wellness trends of 2019 is prescribing nature. This is the cornerstone of VERVE Festival. All classes and activities will centre on nature for health, for example; farm runs, workouts in the woods, meditation and tree talks in the ancient woodlands. We’re also big fans of using local materials and are working with local suppliers and partners throughout the festival. The vast majority of our food, drink and boutique stall-holders come from the West Country.”

WELLNESS WORKOUTS

Yoga classes led by Californian-turned-Wiltshire local, Megan Romilly will include; Vinyasa Flow, Hatha, Yin and Broga. Megan has 30 years of experience teaching yoga and has paved the way for VERVE’s other wellness offerings such as breathwork, meditation and sound bathing.

Other activities include Pilates and woodland exercise classes led by Tom James Fitness. Typical gym equipment such as Olympic rings and TRX will be given a nature-inspired spin and hung from trees, with battle ropes, boxing and more.

For amateur and professional runners, enjoy a guided run around the farm, tracks and fields – sure to be one of the most picturesque runs snapped on your phone.

KIDS PROGRAMME

A key part of VERVE’s offerings will be for children and families, with the festival honouring this this by running a FREE kid’s programme for under 15s. The programme will include foraging, fire building, art and craft workshops, mindfulness and more. Kids can even join in with yoga, thanks to Joyce Hutchensen, author of Yoga Adventures of Rupert & Pip, who’ll be on hand to instruct.

REFRESHMENTS

All of the food trucks at VERVE are local, sourced from Wiltshire and Dorset and they’ll be extensive options for carnivores and herbivores; Big Bang Pizza will offer Maneesh and wood-fired pizzas whilst Pure Punjabi will offer aromatic vegan and vegetarian curries. Pythouse Kitchen Garden’s specialities include fire-roasted salmon and veg and from Flaming Peaches, you can purchase a mouth-wateringly delicious miso-roasted aubergine or sticky smoked beef. Green & Grainy will also be on hand to offer home comforts such as vegan cakes, juices and chai lattes.

Hampshire-based, multi award-winning Cottonworth Wines will provide the fizz at VERVE, whilst über cool Dorset Gin Box will run the main bar. Guests can expect a mind-boggling array of gins, local Sixpenny Brewery Beer, amazing wines and specially-curated VERVE cocktails, including an alcohol-free option, courtesy of Seedlip.

THE WILD SPA

The Zest Spa at VERVE will be wild and off-the-grid. Set in a remote corner of the festival ground, heat will come from fire, light from candles and relaxation from the incredible setting.

Spa guests can take advantage of the soothing treatment menu with includes; a hot stone massage, an Ayurvedic pressure point facial, a ginger & tonic massage, a body brush and balm treatment, an organic facial and a Thai foot massage. Post-treatment, guests can relax in one of the hammocks, laid out in a deserted field and with a sweeping view of the nearby hills and downs.

SPEAKERS

The VERVE team have carefully curated a panel of expert speakers who’ll cover a range of topics including; sleep, nutrition and gut health, sex, mental health, confidence building, habit breaking and more. Confirmed for the line-up are:

• Shahroo Izadi – The kindness method
• Actress Serena Evans – Speaking with confidence
• Aoife Drury – Sex and relationships
• Ali Godbold – Gut health and nutrition
• The Bushcraft Initiative – Nature for mental health and wellbeing
• We Sleep - Managing the mind and body for better sleep
Advanced Product Innovations on Show at Elevate 2019

Elevate, a leading trade event for physical activity and health and performance, once again boasts an impressive range of 350+ exhibitors who will showcase their latest products aimed at positively contributing towards decreasing physical inactivity levels, to the 10,000+ expected attendees.

Elevate represents a great opportunity for physical activity businesses and professionals to make purchasing decisions, discover the latest innovations and meet the leading suppliers face to face. This year’s exhibition areas are; Commercial Fitness, Innovation in Elite Sport, Elevate Aquatics, Design, Build and Interiors, Elevate KD and COPA.

Exhibitors will explain how their product innovations provide consumers and suppliers alike with a leading edge in today’s sector.

MyZone will be showcasing their new ‘MyZone Solution’ and ‘MyZone 3.0’ features, while eGym UK will demonstrate their eFile-xx, a concept based around training circuits performed using specialist equipment while incorporating systematic exercises to increase flexibility and mobility.

Physical Company are set to demonstrate an array of their latest products, with their Director of Sales and Marketing, James Anderson commenting: “Physical Company will be showcasing a range of new innovations from our multi-functional EVO Bench – with live demonstration in a boutique gym setting, to our Merrithew™ (STOTT PILATES) reformers. We will also be demonstrating our new App, giving fingertip access to a huge array of workout plans and exercises plus a selection of Ecore Athletic performance flooring products.”

Crown Sports Lockers will demonstrate how their installs of made to measure lockers and changing areas are geared to customer demographic and demand. Meanwhile, Flow Therapies will be showcasing their Flow Muscle warming massage wax of which is designed to help decrease inflammation whilst penetrating and soothing sore muscles.

Key international suppliers of physical activity equipment will showcase their new innovations to the UK market. Health club and gym suppliers at Elevate’s global exhibition include: fibodo, PayAsUGym, Matrix, eGym, Fitness Compared, FunXtion, MyZone, Jordan Fitness, Physical Company, Hutchinson’s Technologies, TRX, Octane Fitness, FitGuest, Miha Bodytec and Powerhouse.

Elevate Kids is a new feature area for 2019 and is the UK’s first event dedicated to children’s physical activity, play and wellbeing. Both private and public sectors recognise more can and should be done to get kids more active. Elevate Kids has been launched to create a forum for discussion and cross sector learning from the widest possible variety of organisations interested in getting kids more active.

Another prominent element of the exhibition is Elevate Aquatics, a feature area of Elevate that focuses on exploring aquatic strategies for your facility that both maximise use of the pool and increase membership numbers. Elevate Aquatics features exhibitors who are demonstrating the latest in pool and open water swimming, equipment, research, monitoring and performance including Swim England, Poolviews, Hippo Leisure, ID&C, Band JP Leonard, Swimming Teachers Association, Swimtag, Institute of Swimming, Royal Life Saving Society UK and PAC Wristbands.

Elsewhere, Hutchinson Technologies will return to the Elevate Studio as they provide a high-octane stage for a variety of GroupX performances. Experts will showcase the leading edge in audio visual, lighting and virtual fitness to inspire operators and instructors alike.

With so much product advancement on display, the Elevate Innovation Awards, sponsored by Fitness Compared, will return. As with previous years, a panel of experts will judge the best sector products and services in seven defined categories: Best Workout Innovation, Best Facility Innovation, Best Health & Wellness Innovation, Best Innovation for Human Performance, Best Start-Up, and Best Participation Innovation and Best Rehabilitation & Recovery Innovation, both of which are new additions to the ever-growing awards.

These categories shall respectively recognise the best initiative that encourages participation across all ages and abilities and highlight the benefits for rehabilitation and recovery by using a specific product/service.

Max Quittenton, Founder and Director of Elevate, said: “Elevate is once again set to build upon its previous success with an array of outstanding products and exhibitors on show this year. Showcasing innovation and development is key for the sector to continue its progress during the fight against physical inactivity. We cannot wait to welcome attendees to Elevate 2019.”

To find out more about the full programme for the conference and seminars, and to register for a free place, visit www.elevatearena.com
GYMIX® Radio has announced international superstar DJ, John Gibbons, as their first headline radio show of the summer. John Gibbons’ hour of “POWER” broadcasts the latest promo releases from the who’s who in global dance music, live, while you workout.

John Gibbons launched on GYMIX® to celebrate his 100th episode fresh off the plane from the Miami Winter Music Conference, which is now the exclusive broadcaster partner of ‘POWER’ every week. Featuring exclusive heavyweight guest mixes from the world of electronica such as Tiësto, Deadmau5, Erick Morillo, Jamie Jones, Annie Mac, Faithless, Paul Van Dyk, Martin Garrix, Axwell... the list literally goes on.

John Gibbons is an Irish DJ, record producer, and remixer based in London. 2018 saw John rack up impressive numbers across the board with over 100 million Spotify streams and over 50 million YouTube views on his previous singles ‘Would I Lie To You’, ‘PYT. (Pretty Young Thing)’, ‘Sunglasses In The Rain’ and ‘Sweat’. Furthermore, John has become a staple on BBC Radio 1 Dance Anthems.

John’s live performances have also received multiple rave reviews with his debut headline show at The Academy in Dublin selling out in a week, quickly followed by a second headline sell-out at the 1,200 capacity Olympia Theatre, as well as supporting global superstars such as Justin Bieber, Alan Walker, Dimitri Vegas & Like Mike and Tiësto on their European Stadium shows and a sell-out nine-date UK club headline tour.

With shows to come in the iconic BCM nightclub in Mallorca, along with festival dates across Europe, the US and Asia and a new single slated for summer 2019, John Gibbons looks set to further cement his status as one of the hottest properties in global dance music.

In 2016, “Would I Lie To You” achieved Certified Silver status in the UK, and in 2017 the single PYT. (Pretty Young Thing) charted in the UK, Australia, and Ireland where it gained Gibbons’ Certified Silver, Gold and Double Platinum records respectively. John Gibbons is best known for these singles, followed-up by “Sweat (A La La La La Long)”, “A Spaceman Came Travelling” and his latest release with Junior J “Save A Little Love”. You can listen to his full discography at www.djjohn gibbons.com.

Today John Gibbons is one of the most important faces in the world of dance music, especially when sporting his trademark sunglasses, following the success of single “Sunglasses in the Rain”.

GYMIX® is a customised radio station for your gym; a music technology company dedicated to enhancing performance during exercise. GYMIX® creates a new workout playlist every hour while promoting health and fitness related products and services hour by hour.

GYMIX® now powers over ONE MILLION workouts a week, across the UK, Ireland and the Middle East.

John Gibbons’ POWER radio show is LIVE and exclusive on GYMIX® radio Thursdays at 18:30 GMT. More at www.GYMIX.FM
HOT BOD

VITAL STATS

NAME: Max O'Connor
FROM: Stratford-upon-Avon
AGE: 31
OCCUPATION: Bodybuilder and PT
ACHIEVEMENTS: Winning Mr. England, Mr. Britain and Mr. Universe
HOBBIES: Dogs, reading, long walks on the beach, poetry, socialising
INSTAGRAM: @maximum_punk11
My life has completely changed, I no longer have to worry about feeling uncomfortable whilst instructing my class or exercising for myself.

- Jemma, Zumba Instructor
  Labiaplasty

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