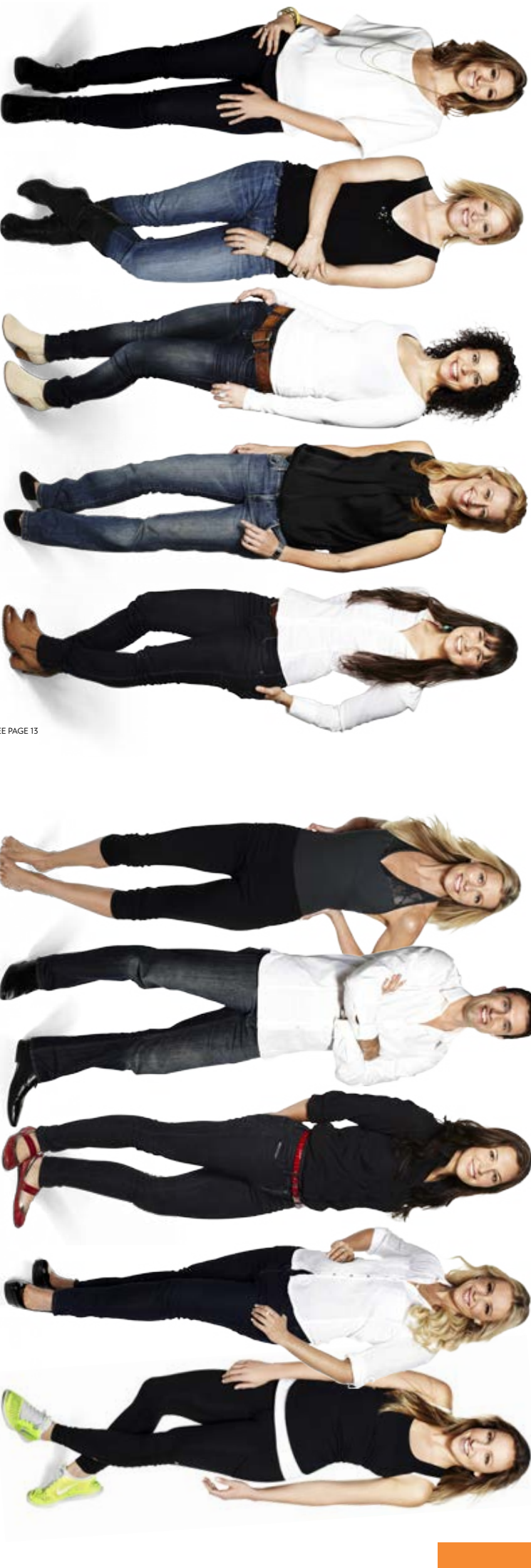


Q: What's your own

health mantra?

MEET
OUR
EXPERTS



"Check all food products for added sugar"

Belinda Kirkpatrick, naturopath

"While the odd sugary treat is fine, many foods have excessive levels of added sugar. Eating too much sugar can cause health problems, like lowered immunity, weight gain, ageing and many chronic diseases. My best advice is to check all your packaged foods, such as cereals, pasta sauces and tinned foods, before you buy and don't keep anything that contains excess sugar in the home."

"Just make it happen!"

Caitlin Reid, sports dietitian

"Instead of sitting back wanting or wishing something would happen or change in your life, be the person who makes it happen. Taking this step pushes you outside your comfort zone and gets you to achieve the things you really want in life. Just make it happen. Taking this route isn't the easiest path, but for me it's the most rewarding. Believe me, it's really worth the effort."

"Learn how to run injury and pain free"

Lucia Hamzova, Chi running coach

"Running is my passion and it's a fantastic way to keep fit, but it can cause injuries and muscle strain. Avoid that by practising Chi running (I'll tell you how in future issues), which is an efficient, balanced and injury-free jogging technique. This way, you recover quicker between runs and the result is a reduced chance of injury and fatigue. For me, it's really a win-win situation."

"Good health stems from a dose of self-appreciation"

Dr. Claudia Lee, general practitioner

"Too often we are incredibly harsh on ourselves, and we save the kindest and best advice for our friends. Over the years, different mentors have shown me how important self-appreciation is. That means you need to treat yourself like you best friend and to identify, among other things, what motivates you to achieve life and health goals. Support yourself in this."

"Listen to your body's own wisdom"

Kelle Wood, naturopathic nutritionist and kinesiologist

"Over the years, I've realised that the most important lesson is to truly listen to your body. Although in theory this method is simple, it takes practice to trust the signals our bodies (and the voices in our heads) are giving us. Yoga, massage, Tai Chi, meditation and also kinesiology can all help to enhance the process."

"Cherish every moment"

Charlotte Dodson, yoga instructor

"Whether on or off the yoga mat, remember to follow your heart's intuition. This openness and acceptance allows you to embrace the confronting times by working through challenging poses. Cherish every moment by embracing those uplifting yoga positions that give you a sense of gratitude for growth. Yoga teaches you to stay in the present."

"Take 10 minutes to keep it simple"

Brad McIntosh, physiotherapist

"For me, there's no doubt that life is getting busier. It's 9.01pm, I've just finished cleaning up and settled in front of the computer only to find I've still got 23 unread emails. The danger in trying to do everything is you can end up doing nothing. So I'm taking 10 minutes out daily to take a deep breath and focus on what's important."

"No regrets"

Kate Wood, chiropractor

"My nan taught me to have no regrets. She used to say to me, if you want to love and help other people, you must first love and look after yourself. I've applied this to my life by never expecting anyone to do something I wouldn't do myself and I always try to inspire people to improve their health. I use affirmations and power words. My power words are: live, laugh, love, learn."

"Develop your own food rules"

Susie Burrell, dietitian and weight-loss expert

"There isn't one eating style that will suit every person. The secret to long-term weight control is to know the way you need to eat most days. Once you direct your own diet and exercise regimen, and ignore diet and fitness fads, you'll remain in charge and in control, and will know how to compensate when you've overdone things."

"There's no substitute for consistency"

Libby Babat, personal trainer

"We're the product of what we do consistently, whether that relates to exercise, the food we eat, or what we tell ourselves about our own self-worth. The secret to exercise results is to not go hard for a few weeks and then do nothing for the rest of the month, but to train at a consistent, maintainable level all year round."

PHOTOGRAPHY BRENTON COLLEY. FOR DETAILS ON OUR EXPERTS' PRACTICES AND WEBSITES, SEE PAGE 13

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KELLIE WOOD
NATUROPATH

Q “Are energy drinks okay after a workout? I’m worried about the sugar levels.”

Anne-Marie, Qld

A “It isn’t recommended to consume energy drinks at any time. Sports drinks, such as Gatorade and Powerade, do provide valuable amounts of water, electrolytes, carbohydrates (sugar) and salt, which are essential to replace after intense activity exceeds 90 minutes but for the majority of people exercising at

a moderate intensity, you shouldn’t be having one after a workout. For hydration and health, the best thing is to consume an adequate amount of water during and after physical activity. The body requires approximately 500ml to 1 litre of water for every hour of training. You must add this on top of the 1.5 litres of water per day that your body needs to function efficiently.”

Q “I love running, but I’ve started to get sore knees. Why is that and what can I do?”

Bernadette, NSW

A “You’re not alone. Overuse injuries occur in about 70 per cent of runners, and 42 per cent of these injuries affect the knee. Pretty good odds... or bad, depending on how you look at it.

As always, there are lots of factors involved here, however, I’m a big fan of keeping it simple. The two ‘key’ muscle groups that need to be strengthened are the gluteals (butt muscles) and quadriceps (front of the thigh). With knees, it’s important to always keep your exercises pain free, so back off a little if there’s pain.

Finally, get your running style looked at by a good physiotherapist. Running is one of the most complicated movements we ask our bodies to perform, yet no one ever teaches us how to do it correctly!”



BRAD MCINTOSH
PHYSIOTHERAPIST

Q “What is more effective: the Pilates reformer machine or a Pilates mat?”

SONIA DARBEY
PILATES TEACHER

Stephanie, Vic

A “They both have their advantages. When Joseph Pilates created the method [in the 1930s], his concept was for matwork and reformer work to be complementary. Matwork is done on the floor using your own body as resistance and focuses on buttocks, abs, shoulders and spinal mobility. Classes are readily available in most gyms and are usually large in size.

Reformer classes, however, use springs to create resistance and are a full-body workout, including the arms and the legs. Classes are smaller so they’re generally more expensive. Reformer Pilates can be done under instructor guidance if you are injured, but matwork is really for the injury free.”



KATE WOOD
CHIROPRACTOR

Q “I’m halfway through my pregnancy and I’ve been working out regularly, but my hips are killing me. Should I stop exercising?”

Janette, Tas

A “It’s important to consult a pregnancy-specific practitioner, such as a chiropractor, osteopath or physiotherapist, to have your pelvic and sacral [between the hip bones] neuro-biomechanics and balance assessed in

order to determine the cause of the pain.

The most common imbalances and pain in pregnancy occur in the lower back, hips, sacroiliac joint [pelvis], pubic symphysis [located above the vulva] and the associated pelvic muscles and ligaments. However, pain can be also referred from organs, such as the uterus, kidneys or bladder. I’d hold off exercising until you know exactly what part of your body is causing the problem.

Once that’s established and any overloading factors are taken into consideration, such as hormonal changes, weight gain and postural changes/overload, then you can start a safe exercise program. With the exception of pain referred from the internal organs, in the majority of cases, hip pain during pregnancy is very easy to treat. After the biomechanics are restored to the pelvic girdle, it’s usually safe to slowly resume the exercise you had been doing previously, but with care.

The best exercises during pregnancy are those that don’t affect your centre of gravity, such as water aerobics, hill walking, stationary bikes and prenatal yoga.”

PHOTOGRAPHY BRENTON COLLEY

Q “I have a sweet tooth, so I tend to eat a few sugary things before training for an energy boost. Is this a good idea?”

Bessie, NSW

A “Sugar really is the enemy! It can cause inflammation, increased excretion of vital nutrients in the body and it also impedes weight loss. Eating sweets will quickly cause a spike followed by a drop in blood sugar levels, which can lead to fatigue.

If you need an energy boost, a small protein and carbohydrate snack would be better than a sweet treat. Think a small handful of nuts, boiled egg, hummus on a rice thin, natural yoghurt with banana or fresh berries, or a protein shake. These are much better food choices.

You can really boost your workout and energy levels by also including some superfoods. Chia seeds, coconut water and maca [a radish-like root vegetable] powder are my top favourites for exercise endurance and recovery.”



BELINDA KIRKPATRICK
NATUROPATH

Q “Does exercising on an empty stomach burn more fat, or should I top up on carbs before I start?”

SUSIE BURRELL
WEIGHT-LOSS EXPERT

Amanda, WA

A “This is perhaps one of the most commonly held beliefs about food, metabolism and fat loss – and if you had a conversation with anyone at a 6am gym class, you’re likely to find that very few of them have eaten breakfast.

The theory behind this is that if there is no readily available fuel in the form of carbohydrates available for the muscles, the body will be forced to burn more fat in order to keep the muscles fuelled during activity. While this is true to a certain extent, there are a few other factors that also need to be considered.

Firstly, while you’ll burn a greater proportion of fat if you go for a light 20-30-minute walk or jog before breakfast, once you place greater demands on your muscles via intense training or

relatively long workout sessions, physiologically you’ll actually burn kilograms and far more efficiently if there is some carbohydrate available to the muscle. The reason for this is that you actually need carbs to burn fat properly. So, in the case of intense workouts or boot camps that are scheduled for more than 30 minutes before breakfast, you’ll get better fat-loss results if you eat some carbohydrates before training – even just 10-20g, which you can easily obtain from half a glass of milk, a couple of crackers or a slice of toast.

This is particularly important for those who haven’t eaten carbs since lunchtime the day before. You’ll feel better and be able to train harder with some fuel on board.”

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DR CLAUDIA LEE
GENERAL
PRACTITIONER

Q "I love CrossFit, but when I push myself really hard, I have a blinding headache for the rest of the day. What could be causing it?"

A This is what's known medically as an exercise headache, and it can occur during or after sustained strenuous exercise. It's usually described as throbbing in nature, affects both sides of the head and can last between five minutes and 48 hours.

Interestingly, exercise headaches occur more frequently in early adulthood and adolescence, if you're exercising in hot weather or higher altitudes, and if you or your family has a history of migraine. The exact cause of these headaches is unknown, but it's thought to be related to the increased dilation of the blood vessels inside the skull during tough exercise. To avoid an exercise headache, make sure you stay hydrated, exercise in the cooler hours of the day, work out less strenuously if you're starting to overheat, and avoid exercises that appear to be the trigger. Talk to your GP if the headaches are recurring despite your best efforts to avoid them, and more urgently if the headache is associated with vomiting, double vision or neck stiffness.

Q "I've run some 10km races recently. If I train twice a week, how long would it take me to be able to run a half marathon?"

A You're already off to a great start by making it through a few 10km races, so well done! To work your way up to covering the half marathon distance with minimal extra training, leave yourself around 12-14 weeks, slowly increasing the distance you run each week. Even though you don't have time for more than a few long runs each week, it's going to be very important that you also work some cross training into your workout schedule. Circuits, body weight interval training, core and hill surge sessions will all help you to achieve your goal.



LIBBY BABET
PERSONAL
TRAINER

Q "I've started to get both my ankles when I play hockey. Why?"

A Horses, zebras and unicorns! When diagnosing injuries, my favourite professor used to say, "If you hear hooves, think horses, then zebras, then unicorns." Your horse is shin splints, which means the soft tissue at the front of your leg has become irritated.

Your zebra is ankle impingement, where the front of your ankle is being pinched when you run. Your unicorn is bone stress, which we don't really want as it means you have to rest. Stretch your calf muscles, ice your shins, get your footwear checked by a physio, who can advise on whether an orthotic might help. If it continues to worsen, pull back on the running and see a professional for more advice.



BRAD MCINTOSH
PHYSIOTHERAPIST



SUSIE BURRELL
NUTRITIONIST

Q "I put on 3kg over winter and nothing I do shifts it. Could some kind of tablet help?"

A Many people experience winter weight gain. How fabulous would it be if there was a pill that could take it all off? There are a few herbal supplements that have a small amount of evidence to support their use, primarily in helping control appetite. African mango is one, as is Zorim. Both of these supplements act to increase your feeling of fullness, and indirectly support weight loss.

The best thing that you can do to shift those last few stubborn kilos is to change things around. Exercise at a different time each day or try a variety of workouts. Try changing the size of your meals – for example, have a bigger breakfast and smaller dinner or swap from five small meals to three larger ones. Or, why not try a week of light dinners? Change helps to boost your metabolism, and this is often what's needed to kick-start weight loss. Unfortunately, if there was a quick-fix diet pill that worked, we would all know about it!



CAITLIN REID
DIETITIAN
& YOGA
INSTRUCTOR

Q "My allergies are killing me this summer. Is it true that a chiropractor might be able to help?"

A Chiropractic care has proven very effective in treating back and neck pain and headaches. While there is no evidence that proves chiropractic care can help with allergies and intolerances, clinically we see symptoms improve and even vanish. Physiologically, allergies are sometimes confused with intolerances, in which case simple medical testing can be done to identify the difference.

Chiropractic care boosts the body's allergy response by improving nervous system function. This is done through adjustments, soft tissue work, nutrition, stress reduction and lifestyle advice. With the exception of anaphylactic allergies, most people are aware that they are more sensitive to allergies when they're run down or stressed, which is why holistic chiropractic care can make a difference.



KATE WOOD
CHIROPRACTOR

Q "I can't get motivated to work out in the morning. Is there any way to reprogram my brain to do what's good for my body?"

A When your alarm goes off, I don't hit the snooze button. Just get up! If you need some help, put your alarm clock out of reach so you have to get up to turn it off. Change straight into the workout gear you laid out the night before and head for the door. That's the hard part over. Enjoy your workout and use how great you feel to motivate you to do it all again. Aim for 28 days of morning workouts and you'll have yourself a new habit.

PHOTOGRAPHY BRENTON COLLEY



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BRAD MCINTOSH,
PHYSIOTHERAPIST

“When I walk around or bend down, my legs crack quite loudly. Is it something I should be worried about?” *Nicole, ACT*

One thing is for sure, you're not alone, and yours is a frequently asked question. However, the answer is a little more complicated! There are a number of things that can cause clicking or cracking of joints, and usually they're completely harmless. In most cases, the noise is caused by negative pressure pulling nitrogen gas into the knee joint, or by a tendon rolling or snapping over another tissue. Basically, if the cracking sound isn't accompanied by pain, loss of strength, or any other symptoms, it's not likely to be a problem. For example, deliberate knuckle cracking despite common misconceptions has been shown to be harmless and doesn't lead to arthritis or other joint discomfort. But keep an eye on it; if anything changes, have a chat to your physiotherapist or GP. They'll be able to investigate it further.

“Are there particular foods I can eat that'll boost my fertility?” *Celia, Vic*

Every woman is going to be different with their nutritional requirements, but I work closely with acupuncturists (in particular Meggie Godin – eastemsubacupuncture.com) and the traditional Chinese medicine approach is to build good blood flow and volume. The most important ingredients are iron, vitamin B12 and folic acid. Good blood-boosting foods are red, orange or deep green, such as beetroot, silverbeet, sweet potato, pomegranate, spinach, kale, parsley, and turpin, mustard and dandelion greens.

In Western nutrition, green veges benefit the liver, which is responsible for blood production. They include nutrients, such as vitamin A, carotene and provitamin A, which aid in their synthesis within the liver. Other great options include spirulina, seaweed, lean red meats, oysters, raisins, prunes, apricots and mushrooms.



KATE WOOD,
CHIROPRACTOR

“Does running backwards burn more kilojoules?” *Jamie, Vic*



LUCIA HANZOVA,
CHI RUNNING EXPERT

Not necessarily, it recruits more muscles in a different way, which results in bigger muscle strength. As a result, we get nicely toned legs and bum. Why? Well, when we run backwards, we move against gravity, and therefore the alignment of our bodies is different. It requires more core stability, and a strong core supports your lower back, which means no lower back pain. To collect the benefits of both running forwards and running backwards, you can alternate between the two in a form of interval training, which will result in more kilojoule burn, depending on the frequency of intervals. Try running backwards up and down a hill or stairs, as well as on a flat surface.



BENDINA KIRKPATRICK,
NATUROPATH

“I've heard that spelt bread is good for gluten-intolerant people. Is it true?” *Cassie, NT*

Spelt is an ancient grain from the wheat family and is used by many as a wheat-free alternative to regular flour. Spelt products do, however, still contain gluten and are therefore not suitable for those who have coeliac disease or who are gluten intolerant.

For those wishing to ditch gluten, all gluten-containing grains, including wheat, spelt, kamut, rye, oats and barley, must be avoided. For those who are wheat intolerant or following a wheat-free diet, spelt bread and pasta are often well-tolerated and may not cause the same sensitivities encountered by many people who are intolerant of wheat. Spelt is considered less inflammatory and easier to digest than wheat and the gluten in spelt is more soluble than wheat gluten.

Without doubt, most people will have had far less exposure to spelt, which also results in less opportunity to develop an allergy. With this in mind, it's always a good idea to rotate your grains and to minimise unnecessary consumption. Gluten-free and nutritionally dense grains, such as quinoa, buckwheat, millet and amaranth, are great sources of many vitamins, minerals, antioxidants and protein. They make great alternatives.

PHOTOGRAPHY BRENTON COLLEY

“I live a very busy life and when I finally get a chance to relax, I tend to feel depressed and flat. Am I addicted to stress?” *Sally, Tas*

Modern day living is demanding with many people placing excessive amounts of pressure upon themselves to overexert their bodies. Many women juggle work and family commitments, with minimal time dedicated to rest and relaxation. In order to adapt to physical and emotional stress, our bodies release adrenal hormones, such as cortisol and adrenalin, which allow the body to cope temporarily. The long-term effect of this stress response is detrimental to our health and leads to chronic disease. Excessive activity can be used as a way to stimulate the body into action to compensate for feelings of exhaustion. When such a person rests, they'll feel just how tired and perhaps worn out they really are. To restore health and wellbeing, it's imperative that long-term dietary and lifestyle changes are made. Kinesiology, homeopathy and herbal medicine are highly recommended to facilitate the healing process.



KELLIE WOOD,
KINESIOLOGIST
AND NATUROPATH

“What's the deal with almond milk? Is it healthier than cows milk?” *Sam, Qld*

While almond milk may be a great option for people who have a food allergy to manage, if you're choosing it to be healthy, there are some other nutritional issues to consider. Unlike dairy or soy milk, which contain 8-10g of protein per serve, almond milk is very low in protein and consists mainly of carbs. This means that almond milk is unlikely to be a 'filling' milk option, especially when teamed with a high-carb breakfast cereal. As milk is a key source of calcium in the diet, if you do choose almond milk, it's important that it has calcium added. Overall, for those who can't tolerate dairy, almond milk can be a palatable, allergy-friendly option.

SUSIE BURRELL,
WEIGHT-LOSS
EXPERT



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LIBBY BABET
PERSONAL
TRAINER

Q “I find it really hard to lose fat from my thighs. Can you recommend some exercises to tone up this area?” *Kate, VIC*

A If you tend to store fat around your thighs and want to shift it, the good news is you can totally change your body shape. But you'll need to focus on food and exercise for a good six to 12 months before you see results. The four things I'd recommend are:

- 1 Eat a seriously clean diet and steer clear of trans fats (sorry, no more hot chips) and processed soy products, as they can increase your body's oestrogen load and cause fatty deposits on the legs and butt.
- 2 Each week, do two to three weights/resistance sessions focused on legs to build lean muscle and create tone. Work

with 10-15 reps of each exercise for three to six sets. I find the most effective moves are single-leg exercises, like split squats, multi-directional or suspended lunges, resistance band lateral walks and bench step-ups.

- 3 Include some high-intensity cardio to blast through longer-term fat stores. Sprints, hills, stairs, rowing or bike intervals should do it. Stay away from too much long, slow cardio, as it can actually encourage fat storage on the thighs for some women.
- 4 Lastly, moderate the amount you eat. If you stopped at every petrol station to top up your car's tank, it'd never have a chance to use all the fuel it already has in it!

Q “I'm a keen runner and mostly do sprints, short distances and hill runs. How can I get the most out of my training?” *Sarah, via email*

A Doing the same run every week can actually have an undesired effect. Your body is pretty smart and quickly adapts to a running routine – becoming more efficient and using less energy to achieve your workout goals. This means your speed and endurance gains level off and your running improvements begin to dwindle. To improve as a runner, you need to overload your system by asking it to do more than it's used to. This could be five kilometres instead of two, or 10 instead of five. The key is to increase your distance regularly. Shake things up by mixing speed and distance into the one run. A great way to do this is to add one- to four-minute sprints into longer runs.



LUCIA HAMZOVA
CHI RUNNING
EXPERT

Q “I tend to feel sleepy after a gym session. Any tips or snacks to make me more lively?” *Emma, NSW*

A Feeling tired or depleted after exercise is usually a result of dehydration, inadequate protein replacement or oxidative stress. It's really important to replace fluids before, during and after exercise: water and herbal teas are best. Also ensure you have enough protein to boost muscle function, and include plenty of antioxidant-rich foods to balance any oxidative stress that can occur with regular workouts. Good snack options include turmeric-coated chicken strips, natural yoghurt with chia seeds and berries, boiled eggs, nuts and goji berries, miso soup, cheese and tomato or tahini on rice thins. Also, check you're not overtraining. If you are, change your program or slow it down.



BELINDA KIRKPATRICK
NATUROPATH



BRAD MCINTOSH
PHYSIOTHERAPIST

Q “I need to lose weight for my back, but I'm so restricted in my activities. I don't know where to start.” *Renee, via email*

A This is one of the most common questions we get in the clinic, so you're certainly not alone. Musculoskeletal pain is usually the main reason for not exercising, or dropping out of a fitness program, so it's a big issue for all of us. The good news is that, while exercise should make up part of a solid weight-management program, research suggests that dietary modification is far more important. So, I'd suggest the initial focus of your plan be on dietary change and basic exercise, including walking, cycling or swimming. As you get a little fitter and lose some of the weight, the stresses on your back should reduce significantly and you'll be able to start more intensive moves. The other form of exercise you could consider is Pilates, but you should see a physiotherapist so they can assess your core using real-time ultrasound and guide you through a series of Pilates-based moves to help you safely strengthen your back.

PHOTOGRAPHY BRENTON COLLEY

Q “I was always told that hard mattresses are better. Now some are saying soft. What gives?” *Antonia, via email*

A The truth is that every person has a different body and thus needs a different mattress and pillow. Recent research out of Europe shows medium to firm mattresses are the best. The body has three natural spinal curves, and these curves need to be supported while we sleep. A hard mattress flattens the spine, causing extra pressure on facet joints, which can lead to pain and stiffness, more pressure in the shoulders and hips and a cut-off blood supply. A soft mattress allows too much sag in the joints, which means muscles and ligaments have to work harder to support the joints while you sleep. It's important you choose a mattress that's specific to your spine. If you're not being fitted by a professional, a quick tip is to make sure the three curves in your back are supported by checking your spine is in a straight line when lying on your side.

Q “Every time I cook quinoa, it turns out mushy. What am I doing wrong?” *Verity, NT*

A What I love about quinoa is that it cooks in around 15 minutes (only 10 if you soak it overnight). For the perfect quinoa, follow these simple steps: Measure out the quinoa (I normally use 1 cup quinoa to serve two people). My advice is to cook more so that you can enjoy it the next day and perhaps throw it into a salad or have it for breakfast.

- 1 Wash the quinoa well under cold water in a fine mesh strainer, gently rubbing the seeds together with your hands to remove the natural coating that can leave a slight bitter taste.
- 2 Combine 1 cup quinoa to 1½ cups filtered water and place them both into a pot. Add a small pinch of sea salt and bring to the boil. Reduce the heat to low, cover. Simmer for 10-15 minutes or until all the water has absorbed into the quinoa. Rest for five minutes. Fluff it up with a fork before serving.



TERESA CUTTER
HEALTHY
COOKING EXPERT



KATE WOOD
CHIROPRACTOR

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