

The Health and Fitness magazine for real people!

Health & Fitness **His & Hers**

November 2007

THE SOS **WORKOUT PLAN**

When you've left it too late but, still want to get into shape

Learn How to Stay
MOTIVATED



GET WHAT YOU **WANT**

Your 10 Step Plan To Getting
Everything You Want out Of Life

CAN
You **Tube**
Be Good
For Your
Health?

Weight loss & Muscle Building

MYTH BUSTERS The Truth is Revealed

IN EVERY ISSUE

- Exercise of the month
- Female Quick Fix Workouts
- Easy Meals that are Good for you
- The Editors Fitness Experience
- Weight Loss Q&A

WIN a
IPOD

Subscribe for
free this month
and stand the
chance to win
a **IPOD**





32
WIN a
IPOD

FEATURES / COVER STORIES



12 Get a Sexy
Butt Quickly



23 get six
pack
abs fast



28 Create a
powerful
diet



4 SOS Workout
Plan For Fast
Results

9 Stay
Motivated

4 SOS Workout

Get in shape fast with this workout plan designed to get you results very quickly.

15 Stay Motivated

Follow these steps to get more will power than you will ever need!

16 Get What You Want

10 Steps to everything you want in life.

23 6 Six Pack Exercises that Work

We show you the exercises that works and tell you why.

27 Is Youtube Good For Your Health?

We find out that the internet might actually be good for your health.

28 Diet Secrets

6 Secrets for creating an effective eating plan.

IN EVERY ISSUE

12 Quick Fix Workouts - **21** Exercise Of The Month - **3** The Editors Fitness Experience - **20** Expert Q&A - **31** Quotes of the Month - **11** Did You Know? - **22** Myths Busted - **30** What the.... - **32** Next Issue

THE TIME HAS COME

They say nothing can stop an idea that's time has come. That is how I feel about this magazine. It's now been almost 2 years in the making and there has been many occasions when we just felt it will never happen but then someone will call or we will be allowed to do something and then we know it was meant to be. So what is His & Hers Health and Fitness Magazine all about. Well first of all it's a magazine created out of desperation, and driven by passion. A bunch of fitness experts all around the world came together with one goal, to create a magazine without all the fluff, the useless information and just provide our readers with effective and powerful substance and content month after month. This magazine is not owned by an advertising agency or Supplement Company or any other industry who wants to make money out of the desperate need of people who want to get into shape and lose weight. For this reason you won't see endless pages of ads and useless products.

It's a magazine owned by people who care about helping the public reach their goals. Helping them build their ultimate bodies, whether male or female. And then it's also about having fun while doing all of this because what does it help if you are fit and healthy but you can't enjoy life.

So I want to welcome you to a new era in fitness publishing. An era in which you will become part of something very special. A time when you will learn more about your body, your health and how to create that physique you always wanted than ever before. An era during which we will empower you with the knowledge that will help you achieve all your dreams and goals.

Welcome to His & Hers Health And Fitness.
The fitness magazine that evolves around its readers

Peter Carvell
Editor



"Nothing can stop an idea that's time has come."

ED'S FITNESS EXPERIENCE OF THE MONTH

MOUNTAIN BIKING

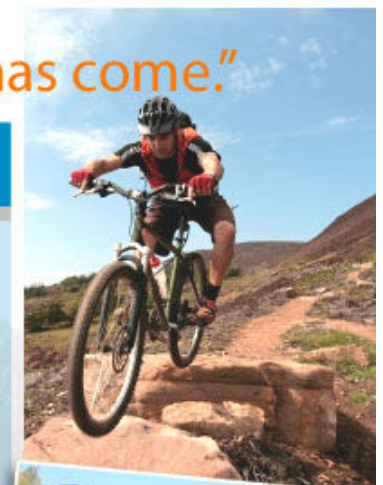
Many people know and probably own a mountain bike these days but like I have found, there is a whole other side to this amazing sport. I have always enjoyed cycling and as a spinning instructor for many years I liked the idea of taking my OUT OF GYM biking a bit further. So when the opportunity arose to join a friend one morning at 6am on a mountain bike cycle through the woods I did not have to be asked twice. Well that was over 3 months ago and now I am hooked like probably many others once they have tasted the rush of going down a 60 degree angle hill at silly speeds or jumping over tree stumps and going through rivers. So after making excuses for 3 months of not being fit enough I thought it was time to go and do my first race. It was a bit scary at first as you see all these professional cyclists around you, but as soon as the gun went I was in my own world. After 1 hour and 26 minutes I arrived at the finished line, ALIVE and in 16th place out of 130. Not bad for a start I think :)

WHAT DO YOU NEED

Now you can quickly get bitten by the mountain biking bug and get into the thinking that you NEED all the latest gadgets but truth is that you can go a long way with just the basics. So what exactly do you need? **1) Mountain Bike.** Try and make sure you get one with front suspension at least as it helps when going over things. **2) Helmet.** A must to keep you safe as I have found on many occasions so far. **3) Cycling shorts.** If you're going for long rides some parts of your body can get a bit sore. So the extra padded cycling shorts are a must have as far as comfort goes. **4) Gloves.** You will soon find the skin on your hands can only take so much rubbing. So a nice pair of gloves is a must for gripping and protecting your hands. Apart from that you just need the obvious like water bottle a puncture kit, some spare tubes and you are well on your way to becoming the next victim of this adrenalin pumping sport.

PHOTOS

From top to bottom: The other two crazy people who have started this new hobby with me. A last few adjustments before the race. My first mountain bike race medal.



THE SOS BEACH BODY WORKOUT PLAN

If you left it to late but still want to get into shape this summer then this is your lifesaver workout!

Welcome to the SOS Workout Plan. Now we all know that NOW is the time to start if you really want to get into shape for the new year. No matter what size or shape you are currently in, within just a few months you can truly transform your body and your life if you DECIDE to do it. To make it as easy as possible for you we have created a very powerful workout plan that you can do in the comfort of your own home.

Based on one of the worlds top selling fitness DVD's, the 3Day Workout, we have started with a very powerful, effective and proven recipe. We then chopped and changed it, combined it with some of the latest and most powerful fat burning and muscle building principles and created a full body home workout that anyone can do and that will help you carve that sexy, rock hard body you have always dreamed of.



The Plan

The workout plan is divided into three sections. Cardio, Weight Training and Diet. The workout plan was designed as a whole to be very effective in shaping and developing a sexy strong body. For this reason it is vital that you combine each aspect of this workout plan as laid out over the next few pages if you want it to be effective and work for you. By skipping or ignoring one part, you are breaking the chain or principles that were designed to work in synergy to provide you with results. No matter how hard it might seem at times, commit to the whole plan and you will be rewarded with the body your always wanted.

Before we move on to the workout plan, I just want to give you some guidelines on how to use the information that you will learn, and also what each section within each category means. In each of the sections, CARDIO, Weight Training and Diet you will see the following headings:

WHY CARDIO, WEIGHT TRAINING, DIET?

This is just a little introduction on each section and also informs you of the benefits of doing each specific part of the workout plan.

TIPS & TRICKS:

Here we give you some tips and tricks that you can use to make each section of this plan even more effective. Incorporate as many of these Power Principles as possible, you wont be dissappointed!

THE PLAN

A detailed description of the exact plan for each section that you need to perform in order to complete the workout plan successfully.



OK, IF YOU ARE READY TO GET THAT SEXY NEW BODY, LETS GET GOING!!!!

Tips & Tricks

WARM UP

Warming up is essential to any workout program. A thorough warm up will prepare your body to handle the workloads to come and prevent any injuries. When performing cardiovascular exercise it is best to warm up at a lower level of your intensity on the exact piece of equipment you will workout on. Once your warm up is completed waste no time to get your training started and reap the benefits of your activated physiology. Warming up is a small yet vital aspect in your workout routine and should never be overlooked or underestimated

INCREASE INTENSITY

It is absolutely vital that you increase your workout intensity with every workout. If you just keep doing the same thing and the same intensity there is no way that you can improve or change your body. In the cardio plan we provide you with, it is very easy to increase your intensity each week and by doing so you will see results faster than ever before. Remember, if you want to have something you have never had before like a new sexy body, you must do what you have never done before and continue to improve each week.

MONITOR YOUR RESULTS

This is probably one of the most important principles when it comes to knowing if you are on the right track and if your workout program is working for you. It is absolutely vital that you monitor your results and also make sure you test your fitness every 3 to 4 weeks. Enlist the help of a fitness professional to evaluate your progress. Knowing what effect your training has on your fat, muscle and weight levels assists you in your quest.

WHY WEIGHTS?

Cardiovascular exercise does more for the health and appearance of the human body than probably any other form of exercise.

BENEFITS

- Weight loss
- Stronger heart and lungs
- Increased bone density
- Reduced stress
- Reduced risk of heart disease and cancer
- Relief from depression and anxiety
- Better sleep and
- More energy





THE PLAN

Your cardio part of this workout will consist of only 20min's of HIIT (High Intensity Interval Training). This is by far the most powerful and effective form of cardio you can do.

Now we are going to keep it simple but effective. First choose the cardio machine you want to work out on. It can be anything from a rower, to a spinning bike, or even Jumping Jacks if you are working out at home. Then follow the instructions below

- 1) Start with 3min's of warm up at 40 to 50% of your effort.
- 2) You will then increase your pace to 90% of your effort for 30 seconds. After this short burst slow down for 60 seconds to 60% of your effort. Alternate between the high and low effort combination until you have completed 10 sets
- 3) Follow this with a cool down of 2min's at 40 to 50% of your effort
- 4) Once you have completed this cardio section, rest for 2min's and then move on to the weight training stage

CHOOSE ONE OF THESE

CYCLE



MOTION WALKER



TREADMILL



SKIPPING



AND THEN DO THIS



Tips & Tricks

PROPER FORM

The key to maximizing your musculature and hence metabolism involves so much more than doing the right exercises. These exercises must also be performed correctly. With this technique repetitions are completed in a clean and fluid like motion, without the use of momentum. Your goal here is to actually feel each muscle contract and relax on every repetition. This type of stimulation, using strict form, creates strength, density and size.

STRETCHING

Stretching is an important part of your routine because it keeps your muscles healthy and provides you with a more shapely looking body. It also prevents injuries, increasing flexibility and reducing soreness and stiffness from all the hard training. Always make sure you are warmed up before stretching any muscle group. Take 5 to 10 minutes at the completion of your training session to stretch out those muscles, to relax and recuperate. Another great time to stretch is during your rest periods between sets and muscle groups, if time permits. Remember to hold a stretch for 15 to 30 seconds gradually easing into it without bouncing.

REST

Not providing your muscles with enough rest could very well hinder your progress. Remember weight training is only the stimulus; it injures and breaks down your muscles. Recovery time is when these muscles respond and grow. Pay close attention to what your body is telling you, you may be in need of a break. It is crucial that you balance your consistent, intense exercise with rest. If you work out incredibly hard but never give yourself rest, you will get few results.

WHY WEIGHTS?

If you want to lose fat or change your body, one of the most important things you can do is weight training.

BENEFITS

- Help raise your metabolism 24/7.
- Strengthen bones, important for women
- Makes you stronger
- Increase muscular endurance
- Helps you avoid injuries
- Increase your confidence and self-esteem
- Improve coordination and balance
- Weight training makes you less prone to low-back injuries





THE PLAN

Once you have rested for 2min's after your cardio, you start with your weight training workout. Below you will find a very powerful full body workout routine that can be done anywhere, even in your home.

Remember to do the workout and each exercise exactly as demonstrated below. Every aspect of this workout was designed to help get your body back into shape very quickly so you must stick to it 100%

- 1) Perform Each Exercise for 30 Seconds
- 2) Without rest move to the next exercise until you have done the full circuit
- 3) Once you have completed the circuit, rest for 2 min's and repeat. Repeat 3 times
- 4) After you have completed 3 sets of the complete circuit, you can relax and take a nice stretch. You are now done.

Now lets look at the final stage of this workout plan, your diet.



Tips & Tricks

DETOX

Before beginning your new nutritional plan we suggest a 1 to 3 day detox to clear your body from toxins and all the other garbage you may have fed yourself. This will allow you to then create a strong base from where you can build a strong lean body.

DRINK WATER

No living creature can survive without a fresh supply of pure water for very long as it forms the key component to life. Your body is comprised of 70% water, your blood is nearly 80% water and your brain is close to 85% water. If you want to function properly mentally and physically, stay hydrated all day long. At least 6 glasses per day.

CUT OUT SUGARS / REFINED FOODS

Sugar is the no. 1 culprit for adding and keeping body fat levels. You must make a real effort to reduce and monitor your intake of refined sugars in your diet.

EAT 5 TO 6 MEALS PER DAY

To perform at the top, have loads of energy, and get lean eat 5 to 6 small meals a day. Eating often boosts the body's basal metabolic rate or BMR. The higher your BMR, the more fat you burn, even when doing nothing or during sleep.

EAT BREAKFAST

Now everybody knows that breakfast is the most important meal of the day and this could not be more true. Apart from providing you with the energy to perform all your daily tasks and exercise it is vitally important to kick start your metabolism into action.

SNACKING

We all are going to be in a situation where we forgot our meals at home or are just not close to a place where we can buy a good healthy meal. The solution is having a small snack handy at all times that will keep you going until you can have a proper meal again.

WHY DIET?

Nutrition and supplementation accounts for as much as 70 to 80% of the equation when sculpting your physique. You've probably heard the phrase "a great body is made in the kitchen, not in the gym". This could not be truer! Knowing exactly which foods will stimulate fat loss and help maintain or build muscle is vital to your success, and this is what we are going to teach you in this section. Make no mistake; the importance of correct nutrition is without doubt the core element in creating your new body. The more you learn about correct eating and the effect nutrition can have on your body the better your results will be.



THE PLAN

portion
size

PROTEIN
PALM HAND



CARBS
CLOSED FIST



FAT/OIL
1 TABLESPOON



The information I am going to share with you on this page is extremely effective, yet simple and straight forward to use. In fact I am going to share with you some of the secrets used by Fitness Professionals, body builders, models and sports stars to get into shape fast, and stay in shape day after day.

So lets look at the meal plan structure and how you can build your very own effective diet that will not just provide results but also fit in with your lifestyle.

- 1) To create a meal, take one of the foods in each of the categories below: protein, carbs and fat.
- 2) Take each food in the correct amount as indicated on the left under portion size. Protein the size of the palm of your hand (chicken breast), Carbs the size of a closed fist (potato) and 15ml of fat/oil per day (1 table spoon).

Basically that is it, you have your meal done and you can go ahead and eat, but here are a few tips and tricks that will make your diet even more effective.

- 3) After 3pm or for your last two meals of the day, cut out starchy carbs like potatoes, rice, bread etc and only have veggies or salad instead. This way you dont have excess energy in the from of calories that your body might have to store as fat.
- 4) Try and not eat anything within 1 to 2 hours of going to sleep and once a week you can if you are on track with your goals enjoy one unhealthy snack. No more!

PROTEIN

chicken
turkey
fish
game
egg whites
protein shakes



CARBOHYDRATE

brown rice
whole grain pastas
sweet potatoes
oats
vegetables
salads



FATS/OILS

sunflower oil
cod liver oil
flaxseed
safflower
canola oil
half avocado



SAMPLE EATING PLAN FOR A DAY

- 7.00 – Oats plus Chicken breast
- 9.00 – 1 Chicken breast + brown rice
- 12.00 – 1 Ostrich steak + baked potato
- 14.30 – 1 Large Hake fillet + 2 cups of veggies
- 17.00 – 1 Chicken breast + salad. No dressing
- 19.30 – 1 Chicken breast + 1 cup veggies

This is a sample only, you can make your own meals by following the guidelines above.

healthy eating principles

1. eat fewer calories than you burn
2. eat five or six meals per day.
3. eat lean proteins with every meal
4. eat the right types of carbohydrates
5. avoid refined sugars
6. eat low fat foods and eat the right types of fat
7. drink plenty of water
8. eat natural, unrefined foods and raw vegetables
9. Include these supplments: CLA, EFA, Multi-vitamin

It can take about **200,000** frowns to make a permanent wrinkle. So the next time you notice a wrinkle, smile and stop frowning, 200,000 frowns is more than enough!

THE BODY'S
STRONGEST
MUSCLE IS OUR
TONGUE



Five slices of thin based pizza with bacon mushroom and mozzarella contains around 4650 kilojoules and it will take you about 2.5 hours to burn it all off.



When we breathe, the air passes through our nose at about **4 miles per hour** and we breathe roughly 400 gallons of air every hour. It's a good thing air is free.

THE AVERAGE PERSON TAKES 9,000 STEPS EACH DAY. IN A LIFETIME THAT IS 3.5 TRIPS AROUND THE EARTH

62.3% of women find grey hair more attractive than normal hair.

Berry good for you

The goji berry is the latest so-called super-food name to trip off the tongue and into the mouths of health-food evangelists. Small, red, dried, and a bit like a savoury cranberry, the nutritionally-rich fruit is making the leap from specialist store to super-market.

Pronounced "go-gee", they're supposed to contain, weight for weight, more:

- vitamin C than oranges
- beta-carotene than carrots
- iron than steak

But there's no messy peel, and the berries are so light that a "daily serving" is just 10-30 grams. The hype machine calls them "fruit Viagra", "cellulite-busting" and claims one pack will have you "jumping for joy". A more sober scientific explanation says the beta-carotene in the fruit is thought to help fight heart disease, defend against cancer and protect skin from sun-damage. The berries are a good source of B vitamins and anti-oxidants - which may help protect against the fallout from chemical reactions in the body. BBC





DANI'S QUICK FIX WORKOUTS

HOW TO GET SEXY GLUTES

Ass, Booty, Butt, Backside. It has many names and you can call it what you like but I know you all want to have one word in front of it, SEXY! And now you can. This month's quick fix workout is for all those ladies who want to get a super hot and sexy booty. Lets face it, getting a sexy butt is something we have all dreamt of. Just imagine being able to wear that sexy underwear you always wanted. Maybe you have a hot dress or swimsuit you want to show off but know you don't have the BUTT to do so.

Well soon you will have. This month I have designed a short, effective and very powerful workout that will give you sexy, tight and hot looking glutes in only a few short weeks so next time you ask DOES MY BUTT LOOK BIG IN THIS, you won't have to dread the answer! →





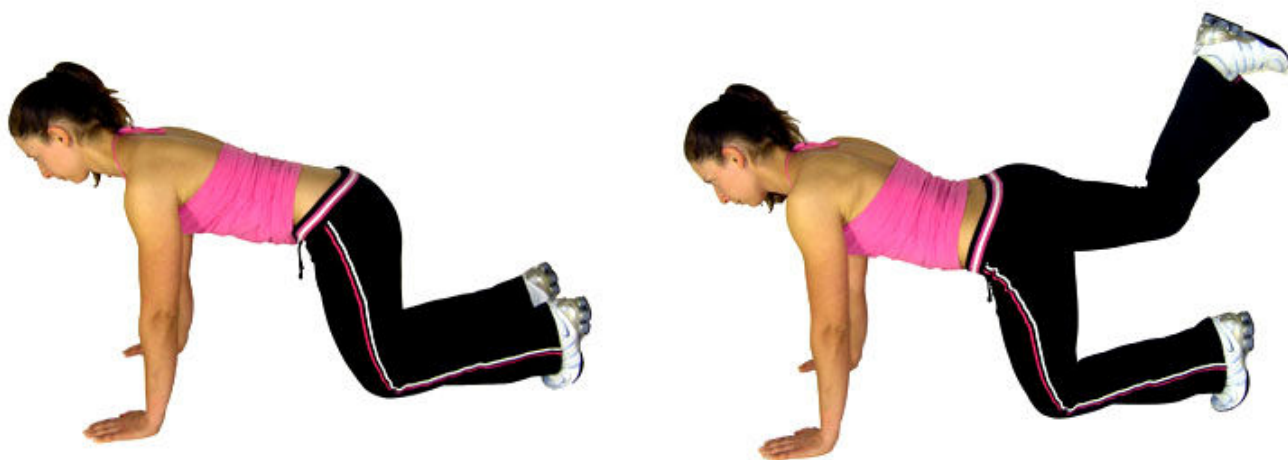
1 ONE LEG HIP LIFT

POSITION:

Lie flat on your back on a mat with your knees bent, toes lifted (heels press into mat) and arms at your sides. Extend one leg to the ceiling, toes pointed.

MOVEMENT:

Raise your pelvis up toward the ceiling on one leg to a point where your body will be at about a 45 degree angle to the floor. At the top of the movement, squeeze your butt for one-count and hold. Slowly return to the start position and repeat.



2 ALL 4'S BACK KICK

POSITION:

In an all four's position on the mat balancing with wrists directly under the shoulders and knees under your hips. Keep your back straight by pulling your navel to your spine. Hold a dumbbell behind a bent knee or use ankle weights for added intensity.

MOVEMENT:

Squeeze the glutes to send one foot straight up to the ceiling. At the top of the movement, hold for one-count. Slowly return to the start position and repeat.

THE WORKOUT

PERFORM EXERCISES 1-3 AS A CIRCUIT.

THIS IS FOLLOWED BY THE SQUAT AND SIDE LEG LIFTS.

- 1 ONE LEG HIP LIFT
30 SEC EACH LEG
- 2 ALL 4'S BACK KICK
20 REPETITIONS EACH LEG
- 3 REVERSE LUNGE & LEG LIFT
10 REPETITIONS EACH SIDE
- 4 SQUAT & SIDE LEG LIFTS
2 MINUTES

REPEAT THIS ENTIRE SEQUENCE 2-4 TIMES.



3 REVERSE LUNGE & LEG LIFT

POSITION:

Stand with your feet shoulder width apart and arms hanging next to your sides. As you become more advanced you may hold a dumbbell in each hand.

MOVEMENT:

1. Reach one leg behind you as if taking a large step back. Distribute your weight evenly over both legs and bend each knee moving down to form a 90 degree angle at the front knee. Keep your body upright. Your back knee is just off the floor balancing on your toes while your weight is on the heel of the front leg.
2. As you step forward again to return to the start, raise your back leg upwards towards the ceiling. You should be balanced on the front leg with your knee slightly bent. Draw your abdomen inward toward your belly button for spinal support. Without allowing further knee movement, bend over at the hip, keeping your back flat. The back leg and body should form a straight line. Keep your eyes focused ahead. Return to start position and alternate legs.



4 SQUAT & SIDE LEG LIFTS

POSITION:

Begin with your feet shoulder width apart or wider, with toes turned out at a comfortable angle. Your knees will need to stay over your toes, so don't go out too wide. You may hold a dumbbell with both hands and let it hang down in between your legs in front of you.

MOVEMENT:

Bend your knees and push your bum back and down as if you're sitting onto a chair. Keep your eyes focused ahead of you. Your upper body will naturally bend forward a bit to keep you balanced but make sure you bend from the waist keeping the back straight or slightly arched. Keep your weight on your heels and your knees behind your toes. Squat down until your thighs are parallel to the floor, no lower. As you rise to the top position, raise one straight leg out to the side, without leaning over. Slowly lower back into squat position and raise the other leg as you stand up again.

TIPS

- 1 If it's toning you are after make sure you do some cardio to remove the fat around the glutes.
- 2 Perform this programme 4 times per week for 4 weeks.
- 3 Make sure your form is PERFECT!
- 4 Feel the squeeze in your butt with each and every single repetition.
- 5 Keep your diet clean and healthy

How To Stay Motivated

6 Sure Fire Ways to Stay Committed to You Weight Lose Goals



You can have the best nutrition and workout system but unless you stick to it, it will not help you in anyway. The mind body connection is by far one of the most powerful aspects that will determine whether you become successful or not. You have to see and believe that you will achieve your goal before you actually do.

See everything no matter how big or small starts out as a dream, as a thought. It then requires you to pursue this thought with a solid and effective action plan.

In this months issue we have already provided you with many physical action plans (workouts). Now we will give you a psychological action plan that will show you how to make this mind body connection so powerful that it will be nearly impossible to fail. No matter how small or silly or insignificant any of these power principles will sound, know that they were all designed to help you reach your goal.

SETTING GOALS If you don't know where you are going, how will you get there and where do you begin? How do you know what to achieve? Setting goals determines your success and keeps you focused. As you reach each goal, you gain further encouragement and motivation.

MAKE IT FUN Exercise must be fun in order to stay motivated. If you perceive your workouts as a chore, you are not likely to see it through.

BE PREPARED This is probably the simplest and easiest principle that you can follow that will set you up for success. Being prepared in all aspects of this plan will make your job of getting your sexy new beach body a lot easier! From preparing your gym bag the night before to getting your meals prepared in advance

“ Exercise must be Fun to Stay Motivated ”

REWARDS You must reward yourself throughout the entire process to celebrate your successes. Try and give yourself non food related rewards each week and month.

PERSISTANCE This is probably the most important aspect of getting into shape and losing weight. If you do not adhere to this principle, chances are you will probably find it very hard to reach your goals. No one has ever achieved any worthwhile health and fitness goal by sticking to their diet occasionally or working out every now and then.

VISUALIZE Before you can achieve it, you must see it. Visualization provides us with a glimpse of our future and the end product. This very powerful tool teaches our brains and subconscious mind to look for opportunities making our dreams reality. Take 5 to 10min's before you go to sleep and visualize in detail what your new body is going to look like!

GET WHAT YOU

WANT

YOUR **10** STEP PLAN TO GET
EVERYTHING YOU WANT OUT OF LIFE
AND RULE YOUR OWN WORLD

BY HETTIE ORFFER

Ever wondered why you don't get what you so desperately desire? Can it be that you want what is somebody else's? Maybe it is because you desire the things that make other people happy and think it will have the same effect on you?

Always remember happiness is a state of mind and not something from outside of you. You can only share the happiness you got inside of you.

Whether you like it or not the next ten steps is important if you want to get what you want and want it to last for ever.

Everything you need to know to get what you want is settled inside of you. It will just be triggered by the right questions.

So let's get going...

1 Tranquil surrounding. Get away from the stresses of life. Go to a place where you can have absolute peace with no one to interfere in your thoughts. Close your eyes and flow with your dreams to a place where criticism cannot hurt you or the boss cannot fire you. What do you want to do if nothing stands in your way?

2 Know who you are. The most intriguing and popular question people ask these days are: Who am I? They do tests and pay thousands of dollars to find out and then the results came and they look at it and do not recognize anything about themselves in it.

Why would that be? Because we believe what people say about us or is it because we so desperately want to be someone else?

I believe that this is one of the most important things to know. You must know who you are to believe in yourself, to respect yourself to trust yourself, because if you cannot feel that way towards yourself then how can you expect other people to respect trust and love you?

A quick test to find out about your inner self that not even you will dare to admit. Think about a person that irritates you or that you do not like. Write down in detail what it is about that person that gets to you. Think and admit to yourself which of those things you did to other people and see yourself in the person you do not like. Maybe you will need a good friend to help you explore yourself. Remember two positive poles do not attract each other but push each other away. ➔



Always remember happiness is a state of mind
and not something from outside of you.

3 Know what you want. I want to tell you a Zen story to explain this. There was once a stone cutter who was dissatisfied with himself and with his position in life.

One day he passed a wealthy merchant's house. Through the open gateway, he saw many fine possessions and important visitors. "How powerful that merchant must be!" thought the stone cutter. He became very envious and wished that he could be like the merchant.

To his great surprise, he suddenly became the merchant, enjoying more luxuries and power than he had ever imagined, but envied and detested by those less wealthy than himself. Soon a high official passed by, carried in a sedan chair, accompanied by attendants and escorted by soldiers beating gongs. Everyone, no matter how wealthy, had to bow low before the procession. "How powerful that official is!" he thought. "I wish that I could be a high official!"

Then he became the high official, carried everywhere in his embroidered sedan chair, feared and hated by the people all around. It was a hot summer day, so the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence. "How powerful the sun is!" he thought. "I wish that I could be the sun!"

It doesn't matter what you do, it matters who you are, because the person you are, will spill over in what you do.

Then he became the sun, shining fiercely down on everyone, scorching the fields, cursed by the farmers and labourers. But a huge black cloud moved between him and the earth, so that his light could no longer shine on everything below. "How powerful that storm cloud is!" he thought. "I wish that I could be a cloud!"

Then he became the cloud, flooding the fields and villages, shouted at by everyone. But soon he found that he was being pushed away by some great force, and realized that it was the wind. "How powerful it is!" he thought. "I wish that I could be the wind!"

Then he became the wind, blowing tiles off the roofs of houses, uprooting trees, feared and hated by all below him. But after a while, he ran up against something that would not move, no matter how forcefully he blew against it - a huge, towering rock. "How powerful that rock is!" he thought. "I wish that I could be a rock!"

Then he became the rock, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the hard surface, and felt himself being changed. "What could be more powerful than I, the rock?" he thought.

He looked down and saw far below him the figure of a stone cutter.

If we take a look at the stonecutter it seems as if he wanted to have the absolute power. He was so serious about it that he did not mind undergoes a transfiguration to get it, just to be unsatisfied again. In every situation he found something wrong and always desire something else. Power, money or influence is the result of a dream and cannot be a dream in itself.

It doesn't matter what you do, it matters who you are, because the person you are, will spill over in what you do.

What do you really want out of life without looking to other people? What was your dream in the beginning of this article? →



"Don't let the mistakes and disappointments of the past control and direct your future." -- Zig Ziglar --

4 How seriously do you want it?

What are you prepared to sacrifice for it?
 What lengths are you prepared to go to achieve it?
 Does it compliment your values or will you have to compromise your values for it?
 What are your values around this dream of yours?

5 Why do you want it so badly?

What will happen if you do get it?
 Who will benefit from it?
 How will it improve your life?
 How will it improve your surroundings?



Why all these questions?

If the things you want out of life do not have emotional attachments or purpose, it will very seldom last, because then it is all about survival or making the world a better place for you and as soon as you feel better, then you will, just as the stonecutter, want more or something else. That is why it is important to understand why you want it so badly!

6 What legacy will it leave?

Are you in the survival game or the leaving a legacy game? Does your dream include people or just you? If your dream does not include people you are just living a life while you are on earth. You are keeping yourself busy and your life has no purpose. To live a purposeful life you will have to leave something behind when you die. For what will people remember you? Will the things you dream be carried on after your death or will it die with you?

7 Get a vision

A vision is something that will live on even if you are not present. A vision needs empowered people and empowered people have the strange habit of giving you what you want out of life.

8 Building relationships

To get these people around you, you need to build relationships that will last. Relationships where there is trust and a mutual dream. How do we build relationships?

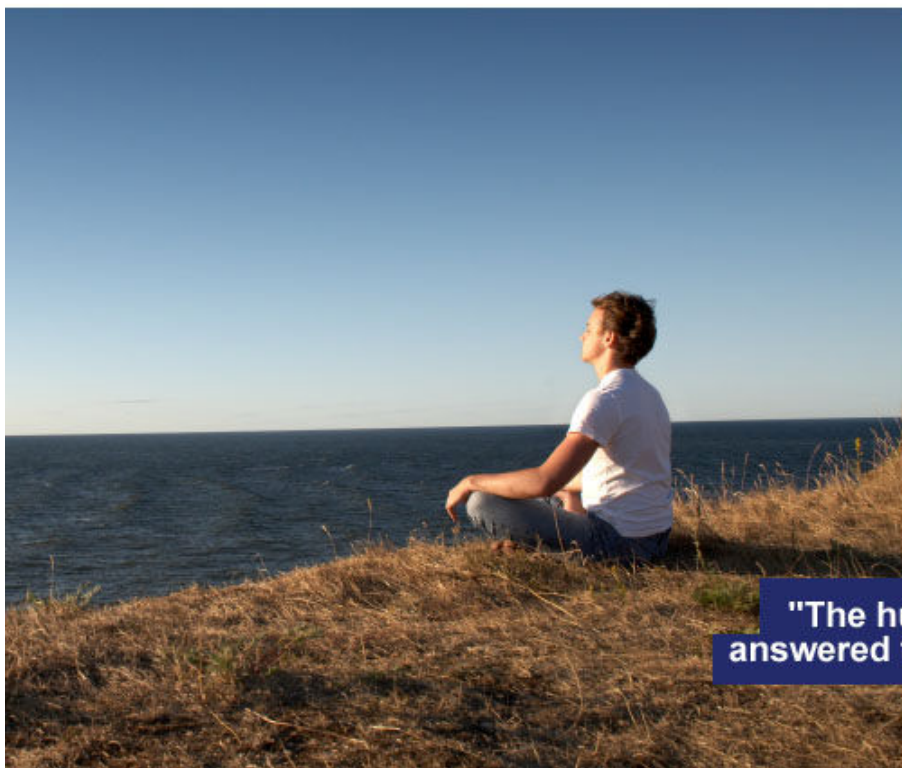
First you do unto others as you would like them to do unto you. That means that you think, make a decision on how you are going to act and then take control by exercising your decision. Remember you are important but other people are just as important.

9 Get focused

"The hunter who chases two rabbits," answered the master, "catches neither one." Wow this saying brought me back to centre, because I was chasing three or four rabbits at once and in the process nothing happens and I was running around like a mad dog not knowing which rabbit to catch. People used to ask me: "What are you doing?" to which I would explain my passion to them. Then again they used to ask: "What do you call yourself?" I didn't know, but those questions sure helped me to focus. I had to get answers if I wanted to move in a direction and the question of what I call myself, got me to a focus point.

My passion stayed the same but we channelled to focus. →

"The hunter who chases two rabbits," answered the master, "catches neither one."



10 Stick to the vision. Let's get truthful with one another. Dreams do not happen overnight. It is hard work and perseverance! It takes to believe in who you are, in what you do and to be certain that it will make a difference. It took me two years before I got settled in a direction, but I never quite my vision!

My strategy changed every month or two but today I still do what I dreamt about two years ago, but totally not on the level I thought I will do it.

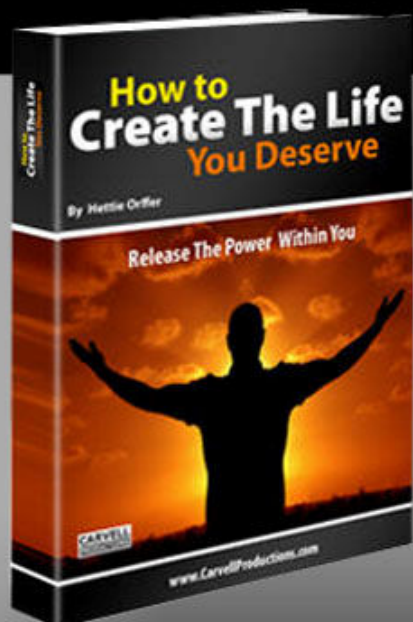
Get yourself a bigger picture to work to. Keep the vision but change you strategy to better your dream.

Who said that the failures he had was just another way of not doing it? ■

"If you can dream and not make dream your master, you'll be a man my son!"

10 Step Plan Recap

1. Tranquil surrounding.
2. Know who you are.
3. Know what you want.
4. How seriously do you want it?
5. Why do you want it so badly?
6. What legacy will it leave?
7. Get a vision
8. Building relationships
9. Get focused
10. Stick to the vision



Hettie Orffer is the Author of the brand new book called HOW TO CREATE THE LIFE YOUR DESERVE. It is being launched in January but you can get your hands on a free copy on the Quotes of the month page right now!

GOT A QUESTION FOR THE EXPERTS? LOG INTO
WWW.FITNESSEMAG.COM AND START ASKING

What should you do when you reach that plateau and your weight loss slows down...should you carry on as normal or change your exercise diet regime? - MIKE

Change is definitely needed! I teach my clients that there are 5 essential keys to success:

- 1) Intensity
- 2) Consistency
- 3) Nutrition
- 4) VARIETY!!
- 5) Rest

So when you plateau, look at the above 5 areas of your training. Then ask yourself some of these questions. When did I last change my workout program. Am I increasing my intensity every workout. Do I still eat the same amount of food I used to when I started my weight loss program? If so why? Remember, as you lose weight you must continue to adjust your calorie intake. Do I go to the gym or workout out at home often enough?

For many, overtraining can always be a possible cause, so an evaluation of your entire program is needed to see what, where and how modifications need to be made.

Sometimes rest is just equally important!

I really don't seem to have time to exercise. How do I fit exercise into my schedule or is there something else I can do to keep fit, even if it is just not to become a health risk for myself? - JUNIEN

This is understandable and time is a factor for everyone. What I normally tell my very busy business clients is that they will have to schedule time for exercise as they would for any appointment or meeting. Also having to drive to the gym every day can take up some valuable time so maybe get a good home workout routine that you could do when you wake up or when you get home after work.

But if you really want something, you will make time for it in some way or another.



I HAVE REACHED MY GOAL NOW WHAT? MICHELLE

Very Very Very good question! Did you know that over 60% of people who do body transformations and go on diets actually end up gaining back all the weight and sometimes end up being worse off than before. I always thought, well that is stupid, if you work so hard to get that sexy new body why would you just go and throw it all away again. Then it happened to me. I worked extremely hard over a 6 months period to lose 100lbs in fat. Then when I got to my goal I almost felt aimless like I had nothing to do anymore, no motivation no target. Now this can be a big pitfall if you don't know how to overcome it. Luckily you can do what I did and continue to have that sexy body you worked so hard for week after week.

The main thing is that you need to set yourself a new goal almost immediately. So you lost all that weight but maybe you want to add some more muscle or sculpt sexy new legs. Secondly you must continue to reward yourself. Give yourself something for every week or month you keep your new gorgeous figure. Make sure you set short and long term goals and also have short and long term rewards. If you keep doing this you will never back track on all the hard work you have put in!

Now you can also ask our experts all your questions at:
www.fitnessmag.com



EXERCISE MYTHS BUSTED

The Truth Is Revealed



MYTH Aerobic Exercise Will Burn The Most Fat
ANSWER False

I see frustrated women who spend 4 days a week, 40 minutes at a time, on the stair-stepper, treadmill or in an aerobics class who don't lose weight! But they keep doing what they're doing hoping that somehow what hasn't worked in the past, will miraculously change their bodies in the future. I know

men who run 6 miles a day who have no muscle tone and rolls of fat around their waists who hope the same thing. You've been led to believe that if you want to lose fat, all you have to do is regular aerobic exercise. There's a lot more to it than that. No single piece of the puzzle works by itself.

You must monitor and control your cardiovascular intensity to maximize the number of calories you burn. And, if aerobic exercise is not synergistically applied with weight training to increase lean muscle mass, and supportive nutrition you cannot effectively accelerate the fat loss process. Each pound of lean muscle tissue burns 35-60 calories a day while your body is at rest. So, put 5 new pounds of muscle on your body, and you can burn up to 300 more calories in the next 24 hours than you do right now. Whereas body fat is not metabolically active, and just makes you look fat.

"you can burn up to 300 more calories in the next 24 hours than you do right now."

Therefore, a combination of properly monitored aerobic exercise, resistance training and supportive nutrition

enables you to rapidly burn the maximum amount of fat. Even if you're a triathlete or marathon runner, you have to eat the right combinations of foods and include weight training. Working with aerobic athletes for years, they are astounded not just in the development of how they look, but how they perform.

As it is said in a military cadence, "you can run all day, you can run all night, you can run, run, run into a fire fight." When you are running to lose fat, that's all you'll be doing- is fighting. No amount of running can make you stronger or improve muscle tone. As a matter of fact, it can cause you to get weaker and decrease your metabolism if you do too much of it. Your body will cannibalize muscle (an abundant source of protein) when you deplete yourself of muscle glycogen (stored carbohydrate energy in the muscle). So you see, too much of good thing can be bad. Like with all things in life, you need a balance. When it comes to losing fat, you must include resistance training and maintain proper eating habits. Aerobic exercise alone is not the answer.



6

SIX PACK
EXERCISES
THAT WORK

What's the one body-part everyone's talking about, the one that grabs the attention of both sexes? Yes you've guessed it....it's those six pack abs! Whether it's stars like Brad Pitt or Janet Jackson, it seems that a great set of abs is the hallmark of a great physique. But don't just assume that having a great set of abs is reserved exclusively for Hollywood stars, athletes or models. We all have the ability to create a great six pack, whether you're 16 or 60.

If it's a strong, chiselled, lean body you're after, these 6 exercises are going to help you reach your goal. →



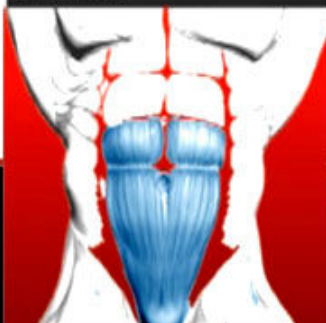
EXERCISE

**REVERSE
CRUNCH**

LEVEL

INTERMEDIATE

AREA



Why It Works: The reverse crunch is a very simple yet effective lower abs exercise. In this variation we are going to make it even more effective by doing it on a decline bench. The reason this exercise is so effective is because the tension is kept on the muscle throughout the movement and the intensity is increased dramatically by doing it in a decline. **NOTE:** Make sure you don't swing your legs up and down. Keep the movement controlled throughout.

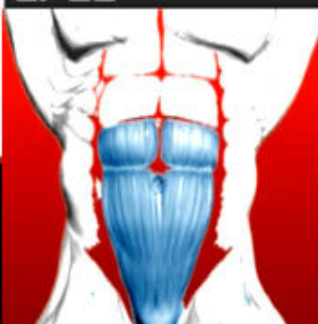
EXERCISE

**LEG PULL INS
WITH DUMBBELL
BETWEEN FEET**

LEVEL

ADVANCED

AREA



Why It Works: The decline crunch is done very much like a normal crunch. However the decline bench allows for a much more effective and intense exercise because of the extra strain on the muscle. **NOTE:** Try and keep the movement to a crunch rather than a complete sit-up. This will make sure you work those abs without getting back pain while you're doing it.

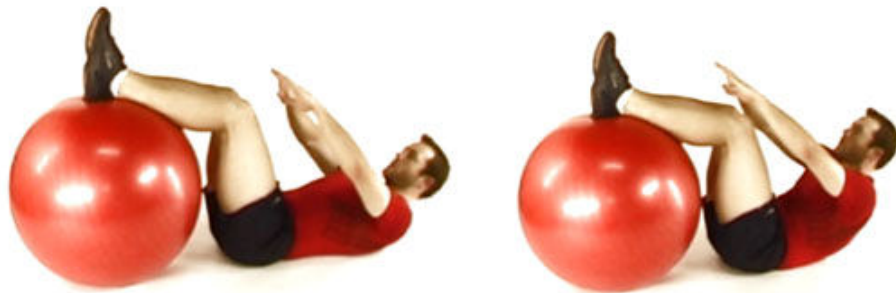
SIX PACK TIPS?

Contract your abdominals - By contracting your abdominals with every rep you make sure it gets worked to its max.

Do not relax - When you move back down or to the starting position of an exercise, make sure you don't relax completely but keep the tension on the muscle.

Increase intensity - Make sure you increase the intensity of each exercise with every workout by either increasing the weight or doing more reps.

Exercise to failure - You must work to failure on each exercise. When you do this you will have reached 100% level of intensity and force your muscles to grow.



EXERCISE

**CRUNCH
LEGS ON BALL**

LEVEL

INTERMEDIATE

area



Why It Works: By elevating your legs onto the exercise ball you take away the involvement of the hip flexors and make the targeted area much more specific to the upper part of your abs. This allows the upper abs to get a much more intense workout. **NOTE:** Make sure you don't allow your upper back to touch the floor on the down movement. This will keep the tension on the muscle throughout the exercise.

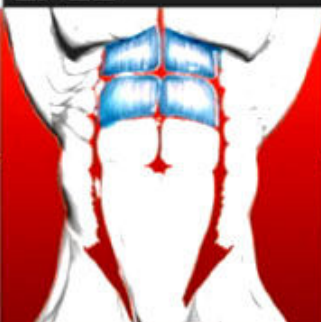
EXERCISE

**DECLINE
CRUNCHES
ON BENCH**

LEVEL

ADVANCE

area



Why It Works: The decline crunch is done very much like a normal crunch. However the decline bench allows for a much more effective and intense exercise because of the extra strain on the muscle. **NOTE:** Try and keep the movement to a crunch rather than a complete sit-up. This will make sure you work those abs without getting back pain while you're doing it.

DID YOU KNOW?

The abdominals are like any other muscle group in the body and should not be treated or trained any differently. For this reason we suggest you train your abs only every other day or even every third day. The reason is that just like any other muscle group, the abdominal muscles need rest in order to develop, and therefore working out every 2 to 3 days will provide recuperation and development time. We also recommend you train your abs using weighted exercise and doing lower reps combined with body weight and high rep exercises to make sure you work all the muscle fibers.



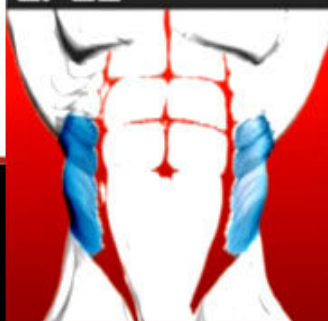
EXERCISE

CROSS CRUNCH

LEVEL

INTERMEDIATE

area



Why It Works: What makes this exercise so effective is not just the angle but also the double crunch movement. By bringing your opposite knee and elbow towards each other you increase the intensity dramatically over just moving one of your limbs. **NOTE:** Make sure you keep a good rhythm without going all the way down after swapping side. This will keep the intensity high throughout the exercise.

EXERCISE

DUMBBELL SIDE BENDS

LEVEL

ADVANCE

area



Why It Works: Once again the reason for this side bend being such an effective exercise is the extra weight. This exercise can also be done at a cable machine. **NOTE:** As always start off with a light weight and work your way up. Also make sure you stand up straight and bend straight down the side and not backwards or forwards as this can put a strain on the wrong muscles.

THE WORKOUT

- 1) Do all 6 exercises after each other without rest.
- 2) Do each exercise to failure.
- 3) Once you have done one set of all the exercises rest for 1 min.
- 4) Repeat circuit 3 times.
- 5) Rest 24 to 48 hours and do again.

Can The Internet Be Good For Your Health?


 YouTube

The Background

It all started a few months ago by complete accident. I was wandering around the shops looking for a particular DVD to watch for a relaxing evening at home after a long hard week. After spending a whole day searching without success I went back home and started looking online. One of the very few results I got from my Google search was a clip from this DVD on YouTube. I did not have much time so I just started looking at the clip and then saved it as a favorite to hopefully watch some more the following evening. As luck would have it I had a few spare minutes the following evening and I watched some more of this video. This continued for about 7 days as I found other videos that were similar and so started watching them as well.

The following weekend my girlfriend told me that she thought I looked much more relaxed and asked if I had an easier week. Not at all, I responded, in fact it was a much harder week than the previous one. I realized that she was right and I did in-fact feel a lot more relaxed than I had in previous weeks. For the life of me I could not figure out what had changed or what I had done differently than usual. Then it struck me, I had been watching these video clips online every night before I went to bed and it must have had a positive effect on my life. The next week I continued to watch videos on YouTube at night just before I would go to sleep. I also told some of my colleagues about it and asked if they would give it a try and tell me what they thought.

The feedback I got back from them was even more breathtaking than my own. Realizing that there may in deed be something in this I decided it was time to take this a step further and find out if it was just luck or if it really worked. I started to look for people who were a little stressed, over worked and needed some relaxing. We searched all our client lists, I phoned friends and family and spoke to everyone I came in contact with as I wanted to get a large group of people I could test this new found relaxation method on. After gathering around 100 people I was happy to put my theory to test

The Real Test

For 1 Month this group of people had to do my 3-Step YouTube relaxation technique. Then they had to report back to me with how they felt. We did not inform them of the results we were expecting but only that they must write down every week how they felt about life, their future and if they felt more relaxed or not. After one month we gathered the results and once again the feedback we was pretty amazing.

The Astonishing Results

Of the people who provided us with feedback:

- 70% felt more relaxed
- 20% felt better about their future and more relaxed
- 10% felt their life had completely changed for the better and had already experienced more success.

DO THIS TO GET HEALTHY ONLINE

Your action plan to a new more relaxed life.

This is not complicated and definitely won't take a lot of your time. The action plan will require you to get to a PC 3 times per day for only 15minutes. These 3 slots of 15minutes must be spread throughout the day. The first must be just as you wake up. The second around lunchtime and the third just before you go to sleep.

You then log on to YouTube or any other video channel website and do the following.

- 1 For the first 5 minutes you find and watch videos that makes you laugh. We recommend you look for standup comedy videos or prank videos.
- 2 For the next 5 minutes you find and watch videos about things you want or dream about. This could be anything from a new car to a house to a holiday etc
- 3 For the last 5 minutes find and watch motivational quotes videos and read it out load as they appear in the video.

That is it. Follow this 3 times a day for 30 days and you will probably like many of our test group feel more relaxed and have a better outlook on life.

Who said the Internet was bad for your health!

6

SECRETS

To a Powerful And Effective Eating Plan

Detox

Before beginning any new nutritional plan we suggest a 3 to 5 day detox to clear your body from toxins and all the other garbage you may have fed yourself. This will allow you to then create a strong base from where you can build a strong lean body. The detox will be a complete change to your usual dietary habits but will fully prepare and refresh you for your new eating plan.

Now there are many different detox programs and like usual I like to keep things simple but effective. Also remember to always run any new eating plan past your doctor or dietician before starting it. In our detox plan you will only drink vegetable juice for 3 to 5 days. However, I'm not talking about the bottled stuff you buy in the shop either. I want you to use raw, fresh vegetables and juice them yourself at home using a juicer machine if you have one. A great mix of vegetables includes carrots, broccoli, spinach, beetroot and so forth. You can add a little mint, radish or ginger for extra flavor and phytonutrient benefit. Also try and make this juice as needed because as soon as the vegetables are juiced their nutrients will start to escape and digest losing all the goodness. Drink within a few minutes of juicing. You are allowed to drink as much of this as you like for these 3 to 5 days. If you feel you need some energy you can add a fruit like an apple to the recipe, but don't mix different fruits, stick to one kind.

Remember that during a detox period you must avoid all stimulants such as coffee, tea and alcoholic beverages, even artificial drinks. During this time do not take any supplements or pills unless they are prescribed drugs. And that is it, nice and simple. Once you are done with the detox you can start your new eating plan or diet. →

With so many diets on the market today, every one of them promising you the solution to fast and permanent weight loss, you can easily fall into the trap of jumping from one new eating plan to the next without ever committing to one long enough to get results. The other big problem you will find with many eating solutions is that they give you a step by step guide. From what meal to eat in the morning to what drink to have at 6 pm and if you are not sticking to it 100% you are doomed to failure. So what we decided was to not give you yet another step by step eating plan with 100 meals plans you must follow, but rather the actual principle most of the powerful and effective eating plans on the market to day are based on. If you stick to these principles, no matter what diet you are on, you will see far better results then ever before.

“Never go for longer than 2 hours without drinking some water.”





something like a small bag of natural nuts, not salted or roasted (almonds are the king of nuts) and high fiber food such as a fruit or some raw veggies (think of celery and carrot sticks or mini corn as good options). Another viable option is to keep a ready to drink protein shake with you. Be sure it is of good quality.

Keep it Simple

Don't try and create the most exciting meal every time you cook. Keep it simple and concentrate rather on making sure you get the correct nutrition in from your meals by

combining a good quality portion of protein and carbohydrates in every meal. Remember at this stage you are not looking to become a gourmet chef, just a healthy sexy individual.

Drink More Water

No living creature can survive without a fresh supply of pure water for very long as it forms the key component to life. Your body is comprised of 70% water, your blood is nearly 80% water and your brain is close to 85% water. If you want to function properly mentally and physically, stay hydrated all day long. Not only will your muscles never be able to get strong enough, they will never recuperate fast enough and they will never look defined enough either. If you don't consume enough water you will age faster, retain more water, be more susceptible to germs and colds, lose joint mobility and much more.

How much water do we need to stay healthy? Never go for longer than 2 hours without drinking some water. Then, generally speaking, people who weigh under 150 pounds or 70 kg require no less than 10 glasses per day. Those who weigh over 150 pounds or 70 kg require about 16 glasses per day.

Snacking

We will all get into a situation where we forget our meals at home or aren't close to a store where we can buy a good healthy meal. The solution is having a small snack handy at all times that will keep you going until you can have a proper meal again. The secret to ensure your snack does not work against your goal of getting into shape is choosing something that will fill you up but not add too many calories. The best snacks to accomplish this goal are high in protein and fibre. High protein snacks might be

Prepare in Bulk

This is one of the principles that really helped me succeed in my own weight loss quest. When I cooked food, let's say chicken breasts, I would buy in bulk and cook all 20 breasts at once. Then for the next 2 or 3 days you don't have to cook again and when you need to eat you can just grab an already cooked chicken breast from the fridge. This really makes sticking to your eating plan a lot easier and prevents you from eating junk in a hunger frenzy.

Eating breakfast

Now everybody knows that breakfast is the most important meal of the day and this could not be truer. Apart from providing you with the energy to perform all your daily tasks and exercise it is vitally important to kick start your metabolism into action. By skipping breakfast you deprive yourself of a very powerful aspect in making your weight loss programme effective. Make sure your breakfast includes a quality source of slow release carbohydrates and lean protein and is eaten within an hour of waking.

Increase your number of meals to 5 or 6

To perform at the top, have loads of energy, and get lean eat 5 to 6 small meals a day. This strategy used by athletes for decades can improve your overall health and is really catching on among the ordinary population. In such a way, eating often boosts the body's basal metabolic rate or BMR. The higher your BMR, the more fat you burn, even when doing nothing or during sleep. But by eating 5 to 6 meals you will also improve your protein utilization, muscle growth and it will reduce your insulin levels (the fat storing hormone).

Remember, you will not be eating more, just dividing your traditional 3 large meals in half. Thus, the 5 to 6 meals will contain the same total amount of food and calories, but will be better used and burned. ■





In the WHAT THE... !! of the month we sometimes look at funny stuff, sometimes at amazing accomplishments and sometimes at just plain simple stupid things like this month. We got this ad from a fitness magazine advertising a new instant 6 pack piece of equipment. Well I suppose all things are good for something and this one was very good for making us laugh out load!

NEW

AB hancer

Get a 6-Pack in seconds!

- Dramatically enhances Abs.
- Adjustable straps.
- Light-weight frame.
- Fits beneath clothing.

Recommended by pseudo-athletes.

"I couldn't believe how effective the Ab-hancer was, chicks dig it." - Jeff

