

## This Issue

1. The truth about Detox Diet  
"RebootYourLife"
2. Injury Prevention
3. Our Model
4. Tiny Powerhouse
5. The Big M-menopause
6. My Melanomas



*A third of this year has passed and life is charging forward at a crazy pace. Is there something that you always wanted to do? Have a baby; Take your Mum to the Zoo; Take your daughter shopping in the City; Renovate your garden; De-clutter your home; Find a partner; Take a trip to an exotic location; Drop a dress size or two? I want to remind you not to give up on your dreams. Write them down and think about them often. We have a mind, body connection that has incredible power. Your thoughts become your life. Are you limiting your life with your thoughts?*

*If you think you will never lose weight, you really won't. Are you your own worst enemy? Do you have negative self talk about your body and weight, about exercise, thinking it's too hard, and about your dreams thinking that they'll never come true or have you given up completely on them, thinking it's too late that you're too old?*

*I am here to tell you that none of this is true and you can change your life by changing how you think. We self sabotage ourselves so many times and in so many ways that is unnecessary, e.g. your brain obeys your mind and your body hang onto the weight.*

*The times that I struggled to lose weight was when I thought:*

- "I'll try the diet but it probably won't work and it didn't.
- Or while I was on diet, I would have one cheat day and then believe that I'd picked up the weight that I lost that week and I usually did.
- Or I'll train but believed that it won't really make that much of a difference and it didn't work that well.

*Change your thinking about weight loss:*

*Decide you will lose weight, put steps in place to do it, believe and trust your trainer, believe the diet will work and believe in yourself. Say to yourself, I can lose weight; I can stay on my diet, its ok when I don't eat perfectly all the time, I will still lose weight. If I train 3 times a week it will make a difference because I can assure you it will. Believe it, trust the process and achieve it.*

## • fitness innovation



### The truth about Detox Diet "RebootYourLife"

I asked Annakie and Yolandi (mother and daughter) to do a 10 day juice fast with me at the end of January 12. We consumed freshly made vegetable and fruit juice, vegetable soup, ate raw fruit, vegetables, nuts and drank lots of water. We followed the "reboot your life" program by author Joe Cross of "Fat, sick and nearly dead". I wanted to do the fast as an experiment to see what it will do to my fit body and if the weight we lose will stay off.

The first 2-3 days were hard mentally because of the complete diet change and your family/colleagues still eating other food in your presence. The Mother/daughter team made juice for the day and took it to work with them. Annakie was detoxing and suffered headaches for the first 3 -4 days. I had a slight headache on day 2. Yolandi did not suffer any headaches but felt really hungry during the day.

The funny thing was by day 3 myself and Annakie didn't get hungry (as your thinking plays a big role) and you stop missing your old food. Your body adapts pretty quickly. This was harder for Yolandi to achieve. Annakie felt great after day four and removed 5kg while Yolandi removed 6kg with the fast. After 10 days they continued with the juice but added grilled chicken and fish for dinner and lunch.

Life happened and Annakie went on a three week holiday. She was back on normal food. She did do a lot of walking and because her metabolism was high from all the previous personal training she only gained back 1kg which she lost the first week after returning to work and training. Yolandi continued her normal diet.

I removed 2kg during my three days of juicing which I maintained till March. I got a cold and sinusitis and regained 1.5kg in the more than two weeks of doing no exercise. I believe that to stay moving and exercise daily is the ultimate weight control tool as your body gets better at burning fat the more you move.



Annakie now weighs 73kg and her goal weight is 65kg, Yolandi now weighs 69kg and her goal weight is also 65kg. They both look fantastic and their fitness has also improved greatly. They have started jogging four times a week to get ready for the Mother's day challenge in May.

#### In Conclusion:

This is a great way to kick-start a weight loss program and anyone will benefit from a juice fast of 7 – 10 days. Thereafter it will be beneficial to fast two or three days, once a month. It is a good habit and it will change your taste buds in a good way and add lots of healthy vitamins into your system.

It's important to remember that you do need to consult your GP before you start a fast, especially if you drink chronic medication. You also need to listen to your body and do what works best for you.

## Injury Prevention

I believe prevention is better than cure. So let's look at the causes of injuries and how to avoid them.



- A) You're tired & over worked:** You have a lot of deadlines at work. You stay back at work and haven't slept enough the previous night. You also don't feel you're best physically and therefore your concentration is lacking but you're committed to get some exercise. During the session your technique slips, resulting in you pulling a muscle (or muscle strain) eg in your back.

**Rule 1: Enough rest is crucial.**

- B) Emotional Upset and/or love**  
Scenario 1: Your head is in the clouds and not in the present moment and you trip over a chair in the conference room and sprain your ankle;

Scenario 2: You're furious with your ex, talking on the phone and miss a step at the stairs, slipping, and falling on your knee and elbow or backwards on your back.

**Rule 2: Don't walk and talk**



- C) You don't warm up/down:** It is essential to warm up well. Your brain needs to wake up and tell your heart to pump blood to your cold muscles and get them ready to take the load. During the work-out your muscles shorten, therefore stretching them at the end of a work-out will minimize a potential injury.

**Rule 3: Always warm at least 5-10 minutes and cool down 5-10 minutes.**



- D) Incorrect technique:** A muscle strain or sprain can occur when your posture is not correct during weight lifting. Having incorrect technique puts extra strain on particular structures of the body and if continued lead to permanent problems eg: crushing a vertebrae, pulling a rotator cuff muscle. This can cause a permanently injury and lots of trips to the physiotherapist.

**Rule 4: Have a spotter or a mirror to make sure you have correct technique.**



- E) Wrong or old shoes:** I used to believe (before I studied fitness) that's its ok to wear shoes for 2 years to save money. Fortunately, I know better now. If you have an ankle, knee and/or hip injury that just keeps getting worse no matter how much physiotherapy and rest you're getting, you will have to take a good look at your current shoes and see a podiatrist.

**Rule 5: If you do any kind of training more than three times a week, you will need a pair of new shoes yearly.**



- F) Over Training:** There are some of us that can get addicted to exercise and start doing more and more. Men especially like to compete against each other and lift too much weight or train together for hours to see who can lift the most weight. This can result in an injury and I am not talking about sore muscles.

**Rule 6: Your body needs rest, so (NO training) certain days for the tears in muscles to heal.**



## Injury Prevention continue

- H) **Office Ergonomics:** When you sit, you should have a 90 degree bend in your knees with your feet flat on the floor, not dangling in the air or too low as this can result in pinching a nerve in your back or make an old lower back injury worse. The small of your back should also be supported. Your shoulders must stay relaxed (not slumped, not elevated), and there should be no extra pressure under your thighs.



**Rule 7: You have every right to complain to your boss if you have a bad chair at work that cannot adjust so you have the proper sitting position.**



- G) **Picking up too heavy equipment:** Ladies, I know we are all hard core woman but if it's too heavy, "don't pick it up", I repeat, "don't pick it up". Ask the closest guy to move the office furniture, or your neighbor to help move new furniture into your house. When it comes to training, if you're not comfortable with the weight during a weight training session, please tell your trainer and switch to a lighter weight. You have plenty of time to get stronger and show off.

**Rule 8: Speak up and don't lift it, if it's too heavy.**



- I) **Tight muscles:** We all have weaknesses (yes, tight muscles is a weakness) if you don't do you're stretches a few times per day, like your qualified physiotherapist advised after an injury or if you're tight in general, you can tear a tendon and have your foot in a boot for a few weeks.

**Rule 9: If you're feeling really tight, get disciplines and stretch, stretch, stretch.**



- J) **Sedentary Lifestyle:** Going from zero to hero, is not a good idea when it comes to exercise. If you haven't done any exercise for a long time and get an epiphany to start, it's advisable to take it slow and NOT start training for 2 hours, 5 days a week. Your chances of getting an injury are high. Biggest Loser candidates sign huge waivers and have a group of medical doctors present 24/7. Their injuries also aren't the focus of the show. Take it step by step and do more week by week.

**Rule 10: Start slow and build up your fitness and exercise techniques.**

## Our model in the Zumba Class

Erin Potter competed in the Dolly Model Competition (her first) in March 2012.

There were hundreds of girls in a clumped line on the lower floor at Chermshire shopping centre when Erin walked in with her mum, best friend Shannon and her sister Jasmin (who also entered the competition). While they were waiting, she and Jasmin were chosen by a Nova crew to take photographs. Erin said: "It felt very weird to have a stranger want my photo because frankly I wasn't all that used to it. I smiled with the most unforced smile I could muster".

After handing in her registration form and a headshot was taken, Erin got her number "132". Erin said: "I was a little nervous, but the nice freckled girl whom had been behind me in the line, talked to me, allowing myself to forget my nerves for a bit.

The four judges (one for each of them) proceeded to ask them questions. The judge Erin talked to was the Dolly editor. Erin was asked what she liked to do outside of modelling. Erin said: "That was easy. I immediately started talking about Zumba and how I love the feeling of getting physically fit while dancing to some awesome tunes. I also told them that I recently took a liking to volunteer work

The time came to show off her skills on the catwalk. Afterwards she went off stage and collected her free goodie bag.

Even though Erin didn't win, she still found the experience worth her while and I can't wait to get back out there and enter some more competitions!!



Above: Beautiful Erin at the Dolly Model Competition 2012

## How to Protect your Skin

1. Skin Scan. Go for a check every year.
2. Spray tan. If you need a sexy tan for a wedding or other event, spray it on.
3. Your face. Get into the habit to wear a moisturizer with sun block on your face every day.
4. Keep sun block in the car. When going near water or the outdoors protect your skin e.g. Banana Boat.
5. Have a bbq and pool party at night in summer. No sun but just as much fun.
6. Stay out of the sun between 12:00pm and 2:00pm.
7. Wear a hat, long sleeves and long pants when working in the garden or outdoors.
8. If a new mole or spot appears or an existing mole changes get it checked out asap.

## Tiny Powerhouse out to lift tripple her weight – North West News April 11, 2012

After snatching the Amateur World Powerlifting Congress under-56kg dead lift record with a lift of 147.5kg last year, a lean and mean Mcilroy is pumping some serious iron in preparation for the biggest attempts of her career.

A personal trainer and member at the Southbank of TAFE gym, Mcilroy will first shoot for the state under-60kg crown at Healthworks West End on May 12 before entering the under-56kg class at the Australian titles on August 25-26.

Not content with potentially conquering Australia, she will tackle and international under-45kg field from November 6-10 at the world titles in Las Vegas.

But for now, she is taking things one lift at a time. "for the state titles I'm hoping to squat over 100kg, bench press over 50kg and go over 150kg on the dead lift and I'm pretty much at those lifts at the moment," Mcilroy said.

"After the states it's a matter of trying to maintain strength and build on what I've got. When I go to nationals I'm aiming for a few more world records because they can only be set at national and international events. "I'm aiming for a double body weight squat and triplebody weight dead lift. There aren't many in the world that can do a triple-body weight dead lift. Mcilroy said her training program of two days of bench press training and one each on squat and dead lift, would hold her in good stead for the competitions.



Above: Katrina Mcilroy (my Fitness TAFE teacher)



## The big M – menopause

First you have to get through perimenopause which extends from the first onset of symptoms through to the 12 months after the cessation of your periods. This phase can extend from the late thirties to the mid forties. This Milestone is definitely about removing fat and looking great while living through a natural oestrogen withdrawal.

### What's happening in your body

After 40, the average woman starts losing about 230g of muscle per year. Through disuse, she can lose, 4.5kg muscle between 40 and 55. When you lose muscle your daily calorie burn dips, while the number of calories you eat either stays the same or increases. Either way you end up with more body fat. Now add that to declining female sex hormones, a sedentary lifestyle and the presence of stress and you have the recipe for big-time weight gain during this period of life. Don't be surprised if you go up a cup size. You'll store more fat outside the abdominal muscle as well as underneath the abdominal wall, around the organs, deep in the belly. This is toxic fat. The aim is to minimize this belly fat to its rock bottom and keep it there. Toxic fat raises a woman's risk of heart disease, diabetes and cancer. When you lose oestrogen and gain body fat, your levels of Protective HDL cholesterol drop, while your levels of artery-clogging LDL cholesterol and triglycerides rise. So minimize your belly fat with good nutrition and regular exercise.



When researchers at the University of Pittsburg Medical Centre in the US compared the body compositions of athletic perimenopausal woman with those who were couch potatoes or were only moderately active they found that the athletes had the least trunk, arm, leg and total body fat plus they weighed an average of 7.7kg less than the less active woman.

### Your biggest health challenges

**Avoid stress:** You can't completely avoid it but try to minimize it. Stress adds one more hormone to the menopausal boiling pot – cortisol. Chronic elevation of cortisol encourages the body to store fat intra-abdominally.

**Don't turn to food for comfort:** New evidence shows that women's ability to sense sweet taste is impaired, making them seek sweeter foods in general. Add to the mix unpredictable, fluctuating sex hormones that influence appetite, making it the perfect conditions for piling on boatloads of toxic fat.

**Manage perimenopausal symptoms:** Research shows that woman who manages their hormones with lifestyle changes – diet, exercise, stress-control strategies – have fewer problems with menopausal symptoms than those who are sedentary, stressed-out and junk-food-laden.

**Eat less and better:** for years, you might have eaten virtually whatever you wanted and got away with it. After 40 the party is over. You'll have to pay close attention to your daily calories even though you're doing physical activity. Realize that you'll enjoy higher quality food while cutting the quantity a bit.

**Muscle:** Studies has shown woman who increase exercise gain far less weight.



**Ditch the sugar:** Learn how to sweeten foods without eating a mountain of sugar. The longer you go without eating foods made with white sugar, the less you'll crave them.

**Spare the Starches:** Eat two or three servings of high-quality starches (multigrain breads/pastas, brown rice and sweet potato) during the day. Then 5 nights a week, eliminate them from your dinner. Save one or two servings for your Friday night out or at your favourite restaurant or Sunday dinner with family. Remember, you're not a man, don't eat like one.

**Rack up the calcium:** Drink a glass of skim milk, a tub of skim yogurt and include dark leafy vegetables at every meal. Drink the calcium-fortified orange juice. Tinned salmon and sardines with bones are also excellent.

**Minimize red meat:** There's a link between high consumption of red meat and breast cancer, stick to 85g per day.

**Limit alcohol:** Don't have more than one glass per day.

*Above notes are from Body for Live for Woman – Dr Pamela Peeke*

*For more infor on menopause go to the website below:*

<http://www.wellnesstipsforwomen.com/2010/03/from-menstruation-to-menopause/>

## My Melanomas

Toni Golik was a previous colleague of mine. I saw end of November 2011, happily unaware of what was to follow in the next few months. She wants to share her story. Here are her notes from facebook after they found a level 4, stage 2 melanoma on her face:

Jan 1, 2012 - my Melanoma, had this for a year thought it to be an ingrown hair at first then a cyst. But of course it's one of the most deadly and aggressive Melanoma known. — at [Greenslopes Private Hospital](#). Comment 2: - Doctor told me it was only a matter of weeks if not days before the Melanoma could have invaded my blood stream and would have spread throughout my body. Hope these pics make you all realise just the seriousness of sun exposure.



Jan 2, 2012 - day 14 after surgery, still a little puffy around the eye. Black eye subsiding, stitches have painfully been removed. Many tears have been shed this week, still very grateful to be here. — at Greenslopes Private Hospital.

Jan 10, 2012 - I'm looking for a very long brighter future and not dwell on the past... what is done is done move on and deal with life and the hand dealt.....

Feb 26, 2012 - day 65 since having the Melanoma removed, plastic surgeon is very happy with my healing progress. And he spoke of reconstruction surgery not for another 12 months till all swelling has gone down. — at Greenslopes Private Hospital.

March 11, 2012 - 2012. International women's day fun run.. thanks girls for a fabulous morning. Xxxx



April 20, 2012 - 4 months after surgery, sometimes you don't see the scars. They don't bother me anymore, after visiting the Melanoma clinic at the PA Hospital I know I was lucky. I can at least hide my scar with a hat or my fringe, I met others who can't. — at Greenslopes Private Hospital.

I first notice a lump appeared above my right eyebrow back in 2010 around June, it wasn't painful to touch and at first I just thought it was an ingrown hair. After several months that little lump just got bigger to the point it was now visible and the skin began to get paler and shiny. I always thought I'll get it checked the next time I see the doctor.

August 2011, I noticed the little lump had not only grown bigger, the skin started to go pink and it was now tender to touch. I finally saw the doctor end of November 2011 just for this little lump.

My doctor referred me to a dermatologist as she didn't like the look of my little lump or the dark spot on my collarbone about the size of a 20 cent piece. I told her I go every year to get my skin checked at the mole scan clinic, and they did a biopsy on the collarbone and said it wasn't malignant yet but they would arrange an appointment at a plastic surgeon to have it removed. However I never heard from that Mole Scan Clinic again.

Monday the 5th December biopsies at both sites were taken and 2 days later I got a phone call to come in. I wasn't expecting to hear the words 'You have Cancer, you actually have two types of Cancer, one of which is very serious'. The dark patch on my collarbone was a level 3, Stage 1 Melanoma. Yet my little lump on my brow was a level 4, Stage 2 Melanoma.

I was informed that the location of my little lump was on my brow the closest nerve and blood stream was to the eye and brain and that there was a high chance that I would lose my right eye in order to save my life. This was hard to take at first but when I thought of the alternative of losing my life I was prepared to lose the eye. On 20th December, I arrived at the hospital at 6am and was greeted by the surgeon at 8am, who then told me my scan came back good the cancer hadn't spread anywhere else and he didn't need to remove my eye. I was elated.

**My recovery:** Each week I have to check my glands from the neck down for any lumps as this would be the first signs to indicate the cancer coming back and spreading. I am now required to see a dermatologist every three months for the next four years, then six months for two years then every year for the rest of my life to have my skin checked.