

WomensHealthSA.co.za







NOOSA FF™ with FlyteFoam

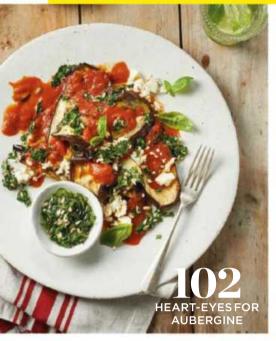
Prepare for take-off in the NOOSA FF™ with FlyteFoam® technology, with a higher platform for maximum comfort and a lightweight cushioning system that lets you run faster.

@ASICS_ZA ASICS (ZA)

Available at leading sports retailers



April 2017



ON OUR :OVFR





STYLE & BEAUTY

40 Best Of The Basics

The hottest athleisure wardrobe essentials

4 / Jet-Set Scents

Can your perfume handle heat? How about altitude? Find a match for your destination

50 While You Were Sleeping

Apply this tonight, wake up with perfect skin

FITNESS

53 Best. Run. Ever.

The most helpful running advice no one ever told you Until now

5715-Minute Workout

All you need is one kettlebell to shape up fast

58 Minor Tweaks, Major Gains Not seeing results? Change that today

62 | Support Women In Sport

Protips: find motivation when you. Just. Can't.

FOOD

69 Cacao Powwow

At last - chocolate that's good for you! Hooray!

2 WTF Do You Do With Aquafaba

Turn chickpea water into dessert. Yes, for real!

HEALTH

64 Main Squeeze

Pelvic-floor woes... Now it's too strong? Possibly...

66 What Supp?

You can OD on vitamins! How to tailor your dose

67 Your Body On... Virtual Reality

Trend alert: strapping on a dorky helmet isn't just for gamers... Here's why you should try it!

SEX & LOVE

76 The Scariest Catch

Normal or STI? When to call your doc...

81 Sync Up Your Sex Drives

Get the buzz back for just-met-level lovin'

DOIT YOURSELF!

WEIGHT LOSS

73 Chocs Away

Eat the sweets, cancel out the kiloioules

74 You Lose, You Win

JUMP AROUND

This reader dropped 12kg to be a better mom

75 Menu Decoder

How to make the right choices when ordering

FEATURES

84 The Body That Ballet Built

Strong like a ballerina: exclusive toning moves from the New York City Ballet

90 #Trending Hair Colour DIY

Highlights, red, even blorange... Nail the latest looks in your bathroom

96 Bright Sparks

These habits could stave off Alzheimer's (no sudoku required)

102 Nourish

Dishup delicious, healthy comfort food - couch, slippers, series and... Go!

108 Sixty Career Tricks You Always Wanted To Know

No-BS tips for surviving the workplace (yes, even the dreaded meeting fart...)

114 Hooked On Hunger

Forget will power, understanding the science of food addiction is the key to slim-down success

118 Urban Legends

Sporty comfort meets celeb-inspired fashion you can look edgy and move freely after all!

Letter From The Editor

12 Tell WH

Ask Anything 18 **Guy Next**

Door

20 WH Social **DISCUSS!** COVER AND OPPOSITE PAGE: JEFF LIPSKY. CLOCKWISE FROM LEFT: CURTIS GALLON, ANNA DABROWSKA, JAMES GARAGHTY, PAUL SAMUELS

IN EVERY ISSUE





As media darlings, it's not surprising that the WH team is all about the pop culture. Here's what we're fixated with...



EDITOR Danielle Weakley

(danielle.weakley@media24.com, [60] @danweakley) Athletics/fashion designer collaborations. Hello, Stella McCartney for adidas!



CREATIVE DIRECTOR **Robert Cilliers**

(robert.cilliers@media24.com, @@robdcilliers) Afrikaans Rock



DEPUTY EDITOR Wanita Nicol

(wanita.nicol@media24.com. @@wanita.nicol) Fitness trackers - I love my Fitbit!



FOOD & MANAGING EDITOR Amy Hopkins

(amy.hopkins@media24.com. @@@amy_hoppy) Foodie TV shows. I can watch them for hours. So excited for the new season of Chef's Table!

COPY



ART DIRECTOR Michelle von Schlicht

(mvonschlicht@media24.com, @@wh michellevs) Mevrou & Co T-shirts - "LUUKS" and "Lekker by die See" are my favourites! @mevrouandco



SENIOR DESIGNER Leigh Cann

(leigh.cann@media24.com, [60] @whleigh) Podcasts. Specifically, "Stuff You Should Know'



COPY EDITOR Leigh Champanis-King

(leigh.champanisking@media24.com, [3]@leighchampanisking)

Stranger Things - I can't wait for season two! **EDITORIAL**

WOMENSHEALTHSA.CO.ZA



MANAGING EDITOR: DIGITAL Susan Barrett

(susan.barrett@media24.com. IIII @susanibarrett) Can't I just go camping instead...?



DIGITAL EDITOR Gina Beretta

(gina beretta@media24.com @@gina_dionisio) The re-release of the Nokia 3310 (it even has Snake pre-loaded!)



Michelle October

(michelle october@media24.com @@michelle_october) Obsessed with "My Favorite Murder" podcast. Stay sexy, DON'T get murdered, people!

BEAUTY



HEALTH & BEAUTY EDITOR Gotlhokwang Angoma-Mzini

(gangoma@media24.com, @@gotangoma) Watching and reading the ultimate fangirl superhero. Can't wait for Wonder Woman!



FASHION

FASHION EDITOR Anja Joubert

(ania.ioubert@media24.com, @@@aniaioubert) JAHNKOY x PUMA The Displaced watch the video on Vimeo. I LOVE all of it.



FASHION ASSISTANT Teresa Agnello

(Teresa.Agnello@media24.com, @@teresaagnello) "Free the nipple" tees that encourage equality, empowerment and freedom.

INTERNS



INTERN Zinhlezonke Zikalala

(zinhlezonke.zikalala@media24.com, @zitchzikalala) Babes Wodumo for president!



Alice Paulse (alice.paulse@media24.com, @@@allypaulse)

Hove Sol-Sol Clothing.



DIGITAL INTERN Megan Flemmit

(Megan.Flemmit@media24.com, [5]@meg_flem15) Fantastic Beasts and Where To Find Them... Once a Potter fan, always a Potter fan.

CONTRIBUTORS Meghann Birks, Tudor Caradoc-Davies, Claire Connors, Anna Dabrowska, Anna Davies, Marissa Gainsburg, Curtis Gallon, Sascha de Gersdorff, Sarah Graham, Jamie Hergenrader, Ben Kirchner, Jeff Lipsky, Paul Samuels, Melissa Shedden, Ricardo Simal, Kate Sullivan

SHARED SERVICES PRODUCTION MANAGER (HEALTH AND SPORT) Kerry Nash RODALE HEAD OF DIGITAL Jason Brown IN-HOUSE PHOTOGRAPHER James Garaghty









MARKETING AND PUBLIC RELATIONS
PUBLISHING MANAGER François Malan 021 408 1228 (francois.malan@media24.com)
MARKETING COORDINATOR Lise Coetsee 021 443 9833 (Lise.Coetsee@media24.com)

PUBLISHING SALES TEAM
COMMERCIAL MANAGER: Kylee Robertson
01 322 0799/076 263 914 (kyleerobetson@media24.com)
DIGITAL SALES MANAGER: Ben Pretorius
011 217 3054/076 878 9150 (Ben Pretorius@media24.com)

01127/ 3/054/07618/8 9150 (sen.retorius@media24.cum)
JHB: **Kathryn Molyneaux (Booth)**01127/ 3197/083 395 3442 (kathryn.molyneaux@media24.com)
Milli **Mahlangu** 01127/ 305/078318 8132 (Milli Mahlangu@media24.com)
CT: **Myles Kelsey** 021 445 9475/082 613 8498 (myles.kelsey@media24.com)
Lameez Raizenberg 021 408 396/082 909 9696 (lameznaizenberg@media24.com)
Hannes Burger 021 408 3078/076 152 4605 (hannes.burger@media24.com) , edia24.com)

MEDIA24 CENTRAL SALES
GENERAL MANAGER ADVERTISING CENTRAL SALES David Hay 011277 3034 (david.hay@media24.com)
JHB AND CT: Tammy Holtshausen
011277 302(038 443 8107 (dammy.holtshausen@media24.com)
DBN: Theresa Lavery 031 566 2442 (theresa.lavery@media24.com)

MEDIA24 MAGAZINES DIGITAL CPT: 021 468 8299; JHB: 011 993 8050; DBN: 021 468 8070 (info@spacemail.co.za)

GENERAL MANAGER, LIFESTYLE Ishmet Davidson CFO, LIFESTYLE Raj Lalbahadur GENERAL MANAGER, LEISURE Louise Meny-Gibert

CIRCULATION SALES AND SOLUTIONS

HEAD OF CIRCULATION Leoni Volschenk
HEAD OF RETAIL Andreline van Tonder 021 408 3936
CIRCULATION MANAGER Riaan Weyers 021 443 994
SUBSCRIPTION MANAGER Jenny Marinus (jennymarinu
PRODUCT MANAGER George van Biljon 021 443 9824

FOR ANY QUERIES, PLEASE PHONE 021 406 2121; FOR ANY QUENES, PLEASE PHONE DCI 1400 2/21; SUBSCRIPTION ENQUIRIES: TEL: 087 740 1039, FAX: 086 457 5943; EMAIL: WOMENSHEALTH_SUBS@MEDIA24.COM SMS: WOMENSHEALTHSUBS TO 32511 (R) PER SMS), WEB: WWW.MYSUBS.CO.ZA/MAGAZINE/WOMENS-HEALTH CALL CENTRE OPERATING HOURS: 8AM-5PM (MONDAY TO FRIDAY)

All subscription payments to: Women's Health, PO Box 16428, Vlaeberg, 8018

Reproduction Media24; Printing Paarl Media Cape; Distribution On The Dot 011 402 1205

Copyright @ 2009 Media24 (Pty) Ltd. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or be transmitted in any form or by any means, electronic or mechanical, without prior permission by Media24 (Pty) Ltd.

Women's Health does not endorse the use of chemical or related slimming products that promise instant or long-term results. Slimming products should not be used as a substitute for a healthy diet and/or exercise. All prices recommended retail selling price.

RODALE INTERNATIONAL RODALE PRESS INC, 33 EAST MINOR STREET, EMMAUS, PENNSYLVANIA, 18098, USA

SVP, GLOBAL BUSINESS DEVELOPMENT Robert Novick EDITORIAL DIRECTOR, RODALE INTERNATIONAL John Ville

EDITORIAL

EDITORIAL

EDITORIAL DIRECTOR, WOMEN'S HEALTH

AND MEN'S HEALTH Laura Ongaro

EDITORIAL DIRECTOR, PREVENTION, RUNNER'S WORLD,
BICYCLING AND BOOKS Veronika Taylor

SENIOR CONTENT MANAGER Karl Rozemeyer

ASSOCIATE EDITOR Samantha Quisgard

INTERNATIONAL EDITORIAL AND CONTENT

COORDINATOR Natanya van Heerden

BUSINESS

BUSINESS
EXECUTIVE DIRECTOR, BUSINESS DEVELOPMENT
AND GLOBAL LICENSING Kevin LaBonge
DIRECTOR, BUSINESS DEVELOPMENT AND
GLOBAL LICENSING Angela Kim
DIRECTOR, GLOBAL MARKETING Tara Swansen
GLOBAL DEVELOPMENT AND MARKETING
COODINATOR Erica Mazzucato
INTERNATIONAL FINANCE MANAGER Michele Mausser
ADMINISTRATIVE ASSISTANT Shoi Greaves

GLOBAL EDITIONS / EDITORS-IN-CHIEF

AUSTRALIA Jacqueline Mooney BRAZIL Camila Borowsky AGS TRAILA JACQUEINE HOUNEY
BRAZIL Camila Borowsky
CHINA VIVI HU
GERMANY Angela Meier-Jakobsen
GHANA Godfred Akto Boafo
GREECE Angeliki Gourni
LATIN AMERICA (CHILE, COLOMBIA, COSTA RICA,
DOMINICAN REPUBLIC, EL SALVADOR, GUATEMALA,
HONDURAS, MEXICO, NICARAGUA, PANAMA, PERU,
PUERTO RICO, VENEZUELA) Cesar Perez
MALAYSIA Sueann Chong
MIDDLE EAST YI-Hwa Hanna
NETHERLANDS Milou Turpijn
NIGERIA Osagie Alonge
POLAND Aneta Martynów
RUSSIA Maria Troitskaya
SOUTH AFRICA Danielle Weakley
SPAIN Cristina Mitre Aranda
WEDENE Firka Kits Gólevik SWEDEN Erika Kits Gölevik THAILAND Nitra Kitiyakara TURKEY Sibel Yeşilçay
UNITED KINGDOM Claire Sanderson UNITED STATES Amy Keller Laird

WOMEN'S HEALTH' IS A REGISTERED TRADEMARK OF RODALE INC. @2009 RODALE INC. ALL RIGHTS RESERVED. PUBLISHED UNDER LICENCE FROM RODALE INC.



FIND YOUR FIT FRIEND

Okay people, gird up your glutes, this is about the time it starts getting hard... The cold weather is creeping in and the good intentions are legging it out the door and into the night... I know, I saw mine escaping just a few short days ago. Don't tell a soul, but even at WH HQ - arguably the most virtuous, protein-packed, yogapanted place in the country - we feel the winter slide-off around this time of year (and the chocolate bunnies and froggies don't help either #JustSaying).

Fortunately, we've got a couple of tricks up our sleeves - and it all started at Fit Night Out Cape Town (more on that on page 128). I'm not about to tell you to go find a thousand of your closest friends and a pair of glow-in-the-dark Ripstix, but I am going to tell you that the energy of that many women getting their endorphins on in one big, beautiful space was palpable. And near impossible to beat.* So, go ahead and find a fitness friend. Whether it's someone to get you out from under your duvet or someone who'll make you a bowl of oats before you smash a mid-morning toasted sarmie (hold the kale) - just find them. And then never let them go.

Here, at the office, we're the most OTT kind of cheerleading squad. Just ask the dudes at Men's Health. We love training together when we get the chance and

we are always whoop whooping for one another - and, you know what? That collective energy and buzz helps keep all of us on track. It keeps us motivated and confident and hair-flippy in an I-got-this kinda way. Trust me... I am soooo hairflippy at the moment. And you haven't even seen Amy yet – who's training for her first ultra marathon - or Wani, who is inches away from a human flag, or our art team, Michelle VS and Leigh Cann, who are crushing Kayla every single lunch hour.

If you're not sure where to start - and a steaming side order of quinoa doesn't sound like the best place - just know that it doesn't need to be complicated. Lacing up your trainers and getting out there is enough - and know that we're entirely behind you and cheering you on... Even if you don't have the benefit of Michelle October's fit-star charts. Also know that we're planning loads more workout parties so that you can join in the fun too! * Although we're definitely going to try... Fit Night Out Joburg is back in August 2017. Watch this space...



Editor

🔰 @DanielleWeakley 💽 @danweakley



Join us as we Run/Walk For Water on 1 April with Giorgio Armani to raise awareness - and funds - for the Acqua for Life organisation, Get all the details on our Facebook page!

What the team did this month at WomensHealthSA.co.za



LANCÔME



Life is beautiful. Live it your way.



Women's Health magazine was meant for 20-somethings with washboard abs and perfect skin. Boy, was I wrong! Three years ago I opened this magazine and my perception changed! Women's Health is truly meant for every single lass out there, young or old. It teaches you to be the best version of yourself. Simple. This zesty 60-year-old gran is hiking up mountains, enjoying chia breakfast bowls and practising yoga moves - all thanks to this holy grail of wellness! I am filled with so much energy and peace and I owe this all to you, my dearest Women's Health magazine!

- Geetha Singh, Durban

Woman-Power

Last year was one of the hardest and most rewarding years of my life. Not only was I in the final year of my chemical engineering degree, I was also working part-time as a waitress to pay for my studies. Finding the time and money to live a healthy, balanced lifestyle was a challenge, but Women's Health helped me reach my seemingly unattainable goals. From providing fitness programmes that I could follow at home and

tips and tricks on making and eating balanced meals, to facing challenges in relationships with the people I love. I truly believe that there is nothing and no one that can do more than an empowered woman. Thank you Danielle and the rest of the Women's Health team for contributing to making the all-rounder of a woman I believe I am today. I could not have done it without you.

- Alicia van der Merwe, Cape Town

#FNO Fever

Thank you for a fantastic, memorable Fit Night Out in Cape Town! What an amazing day and night out! The S.W.E.A.T. 1000 team was brutal, but wonderful! Takkies reminded me to appreciate my body, curves and all, and the team from LA reminded me how powerful we are as women when we stand together. I hope you'll make FNO an annual event in the Mother City! You auvs rock!

- Janine Roussouw, Cape Town

Healthy Inspiration

I am a second-vear student who spent most of her 2016 tired and drained. During all that, the running bug bit me and one of my New Year's resolutions is to run this year. I finally decided to get the Women's Health magazine and I have been blown away! I'm inspired by all the women who make their health a priority. I didn't know Leigh-Anne Williams and Dineo Moeketsi were some of them! I'm most definitely going to be a better

Run your best-ever race, page 53

"On windy race days, sticking with a tight group of runners will help shelter you along the route."

- SA long-distance runner, Lebo Phalula

person, both mentally and physically. Thank you for an insert on the different workouts from home and also the perfect gear to rock while doing the most with our bodies.

- Phophi Tshikovhi, Limpopo

Drop us a line at TellWH@WomensHealthSA.co.za. Please include your full name and the city in which you live.

WRITE IN AND WIN!

This month's winner receives an Elizabet <mark>Arden White Tea fragrance hamper</mark>, including the Elizabeth Arden White Tea 30ml and 100ml fragrances, the Elizabeth Arden White Tea Pure Indulgence Hand Cream and an Elizabeth Arden White Tea handbag, valued in total at R1 525.



BAUSCH+LOMB See better. Live better.



When it comes to your vision, you shouldn't compromise



Endorsed by Ophthalmologists, Optometrists, General Practitioners and Pharmacists through all stages of life. Ask for a Bausch + Lomb product that is right for your needs.

**SMS' charged at R1.50/SMS. Free sms' do not apply. Errors billed. Sender must have bill payer's permission. We may contact you with future offers via SMS until you opt out.

References: 1. Data on file. EUROMCONTACT, MAT Q2 2016 vs MAT Q2 2015. 2. Impact Rx. Script data - October 2016.

Biotrue Multi-Purpose Solution, Ultra Ienses & Biotrue ONEday Lenses. Marketed by: iNova Pharmaceuticals (Pty) Ltd. t/a Bausch & Lomb (SA), Reg. No.: 1952/001640/07.

Scheduling status: Proprietary name and dosage form: Bausch & Lomb ReNu MultiPlus Solution. Composition: Each ml contains Polyaminopropyl biguanide (Dymed^{III}) 00010 mg, Hydrosyklythosphonate 030 mg and Disodium edetate (preservative) 011 % mV. Pharmacolytical (astistication: A2 Contact lens solution. Applicant: Nova Pharmacolytical (Hy) Ltd. Reg., No: 1952/00164-007. Proprietary name and dosage form: Convite Complete soft get capacitics (astistication: A2 Contact lens solution. Applicant: Nova Pharmacolyticals (Hy) Ltd. Reg., No: 1952/00164-007. Proprietary name and dosage form: Convite Complete soft get capacitics. Each sting despotation in the Nation of the White DHA 1807 mg and total omega-3 300 mg, Lutein 5 mg, zeasonthin I mg, vitamin C 90 mg, vitamin E 15 mg, zinc 75 mg. Applicant: Nova Pharmacolyticals (Pty) Ltd. Reg., No: 1952/00164-007. Proprietary name: Artelac® Splash Eye Drops. Contains 0,2498 hyaluronic acid (as sodium hyaluronate). Preservative free. Applicant: Nova Pharmacolyticals (Pty) Ltd. Reg., No: 1952/00164-007. TEE Riey Road, Bedfordview, Gauteng, South Africa, 2007. Tet +27 11 087 0000 www.inovapharmaco.za/www.bausch.coza © 2003 Bausch & Lomb Incorporated @/III denote trademarks of Bausch & Lomb Incorporated BL172/16

WINI SMS BAUSCH+YOUR NAME

to 41076 to stand a chance to win 1 of 2 Sunglass Hut vouchers to the value of R2000 (incl. VAT).

T's & C's apply.** Competition ends 30 April 2017.





ASK US ANYTHING



ANSWER

absorption - this is what keeps you fuller for longer after a meal. The two most common types of added fibre are inulin (often listed as chicory labels) and betaglucans (oat fibre). have shown no real difference in satiety and fullness compared with food that had no fibre added, but research on beta-glucans indicates that they may come with those fullbelly perks. Still, it's always smarter to choose natural wholefoods, such as broccoli and pears, when you can. Foods with added fibre are often overprocessed and contain loads of unnecessary sugar and preservatives.





DAVID JONES

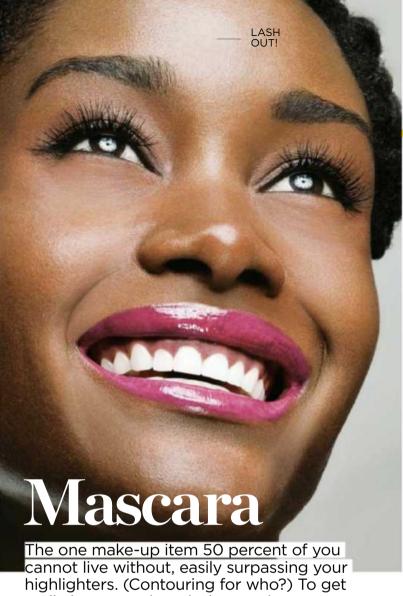
EXCLUSIVE TO WOOLWORTHS

SHOP THE WINTER COLLECTION IN STORE | ONLINE WOOLWORTHS.CO.ZA

ISTHERE AN EASY WAY TO FIND OUT IF I HAVE FERTILITY **ISSUES BEFORE** TRYING FOR A BARY?

Alice, via Facebook

ANSWER Sadly, no, and here's why: there are just so many reasons a woman might struggle to conceive. including erratic hormone levels, poor egg quality, uterine abnormalities, ovulation disorders, fallopian-tube blockage... The list goes on. Those popular chemist ovulation kits might - *might* - reveal whether or not your body is releasing eggs regularly, but they're not foolproof and they don't touch on any of the other above factors (hence, our advice is to skip them). And because the fertility tests a doctor can run are expensive and invasive, most physicians won't order them unless you've been trying unsuccessfully for more than a year, or six months if you're over age 35.



really long, out-there lashes, make sure you wiggle the brush at the root, then swipe up.

Other than exercise and nutrition, which is the most important to you when it comes to your health?

MENTAL WELL-BEING



A HEALTHY COMPLEXION







Woah, Big ups for taking care of your EQ, but don't forget about what's going on down there; HPV. a largely symptom-less STI, can develop into cancer. Don't slack on the gynae.

> The percentage of people who said they're on Tinder to find their soulmate, with only 8 percent of you saying you're there to "bang and bail". Right on - once a taboo, more and more people, who swiped right, are getting married.

WHAT DO I DO IF I THINK A FORMER COLL FAGUE **BUSINESS IDEA?**

Natalie, via email

It's a common worry, so most founders save records with time stamps (such as emails) showing when they conceived an idea. Gather your backup and then meet with the offender, in person, and say, "I want to talk about your idea for X." Politely ask how she came up with it. If you sense she did poach your plan, try, "I hate to say this, but it sounds strikingly like the concept I shared with you last year," or whenever it was. If she baulks, talk options with a lawyer ASAP.

Chocolate

Your number one sweet treat. Go for the raw kind without refined sugars, but if you can't (they're not exactly easy to find), go for grapes - 28 will give you the same 'joules you'd get from two tablespoons of chocolate chips.





I've been promoted and I'm earning more money than my man. He said he's happy for me, but he's become edgy and defensive lately. Is he feeling insecure?

ANSWER Quite possibly. Guys, as you may have figured out, come in all shapes and sizes both physically and mentally. Some guys are totally relaxed (proud even) about whether their partner is fitter, smarter, richer or a better provider (in the financial sense) than they are. Relationships involve balance and compromise. You do this, so he does that, you are strong here (e.g. in earning potential), whereas he is strong there (er... Reading bedtime stories or fixing stuff). Your guy may, however, belong to the more traditional school, which dictates that it is the man's job to bring home the bacon (that his wife then dutifully cooks). But the problem with tradition is that it moves too slowly and does not recognise the changing world around it. Does the fact that you earn more than your man make him any less of a man? No, not at all. It may just take him a little while to come to terms with the fact that it's not a big deal. In the meantime, be a little sensitive about it. Don't go on shopping sprees and be all like, "Hey loser, check out mah bling!" Rather invest the extra cash you're earning or plan a weekend away somewhere. When he's sitting somewhere nice with a view and a beer in hand, he will see the bigger picture fast.

I HAD A **MISCARRIAGE AND MY PARTNER DOESN'T** WANT TO TALK ABOUT IT. IT'S **CAUSING A** RIFT BETWEEN US. WHAT DO I DO?

This is not as simple as saying men and women have different ways of dealing with things. People have different ways of approaching hardship. Generally, women are better at talking things over. Your guy clearly isn't strong on that front, but even if you respect that, it does not mean that you don't need to talk about it at all. If he wants to shut it in a box and move on with life, that's his call, but as your partner, he needs to respect that you want to talk it over. Just as you need to respect that once you've talked, he may not want to talk about it again for a while. Give him a chance to prepare and make a time and date for it. Take tissues and patience. Just as there's a reason that you want to talk about it (connection, release, closure), there are probably similarly strong reasons that he is avoiding it (pain, helplessness, fear). Approach it with love, respect

and the intention to communicate clearly and you should find some middle ground.

I THINK MY **RELIGIOUS GUY FRIEND** IS GAY, BUT HE WON'T **COME OUT** HOW CAN I BE THERE FOR HIM WHEN/IF HE DOES?

The big thing here is not to interfere. If he is gay and chooses to come out, that's his business, not yours - no matter how close you are. Interfering when it comes to someone dealing with their sexuality is just not on. And if you are good friends. I'd imagine you'd be able to discuss it. That discussion (if what you think is confirmed) may lead to the question of when is he actually coming out. As for being there for him when it dawns on him how truly fabulous he is, just be yourself. If he needs a glass of wine or three, facilitate. A long walk in silence? Make it happen. Prayer? Getting laid? Dancing? Crying? Hell, you're there for him as a friend. If he's dealing with a conservative clan who reject who he is, you may need to step into the void if he winds up estranged from his family.



New Veet Sensitive Touch Gentleness and precision for your delicate body parts.













To find out more about the Veet range and to see "How-To-Guides" simply visit our website www.veet.co.za

#WHFITFLUENCER

WHO: @TazFitness SA

Known for her killer legs and equally sharp abs, Taz is an avid powerlifter. "I grew up in a family filled with weightlifters and fitness enthusiasts so it was inevitable for me to be intrigued by this path. One of my ultimate goals is to see how strong I can become and how heavy I can squat," she says. And while her body is incredible, she's into a holistic approach to health. "Fitness is a physical manifestation of your mental health and your will to be disciplined enough to take control of your life," she says.

Hello world!

At Women's Health we don't just dig documenting our healthy, active lifestyles - we love it when you do too! Check out our social stars this month, as well as our highlights on social media

#WHONTHEGO



WH DID...

- > Digital managing editor Susan Barrett took to the open waters to learn surf skiing with Mocke Paddling.
- > Managing and food ed Amy Hopkins and digital assistant Alice Paulse crushed the Cape Peninsula Marathon and Half Marathon respectively.



> Junior writer Michelle October became a qualified lifeguard after three months of intense training and becoming one with the ocean.



#WHLOVES

Readers walking the talk



@StrongNotSkinny_Blog on Insta 'Getting inspired on a Sunday night with @WomensHealthMagSA.



@NwaiiFitness on Insta "Lunch was perfect... While enjoying my@WomensHealthMagSA!' Looks yum!



a Zephne1 on Twitter "My new favourite #workout equipment. Love my @POUNDfit #ripstix@WomensHealthSA' See you in class!



@AndvPlaatiies on Insta "Morning workout done - thanks @ABCBootcamper and @WomensHealthSA! Looking good!



EACEROOK

Facebook.com/ WomensHealthSA



INSTAGRAM @WomensHealthMagSA



TWITTED @WomensHealthSA



PINTEREST Pinterest.com/ WomensHealthSA



One supplement Endless Possibilities



- · Amino acids
- Antioxidants
- B-Complex vitamins
- Other vitamins & minerals

Reference: 1. Mahan, L.K. et al. Krause's Food and the Nutrition Care Process. 13th edition. United States of America. Saunders, an imprint of Elsevier Inc. 2012. ENERGY: p516. DEFENCE: p88, 516. MENTAL VITALITY: p961-962.

pharmaceuticals
A Valeant Company



ARE YOU THE WOMEN'S HEALTH

NEXT FITNESS

STAR?

NOW'S YOUR CHANCE TO EARN THE TITLE AND ALL THE PERKS THAT COME WITH IT!

- Star in your very own fitness feature in Women's Health.
- Become a signed Women's Health brand ambassador for a year.
- Become a signed adidas ambassador for a year - including a year's supply of adidas gear.
- Get a year's supply of products from Supashape.
- Plus, become a regular contributor to Women's Health.



Being the
#WHNextFitStar has
given me the most
incredible exposure
and the opportunity
to work with one of the
most amazing fitness
brands, adidas. I've
grown myself as
a brand and become
an inspiration to a lot
of people! I have more
than 40 000 Instagram
followers now! That's
ten times what I had
when I entered.

- MAPULE NDHLOVU

2016 *Women's Health* Next Fitness Star



fitnessstar.womenshealthsa.co.za

#WHNextFitStar

PRESENTED BY IN ASSOCIATION WITH

supashape

Terms and conditions apply. Go to fitnessstar.womenshealthsa.co.za for more info



beauty SCIISS



Here's a First World beauty problem - living in cities makes you look 10 percent older than your country cousins. According to research in the Journal of Investigative Dermatology, microparticles of pollution can cause dark spots. Outdoor exercisers: reverse the damage with Clinique Even Better Clinical Dark Spot Corrector & Optimizer, R635, or Elizabeth Arden Miracle Hydrating Mist,

Sun Smart

THERE'S A STRONG LINK BETWEEN ALCOHOL AND SKIN CANCER, A STUDY IN CANCER CAUSES & CONTROL HAS FOUND. SWIG MORE THAN 14 DRINKS A WEEK AND YOU COULD DOUBLE YOUR RISK OF MELANOMA, WHETHER YOU'RE DRINKING OR NOT, IT PAYS TO LATHER UP. TRY THE PIZ BUIN PROTECT & COOL REFRESHING SUN MOUSSE, R285, IT CREATES A COOLING SENSATION WHILE KEEPING

the best professional hairdryer you can afford. says celebrity hairstylist Richard Ward. "Use th nozzle to concentrate air flow," he advises. From 70-percent wet, roll with tension and secure our with pins. "Then get heat in - the hair molecules set in the form of the curl?" Let the hair coo before you unpin it.

GHD AIR PROFESSIONAL HAIRDRYER. R1899.



A lot of things change when you're pregnant but your skin doesn't have to.

Keep your skin beautifully soft and hydrated and help prevent stretchmarks by using Happy Event right from the beginning of your pregnancy.

Formulated using a careful blend of emollients, it has a high concentration of olive oil containing Vitamins A and E that help to regenerate skin and regulate its moisturising process to help prevent stretchmarks. Gently massage it into your tummy, breasts and thighs before you go to bed and you can look forward to the arrival of your baby and the return of your figure.

www.happyevent.co.za







STANDS FOR 'DELAYED **ONSET MUSCLE** SORENESS', AKA THAT 'HAVE I BEEN BEATEN UP?" FEELING TWO DAYS AFTER YOU START DOING BOOT CAMP

Which strength-training strategy yields the best results from one work out to the next?



DOING THE SAME NUMBER OF REPS WITH THE SAME WEIGHT



INCREASING THE WEIGHT BUT **DECREASING THE** NUMBER OF REPS



INCREASING THE REPS AND THEN DECREASING THE REPS



ALWAYS CHANGING THE WEIGHT AND THE REP COUNT

ANSWER: D Random for the win! A study in the Journal of Strength and Conditioning Research found that people maximised strength gains when they switched up the 'loading scheme' each gym visit. (They did eight reps of a move with a moderate weight on Monday, 20 reps with a lighter weight on Wednesday and four reps with a heavier weight on Friday.) The researchers believe that alternating between intensity (resistance) and volume (reps) in the same week places more stress on your neuromuscular system, leading to greater muscle strength. That should mean more muscle mass and tone.





OFFICIAL SUPPLIER TO THE DHL STORMERS & DHL WP RUGBY www.facebook.com/deepheatza

www.deepheatsa.co.za







FOR WOMEN UNDER 50. Source: Australian National Health and Medical Research Council; Institute of Medicine

Non-red-meat lovers will get the

most iron from...











CHICKPEAS



SPINACH

ANSWER: B 100g of tofu serves up 2.96mg of iron; chickpeas are also a banging source with 2.7mg per cup (cooked); raw spinach is oh-kaay at 1.2mg per cup and chicken comes last (0.4mg per 100g). To up your iron absorption from tofu, pair it with vitamin C-rich foods - like that spinach in a stir-fry. Sources: Nutrition Australia, AIS Nutrition



There's no place like home... For meals. People who eat in their houses at least five nights per week have a lower risk of developing type-2 diabetes, Harvard University researchers have found. The takeaway? Limit restaurant meals to twice a week. Not au fait with the kitchen? Daily Dish delivers fresh, healthy ingredients and recipes to your door, with step-by-step instructions. Meals start from R389 per week, visit DailyDish.co.za.





Let's hear it for ancient plants walking the wellness catwalk. This time, we're celebrating a local herb cultivated and used by the Khoisan for its medicinal magic: buchu. It's a natural reliever of period cramps (who knew?) and is rich in essential minerals and antioxidants. Make yourself a cup by boiling the leaves in hot water, drink it in kombucha or, if that's too out-there for ya, try Cape Moondance's Buchu Tea Bags with a Hint of Mint, R47. Faithful-To-Nature.co.za.

The Quietest Motor on the Market.*



#WhenZenMatters



Enjoy the ultimate washing experience at a whisper with innovative ZEN Technology, so that you can enjoy a little peace and quiet when it really matters.

*The quietest motor on the market, with Zen technology to reduce noise levels at loads up to 10 kg and up to 1,400 rpm (Status date December 2014)





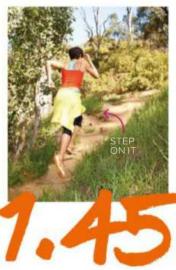






GET A WHIFF OF THIS

Sniff olive oil to kill cravings. In a study by the German Research Centre for Food Chemistry, subjects who snacked on yoghurt mixed with an extract that smelled like olive oil consumed less kilojoules from other foods – while keeping their blood sugar under control.

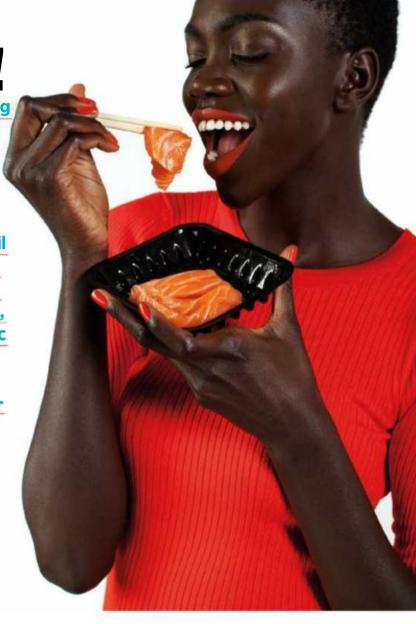


KILOGRAMS LOST, ON AVERAGE, AMONG STUDY PARTICIPANTS WHO TOOK AN EXTRA 3 500 STEPS PER DAY, WHILE CUTTING THEIR SITTING TIME BY 45 MINUTES.

Source: Flinders University

GO FISH!

Brainy with a banging body? We'll take it. A study by Kyoto **University found** that as well as keeping you sharp, a daily dose of fish oil boosts metabolismactivating receptors in the digestive tract, fires the sympathetic nervous system and transforms fat storage cells into fatburning cells. Pass the sashimi!



TRADE



You get over a breakup by finding a droolworthy rebound bloke. That might also work for food: the *Journal of Consumer Research* found that dieters move on from their go-to treat when they find a similar tasting (but healthier) one. Try these sub-ins:



Chocolate bars



Dates stuffed with peanut butter and cacao nibs



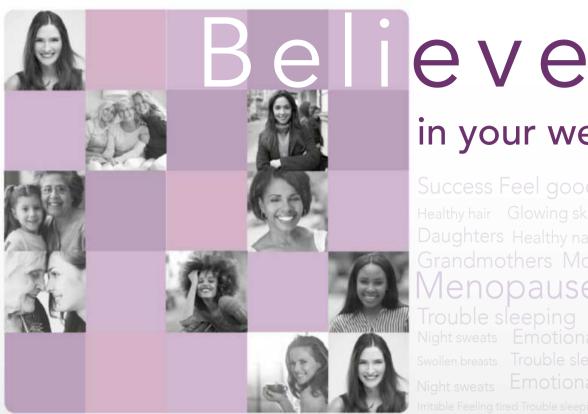
Roasted chickpeas





Baked beetroot or sweet potato chips





in your well-being

enopause Night sweats Tired Trouble sleeping PMS Swollen breasts
Night sweats Emotional Irritable Feeling tired



Female health supplement for all ages*

Primeve Plus provides the following nutrients

- **Evening Primrose Oil**
- Magnesium
- Vitamin B6
- Vitamin F
- 7inc

SA's No. 1 Evening Primrose Oil Supplement¹ with added vitamins and minerals

*9 years and older

Speak to your pharmacist about Primeve Plus. Available at Dis-Chem, Clicks, independent pharmacies and selected retail outlets.



Reference: 1. IMS:TPM Data (V3X, G2X and D11A/ Constructed Class). MAT Dec 2016.





ROGGY STYLE

Researchers have discovered that Bombay night frogs are into something called the "dorsal straddle." A human version looks like this: kneel on a couch with your knees touching the back cushions, your torso upright and your arms draped over the backrest for support. Have him kneel on the couch behind you (your back will be up against his chest), then enter you. Like doggy, it's a snug fit that will increase stimulation for both of you, but the full-body contact also ups intimacy since he can easily kiss the sides of your neck while he's wrapped around you. Now hop to it, you horny toads!

OH-SOY FERTILE

COURT

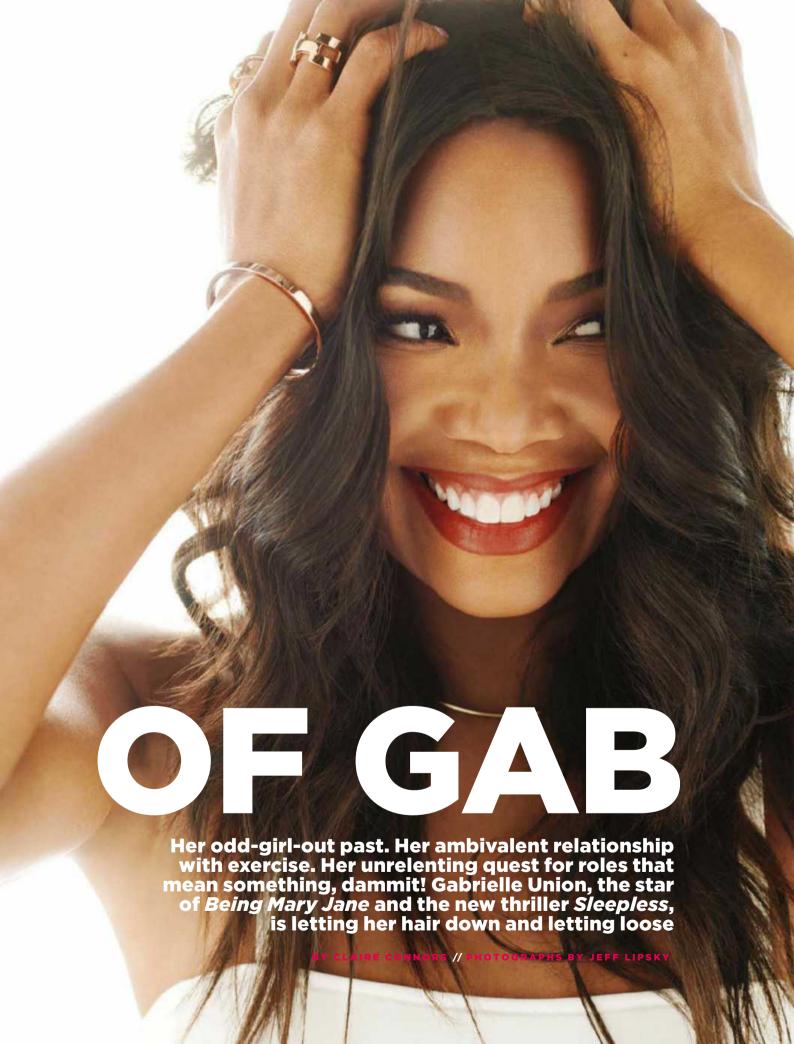
Next time you're speed dating, beware: men who have narcissistic and psychopathic traits get more matches. A European Journal of Personality study found that those with leanings towards *American* Psycho's Patrick Bateman - including a grandiose sense of self, paired with a desire for attention - were better able to exude a superficial charm. Not sure you can trust your gut feeling? Check their social media to decipher if they're worth another date. Excessive bragging about his sixpack or his great new job are telltale warning signs. Get out ASAP.



THE PERCENTAGE OF SEX TOYS SOLD TO WOMEN, BETWEEN APRIL AND DECEMBER LAST YEAR, ACCORDING TO A POLL BY DÉSIR IN SA. IN 2015. THE BOYS OUT-BOUGHT US BY 70 PERCENT. THE BIGGEST SELLER? COUPLES' TOYS. SEEMS LIKE THINGS ARE COMING ALONG NICELY...







IT'S DAYBREAK IN NEW YORK CITY AS A BLACK SUV WITH

UP TO THE CURB ON

The door opens and out steps a striking woman in head-to-toe black, from baseball cap and cropped jacket to slim pants and ballet flats. She smiles and furtively pats the black leather tote on her shoulder.

"I came prepared," Gabrielle Union says in a soft purr. "I've got a bottle of wine in here for after the shoot." Stealth moves like this have been a recurring theme for the 44-year-old actress. Since her breakout role in the 2000 high school comedy Bring It On, Gabrielle (Gab to her friends) has glided from role to role, quietly raising her profile. In the past year, though, her momentum reached critical mass, with performances in the controversial slave-rebellion drama, The Birth of a Nation, the holiday comedy, Almost Christmas, and the new police thriller, Sleepless, opposite Jamie Foxx. On the small screen, the hit TV series she headlines, Being Mary Jane, is currently airing its fourth season.

That unassuming rise might also account for her downto-earth and often startlingly uncensored style. For instance, when it was revealed last year that The Birth of a Nation's star and director, Nate Parker, had been accused of rape in college, Gabrielle spoke out about her own sexual assault at the age

of 19. Another source of her approachability, however, is surely her Midwestern pedigree. In her heart - and definitely in her football allegiance - Gabrielle is a country girl, born to a family from the predominantly black community of North Omaha and into a large network of relatives who have lived there for more than a century.

That was all disrupted when Gabrielle's father took a new job and moved the family to California. Gabrielle was eight years old, the middle child of three girls, and the change was jarring. The Unions were one of only three black families in the town and Gabrielle felt like "the chip in the [chocolate chip] cookie," as she puts it. In a desperate attempt to belong, she dove into everything California - playing soccer, wearing Birkenstocks and scrunchies - but only ended up developing a toxic case of selfhatred and low self-esteem.

Her parents' solution was to tap into the Midwestern connection, sending her to spend summers back home for the next 10 years - and it worked. "I needed to learn to be comfortable in my blackness and gain confidence by being around people who looked like me," she recalls.

"I started going to basketball camp and meeting more guys at sports tournaments. I was newly boy-crazy and I realised, 'I'm on to something! Black boys like me!' The white boys hadn't asked me out. I felt

socially and sexually invisible at a time when all I really wanted was to be seen."

Being seen - and heard - is no longer a problem. When the contraband bottle of vino finally gets cracked open postshoot, Gabrielle sits back to spill on her life. Everything is fair game, from how she keeps her youthful face - no needles, she swears! - and learning how to say no, to what it feels like to be a temporary vegan. Let's just say it's made her really, really miss bacon.

THE HIGHS (AND LOWS) OF ACTING

"The first big role, or what I thought was a big role, that I didn't get was in Josie and the Pussycats in 2001. I just knew that role was going to change my life. I cried when I didn't get it. It was so traumatising because I had auditioned so many times and I thought I was perfect for it. And then, magically, I got another job and then another and another. Every job that I've thought, 'Oh my god, this is it, this is the job that's going to change my life...' If I don't get it, something else turns up, and my bills get paid."

"I'm at that stage in my career right now where roles have to appeal to me on a deeper level, as a woman and a human being. Those projects are few and far between. I loved my character in The Birth of a Nation. It was a role which, fortunately or unfortunately, I was born to play [her character is raped in the film]. I was grateful to

be able to talk about sexual violence on a very large stage.

I'm always interested when the material speaks to me, challenges me and feeds my soul, but I don't always get the opportunity."

I ENJOY THAT MEAL? HELL, YES!

AM I GOING TO STRESS OUT ABOUT IT? HELL, NO!

LOVE, BASKETBALL AND STEPKIDS

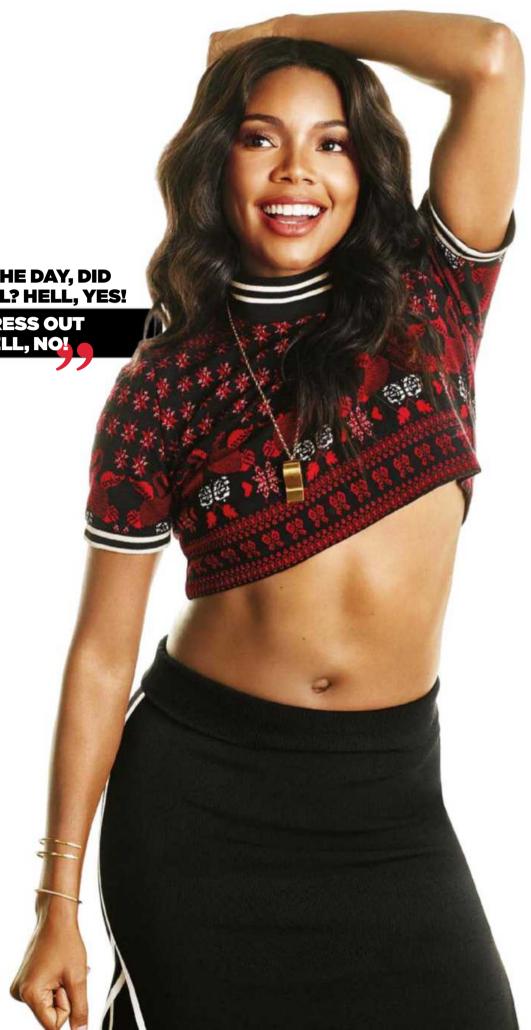
"I don't know if I ever had a 'type,' but at this point in my life, I like guys who are taller than me and make more money than I do [laughs]. And Dwyane [Wade, her NBA-star husband] is even all in with Midwestern football now – I got him, like, addicted."

"We love spending time as a family watching college football. [Dwyane has three sons and a nephew.] We're lucky that the teenagers, who are both 15, still think we're cool and still tell us a lot. I'm waiting for that switch to turn off, but it hasn't happened yet."

AMAZING SKIN, ANNOYING GREYS

"I get asked all the time how I look so young. I don't like needles. I'm not going to rule out Botox, but the idea of putting a needle in my face... I'm not there yet. I have pretty oily skin, I drink a lot of water, I don't smoke and I don't have a hard life. Of course, as I've aged, everything in my body hurts! My hips, back, shoulders — lots of aches and pains. I dye my hair and people say, 'You look young,' but my grey hairs are saying, 'She's old as f*ck!'"

"My best anti-ageing tip is the ability to say no, no and hell,





no. We run ourselves ragged saying yes to every freaking thing, whether it's to our family, spouses or careers. I sleep eight hours a day and don't let myself stress out. A lot of people call it selfish, but I don't have any wrinkles."

A COMPLICATED RELATIONSHIP WITH EXERCISE

"I have a family history of diabetes, high blood pressure and high cholesterol and I know that can lead to an early death. I want to be a vital and energetic part of my family for a long time, not to be Big Mama in a rocking chair in the TV room or huffing and puffing just going up stairs. I work out not because I get off on it, but because I want to live!"

"I love my arms because it's where I get fast results. At my age, if I don't work out for two weeks, it's like I've never done anything, ever. But my arms come back quickly. I try to maintain my moneymakers."

"I'm not a morning person, but I have to work out early because of my schedule. The great thing about Pilates is that I can take out my annoyance from waking up early on the machines instead of human beings. It's for the greater good. My body responds to it and I'm also more clear."

ALL THE (FOOD) FEELS

"My dream food is all food: Mexican, Indian, Italian, soul food. I just really like food, especially cheese, bread and bacon, bacon, bacon. Half of the appeal is the smell – I want to fill my home with it. If there were a bacon-scented candle, that would be my dream."

"I tried a cleanse once and lasted a day and a half. I was so hungry, I couldn't function. I have to eat every few hours. I can't eat a lot after 8pm, but to eat nothing from 10am to 8pm? I can't do that. I'm doing [a different] cleansing diet to get on track while filming Being Mary Jane. I'm eating vegan, gluten-free, low-sodium, lowsugar, low-carbs. I feel very focused when I eat like that and it keeps me lean. I don't like tofu and a lot of vegan foods that claim to taste 'just like spare ribs' have so much salt and sugar it defeats the purpose. I stick to quinoa, lentils, brown rice, beans, vegetables, juices, acai bowls and gluten-free oatmeal."

"If I've inhaled some of my favourite foods one night, the next day I boost my water intake and just try to move. If I can't work out, I walk instead of drive, take the stairs rather than the elevator and keep active."

"I've learnt to be kind to myself. I'm not obsessive about food, like, 'Oh no, I ate badly, so I have to stay in the gym for two hours!' At the end of the day, did I enjoy that meal? Hell, yes! Am I going to stress out about it? Hell, no! And, magically, the world doesn't end because of what I ate."

DYE MY HAIR AND PEOPLE SAY, 'YOU LOOK YOUNG,' BUT

MY GREY HAIRS ARE SAYING, 'SHE'S OLD AS F*CK!



style beaut Mesh panels are used to create interesting design elements, such as fabric blocking, as well as allowing breathability. Best of the **Basics** Loungewear has never been this big and we're loving how these basics - cropped boxy tops and dropped joggers Drop-crotch joggers allow shout comfort - are fit for all for more occasions: mat, park, stretch. For doing gym or couch. yoga on the couch BY ANJA JOUBERT // of course. PHOTOGRAPHS BY RICARDO SIMAL Boxy mesh tee, R599, and joggers, R999, both Reebok; shoes, R1 499, H&M





Slip-on boot, R899, *Jeep*



Tank top, R500, Asics



Athletic shorts, R299, Cotton On Body



Mesh high/low-hem tee, R849, Puma



Cropped joggers, R999, adidas StellaSport



Mesh-panel tee, R299, Cotton On Body



Tote bag, R1199, 2NDDAY

FASHION



Tank top, R650, New Balance

As we move into autumn, we'll be making more use of comfy, cosy gear. We're loving the throwback to fleece takkies.

Dynacomf W Summer Glitter trainers,

R1399, Le Coq Sportif



Boxy active top, R1199, adidas StellaSport



Zip-through hoodie, R1899, adidas StellaSport



Active pullover, R500, Converse

Joggers, R610, Converse



T-shirt, R290, Converse



Badwater Cozy trainers, R899, Hi-Tec







R2 199, 2NDDAY



Racer-back bra, R299, Cotton On Body



Athletic shorts, R379, Move Pretty





Cropped hoodie, R449, Cotton On Body



Athletic shorts, R299, Cotton On Body



Tights, R749, adidas StellaSport



High-top sneakers, R1 250, Converse







YOU'RE GOING TO: HIGH ALTITUDES

DESTINATION:

Drakensberg, Lesotho, Scandinavia

BUY: Multilayered fragrances

WHY: Extreme cold slows down the life cycle of a fragrance. "When it's cold, more smell molecules exist per unit of space to activate our olfactory receptors," says Professor Emeritus Tim Jacob of Cardiff University's School of Biosciences. Multilayered fragrances flourish as they are afforded a slow release. "Plus, our skin is drier,"

adds fragrance expert and master perfumer Roja Dove, so scent isn't absorbed as easily as it is by warm, porous skin. To test a fragrance's complexity, smell it every 30 minutes for three hours and if it's different each time, it's a winner.

TRY: (1) Jo Malone Golden Needle Tea (R2 400, 75ml); (2) DKNY Be Tempted Eau So Blush EDP (R780, 30ml); (3) Versace Eros Pour Femme (R1 230, 50ml)

FOR HIM: (4) Paco Rabanne Invictus Intense EDT (R1 030, 50ml)





YOU'RE GOING TO: THE BEACH

DESTINATION: Durban, Mauritius, Jamaica

BUY: Exotic whitefloral scents

WHY: Hot weather does two critical things to scent, says Jacob. "First, water vapour carries scent quickly and intensely. Second, it hydrates your nasal mucus membrane, so scents get dissolved on their way to our receptors, making them smell stronger." Stick with fragrances based on indigenous white flowers. They have lighter scent molecules, which thrive in tropical and subtropical climates. Try jasmine, tiare flower, frangipani, orange and cherry blossom, advises Dove. TRY: (5) BVLGARI Rose Goldea EDP (R1 660, 50ml); (6) Chloé Love Story EDP (R955, 30ml); (7) Armani Privé Pierre De Lune (R3 350, 100ml)

8

FOR HIM: (8) Lacoste Eau De Lacoste l.12.12 Blanc (R955, 100ml)



DESTINATION:

Johannesburg, Beijing, New York City

BUY: Single-note scents

WHY: "Pollution affects our smell sensitivity," says Jacob. "This is because oxides of nitrogen and sulphur in petrol and diesel exhaust fumes reduce our olfactory receptors." So in most big cities, your fragrance must work extra hard to be noticed. Crystalclear fragrances that let iust one ingredient sing - sometimes by repeating it in the top, heart and

base notes, sometimes by adding little else - are robust enough to stand up to environmental nasties. They will tend to smell pretty much the same (in scent and strength) after a few hours' wear.

TRY: (9) Atelier Cologne Orange Sanguine (R3 500, 200ml): (10) Crabtree & Evelyn Black Absinthe Eau de Cologne (R1 300, 100ml): (11) Cartier Baiser Fou Cologne (R1 180, 50ml)

FOR HIM: (12) Chanel Bleu De Chanel EDP (R1 530, 20ml, plus two refills)



YOU'RE GOING TO: THE DESERT

DESTINATION: Karoo. Morocco, Dubai

BUY: Strong wood or incense base notes

WHY: "In any arid climate, perfume molecules tend to evaporate quickly," says Jacob. "So top notes (the first hits of scent you get) disappear faster, while base notes (the strong, underlying scent that develops after application) appear earlier." As it takes anything up to a few hours for base notes to come through, we say head to the perfume aisle straight

after security, spritz your shortlisted scents (your wrists, the backs of your knees and neck are good non-competing zones) then see which one you love enough to buy before you board.

TRY: (13) Gucci Bamboo Limited Edition EDP (R1 000, 30ml); (14) John Varvatos Oud EDP (R1 395, 125ml); (15) YSL Tuxedo - Le Vestiaire des Parfums EDP (R3 500, 125ml)

FOR HIM: (16) Azzaro Wanted EDT (R1 200, 100ml)



YOU'RE GOING ON: A STAYCATION

DESTINATION: Home

BUY: Fresh and light fragrances

WHY: According to the Michael Edwards Fragrance Wheel, fresh fragrances are broken down into the Green, Water and Citrus families with notes on either side of those blurring into the floral and woody categories. Fresh scents make a great any-time perfume and are perfect

if you don't want an overpowering heavy fragrance, but still want to smell crisp and clean.

TRY: (17) Chanel Chance Fau Fraîche Twist and Spray EDT (R1 495, 20ml, plus two refills); (18) Boss Ma Vie Pour Femme EDP (R1 415, 75ml); (19) Paco Rabanne Olympēa EDP (R800, 30ml)

FOR HIM: (20) David Beckham Beyond Forever EDT (R450, 60ml)



While You Were Sleeping

As the sun sets, your skin calls for an extra layer of protection, so we've collected an arsenal of products that will slave away while you snooze. Here are our fave sleep saviours...

BY GOTLHOKWANG ANGOMA-MZINI



JAMES GARAGHTY

1/ The SilkLady Pillowcase (R235, travel size)

Ever wondered why Sleeping Beauty woke up flawless? We're putting our money on the fact that she used a silk pillowcase. Snoozing on silks slows down visible signs of ageing and the fabric sucks less moisture from your skin than cotton or polyester cases do. Try these 100-percent organic silk pillowcases to look like a princess from sunrise to sunset.

2/ Skinderm Brightening+ Elixir (R580)

To even out your skin tone, revitalise your skin's surface and continue looking like a PYT, you need doses of vitamin C and retinol. This serum combines the power of this magic vitamin as well as mulberry extract to get you looking fresh for the start of your day. Tip: use an SPF during the day because, as with any retinol product, the elixir will make skin more sensitive to the sun.

3/ Dermalogica Daily Resurfacer (R1 020)

If you're a fan of treatments you can sleep in, try this leave-on exfoliator. The packets of presoaked sponges are designed to fit on your index finger. All you have to do is apply it to your skin using circular motions and by morning your skin will be brighter.

4/ Lipidol Overnight Face Oil (R80)

This well-priced oil is rich and luxurious. It contains ylang-ylang and blackpepper essential oils and has a refreshing scent. If your skin feels dry, this oil will give it the extra boost it needs.

5/ Vichy ProEven Night (R450)

Essentially a facial in a tube, it can be used two ways: first, as a nightly treatment applied in a thin layer to your cleansed face. The second way is to use it once or twice a week as a mask. Both methods will help reduce dark spots in four weeks.

6/ SkinCeuticals Retinol 0.3 (R1 188)

There is no magic pill for perfect skin... But retinol comes pretty close. This highly concentrated night cream can help diminish the appearance of fine lines, wrinkles, pigmentation and acne.

7/ Elizabeth Arden Eight Hour Cream Skin Protectant Nighttime Miracle Moisturizer (R365)

Inspired by the awardwinning formula of the Original Eight Hour Cream, this new, advanced, lightweight overnight moisturiser hydrates the skin by sealing in moisture, as calming lavender helps to relax and soothe the senses before bedtime to ensure a peaceful sleep.

8/ Kiehl's Midnight Recovery Botanical Cleansing Oil (R650)

Kiehl's signature ingredient, squalane, doesn't disappoint – it helps to restore skin's natural moisture balance, keeping it soft and supple. This lightweight oil cleanser removes make-up and impurities, leaving skin balanced, soothed and prepared for an optimal night's rest.

9/ Nuxe Nuxellence Detox (R675)

For some serious restorative work while you snooze, try this nightly detox that promotes cell renewal. Its secret power lies in repairing your skin's mitochondrial DNA - the DNA that's responsible for the energy supply in cells. It's perfect for rehydrating and faking a good night's sleep the morning after.

10/ Environ Hydrating Oil Capsules (R660)

Fight fatigue face with these capsules – they provide a concentrated burst of hydration, antioxidants and retinol in an easily absorbed, oilbased formula. A real treat for dry and fragile skin.

11/ Dior Prestige Le Nectar De Nuit (R6 660)

It's the skincare equivalent of layering on a chilly day. This night serum improves the condition of your skin, layer by layer. It has a concentration of Rose de Granville extract - pressed from the 800 roses grown in the Dior garden - and, over an eight-hour period, it helps to regenerate skin cells and erase signs of ageing. It's definitely on our wish list!

TOTAL INSPIRATION!



Recently finished Shrink Your Sugar Belly Vol 1 and looking to take your wellness journey to the next level? We've got you covered! You'll find advice on how to reintroduce some sugar without backsliding, recipes to stop cravings, treats to keep you satisfied and workouts to help you lose even more centimetres.

ON SALE NOW!

For other inspirational books and DVDs, visit FitShop.co.za and click on WOMEN'S HEALTH.

GET BACKIN SHAPE!

Women's Health brings you LEAN BODY BLITZ

The 12-week weight-loss programme for women that works

- 12 weeks of workouts and meal plans developed by experts
- Complete shopping lists
- Easy-to-follow video tutorials
- Weekly mailer with additional expert tips to help and support you on your journey
- Suitable for women of all ages, body types and fitness levels

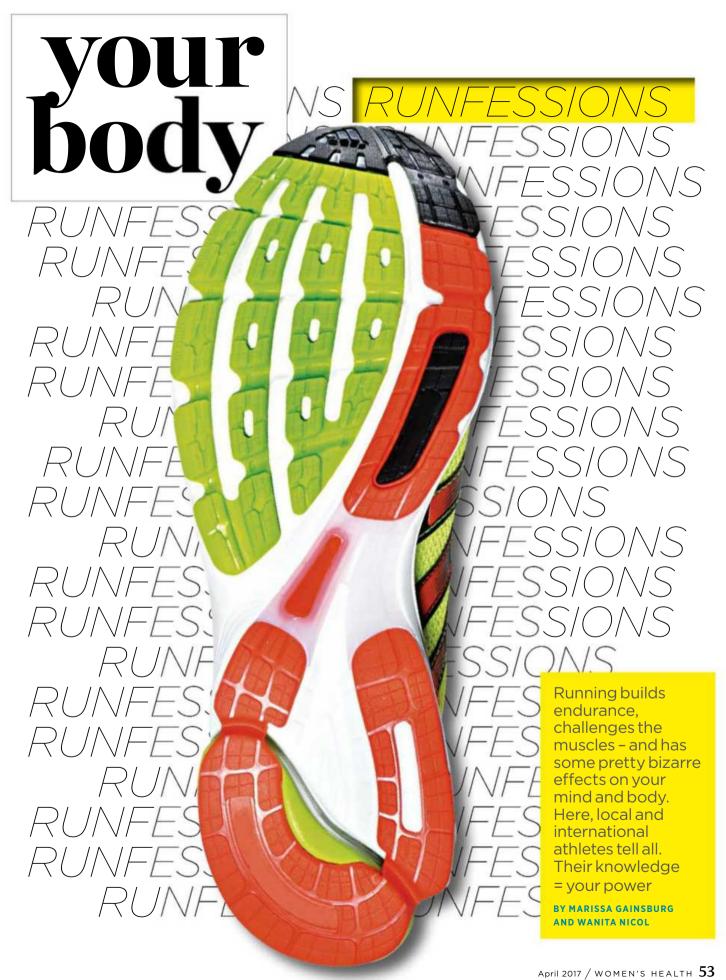
SIGN UP TODAY!

LeanBodyBlitz.co.za











RACING RITUAL

"I always leave my shoelaces tied until just before a race," says American marathoner and Olympic medalist Deena Kastor. "So I can then take time unlacing my shoes to reflect on all the hard work I put in leading up to the event. I allow myself to get excited as I lace up. It's become a tradition that messes with my head if I skip it – or if my husband unties my shoes, like he once did. It's important to centre yourself; it will help you find meaning when you need it most."

BREATHING

"My tip is to create a rhythmic pattern of breathing in and out with your foot strikes," says SA 10 000m Olympian Dominique Scott. "For example, breathing in using both your nose and mouth during two foot strikes and out through your nose and mouth on the third foot strike."

But if you're sprinting, there's literally no time to breathe. "Sometimes I only take my first breath after the first 40 metres," says SA Olympic sprinter Alyssa Conley.

MUSIC THERAPY

In SA, music is forbidden in most road races, so best not to get too attached to it, advises Scott. But on the treadmill it can be just the boost you need. "My go-to playlist is a mix of Britney Spears songs. They're easy to sing to and have a positive vibe," she says.

"Music gets me amped up and in the zone," says Conley. "My playlist starts off with gospel and goes into some hip-hop and house. Before I go onto the track I listen to one of three songs: "Blessed Assurance", "The World's Greatest" or "I Believe I Can Fly."

SHOCKING FOOTAGE

Runners routinely lose toenails, get massive blisters and even

endure crooked toes. "It's very important to keep your toenails short, especially the big toenail - it can press into the front of the spike because you're more on your toes when you're sprinting," says SA Paralympic sprinter Ilse Hayes. And if you do get a blister, don't pop it. "Rather thread some string through using a sterilised needle and dry up the fluid like that. That way the new skin develops while it's still protected by the old skin," she advises.

"When you get a pedicure don't allow your callouses to be shaved off - they may not be pretty, but they protect your feet from getting blisters," cautions Scott.

GEAR UP FOR THE WIN

"The right pair of running shoes makes all the difference," says Scott. "The right size shoe and the correct type of shoe for your running style are very

a thing? Weird

bodily mishaps.

And because this

is not Fight Club.

about it. All of it.

finest local and

are sharing what

actually happens

some of the

we are going to talk

More pointedly,

international athletes

when they put takkie

to tarmac. From the

small ways they find

inspiration and stay

mortifying moments

that can happen on

kilometre 17, there's

Learn through their

experience to enjoy

your best run ever.

oodles of wisdom

in their words.

motivated, to the

important. Also many runners don't realise how quickly running shoes wear out. You can't run in shoes where the sole has broken down - you'll get knee and shin problems."

Equally important? Your socks. "Make sure they're performance socks," says Conley. "I usually wear the Nike Dri-Fit socks - they help with friction and sweat wicking, which reduces the chances of getting blisters."

CLIMATE CONTROL

"The wind always makes me angry," says Kastor. "I hate that it messes with my time and that there's nothing I can do to temper it. But when we get annoyed, our shoulders tense up and running stiff makes things even worse. You have to remember that you have the power to control your mental reaction and that keeping it in a positive place is key to maintaining good form."

"That's why it's so important also to train in tough conditions," explains Hayes. "On race day you'll feel prepared, that you've done the hard work in these conditions. And remember that all the competitors are in the same situation – it's not just you."

BACKGROUND NOISE

"When I stopped absorbing other people's opinions, that's the moment running changed for me," says Jamaican-American Olympic sprinter Sanya Richards-Ross. "No one knows that I absolutely hated the 400m race growing up - which is exactly what I later won a gold medal in. Through high school, the 400 was the event that no one ever wanted to run because it was too long as a sprint. I developed a fear of something I'd never even tried! But my dad encouraged me to try it and when I ran it for the first time, I realised it wasn't so bad."

"Everyone tries to give me advice," says Conley. "I just nod and wave. I definitely listen to the experts in track, but the rest I zone out while they're speaking."

"Listen to the people you trust and know," agrees Scott. "For me, it's my two coaches and my husband. And the most important person to listen to is yourself. Your body will tell you what it needs."

CLEAR HEAD

"Training for a long time with an all-male group, I picked up some of their behaviour," says Kastor. "Like, if I feel stuffy, I just blow out a snot rocket. It's a little messy at first, but I've gotten pretty good at it - now I can shoot my snot right toward the ground. You just close one nostril, assess where the wind is blowing and force a strong blow in that direction." Exercise acts on the nose like an irritant, similar to perfume or smoke, causing excessive mucus production in the lining of the nose, according to experts.] "It's not something I take pride in, but when you're running, especially at altitude, you need all the oxygen you can get and it's a distraction no one wants. Wearing long sleeves and gloves to wipe your drippy nose also works."

NATURE'S CALL

"When I was younger I always used to 'hold it' - I would convince myself that I could wait until I got home," says Scott. "What I didn't realise then was that I was damaging my bladder and ruining my run by not simply stopping and going behind a bush. It was only when I got to the States and started training with a team of girls who would stop along their runs to 'go behind the bush' that I realised it wasn't such a terrible thing and started doing it myself. Unfortunately, this part of our sport is not very glamorous, but the truth is if you have to go, you have to go. I always try to find a nearby restaurant to use their facilities but sometimes that isn't an option and you have to become one with nature."

I LEARNT THE HARD WAY...

Runfessions and life lessons from the WH team



Farting is a real possibility.

"About a kilometre into an early-morning group run, I realised a whole lot of gas needed to escape and holding it in wasn't an option. I hung back from the group and just let rip on the trot like a machine gun. Not my sexiest moment." - Wanita Nicol. deputy editor



Watch your step.

"Twice I've fallen because I wasn't watching the ground and kicked uneven patches of pavement. Both times I ended up in a full sprawl. It's very embarrassing - and potentially dangerous. Once I tore a ligament." - Leigh Champanis-King, copy editor



Don't run in a G-string.

"I once went for a training run and, without thinking, put on a thong that was a little bit loose so the crotch material

rubbed against my skin. I didn't feel anything during the run, but I've never felt such stinging, horrendous pain as in the shower that followed. It was impossible not to scream out loud." - Amy Hopkins, food and managing editor



Cold air makes your nose run.

"I usually pack tissues when I run, but one frosty day I forgot and it got to the point where I couldn't breathe at all. So I stopped and blew into my T-shirt. There it was, down near the bottom, for the whole run, for the whole world to see." - Michelle October, iunior writer



Pushing hard can have unexpected consequences.

"Years ago when I was at school, I was running the 1500 metres and I pushed so hard at the end that I literally peed myself - with the entire school watching. After crossing the finish line, I just ran straight into the bathroom."

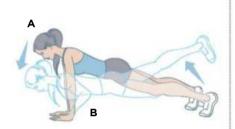
- Michelle von Schlicht, art director

THE (SURPRISING!) BET RUNNER WORKOUT

High-impact running + high-impact cross-training = too much impact, right? Actually, quite the opposite. The secret to becoming a faster, stronger runner and preventing common overuse injuries (shin splints, runner's knee, IT Band Syndrome, the list goes on) is to add more explosive movements to your routine, says sports medicine physician Dr Jordan Metzl, author of Dr. Jordan Metzl's Workout Prescription. "Plyometric exercises involve powerful jumps to train your fast-twitch muscle fibres, which you need for speed," he says. "Even better, they strengthen the muscles around your joints, so your joints will be more protected when you run."

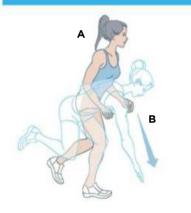
1/ SINGLE-LEG PUSH-UP

shoulders (A). Brace your core and bend your elbows to lower your body as you lift your right leg 20cm Continue alternating.



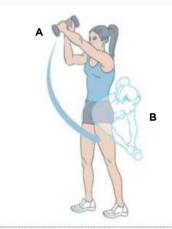
2/ SKATER HOP

your right ankle **(A)**. Bend your right knee and lower into a partial squat, then bound to the left by jumping (B). Switch sides and continue



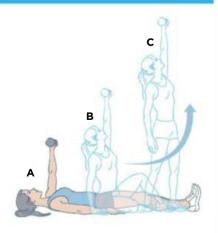
3/ DUMBBELL CHOP

Stand with your feet shoulder-width your right shoulder **(A)**. Rotate your torso to the left and bend your hips to swing the dumbbell down past your left knee (B). Reverse the movement 30 seconds.



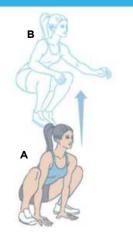
4/TURKISH GET-UP

above your chest (A). Bend your left knee, then roll onto your right side and sit up onto your right leg (B). Stand (C), then reverse to return to start. Switch sides after 30 seconds.



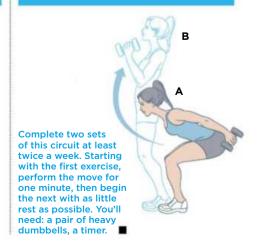
5/ FROG JUMP

and back to lower into a squat, and keeping your arms straight (A). Jump up, raising your knees as high as they'll go (B). Land and immediately jumping, touching the floor if you can.



6/ DUMBBELL SKIER SWING

Stand with dumbbells at your sides, feet hip-width apart and knees hips and swing your arms backward **(A)**. Thrust your hips forward as you lift your torso until you're standing upright, swinging the weights to chest level (B). Continue swinging.



JORDAN METZĽS WORKOUT PRESCRIPTION IS PUBLISHED BY RODALE INC., PUBLISHER OF *WOMEN'S HEALTH*

MINUTE **WORKOUT**

EMBRACE THE IMBALANCE

This off-kilter approach will tighten your butt and tone your legs in record time

One-sided relationships are rarely healthy - unless you're talking about unilateral training. Supporting weight on just one side of your body at a time offers benefits that evenly loaded strength-building moves inevitably miss.

"When you work each side independently, you're able to laser in on just those muscles, so you can perfect your technique, spot weaknesses and really control each rep," says certified strength and conditioning specialist Mike Robertson. And while your legs, butt, shoulders and back are the main stars of this routine, they're not the only ones being challenged. "Your core is working twice as hard to correct a rotational pull from the weighed-down side," says Robertson, who created the workout here

Two or three times a week, complete this circuit using a kettlebell ("It allows for a more natural hold than a dumbbell," says Robertson). Begin with the first exercise and rest for 30 seconds before moving on to the next. Repeat twice for a total of three rounds.

You'll need: A kettlebell and a low bench.









Pull-up

This is a beast of functionality, working your back, arms and core.

Make sure you brace your core.

DO IT RIGHT

"It'll keep your midsection and spine in a single position, reducing the strain you put on your back," says Cameron Coomer, physiotherapist at Celia Smith & Associates. **GO EASY** "Perfecting the pull-up can take anywhere from a few months to years to achieve on your own," says Emma Jooste, personal trainer and co-owner of Warrior Warehouse in Cape Town. Start basic with lat pulldowns and TRX rows three times a week. As you get stronger, loop a thick resistance band around the bar and step into it so it supports some of your weight. **GO HARD** Already able to bang out a few reps? When you can do more than 10, hold a dumbbell between your feet.

GEAR UP Full fingered, snugfitting gloves provide grip without bulk or chafing. Try the Reebok CrossFit Training gloves, R1 199.





Boxjump

Trying to hit your max heart rate? Ditch the treadmill and go for box iumps: "They build muscle and are good for power development," says Gareth Corbett, co-owner of Switch Playground, where box jumps are a staple. In one jump, you'll shape your butt, thighs and calves, plus build explosive power that'll help you hit a ParkRun PB. **DO IT RIGHT** Corbett sees box iumps being butchered all the time. which can cause injury to your back and knees. Make sure you lift off with both feet and jump evenly, landing softly on the box, he says. GO EASY First-timer? Get a lower box. "Boxes come in sets of three, so go for the lowest," says Corbett. If you're not ready to jump up, try stepping up, squat on the box, then step down and squat again. GO HARD If you're hard core, try the one-legged jump - push off and land on one leg, step down, then swap legs. It isolates the leg muscles, so you'll burn more 'joules per jump. Not ready? Add a weight to a two-legged jump. **GEAR UP** For explosive moves, you want a flat-soled shoe. "Any trainer is perfect," says Corbett. "What you don't want is a running shoe. The sole is high while the forefoot is low, so vou're off balance. Flat-soled shoes give you more stability." We rate these Puma Fierce Strap

trainers, R1999. They've also got ankle support for stability.





Stability-ball pikes

Stability ball pikes are great for targeting the deepest recesses of your lazy core. But they're also ace for strengthening and stretching your hamstrings and lower back, says Corbett. Your shoulders get in on the action too. In fact, from your triceps to lats and butt, your whole body will be on fire.

DO IT RIGHT Bad form could iniure vour back. Make sure vour hips don't sink and remember to brace your core. Roll the ball over your feet to your toes, leading with your abs and squeezing your glutes.

GO EASY "Core strength is essential, so loads of abdominal work will aid in the process," says Corbett. Start with planks on the ground, then with your feet on the ball and finally practise jackknives - from a plank with feet on the ball, tuck your knees into your chest.

GO HARD Try adding a pushup before the pike.

GEAR UP Worried about flashing your boobs? Stick to a formflattering top that supports movement. The New Balance Perfect tank, R499, has shirring at the seams so it stays put, plus NB Dry tech wicks moisture away from your sweaty torso.





Squat

Squats build that bootay, but they also strengthen your legs and core. Plus, stronger glutes (muscles in your butt cheeks) help you run faster and reduce your injury risk.

DO IT RIGHT One sure sign you're squatting, but won't make gains is if your knees are over your toes. Make sure your upper back is straight - not drooping forward - and that knee-to-toe alignment should fall into place. says Jooste. Another sign you're doing it wrong? Not squeezing your glutes on your way back up. GO EASY If you're new, try

squatting slowly without weights, watching yourself in the mirror to check your form. Injured? Opt for donkey kicks or bridges instead.

GO HARD "Do a combination of squats and lunges and implement variations," says Jooste. Try a complex of squat jumps, Bulgarian-split squats and jumping lunges to really up that burn.

GEAR UP Can't help but notice the plumber's crack in front of you and hoping you're not giving the entire gym an eyeful? Look for tights with a high, broad waistband and fabric that doesn't turn sheer when it stretches or darken with sweat. Our pick? Nike Zonal Strength tights, R1 700.





WWW.ULTIMATEWILDCAT.COM

#BEUNSTOPPABLE #BECOMETHEULTIMATE



Women's Health I SUPPORT WOMEN IN SPORT

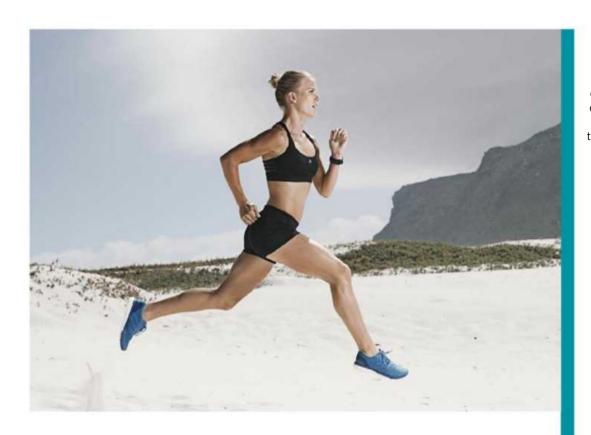
In 2016, we launched a campaign to cast the spotlight firmly on our sportswomen - true superheroes with equal parts grit and grace. From hearing their stories to actually seeing their faces, we believed it was time to give female athletes the recognition they deserve for being such sporting badasses. despite everything from insufficient funding to a lack of media coverage... We salute them every damn day and hearing each one of their stories has made us as a team both incredibly humbled and hugely inspired. Know of someone who fits the bill? Email us at TellWH@WomensHealthSA. co.za or tag us on social media using the hashtag **#SAWomenInSport.**

We Could Be Heroes

Feel like you're training hard, but getting nowhere? This dose of perspective from an Olympian is exactly the pick-me-up you need

BY MICHELLE OCTOBER // PHOTOGRAPHS BY PAUL SAMUELS





Last year, 10 000m runner Dominique Scott flew the SA flag at the 2016 Rio Olympics. "I was surrounded by athletes I've looked up to my entire life," she recalls. "There I was, in the Olympic Village, walking around with other athletes, eating among them in the cafeteria. And I realised, these people. there's nothing special about them other than the fact that they've worked their butts off to get where they are." In the same way, Scott has been working her whole life to join that elite club of athletic titans. Here, she pins down her formula for success.

Even heroes are human.

"I want people to know that I'm not like a superhero or something," Scott says. Running is her job, but sometimes, just like the rest of us, she doesn't feel like doing it. "I don't love working out everyday; there are days when I don't wanna work out and I wanna eat a doughnut too!" It's being able to push past this that got her where she is today. "In track and field, it's all about hard work and I think you can create your own success," she says. "Someone could say, 'Dominique is really lucky', but I think that I've worked really hard and from that hard work, those successes have come."

Find something you'll work for.

"I'd definitely say my goals motivate me in a hard workout. Every season I write new goals for myself; something that excites me, that seems a little bit hard, but not totally out there," she says. But sometimes it takes a spontaneous reward - like one early-morning run when it was freezing, Scott was alone and didn't want to trudge along in the frost. She drove to a local coffee shop, started her run there and told herself that when she came back, she'd spoil herself with a latte. "Sometimes you need to do that, you need to find a way to motivate yourself."

Get comfy where it hurts.

When you're chasing your goals, comfort zones are a luxury you can't afford. When Scott tried her hand at a one-mile (1.6km) race, the much shorter distance meant she had to reconfigure her whole approach. What's more, she was one of only two non-one-miler specialists in the field. Scott felt intimidated and the race was tough. "It felt like a monkey had jumped on my back and my legs were burning, but I had to remind myself that it's meant to hurt and that everyone else around me was also hurting," she says. She kept that mentality to the finish line and placed fifth.

Downtime takes commitment too.

A big part of what makes Scott successful is how she works off the track. "You can't just run hard and practise. You also have to come home and do the recovery work," says Scott. That means eating healthily, getting enough sleep and stretching out tired muscles, she adds, "I think that's where a lot of difference is made between good athletes and great athletes."

RECOVER **FASTER**

Your body can be made or broken by what you do outside of training, Follow Scott's recovery regimen to get your body in its best shape - inside and out.

WARM UP

"If I've had a hard workout, I prefer to take a hot bath. If I have Epsom salts, I use those too. I only use cold water when I feel an injury coming on."

STRETCH OUT

"After the bath. I'll make sure I stretch for 10 to 30 minutes. I stretch all my main leg muscles: quads, hamstrings, glutes (very important - they're the motor for runners) and then my calves. Do it while you're doing something else, so it doesn't feel like a chore."

FEEL THE KNEAD

"I'm a firm believer in massages. I think that's what's kept me healthy the past couple of years. I get a weekly massage: it flushes out the body and breaks down all those microfibre tears in your muscles from exercise."

DRINK UP

"I have a low-fat chocolate milk after every one of my hard workouts. The mix of sugar, protein and carbs restores my muscles after I've been hammering them."

NOD OFF

"I make sure I get enough sleep. I'm not strict with what time I go to bed at night, but I try to let myself sleep until I wake up rather than setting an alarm. Obviously not everyone can do this, but sleep is very, very important."



They're the key to OMG sex, preventing prolapse and zero leakage anxiety. In fact, strong pelvic-floor muscles are on point right now - apps can track your vaginal strength (#ThingsILiftWithMyVagina) and Venus balls are actual things. You know the importance of Kegels as a lady-business exercise done after a baby, clever sex trick, yadda yadda. And the stronger, the better, right? Surprisingly, no. You can, in fact, have nether regions that are too tight or overactive, explains pelvic physiotherapist Heba Shaheed. "Having a healthy pelvic floor is multifaceted. It should be able to contract strongly. hold for a desired length of time and relax completely," says Shaheed. Just as you may struggle to isolate this web of muscles to build them, you can also lose the ability to relax the area mindfully. Cue a stressed out vag - and a long list of associated evils including painful sex, difficulties during labour, trouble using tampons and a physical rejection of your regular pap smears.

Don't freak though, "One doesn't cause the other", says gynaecologist Dr Deborah Bateson. In other words, if you've got a weak one, you can't over-exercise it. And while some mysteries, like the circumference of Eben Etzebeth's biceps, are fun to ponder, it pays to know the deets of yours. "The pelvic floor is a group of muscles and ligaments that supports your bladder, uterus, vagina and rectum," says Bateson. So when it's too weak or too strong, all of these areas can't function properly (read: leakage, farting, surprise number twos).

So, how do you find yours? "To know if you are switching on the right muscles, you can cup your hand and place your wrist at your tail bone and the palm of your hand scoops under towards your vagina. When you squeeze and lift your pelvic floor, you will feel a tautness in

your palm. As you relax your pelvic floor, you will feel it come down and spread out into your palm," advises Shaheed. Still unclear? You might need a more hands-on approach. Bateson reckons one of the easiest and quickest tests is to insert two fingers gently into your vagina and try to squeeze them. The trick is to do it sans bum clenching. If you're still unsure, you'll need to call in the pros. "There are dedicated physiotherapists who work with women who have pelvic-floor problems. It's all about retraining those muscles so that you're in control and not the other way round," says Bateson.

Too weak?

Try this...

If "I laughed so hard I nearly peed myself," isn't a joke for you, listen up: to whip your rebellious lady parts into shape, try functional exercise, advises Shaheed. "You want to coordinate the pelvic floor lifts and drops with other muscle groups, like your gluteals," says Shaheed. She recommends trying with squats, lunges and bridges. Breathe in as you lower, out as you lift (your pelvic floor) and rise up. Repeat five to 10 sets, three times a day.

Too strong?

Try this...

If sex feels more daggers in your downstairs area than toe-curling, spinetinglingly good, there are ways to deal. Research by Jean Hailes For Women's Health Medical Centre shows one in five women experiences painful sex or pelvic pain. Relax, so you can do it. Try yoga stretches to lengthen the muscles, like child's pose and happy baby, suggests Shaheed, while Bateson advises warm packs, lying down and dilators – see a women's health physiotherapist who can put together a programme for you. Control gains.

VISUALISE THIS

There's a multitude of ways you can tap into vour pelvic-floor muscles. Here are four...

Imagine you are sitting on the toilet seat and you want to stop your wee.



Think of your bits as a straw and you're trying to suck a smoothie up through it.



Work on tightening them, as you would around your man during sex.



Imagine the way a pebble drops into a pond and the ripples it makes outwards. Now do the reverse movement within your pelvic floor - bring the ripples together and pull the pebble up.



BREAK THE HABIT

Heard you should practise Kegels by stopping your urine flow? Don't. It may lead to incomplete bladder emptying and an increased risk of UTIs.



There's a dizzying number of supplements out there. Read on to find out which you should be knocking back

BY SASCHA DE GERSDORFF

Vitamins and minerals are essential to life. Without them, we couldn't think or even breathe. much less digest food or walk the dog. But chances are you're not getting enough of the good stuff and figuring out what you need is tricky business. We uncover the key nutrients you should consume, plus which you should get from food and what's okay to buy in a bottle.

VITAMIN A

HEALTH

Talk about your overachiever: this antioxidant boosts immune systems, improves vision, cuts risk of heart disease and may slow skin ageing. But, warns Dr Michael Holick, author of The Vitamin D Solution, it can be toxic in large doses, so stick to the right amount.

RECOMMENDED DAILY DOSAGE: 2 300 international units (ILI) **NEED A SUPPLEMENT?** It's best to

get A from a beta-carotene source, such as a large carrot or a cup of sliced spanspek.

B VITAMINS

The eight B vitamins help maintain metabolism, muscle tone and a sharp mind, says professor of nutrition, Dr Mary Ellen Camire. Most important for young women is B9 (folic acid), which keeps red blood cells healthy and guards against cancer and birth defects.

RECOMMENDED DAILY DOSAGE: 400 micrograms (mcg); 600mcg if you're pregnant

NEED A SUPPLEMENT? Probably not (unless you're preggies or planning to be soon), particularly if you eat grains. Just one cup of most fortified breakfast cereals has all the daily B you need. Other options: liver, whole-grain bread, asparagus and beans.

VITAMIN C

Despite its rep as a cold fighter, C has never been proven to prevent or cure the sniffles. But the antioxidant is believed to boost your immune system and help prevent heart disease, prenatal problems and eye illnesses. It even helps wounds heal faster and fends off wrinkles.

RECOMMENDED DAILY DOSAGE: 75 milligrams (mg)

NEED A SUPPLEMENT? No, as long as you eat citrus fruits and vibrant veggies. A single orange is packed with nearly all of your daily C. So is one red pepper or a cup of broccoli.

VITAMIN D

The sunshine vitamin could be something of a wonder drug. Docs believe it can reduce your risk of breast cancer by as much as 50 percent and it may offer protection from both ovarian cancer and diabetes. More happiness: D helps calcium absorption and plays a central role in muscle function.

RECOMMENDED DAILY DOSAGE: 1000 to 2000IU

NEED A SUPPLEMENT? Most likely. Milk, orange juice and salmon contain small amounts of D, but nowhere near enough.

CALCIUM

Two words: strong bones. "Women start losing bone density in their twenties," says Camire. "Calcium is your single best defence and you should start taking it now." The mineral also helps build strong teeth and nourishes your nervous system.

RECOMMENDED DAILY DOSAGE: 1000ma

NEED A SUPPLEMENT? Yip. Yoghurt, milk and cheese do pack calcium, but not an ideal amount. Sardines pack a big punch at 382mg per 100q.

IRON

Too little of this mineral can lead to anaemia (a lack of red blood cells) and a weakened immune system. Iron is also "particularly important for women with heavy periods," says dietician Carol Haggans.

RECOMMENDED DAILY DOSAGE: 18mg

NEED A SUPPLEMENT? Maybe. You can get your fill from one cup of some breakfast cereals. But if you don't frequently munch the crunchy stuff - or iron-rich food like red meat - you may want to pop a pill. Just talk to your doc first: too much can be harmful.

TIMING IS EVERYTHING

When – and how – you take those little tablets factors into their effectiveness

DOSE UP IN THE MORNING.

Many minerals and vitamins are short-acting, so you want to get them into your bloodstream early in the day to augment energy production. Swallow them before noon to give yourself a little extra oomph. (Note: calcium can have a calming effect, so it's better to take it at night.)

MATE THEM WITH A MEAL.

Some supplements, especially high-potency, all-in-one multivitamins, can be hard

on an empty stomach. Beat back nausea by taking them with ample food. Fat-soluble vitamins, such as vitamin D, are best absorbed with grub that contains some fat, says Haggans.

WASH 'EM DOWN WITH WATER.

It's your clearest choice, quite literally. For example, "certain substances in milk, coffee and tea can decrease the absorption of iron," says dietician Dr Melissa Ventura Marra.



EASE PHOBIAS

Render your fear of flying non-existent with VR exposure therapy. Aided by a therapist, you face your aversion in small doses - e.g. during successive sessions you might go to the airport, board a plane and take a flight, all without ever leaving the ground. As few as six visits can help reset your brain's fear response.

SOOTHE STRESS

Being in nature is inherently calming, but we can't always get outside. Spending 10 minutes immersed in a virtual tropical

paradise can trigger a drop in blood pressure and stress hormones. Try Perfect Beach VR, an app compatible with Google Cardboard (around R195, google.com).

BOOST BRAINPOWER

Meditation can improve your ability to focus by sparking changes in your brain's cingulate, the area for attention. An app like **Guided Meditation** VR (use it with the Samsung Gear VR headset) spirits you away to a serene

setting, such as a flower garden, while a soothing voice steers you through a meditation. The 360-degree immersion blocks distractions, making it easier to namaste.

IMPROVE CONFIDENCE

Pump yourself up before presenting to a group by orating to a simulated crowd (they move around and talk to each other, just like your real colleagues). Google Cardboard's VirtualSpeech app lets you practise until you feel self-assured, which helps reprogramme your fight-orflight reaction.

DECREASE DEPRESSION

Talk therapy can lead to positive changes in the brain's prefrontal cortex, an area linked to regulating emotions - but opening up to a live person can be nerve-racking (what if she judges me?). Some therapists use a virtual human - an avatar programmed to respond with empathy - at moments that are particularly fraught; studies show people feel more comfortable revealing uberpersonal things to them.

AMP YOUR WORKOUT

Addicted to Zombies, Run!? Meet the coolest home fitness device: VirZoom, a VR exercise bike that you pedal to "drive" race cars and "ride" horses. Hook it up with a high-tech system like Oculus Rift or HTC Vive and you'll go harder and longer - research suggests that the gaming factor not only ups exercise enjoyment but may also enhance performance by taking your mind off any discomfort.

WOOZY WARNING

Your eyes say vou're moving. but your inner ear's vestibular system - which processes info about movement and balance - savs "nope." That disconnect can make up to 80 percent of VR users nauseous. To avoid, limit your initial exposures to 10 minutes max; as symptoms subside, you can prolong sessions.

SUBSCRIBE + SAVE BIG!



The first 20 subscribers will each receive a free Supashape essentials hamper, valued at R1 000

SUPASHAPE IS A CONVENIENT, NUTRITIONALLY COMPLETE PRODUCT RANGE THAT WILL SUPPORT YOUR HEALTHY LIFESTYLE AND HELP YOU MAINTAIN YOUR GOALS OF LOOKING GOOD AND FEELING GREAT.

PRINT SAVE 25%



R308 FOR THE YEAR*
+ FREE DELIVERY
(SAVE R99 ANNUALLY)

DIGITAL SAVE 35%



R264 FOR THE YEAR* (SAVE R143 ANNUALLY)

PRINT & DIGITAL



SAVE 45%



FOR THE PRINTED COPY AND THE DIGITAL COPY **R451** PER YEAR*

+ FREE DELIVERY

(SAVE R363 ANNUALLY)

* 11 MONTHS FROM STARTING MONTH ISSUE

4 EASY WAYS TO SUBSCRIBE:

DIGITAL:



Goto: mysubs.co.za

PRINT:



Call: 087 740 1039



Email:womenshealth_
subs@media24.com



"WHAPR" and your name to 32511 and we'll call you



Get the recipes at WomensHealthSA. co.za

CACAO VS COCOA

"Cacao" refers to any of the raw food products derived from the cacao bean: cacao nibs, cacao paste, cacao powder... Cacao butter (rich, creamy, white) makes up the outer lining of the inside of the bean. Once it's removed. you're left with raw cacao - an antioxidant powerhouse and source of monounsaturated fats, vitamins, minerals and (gasp!) protein.

The Amazonians and Aztecs were way ahead of us in this game. Thousands of years ago, warriors consumed raw cacao to build resistance and fight fatigue. A study from the Universiti Putra in Malaysia has documented that cacao has over 100 medicinal uses, from aiding digestion to increasing mental performance and fighting symptoms of depression.

"Cocoa" powder - while it may look the same as cacao powder - is produced when raw cacao has been roasted at high temperatures. Like with most foods, once it's cooked, the heat changes the molecular structure, reducing the enzyme content. lowering the nutritional value. However, cocoa powder (which is what most chocolate manufacturers use) still retains some of its antioxidants and nutrients (plus, it's cheaper), so don't exclude it wholly.

PERFORMANCE ENHANCER

Adding cacao (and goodquality, unsweetened cocoa) to your diet can benefit you in so many ways. Think: a happier, healthier, more energetic version of you.

How? Let's start with polyphenols. "They're chemical micronutrients that improve vasodilation (when the walls of your blood vessels relax, aiding blood flow), thus boosting oxygen levels," says scientist Dr Ivan Petyaev. And cacao is packed with them!

Into cycling? Recent research from London's Kingston University tested cyclists' performance after eating dark chocolate compared with white chocolate (read: sugar bomb) and found the riders eating the cocoa-rich treat used less oxygen when cycling at a moderate pace and also covered more distance in a two-minute time trial. The conclusion the researchers drew was that cacao's epicatechin (a powerful antioxidant) increased nitric oxide production in the body. reducing oxygen consumption and allowing the athletes to go harder for longer.

BRAIN BOOSTER

Got a presentation to work on? Snack on some dark chocolate! Results published in the journal NeuroRegulation showed that chocolate with a minimum 60-percent cacao content stimulates the occipital lobe of the brain in such a way that participants were more focused and attentive an hour after eating it. This rise in mental acuity seems to be backed by another US study which, after collecting data from around 1 000 people, found those who

ate dark chocolate at least once a week experienced better cognitive function in controlled tasks, particularly memory and problem-solving.

And it's good for your second brain too, aka your stomach. "We're learning that the phytochemicals [in cacao] are associated with improvements in digestion. cholesterol ratios, cognitive enhancement and even a reduction in appetite," says Miguel Toribio-Mateas, clinical neuroscientist and chair of the British Association for Applied Nutrition & Nutritional Therapy. New research is also showing that cacao can combat inflammation. "It has the ability to act as a natural anti-inflammatory and to aid detoxification at a cellular level," says Toribio-Mateas.

GOING COCOA LOCO?

So, should we Augustus Gloop ourselves into eating chocolate (even the raw, vegan kind) with total abandon? Toribio-Mateas advises to proceed with caution. This is the time to channel Ouma's "everything in moderation" adage (PS - she's never wrong!). Most chocolate still contains sugar - or some form of sweetener - and we don't want to be zapping our RDA on a slab of 70-percent on the daily. Plus, kilojoules.

Want to reap the health benefits without compromising your diet or meal plan? There are easy ways to get your daily dose of cacao without eating chocolate (see right). But a little indulgence is not only allowed, it's encouraged - just make sure it's the good stuff!!

Buy raw cacao through Faithful-To-Nature.co.za and WellnessWarehouse.com, delivery countrywide.

POWER UP

Make your own gluten-free granola by adding cacao nibs to your mix of seeds and nuts and coat with coconut oil and raw cacao powder before toasting in the oven. Yum!

Add 2 tbsp to your post-workout smoothie.



Make a chocolate chia pot for dessert.



Sprinkle raw cacao over your fruit for an afternoon snack.

HEALTH BENEFITS AT A GLANCE

Studies have shown that adding raw cacao to your diet can help:

- Lower insulinresistance.
- Increase alertness.
- Protect your nervous system.
- Lower blood pressure (lessening your risk of stroke and cardiovascular disease).
- Fight cancer.
- Boost your mood.
- Improve your skin.
- Provide essential minerals such as iron, calcium, zinc and magnesium.



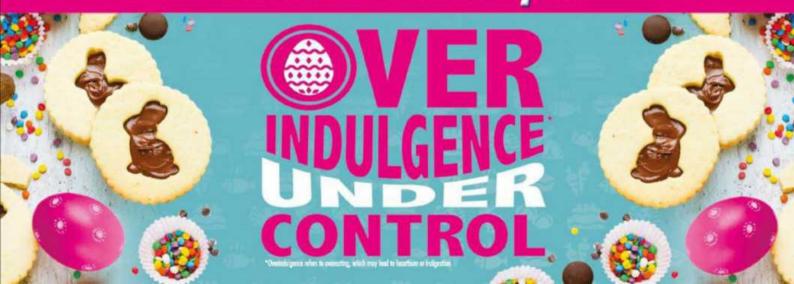
The mere whiff of chocolate kickstarts your senses into triggering the production of feelgood neurotransmitters. Hello, happy place.

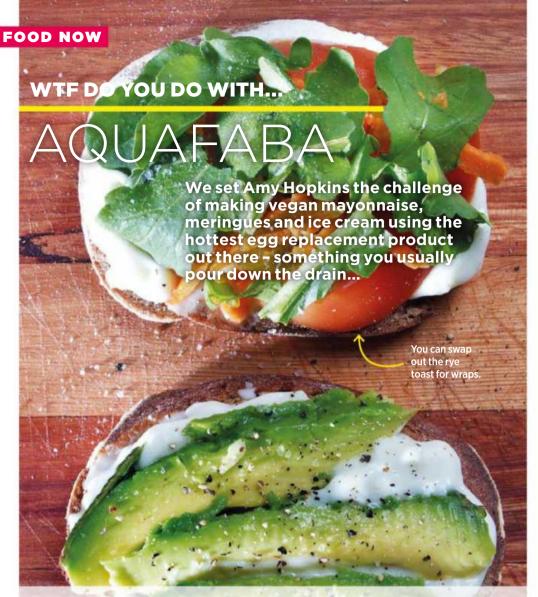
Within minutes the sugar (even 90-percent cacao varieties have a little) is converted to blood glucose, spiking your energy levels. See toddlers at parties for evidence.

Now in your blood stream, cacao's active compounds stimulate endorphin production in the brain, delivering a short high. Probably when you start claiming it's better than sex.

body's production of nitric oxide, which in turn expands blood vessels, encouraging healthy blood flow and lowering blood pressure. Score.

This Easter Keep...





Hot AF? Yes, it is hot - AF is trending hard! Aquafaba, often shortened to AF in the vegan/foodie blogosphere, is the liquid that you discard when you crack open a tin of chickpeas. That liquid is vegan gold. It whips up like egg white and works equally well as a yolk replacement. While many people have been experimenting with various egg replacements for years, it was Frenchman Joël Roessel who, through experimenting

with vegetable foams, found that the liquid from beans could foam up. This sparked further research and this time last year US software engineer Goose Wohlt started the Facebook group 'Vegan Meringues - Hits and Misses!' sharing his experiments with augafaba. A community of nougat-, cheese-, mayo-, marshmallow- and macaronmaking vegans formed and they all began sharing their ideas on how to use AF.

I've been making my own mayonnaise for years and this was an interesting challenge to take on. With the idea of forming a lunch club with some of the WH team, I created this recipe for an affordable, easy-to-make sarmie combo - buy the ingredients and you can have lunch for four days (if you don't mind eating the same thing at your desk) or share the sarmies with your colleagues and take turns to pack healthy lunches for the team.

DESK SALAD SARMIE WITH VEGAN MAYO

Vegan Mavo

1tbsp freshly squeezed lemon juice 1 clove garlic, crushed 1tsp Dijon mustard 1/4 cup aquafaba 3/4 to 1 cup canola oil Pinch salt Freshly ground black pepper

Salad Sarmies

2 slices 100-percent rye 1/4 avocado, sliced Wild rocket Beef tomato, sliced Carrots, grated Jalapeños, chopped Salt and pepper

1/ Start by blending together the lemon juice, garlic, mustard and aquafaba until wellcombined and frothy (Lused a Nutribullet) 2/ Then, using an electric whisk, start whisking the mixture while drizzling in the oil very slowly. This will take a few minutes, but the mixture will become thick, pale and creamy and hold its shape. You can store this in the fridge, sealed, for a few days. 3/ Assemble your sarmie by spreading a little mayo on each slice of bread. 4/ Place slices of avo on one piece of bread. 5/ Top the second slice with rocket, tomato, carrot and jalapeños. Season both to taste.

/EGAN ETON MESS

Preheat oven to 100°C. Get your electric whisk ready! Pour liquid from a tin of chickpeas into a container and whisk until the aquafaba is thick and peaks form. Add 1/4 teaspoon cream of tartar, 1/2 teaspoon vanilla seeds and a dash of vanilla essence and whisk to combine. Start adding heaped teaspoons of icing sugar (or blitz coconut sugar in a grinder until fine) one at a time while whisking, until you've added 15 teaspoons and

the mixture is glossy and stiff. Line a baking tray with a silicone mat and baking paper. Spoon mixture onto paper and bake for 90 minutes to two hours. To assemble, crush meringue and mix with sliced mango, peaches and nectarines. Top with vegan ice cream - I used the meringue base mixture, blended with coconut cream and frozen overnight.



Chocs Away

Bounce back after Easter feasting with this easy eggs-ercise plan

Most of us - yes, you too! - underestimate the kilojoules we eat and also often overestimate kilojoules burnt. You gain weight when you eat more than you burn off. We've done the maths based on a woman of an average weight of 70kg so that you can enjoy these chocolatey treats and use these smart moves to burn off the extra kilojoules.



Clicks 12 Solid Milk Choc Eggs/5.75g each/400kJ for three eggs

Burn it off 10min freestyle

(moderate pace)

AMES GARAGHTY (STILLS); ISTOCKPHOTO.COM (ILLUSTRATIONS); WORDS: GOTLHOKWANG ANGOMA-MZINI AND SAM BAILEY



15min water walking (light pace)





Eat this Lindt Gold

Lindt Gold Bunny Dark Chocolate/100g/ 2 328kJ

Burn it off

45min cycle (stationary bike)



30min boxing/





Eat this

Beacon Marshmallow Eggs/16.5g each/ 720kJ for 2.5 eggs

Burn it off

30min hatha yoga



20min weight training





Beacon Bantam

Eggs/27g each/ 710kJ for 1.5 eggs

Burn it off

20min Pilates



15min jogging





Eat this

Beacon Milk Chocolate Hollow Egg/100g/2 350kJ

Burn it off

20min skipping



30min treadmill (moderate pace)





Eat this

Ferrero Rocher/ 12.5g each/ 616kJ for two balls

Burn it off

15min circuit



15min rowing



GAVISCON°







To Enter, SMS 'Gaviscon' to 33320

SMS's charged at R1,50
free SMS's do not apply
Enors will be billed.
Entries open 6 March to
28 April 2017
TäCs Apply
sit www.gaviscon.co.za

*Overed: green when to restaining which may lead to learning or indigention

**Definition 1.2. If were grain and policy international production or indigention of the MEXIX Measure of Diagnosis and Things, 17th Edition 2011, 3. Millionistance Print Liquid Policy International Control on Controls Social Angular Control on Control on





YOU LOSE, YOU WIN

"I'm fit, healthy and more confident in the way I look."

"Losing weight is not about what the scale says, it's more about how you feel physically and mentally," says Robyn White, a 32-year-old mother of two. To her, weight loss became more about being the healthiest version of herself - for her daughters.

THE GAIN

Robyn was fit and healthy - she played squash and was big on walking. But, like many women, pregnancy saw her packing on kilos she wasn't prepared for. "I gained and never lost the weight," she admits. Being a mom took up most of her time and she couldn't exercise as usual.

Added to that, Robyn developed a carb obsession. "I'd eat potatoes in all forms: fried, baked and boiled. I also loved wine and cappuccinos," she says. To her, health wasn't a concern on her radar.

THE CHANGE

Robyn had a rude awakening when her youngest daughter was rushed to the NICU the day she was born. "She was born with a terrible lung infection," she says. "That was a real life-changing experience that opened my eyes to the importance of good health."

That day, watching her new-born strapped to monitors and wires, Robyn promised she'd become a healthy and fit mom so that she could lead her family by example. "It wasn't about losing weight and fitting into skinny jeans - it was about health, fitness and happiness for me and my daughters," she says. "I was eating way too much and it needed to stop".

THE LIFESTYLE

The White family lifestyle changed completely. They went to see a dietician, who changed the way they looked at food. "I felt empowered for the first

time in a very long time about food and exercise." Robyn says. She'd cut down her portion sizes and included healthy snacks, like avocado, in her diet. She also took up running with her five-week-old baby. "I had a pram and my two legs. So I decided to run. I did my very first five kay in 58 minutes!"

[[[]]]]]]]]]]

Robyn White,

32. Jobura

Occupation Lecturer Height 1.68m

Time taken to lose weight 4 months Secret weapon A strong mind

Vitals /////

THE REWARD

Robyn kept at it and by the time her daughter was four months old, she'd run her first 21km race. But the biggest reward for her was the way her kids were developing healthy habits too. "My two-year-old toddler said to me the other day, 'Come Mama, let's go run and exercise!' I was so proud," she says. "I'm fit, healthy and more confident in the way I look - I love running as much as I love collecting the medals at the end of each race," she says. There really is no greater feeling.

ROBYN'S TIPS

- > Make exercise a priority. Only got 20 minutes? That's more than enough time.
- > Consult a professional. Having trouble with food? Dieticians are qualified and can help.
- > Find balance. Balance is key. Find it and make it work for you.

UNWRAPPED Per 100g: 666kJ, 10.4g protein, 11.9g fat, 0.5g fibre, 299mg sodium **Better**

SUNRISE

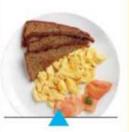
... Breakfast at Kauai

Good



BREAKFAST BOWL Per 100g: 536kJ, 3.8g protein, 7.3g fat 1.2g fibre 57mg sodium

Best!



SMOKED TROUT **SCRAMBLED EGG** ON RYE

Per 100g: 628kJ, 9.2g protein, 7.2g fat, 2.2g fibre, 397mg sodium

When choosing a healthy meal, don't only look at the kilojoules, also check out the nutrients that make up

those kilojoules, says dietician Michelle Tolmay. You want something with lots of fibre, protein and good fats, like the smoked trout and scrambled egg. And bonus: this meal is lower in sodium and sugar.





LESSON ONE SEX SO HOT... UNTIL IT'S NOT

(2)

She's got to talk health history. According to a survey by adult store Adam & Eve, 25 percent of people don't tell their partner they have an STI. No doubt it's a pause button in the fun, but the convo doesn't need to be lengthy: "I'm really excited, but before this goes any further, I need to know the last time you were tested for STIs. I was tested in September and the results were negative."

(5)

Put the condom on before the BJ. STIs, such as herpes, gonorrhoea and syphilis, while low-risk, can be transferred from oral-genital contact.

(6)

It's best to wrap used condoms in a tissue and chuck them in the bin. Aside from being a sticky mess, there's a teeny, tiny, microscopic chance an STI can be caught from handling a post-coital cock sock. Plus, it's just manners.

A dreamy date that leads to seriously steamy sex? You go, girl! But make sure that angel on your shoulder is cutting in at the right moments. To prove our point, here's a little ditty about Jack and Diane...

Diane leans forward so Jack can glimpse her cleavage. "You want another?" Jack asks, noticing her nearly empty wine glass. (1) Diane drains her drink, then pulls Jack toward her, feeling his stubble against her neck. "Let's go home," she purrs, (2) Diane flings open the door of her flat. As she trails her hand down his chest and hooks her fingers on the waistband of his jeans, Jack dims the lights. (3) He rubs his hands over her curves and Diane moans. "I have a condom," he breathes roughly, pulling one from the pocket of his jeans. (4) She eyes his erection. "First, this," Diane says, sinking her knees into the soft carpet, adrenaline coursing through her veins. She wants this. She wants him. (5) Jack grunts, flipping her onto her back, licking her stomach. Diane writhes in pleasure. "I want you now..." He rolls the condom on and thrusts into her, going deep inside of her. He thrusts again as their eyes lock, her body tensing with anticipation for the orgasm she knows is about to flood through her. "That was amazing," Jack pants, rolling off her and dropping the condom in the knot of sheets between them. (6) "When can we do that again?" she whispers.

"Whenever you want..."

(1)

Time to switch your order to a glass of water!
A Canadian study found that your likelihood of having unprotected sex rises five percent for every O.1ml increase in blood alcohol level. That means after three drinks each, Jack and Diane are nearly 50 percent more likely to have unsafe sex.

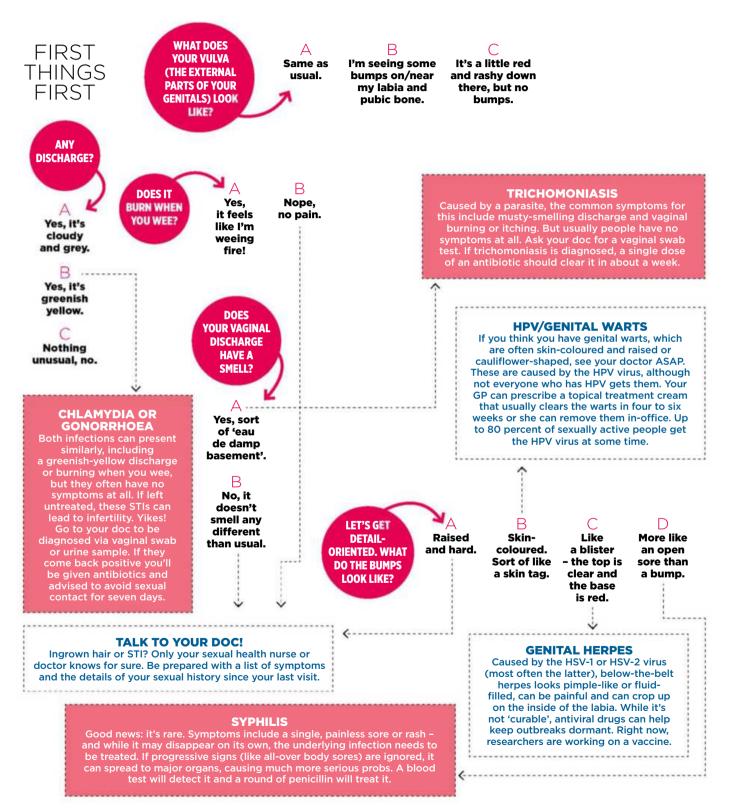
(3)

Shame - Diane should have said she likes it better with the lights on. That way she could do a quick visual analysis of his package: pimple-like bumps or a red, scaly rash can help signify an STI, which he could transmit even without having actual intercourse with her. (Though most STIs don't have symptoms, just because someone looks fine doesn't mean they're clear #noglovenolove).

(4)

Diane, next time, pull protection from your own stash. Condoms kept in high, fluctuating temperatures like a wallet or pocket, are more prone to breakage. Rubbers also have expiration dates, so it's safest to use one that you know is super fresh.

LESSON TWO



LESSON THREE

OUR LADY DOC DONNICA MOORE ANSWERS YOUR BURNING QS

"Can I transfer my yeast infection to my bloke?"

Yes! While it's not considered an STI, a man can get it from female partners (it could show up as itching or a mild rash on the tip of the penis). It's recommended you refrain from sex while treating the infection. You can use an overthe-counter vaginal treatment cream or your pharmacist can give you a single-dose oral medication to clear it up.

UNDER 29 YEARS OLD

"If you haven't hit 30 yet, we advise you get a routine screening every year." If you're not presenting with any symptoms and it's just a check-up, you should be screened for chlamydia, gonorrhoea and depending on your risk, also for syphilis, HIV and Hepatitis B. There won't be an internal examination, tests are usually by vaginal swab or sometimes via blood test. "Routine screening is not recommended for herpes, HPV and bacterial vaginosis – these are only tested if you are showing symptoms."

OVER 29 YEARS OLD

"Screening frequency above this age depends on the context of your relationship." Get tested if you: see any unusual symptoms down there, if you've had unprotected sex with a new or casual partner or if the condom broke. Never feel too embarrassed to see your doctor if you have any concerns about STIs and want to learn more about how to protect yourself.

PREGNANT

Because it's possible to transfer STIs to your baby, during your first trimester appointment your GP will advise a routine screening for hepatitis B, syphilis, HIV and chlamydia. Worried you may have contracted something mid-pregnancy? An untreated infection can lead to complications like premature birth or miscarriage. Your doctor can prescribe STI treatments that are safe during pregnancy.

THE SILENT TYPES

These STIs show few to no symptoms and can't be cured, which is why it's crucial to keep up with your regular screenings

HPV

Even with the vaccine, this one's hard to avoid since there are more than 40 different strains (the vaccine protects you against the highrisk ones). Often. your body will rid itself of HPV on its own. However, it can lead to cervical cancer. That's why early detection is so important.

HEPATITIS B

Since 2000, all infants have been routinely vaccinated for hep B. a virus. contracted through contaminated semen, blood or fluids, that causes liver infection. If vou were born before then, aren't monogamous or work in a high-risk environment, ask your GP about the vaccine.

HIV

This incurable virus may take up to three months to show up in a blood test and can lead to acquired immunodeficiency syndrome, or AIDS. Current treatment innovation can suppress HIV levels so patients can live full, active lives. And a vaccine is in the works.

CANDLES CONDOMS COMFORT

EVERY GIRL NEEDS GYNAGUARD IN HER INTIMATE ROUTINE.

You wouldn't use baby oil as deodorant, so why use just any lubricant for your vagina? GynaGuard Lubricating Moisturiser Gel is fragrance-free and contains cranberry extracts. The Gel helps soothe irritation and relieves dryness, which can cause pain during sex. And because it is specially formulated by a gynaecologist at an ideal pH of 4.5, there is no better way to have good, clean sex. So get in the mood with candles all round, sensual tunes and a lube made just for your vagina.

For more info visit www.gynaguard.co.za or join the conversation on our Facebook page.



SYNCUP YOURSEX DRIVES

Mismatched libidos aren't just a problem between the sheets: research reveals that they're a relationship deal-breaker for about one third of people. And some experts say it's the number-one reason couples seek therapy. Check out what could be causing the disconnect between you and your man – and the simple ways to get back on track

BY JAMIE HERGENRADER

YOU WANT SEX

HE WANTS SEX MORE OFTEN

Men greatly underestimate their partners' sex drives, found a recent study from the Journal of Personality and Social Psychology. It also showed that if men thought their partners weren't up for doing it, they wouldn't attempt to initiate. Shocker: women do want sex! But we're typically not as free with sexual expression, so men don't pick up on our cues.

SYNC UP: You've gotta tell your guy directly that you want to get busy. Feel awkward? Bring it up in a setting that makes sense - say, while watching a romantic movie. "The language we use to talk about sex can be sexy in itself," says Dr Ian Kerner, a psychotherapist and sexuality counsellor, so phrase it like a fantasy. ("I love morning sex with you. It would be so hot if we could do more of that.") If it's still not happening, make an emotional case, says Dr Megan Fleming, a sex and relationships expert. Explain what it means to you (e.g. you feel closer to him) so he knows it's important to you and your bond.

Men's higher libidos are hardwired (more testosterone) and socially ingrained (they're taught to pursue sex), says Fleming. Another perk: it's physiologically easier for them to get aroused spontaneously. All they need are simple signs, like seeing you step out of the shower and... Boom.

SYNC UP: You don't have to satisfy every hard-on, but don't belittle his requests either. Rejections like "Jeez, you're always so damn horny" will build up over time. "The higher-desire partner's sexual frustration can leave them feeling hurt, while the lower-desire partner feels pressured," says Kerner. The solution: compromise on how often you want to do it and schedule your romps. He'll know vou value sex with him and seeing Thursday's 8pm ";-)" 👱 in your calendar will put you in a sexy mindset to prep for the deed.

ORGASM

YOU HAVE TROUBLE REACHING THE BIG O HE HAS TROUBLE REACHING IT

A mind or body block could lead to an O that's MIA. Physically, many women can't orgasm from intercourse alone (bring on the clitoral stimulation!). Mentally, the issue is twofold: you need to be focused enough on the sex (i.e. not wigging out about work deadlines), but not so focused that you're geo-tracking when you're going to come.

SYNC UP: Slow. Down. Pay attention to how he's kissing your neck or caressing your inner thigh, rather than whether you'll hit O-town. "Our culture is so results-based, when sex is really about giving and receiving pleasure," says Fleming. As for the clitoral action, ask your guy to reach down and show him how you like it by either guiding his hands with yours or using sexy verbal cues ("It drives me crazy when you start out slow and then get faster.") Or take matters into your own hands, literally or with a vibrator (hint: give the Jimmyjane Form 3 clitoral vibrator, R1 984 from Matildas, a try)!

Contrary to popular belief, not all men can get off whenever they get it on. A man's ability to orgasm can change over time, especially in long-term 🕦 relationships, says Kerner. Sexual novelty is key for some men to get and stay aroused, so if the sex you're having has become routinised (same places, positions and times), it might be harder for him to orgasm. Or if how you're doing it conflicts with his masturbation style (say, he goes at it hard and rough solo, but you're slow and sensual together), he might get used to his self-service approach.

SYNC UP: Schedule two or three 20-minute sessions per week to 🕮 explore new turn-ons together, whether you do so by reading erotica, trying new positions or watching pornography. Even if you don't have sex, introducing those sensations into the bedroom could help your guy bust out of that rut to achieve orgasm, says Kerner. If he still can't get there, he should talk to his doc to rule out any physiological problems (such as low testosterone or erectile impairment).



YOU'RE ON NEW BIRTH CONTROL

HE'S ON AN ANTIDEPRESSANT

If your sex drive has taken a hit soon after going on the Pill (within four to six weeks of starting), that's likely the culprit. Birth control pills can lead to a lower level of testosterone and for some women, that can mean a lower sexual desire, says Dr Michael Krychman, a gynaecologist and sexual health expert.

SYNC UP: Talk to your gynae about the dip in your libido. She might suggest an IUD or a different type of pill that could have less impact on your hormones or, in some cases, she might suggest a testosterone supplement to counteract the effects of your current pill. But a script change isn't the only solution to raising your drive. "Even if your desire is lower from the meds, you can build up that intimacy in other ways," says Fleming. Sending flirty texts throughout the day, allowing more time for foreplay and caressing other erogenous zones - such as the back of the ears or the inner thighs - will help you amp up your libido.

Many commonly prescribed antidepressants are in the class of drugs known as serotonin reuptake inhibitors (SSRIs), which can affect men's (and women's) hormones and mess with their sexual desire. He could have trouble getting or staying hard or the meds can block or delay his orgasm, says Krychman.

SYNC UP: The sexual side effects can appear immediately for some men and at most within 90 days of starting them, says Kerner, Experiment with the timing of sex. Getting your romp in before he pops his daily pill (and the meds kick in) could up his chances of getting hard and getting off. If it's interfering heavily, his doctor can help by changing his dose or his prescription or adding a PDE5 inhibitor (meds like Viagra) to counteract the libido-lowering effects.

YOU HE

PROMOTED

So you've got more responsibilities and less time. While this kind of success deserves celebration, it also calls for you to take a look at your priorities. As caretakers, women juggle so many things for themselves and for others, so when you have a long to-do list, sex might fall to the bottom (that is, if it even makes the list). **SYNC UP:** Put your own oxygen mask on before your partner's. In other words, before you can even think about sex, do what you need to do to relax. Read a juicy book. Take a bath. Go for a scenic drive. Beyond self-care, ask your man to help. If you usually split kid duties equally, ask him to take on more of your share until you settle into your new role. And finally, create a calming place to come home to. "You're likely always going to have some amount of stress in your lives, so you need to build an environment that allows you to be sexual," says Kerner. In the bedroom, it's out with work papers, digital devices and bedside photos of your kids and in with scented candles, music and erotic novels.

HE JUST LOST HIS JOB

Men's sexual performance and self-esteem are closely linked. "Our society teaches men to be performance-driven," says Fleming. "His ability to perform at his job and in bed are tied up in his identity." And that failure (at least in his eyes) is likely amplified if he's the sole provider. He won't be having as many sexual thoughts and his levels of cortisol, known as the stress hormone, are higher. which can cause blood vessels to constrict and make it difficult to achieve an erection.

SYNC UP: "The foundation of arousal is relaxation," says Fleming, so find ways to help release some of that tension, like dancing, taking a yoga class together or going for a run. And in the bedroom, keep the intimacy humming without the expectation of sex to avoid making him feel pressured to perform. Give him a sensual massage or even just a long hug (at least 20 seconds), suggests Fleming - that kind of physical contact can release oxytocin, aka the cuddle hormone, which will boost your bond.

How to tell a dry spell from a problem

Both imply that it's been a while since you've had any action, but there's a clear distinction. A dry spell happens when you're busy and haven't had the time or energy for sex but you and your guy are still thinking and talking about it and staying affectionate and there's no resentment between you about the lack of bedroom action. (So if you have sex seven times a year and are both happy with that, no prob!) It's an issue when you're unhappily in a sex-starved relationship – one where you can't remember the last time you've done it, you feel the tension or sadness that results from skipping sex and you might reason that you have the right to seek attention elsewhere (read: infidelity). Consult a sex therapist if your situation resembles the latter.









MUDDYPRINCESSSA















Healthy bones

Vascafem supplements calcium - vital in the prevention and treatment of osteoporosis.

A healthy blood circulation system

Vascafem can contribute to healthy blood flow - vital in cardiovascular health and general well-being.

A strong immune system

Vascafem supplies the body with antioxidants – vital in helping the body ward off infections and combat ageing.

Pain relief

Vascafem can help relief pain related to arthritis.

Can prevent blood clots

Vascafem can help to keep your blood thin.

An iodine-free version, Vascafem SK, is also available.

Available from all pharmacies, Dis-Chem and Clicks.





his

A healthy prostate and urinary tract

Vascamen contains ingredients to keep your prostate healthy and increase urine flow.

A healthy blood circulation system

Vascamen can contribute to healthy blood flow - vital in cardiovascular health and general well-being.

A strong immune system

Vascamem supplies the body with antioxidants – vital in helping the body ward off infections and combat ageing.

Increased sexual desire and performance

Vascamen could contribute to invigorating your sex life.

Can prevent blood clots

Vascamen can help to keep your blood thin.

Available from all pharmacies, Dis-Chem and Clicks





{ WH EXCLUSIVE }

We flew to New York City for the launch of Puma's Swan Pack collection and took part in a barre class with dancers from one of the most prestigious ballet companies in the world. Here, they share the secrets behind those graceful movements and svelte silhouettes

BY WANITA NICOL



Spend just five minutes on your tiptoes and you'll appreciate the steely strength that underlies a ballerina's onstage poise. "What's so hard about ballet is that you can't show how athletic it is," says New York City Ballet Corps dancer Mimi Staker. "You have to go out there and show this beautiful art, and it is beautiful, but it's also hard on the body." Staker and fellow ballerina Olivia Boisson are swans among a class of ugly ducklings, gliding through moves as if made of water. while 50 journalists of varying shapes, sizes and nationalities shuffle awkwardly behind. But their fluid movements weren't born of raw talent alone. NYCB ballerinas work six days a week. A typical day begins with barre classes at 10am, where they'll practise basic pliés, tendu and pirouettes - what principal dancer Daniel Ulbricht calls "the language of ballet". After lunch. they're back to rehearse whatever performance they're putting on that evening and come 8pm, it's show time. So by the time the curtain falls, it's been a 12-hour day, most of it spent in what any other sport would call beast mode.





BEAUTY AND THE BEAST

It's the perfect recipe for getting seriously shredded. But there's no place for "swole" on the ballet stage. "It's tricky – you can have strength, but you don't want bulk strength. We have to fit into costumes, we have to be able to move and have life in our arms," says Ulbricht, "The balance of being a dancer is you have to have freedom and control. If you have too much control, you don't have the ability to move and express yourself. If you have too much freedom and you don't have the strength, you can hurt yourself."

And, of course, there's the prettiness factor. "We're dealing with a craft that's not only athletic, it's also aesthetic," says Ulbricht. "A bulk of muscle could make the line look different, so that's the challenge - you want strength, but you want the length to go with that." To achieve that balance, he works his upper body with light weights and high reps, combined with cardio. "By tweaking how you train, you can actually change the musculature of your body, no matter what height you are. It's pretty amazing," he says.

SEE THE MUSIC. HEAR THE DANCE

It's Ulbricht who's taking today's class, counting beats and calling out encouragement as we clumsily galumph around the studio. By contrast, his own movements are as fluid as those of the women, limbs seeming to float into positions that scream a flippant "up yours" to gravity. Yet you get the sense that he could just as easily hold his own doing back squats for reps.

Most of the ballerinas at NYCB rely on Pilates and Gyrotonics - a similar discipline that uses more circular movements and fewer isolated exercises – for that perfect blend of lean strength, muscle control and mobility that allows you to tuck one leg behind your ear while balancing on the toes of your opposite foot and blowdrying your hair. "Pilates also helps lower your injury risk," says Staker. "We can't afford to get an injury that could mean we can't dance.'

POOR POSTURE NOT ONLY LOOKS BAD. IT ALSO SHORTENS YOUR MUSCLES. **UPPING YOUR** RISK OF INJURY. LOOK INSTANTLY **SLIMMER AND** TALLER, PLUS **LOWER YOUR** INJURY RISK, BY IMAGINING **PULLING YOUR** WAIST OUT OF YOUR HIPS.

GIVE ME FUEL

"It's a myth that dancers don't eat," Staker adds. "We can't go a day without eating - we wouldn't be able to do what we do." Her diet is almost disappointingly normal - oats or toast and eggs for breakfast, followed by a balance of protein, veggies and carbs throughout the day and snack bars in between. She even smashes the odd burger. "I'm not the biggest fan of smoothies, purely because, as dancers, we need something a bit more filling that's going to hold us over through a long rehearsal."

But it's not just about staying satisfied, it's also about nourishing your body with the right stuff - including a hearty dose of carbs for energy. "We have to eat a balanced diet to keep our bodies and also our bones healthy," she says. "It's so easy, when you're dancing, to break a bone or get a stress fracture."

Equally important is rest. "We're on our feet from 10:30 in the morning till 10 at night so we need to take every opportunity we have to rest and recharge," says Ulbricht.

After the gruelling demands of our one-hour barre class, that's exactly what the journalists are heading off to do. The dancers remain behind. There's just enough time for a snack bar and a sip of water before the real work starts.



BALLERINA MIMI STAKER EXPLAINS HOW TO GET IT RIGHT EVERY TIME. YOUR TOOLS: A HAIR TIE. A HAIRNET, HAIR SPRAY, LOTS OF PINS

STEP 1:

MAKE A PONYTAIL AT THE HEIGHT YOU WANT YOUR BUN.

STEP 2:

ROLL YOUR PONY INTO A CINNAMON BUN SHAPE, PINNING IT IN PLACE WITH EVERY TURN.

STEP 3:

SLIP A HAIRNET THAT MATCHES YOUR HAIR COLOUR OVER THE BUN AND PIN IT IN PLACE.

SPRAY IT LIKE IT'S LOUIE THE FLY.

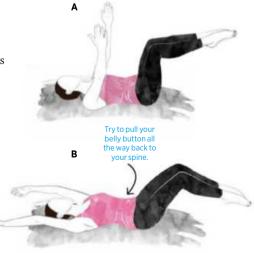
BALLERINA SHAPE-UP

Pilates instructor, Marimba Gold-Watts of Articulating Body studio, works with many NYCB dancers, including Boisson and Staker. This routine by Gold-Watts is designed to lengthen, strengthen and tone your body to achieve a dancer's lean, strong physique.

Do moves 1 to 7 in the order given, focusing on moving slowly and with control. Use a thick Pilatesstyle workout mat. Move 8 is a bonus move, designed to strengthen your feet. "Foot strength is imperative for ballerinas dancing on pointe and helps both men and women jump high and create aesthetically pleasing lines," says Gold-Watts. "For the average person, foot strength can improve balance and proprioception, as well as increase agility in jumping or cutting movements - think explosive exercise."

1/ DOUBLE-LEG KNEE FOLDS

Lie on your back and imprint the entire spine onto the floor. Bring your arms and legs straight up, bending your knees 90 degrees (A). On your inhale, maintain your ab support as you slowly lower your legs to the floor and reach your arms overhead (B). Exhale and slowly return to start. That's one rep. Do two sets of 10 excruciatingly slow reps.





2/ SINGLE- AND **DOUBLE-LEG BRIDGING**

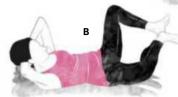
Lie on your back, hands at your sides. knees bent and feet on the floor, no wider than your sit bones. Raise your spine off the mat one vertebrae at a time until just your shoulders are on the floor (A). Reach your arms towards the ceiling and raise one leg. keeping your knee bent (B). Without allowing your pelvis to tip, lower your hips until your bum is hovering just two centimetres from the floor (C). Lift up again. That's one rep. Do eight, then repeat on the other side.

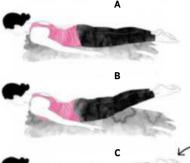
3/ NOD AND **CURL WITH PLIÉ**

Lying flat on your back, nod and curl your head and shoulders off the mat with knees bent and legs turned out at 45 degrees. On your exhale, extend your legs with your inner thighs together and toes pointed (A). Inhale, bend your knees and flex your feet (B). That's one rep. Do six to ten, holding for two seconds in each position.



Pull your abs in so

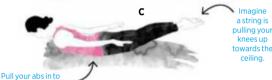




4/ BABY SWAN

The hottom tins

Lie on your tummy, arms at your sides. Try to engage your abs so that your belly button lifts slightly off the mat. Lift your upper chest off the mat, keeping the back of your neck long and in line with your spine (A). Lift your feet (B). Lift your arms (C). Hold for five seconds. Lower back to start. That's one rep. Do six to 10.



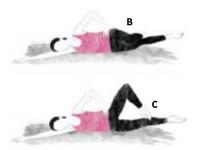
LEG HEIGHT WILL BE DETERMINED BY YOUR ABILITY TO MAINTAIN YOUR AB POSITION, HIGHER = EASIER; LOWER = HARDER.

5/ PASSÉ TURN **IN/TURN OUT**

maintain halance

Lie on your side, your arms reaching above your head and your body forming a straight line. Lift both legs five centimetres off the floor (A). Bend your top knee and slide your top leg up so that your foot touches your bottom knee (B). Turn both legs out (C), then turn both leas in. That's one rep. Do 10.







6/ CLEOPATRA

Begin seated on one hip with your bottom leg bent and your top leg straight. Use one arm for support and extend the other sideways at shoulder height (A). Lift your torso off the floor, trying to keep your shoulder directly over your wrist and your hips facing forward. Reach your arm overhead and lift your top leg without swinging it forward (B). Lower your leg and return to start. That's one rep. Do six, then repeat on the other side.

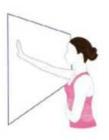
Your supporting arm should be about 12cm forward of your pelvis, directly under your shoulder

SAVE YOUR WRISTS:

ELEVATE THE HEEL OF YOUR HAND BY PLACING IT ON THE EDGE OF YOUR MAT. THE SLIGHT ANGLE WILL HELP DECREASE PRESSURE ON YOUR WRISTS.

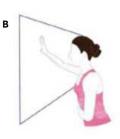
MAKE IT HARDER:

DON'T LOWER YOUR LEG AS YOU LOWER YOUR BODY TO THE FLOOR. LIFT YOUR BODY BACK UP, STILL KEEPING YOUR LEG IN THE AIR. DO THREE REPS.



Δ

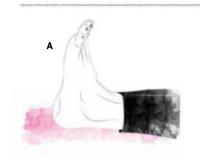
Pull your shoulder blades down to your ribcage.



Think of reaching out through your elbows.

7/ SINGLE- AND **DOUBLE-ARM SALUTE**

Stand facing a wall with your hands against the wall at head height, forming a diamond shape (A). Bend arms, keeping your shoulder blades down. Straighten back to start. That's one rep. Do 10. Repeat using only one arm (B), then repeat again with the other arm. Do 10 reps per arm.







8/ FOOT WAVES

Sit on the floor with legs extended in front of you and feet flexed (A). Curl your toes only (B). Keeping your toes curled, point your feet, keeping them in line with your shins (C). Flex all your toes (D). Keeping your toes flexed, flex your foot. That's one rep. Repeat, reversing the order. Do 10 to 15 reps in each direction. Try to get a rhythm going.





Dark to light

KNOW YOUR LIMITS

The road to a lighter hair shade is not an easy one - things can get ugly fast. Permanent hair colour contains chemicals to open the hair shaft, strip colour and let pigment inside. "Don't expect to go really light overnight. It's not doable in one step," says David Gillson, master stylist at Carlton Hair. Start within two shades of your current colour. If you're a deep brunette. pick a light-brown

shade. If vou've got medium brown strands, go for dark blonde.

ADD DEPTH

Highlights are back! After lightening up. you can paint on a few face-framing highlights. And we're not talking chunky 1990s monstrosities. "The new type of highlights are thinner highlights," says Gillson. "They are subtle, but will add dimension, create depth and give the illusion of fullness," says the hairstylist. Think Rosie HuntingtonWhitelev or Blake Lively.

TREND ALERT **Blorange**

Dubbed the hair colour of 2017: blorange is blonde + orange - think the colour of the peach emoji. Just like peach or apricot-coloured blush is universally flattering, similarly this hair colour will suit any skin tone.

Blonde Colour Melt

Monotone is out and multi-tonal is in. Melting is the blending of highlights with the base colour of the hairs - so

you won't get any harsh lines. Basically it's the ombré toned down.

Warmer Tones

Forget ashv or cool blonde. Warm-gold, rose and copper tones - these are the shades of blonde you should pick up in the beauty aisle.

TRY

Garnier Nutrisse Crème Hair Colour in Rose Gold (R75); Revlon ColorSilk Hair Colour in Ultra Light Sun Blonde (R95).

GIVE YOUR BLONDE A BOOST

Canary-yellow tones only look good on Tweety. Be sure to knock out brassy streaks with **Lee Stafford Hot Shots**

for Blondes (R140).

If your hair is frazzled from highlights, give it immediate TLC with every wash by using a shampoo that will strengthen hair fibres. Try Indola Divine Blond Shampoo (R180) and Indola Divine Blond Treatment (R207).

TELLTALE DARK ROOTS SHOWING?

Try EverPro Beauty Back 2 Blonde Root Touch-up Magnetic Powder in Light Blonde (R225)

Use protection

PRIOR TO COLOURING. TRACE YOUR HAIRLINE AND EARS WITH VASELINE - IT ACTS AS A BARRIER CREAM TO PROTECT SKIN FROM DYE OR BLEACH.





It takes two

GET THAT SALON LOOK BY BUYING TWO DIFFERENT SHADES - A SALON STYLIST DOESN'T JUST USE ONE SHADE ON YOUR STRANDS TO GET BEAUTIFUL RICH COLOUR. GRAB A BOX OF DYE THAT'S ONE SHADE DARKER THAN YOUR NATURAL COLOUR AND ONE THAT'S ONE SHADE LIGHTER AND GET MIXING!

COLOURANT STEP2 Go red

Blitz sneaky greys and extend life of colour-treated hair with FHI **Heat Hair Veil** (R320).

KEEPING IT CLEAN

Some shampoos, such as antidandrufffighting formulas, can strip away hair colour with sulfates and harsh chemicals. Try Hask Argan Oil Morocco Repairing Shampoo (R140). And to soften your Annielike locks use a colour-treated conditioner. **Try TRESemmé Colour Revitalise Conditioner** (R97).

FIND YOUR CELEB RED TWIN"

n tone is the t important thing when choosing a red, if you don't want it to appear artificial. To make it look convincing, follow Gillson's rules: if you're fair with freckles - like Nicole Kidman



or Amy Adams choose orange or copper red. Olive and dark-skinned women are rarely born with red hair, but the general rule is the darker the skin, the richer the red. These shades are on trend

MAKE IT LAST

The largest hair molecule is red, which means it fades twice as fast as those of brunette and blonde. Use a good permanent hair colour to help drive the molecules deeper. When you touch up, be sure to do it all over. It's impossible for reds to build up given their fast-fade nature. Apply to roots, lengths and ends all at once.

TREND ALERT Copper Hair

This is a coppery red with brightred and orange undertones - not for the fainthearted! You'll need to opt for sulfate-free shampoos that prevent fading, since this hue can deteriorate into unnatural shades.

Red Balayage

If you're not afraid to go for bright and warm shades - this colour might just work for you. It uses

brown locks that have balayage highlights of red.

TAKE (SPECIAL) CARE

Minimise superhot washes and use a heat protectant to seal the cuticle and prevent pigments seeping out.

TRY

L'Oréal Excellence Crème Advanced Triple Care Crème Colour in Radiant Auburn (R160); Renew Permanent Hair Colour Crème in Red Wine (R50).



Got sensitive skin? Foam dyes are best for you since mousses don't drip onto the hairline. Got curly thick hair that won't quit? Try use a gel or liquid formula. It will provide better coverage and distribute dye efficiently and economically throughout the hair.



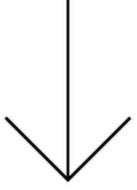




HOORAY FOR THE MONTH OF PUBLIC HOLIDAYS AND THAT DOWNTIME TO FLEX YOUR MENTAL MUSCLE



CONSCIENTIOUS NETFLIX AND CHILL! USE SOME OF WITH BRAIN TRAINING THAT ACTUALLY WORKS



OF ALL THE THINGS YOU WANT TO NAIL IN THE **COMING MONTHS - A** FISHTAIL PLAIT, THE NEW SEASON OF CHEF'S TABLE

- keeping your grey matter in shape probably isn't up there. But it should be. Why? Well not only is the thought of losing your mind terrifying, it's potentially avoidable. "There is increasing evidence that the pathological process of Alzheimer's disease [AD] and dementia begins two to three decades before the first symptoms become apparent, suggesting that there is a long window to act to prevent or delay the onset," says neuropsychiatrist Professor Perminder Sachdev. So, just like you know a regular smoothie and spinning habit keeps your body in good nick, the same goes for your noggin. And we don't mean maybe. "Ninety to 95 percent of cases of AD and dementia are influenced by factors like lifestyle choices, diet and environmental exposure," says Dr Suzanne de la Monte, a neuropathologist at Brown University in the US. In other words, by putting a few habits on your "keep your brain happy" list (and thankfully none have to include sudoku), you can stay sharp well into the time that girls' night means bridge and bake-offs.

Train your brain today

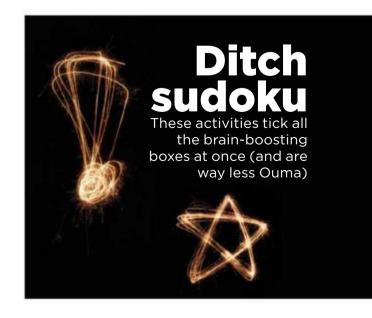
Jokes aside, it's not only the oldies who are living with a brain in serious decline. According to the 2011 census, 2.2-million South Africans are living with some form of dementia – the name given to a large group of illnesses that affect cognitive functions like memory; language, social and spatial skills; emotional reactions and attention. AD is the most common form, affecting up to 70 percent of people with dementia. It's definitely more common in the over 65s (with the risk going up as we age), however research out of Australia and the UK suggests the incidence of younger-onset dementia - diagnosis under the age of 65 - could be double what was previously thought. This includes people as young as 30. Scary stuff. If dementia runs in your family, are you in the firing line? Not necessarily, says Dr Maree Farrow, a cognitive neuroscientist who specialises in dementia research. "There is a definite misperception that Alzheimer's and dementia are solely hereditary illnesses. Yes, there is a particular gene that is linked to the disease, but less than one percent of cases are purely hereditary." That leaves a lot of people who may be helped by a little early protection. Here's the expert commentary.

WHY YOUR BRAIN NEEDS TLC

AND WHAT HAPPENS WHEN THINGS GO WRONG

You don't need us to tell you that your brain is kind of a miracle. Imagine it as the slickest, most tightly run company imaginable (think Suits's Pearson Specter Litt when the partners are working together rather than against each other). Inside, there are different departments in charge of specific things like emotions, speech, memory, moving and involuntary systems like digestion and breathing. And maybe a secret room where your Gabriel Macht fantasies get stored. To keep each department running smoothly, your brain is fed oxygen and nutrients by a complex network of arteries, veins and capillaries. All of the departments are mediated by







synapses – connections between brain cells (neurons). You've got about 100-billion of those babies. Think of 100-billion Donnas whizzing around in there, keeping things in order. Whoa. In a healthy brain, Donna works her butt off, delivering signals and messages day and night, speeding through the departments in a pencil skirt, where the message is collected by a receptor before it's sent off again. This speedy game of cerebral Frisbee happens a million times per second and it's in these connections that memories get stored, habits are learnt and personalities become shaped as certain patterns get stronger while others get lost. As we age, our bodies change on both the outside (a moment of silence for gravity-defying boobs) and the inside. Amyloid plaques form between the brain cells and neurofibrillary tangles

happen inside - both are buildups of protein that happen to everyone, but in people with AD-type dementia, the build-up is far greater. The plaques may disrupt cellular function and the tangles kill brain cells off. The result? A shrinking brain. The information stored in each department begins to fade. usually starting with shortterm memory recall, such as forgetting what Harvey Specter iust asked for. As the disease spreads in the brain, long-term memory suffers, along with things like planning ability, learning and balance, leaving sufferers unable to recall family members and understand the world. The good news? Emerging research shows lifestyle factors play a big role in preventing or delaying onset and the younger you start, the better.



Rock climbing

You work muscular and cardiovascular endurance for this sport, while your brain gets a workout as you solve problems and find a route. Plus, you'll bond with fellow rock rats as you compare calluses and cheer each other on.



Team obstacle racing

Getting sweaty while relying on others challenges your mental faculties with obstacles, orienteering and managing team dynamics.



Run away with the circus

Skills like juggling, hula hooping and trapeze challenge your balance. agility and flexibility learning. And they're good for a laugh.



Join a team

Learning new rules and strategies will give you a head rush while you physically push your limits. Think netball, basketball, roller derby, ultimate Frisbee, soccer... game on!



THE HEALTHY BRAIN COMMANDMENTS

THOU SHALT BREATHE DEEP.

Chronic and severe stress takes a big toll on your brain: it can lead to shrinkage of the hippocampus and affect the growth of nerve cells. Uh-oh. Chronic stress can also hurt your cardiovascular system, so it's a double whammy. If you're a stress-head. it's time to give time-out priority by making something relaxing to you - bad reality TV. deep breathing, listening to hiphop - a part of your daily routine. A study published in the journal Brain, Behavior, and Immunity found that not only did meditation and mindfulness techniques decrease feelings of loneliness in participants, it also down-regulated "loneliness-related pro-inflammatory gene expression" - in other words, dangerous inflammation linked to loneliness. Winning.

THOU SHALT GO TO THE PUB.

Thought you'd like this one... Humans don't do well in isolation and neither do our brains. Having strong social ties is a brain booster and adults who stay socially active are less likely to develop AD or dementia. Cue Thursdaynight drinks (in moderation). Or hey, a picnic works too. "Staying socially engaged and interacting with others works vour brain pretty effectively," says Farrow. Don't be afraid of pub auizzes: debatina fresh ideas forces new neural pathways to form, which is exactly what you're after. The research isn't in on whether or not online relationships offer the same benefits, so stick with IRL humans as much as possible.

THOU SHALT BUY NEW PYJAMAS. So you're keener to get under the covers. Quality sleep is necessary to keep your brain firing on all cylinders. Researchers at the Johns Hopkins Bloomberg School of Public Health in the US found that getting less sleep or sleeping badly was associated with a higher level of beta-amyloid. a pesky protein that forms the plaques associated with AD. You know the drill: sleep in a cool dark room, put your phone on aeroplane mode and stop looking at it an hour before you close your eyes.

THOU SHALT HEART YOUR HEART.

"All cardiovascular risk factors - high blood pressure. diabetes, metabolic syndrome, smoking, high cholesterol. obesity, physical inactivity - are also risk factors for dementia," savs Sachdev. Remember that complex network of blood vessels supplying your brain with energy and nutrients? If your cardiovascular system's getting muddled up, so is that network.

five THOU SHALT SHOP IN THE FRESH-FOOD SECTION.

This one's a bit tricky. The jury's still out on how much nutrition and diet impact AD and dementia, but experts know there's a connection. A study in the journal Alzheimer's & Dementia found that a Mediterraneanstyle diet (called the MIND diet) was associated with a lower risk of AD. So have lots of leafy greens, fresh veg, berries, fish, poultry, nuts, heart-healthy fats (like olive oil), whole grains and beans. Off the table? Margarine, refined carbohydrates, refined sugars and trans fats.





THOU SHALT BREAK A SWEAT.

Need more motivation to make it to spinning? A 2014 study by the University of British Columbia found that regular aerobic exercise (when your heart is pumping and your pits need deodorant) appears to boost the size of the hippocampus. the brain area involved in verbal memory and training. Resistance training, balance and muscle-toning exercises did not appear to have the same results.

seven THOU SHALT WATCH TED TALKS.

The more you use

your brain, the stronger it gets as you form new connections and neural pathways. Online brain training (try Lumosity.com), using a map instead of GPS or pondering TED debates are the kind of things we're talking about. To really ramp up your brainpower, make music. Research from the University of St Andrews in Scotland found playing an instrument can improve your ability to detect errors and correct mistakes quicker. American neurologist and Alzheimer's specialist Dr Richard Isaacson backs this up. Isaacson - whose research prompted him to pick up his bass guitar and form a band with fellow neuroscientists called The Regenerates - says, "Music is multimodal, meaning you use many different parts of your brain. It also boosts your cognitive reserve, which is the brain's ability to resist damage."

Brain food

US TV personality Max Lugavere is making a documentary about how our dietary and lifestyle choices impact brain health (BreadHeadMovie.com). We put him under the grill...



Why did you start working on Bread Head? Five years ago, my [mum] started showing symptoms of cognitive decline, at age 59. We went to revered medical centres and experienced what many people call "diagnose and adjos". which is meant to convey the lack of treatment options aside from a few largely ineffectual drugs. I became obsessed with understanding how this could happen to someone so young and started looking into how diet and lifestyle impact our brain's health.



In all your research, what surprised you the most? Learning that by the time someone gets diagnosed with AD, the disease process has been in motion for decades. That's why I really want to reach the younger generations, while we can still make a dent in these diseases.



Give us some things you've discovered that women can do right now to keep their minds sharp.

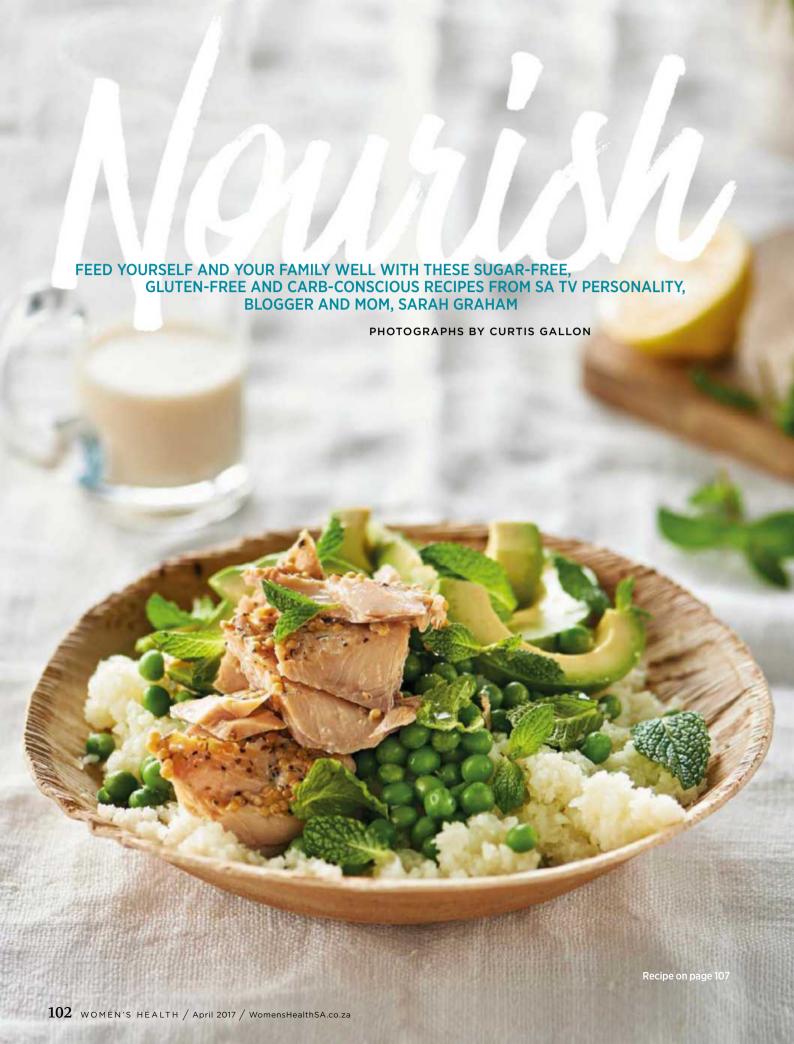
- Limit your use of technology at night so you get better quality sleep. Light, especially the blue light from electronic devices, disrupts your sleep and sleep is crucial for a healthy brain.
- Exercise and don't be afraid of lifting weights.
- Meditation has a number of profound benefits for your brain, reducing stress and minimising inflammation, a major player in chronic illness.

PLEASE

Type-3 diabetes

NEUROPATHOLOGIST DR SUZANNE DE LA MONTE COINED THE TERM "TYPE 3 DIABETES" DESCRIBE AD AND SA OF BRAIN DIABETES. I BRAINS WITH AD, THERE BOTH INSULIN DEFICIENCE AND INSULIN RESISTANC AS SCIENTISTS FIGURE OUT HOW THESE FACTORS EITHER BOOST OR BURDEN BRAIN HEALTH, OUR
UNDERSTANDING OF HOW
TO PREVENT OR TREAT
AD AND DEMENTIA WILL





PEA AND MINT PESTO 1 cup frozen peas, thawed (soak in 1 to 2 cups just-boiled water for a few minutes and then drain)

1 tbsp chopped fresh mint 2 tbsp raw almonds, roughly chopped 2 tbsp freshly grated Parmesan cheese 3 to 4 tbsp extra-virgin olive oil

Zest of ½ lemon Juice of 1 lemon

1 clove garlic, chopped ½ tsp natural sweetener (honey or agave)

CALAMARI

500g fresh calamari rings 1tsp dried chilli flakes Salt and freshly ground black pepper 1tbsp extra-virgin olive oil 500g courgette noodles (or wholewheat or glutenfree linguine) Shavings of Parmesan, for garnishing

- 1/ First make the pesto by blitzing together all ingredients and check for seasoning. Loosen with a little olive oil and a couple tablespoons hot water, if necessary, and set aside.
- 2/ Rinse the calamari rings, drain in a colander and set aside on a plate lined with kitchen paper or a clean dishcloth to dry off. The drier the squid, the crispier the end result. Season with the chilli flakes and a generous pinch each of salt and pepper.
- 3/ Heat a large frying pan over medium-high heat and add the olive oil. Fry the calamari for five minutes or until lightly golden and crispy. Remove from the heat and set aside.
- 4/ Meanwhile, cook the courgette noodles in a large saucepan of salted boiling water for a couple minutes, drain and set aside in a large mixing bowl.
- 5/ Add half the pesto to the courgette noodles and mix until they are well-coated. Divide between warmed serving bowls, top with the calamari and serve with the extra pesto on the side. Garnish with shavings of Parmesan cheese.

SERVES 4 | Preparation time 15 minutes | Cooking time 5 to 10 minutes



CHICKEN FLATBREADS WITH LEMON YOGHURT

1/2 cup wholewheat flour ½ cup plain flour 1 tsp baking powder ½ cup full-fat natural yoghurt 1 tbsp olive oil ½ tsp salt Pinch freshly ground black pepper

DUKKAH SPICE MIX (Makes about 3/4 cup) ¼ cup pistachio nuts, finely chopped

 $\frac{1}{4}$ cup almonds or hazelnuts, finely chopped 2 tbsp sesame seeds 2 tbsp coriander seeds 1 tbsp cumin seeds ½ tsp salt Freshly ground black pepper, to taste

YOGHURT DRESSING ½ cup full-fat natural yoghurt 1 heaped tsp lemon zest 1 tbsp lemon juice 1/2 tsp minced garlic

1 heaped cup shredded roast chicken 1 tsp ground cumin 1 tsp ground coriander ½ tsp dried chilli flakes

(optional) 1 tbsp olive oil 100g feta cheese 1/4 red onion, finely sliced 1 cup baby tomatoes, halved

1 ripe avocado, sliced Small handful fresh mint or coriander, for garnishing

Want to ditch the bread? This mixture is perfect for wraps. Try CarbClever Cauliflower Wraps (gluten-free), from Woolworths.

1/ Preheat oven to 220°C.

2/ Mix all the flatbread ingredients together in a stand mixer with a dough hook attachment. Add extra flour if necessary, but the dough should be quite wet and sticky. When the dough comes together, knead for 2 to 3 minutes on a lightly floured surface.

3/ Take a golf ball-sized piece of dough and roll out as thinly as possible with a floured rolling pin, again on a lightly floured surface. For these flatbreads I like to make them loosely rectangular in shape.

4/Bake on a lightly greased baking tray for 8 to 10 minutes, or until golden. Alternatively, cook in a hot griddle pan until golden and cooked through.

5/For the dukkah, lightly toast all of the ingredients in a dry pan over a gentle heat. Be careful not to let anything burn. When the s and sesame seeds are den and fragrant, move the pan from the heat and set aside to cool completely. Store in an airtight container.

6/For the dressing, stir all the ingredients together and adjust to taste.

7/ For the topping, fry the chicken and spices in the olive oil until golden and fragrant. Spread some of the yoghurt dressing onto the cooked flatbreads, then top with the chicken, a generous sprinkling of your dukkah spice mix, crumbled feta, red onion slices, baby tomatoes, avocado and fresh herbs. Serve immediately.

SERVES 2 TO 4 | Preparation time 15 minutes | Cooking time 15 minutes









RED ONION, FETA AND BEETROOT

GLUTEN-FREE TART PASTRY 150g almond flour 75a coconut flour 150g cold butter or coconut oil 1 to 2 tbsp cold water, to bind, if needed Pinch of salt

FILLING ½ tbsp olive oil ½ tbsp butter 2 medium-sized red onions, chopped 1 tsp chopped fresh rosemary 1 tbsp balsamic vinegar ½ tbsp honey (or coconut sugar or rice malt syrup) Salt and freshly ground black pepper, to taste 3 medium-sized beetroots 100g feta cheese, crumbled (or Gorgonzola or goat's cheese) 3 eggs, lightly beaten ½ cup milk

1/ Preheat oven to 180°C. 2/ For the pastry, blitz the ingredients together in a food processor until it forms a dough, then press into a greased 20cm tart tin using the back of a spoon to smooth out the dough. Prick the base with a fork and blind bake for 15 minutes, or until liahtly golden. Remove from oven and allow to cool.

3/ For the filling, heat the oil and butter in a large heavy-based saucepan over medium heat. When the butter starts to foam, add the onions, rosemary, vinegar and honey and cook gently for 15 minutes. or until sticky and starting to caramelise. Remove, check seasoning and allow to cool.

4/ Meanwhile, cook the beetroot in boiling water until tender, also about 15 minutes. Remove, allow to cool, peel and cut into 1cm cubes (alternatively. use store-bought beetroot, but not the kind stored in vinegar).

5/ Once the tart shell has cooled slightly, add the onions, beetroot and feta. Mix together the eggs and milk, season and pour over the tart filling.

6/ Return the filled tart to the oven and bake for 20 to 25 minutes, or until the egg mixture is fluffy and golden. Remove and serve immediately with a light green salad.

SERVES 4 | Makes 1 x 20cm tart | Preparation time 15 minutes | Cooking time 45 minutes

FIG JAM, ROSEMARY AND BRIE PI77AS

1 tbsp butter 1 tbsp olive oil 1 medium-sized red onion, chopped 2 tbsp rice malt syrup (or honey or coconut sugar) 1 sprig fresh rosemary, picked (or ½ tsp dried) 6 fresh figs, halved 200g mozzarella cheese, grated 4 wholewheat tortillas 200g Brie cheese, thinly sliced Fresh rocket, for garnishing

1/ Add the butter and olive oil to a medium-sized saucepan over medium heat. When the butter starts to foam, add the onion and cook for 10 minutes, or until softened and starting to caramelise. Add the rice malt syrup, rosemary and four of the figs and simmer gently for a further 10 minutes, or until golden and sticky.

2/ Preheat oven to 200°C and prepare your 'pizza' bases. Divide the grated mozzarella between the tortillas, spoon over some of the fig and onion jam and then top with slivers of Brie and the two remaining figs, thinly sliced.

3/ Place the tortillas onto nonstick baking trays and bake for 8 to 10 minutes, or until the Brie is golden and bubbling. Remove from the oven, top with fresh rocket and serve immediately.

SERVES 4 | Preparation time 35 minutes | Cooking time 10 minutes

CAULIFLOWER "COUSCOUS" WITH **TROUT AND HORSERADISH** DRESSING

1 small to medium-sized head cauliflower 250g smoked trout fillet Small handful frozen peas, thawed 1 ripe avocado, roughly sliced A few fresh mint leaves, for garnishing Salt and freshly ground black pepper

HORSERADISH DRESSING 1/4 cup olive oil 2 tbsp lemon juice 1 to 2 tsp creamed horseradish Pinch of salt A little healthy natural sweetener

1/ Roughly chop the cauliflower and add to a food processor. Blitz for 1 to 2 minutes, or until the cauliflower has a grain-like consistency, similar to couscous.

2/ Prepare the dressing by mixing all the ingredients together. Check for seasoning.

3/ Add the cauliflower to a large saucepan of lightly salted boiling water and cook for 2 to 3 minutes. Drain well and divide between two serving bowls.

4/ Top the 'couscous' with flaked smoked trout, sprinkle over the peas and add the avocado slices and mint leaves. Season to taste with salt and pepper and dress generously with the horseradish dressing. Eat as soon as possible.

SERVES 2 | Preparation time 15 minutes | Cooking time 2 to 3 minutes

Random House)





THE OFFICE



YOU'RE HIRED! YOU'RE FIRED!

Gone are the days when companies and employees partnered for life. And with a tough economy and technological advances meaning that work environments are changing more than ever, you'll be needing this advice again and again

GETTING THE JOB

Prepping for an interview is crucial, but kind of... Duh (research the company, know who you'll be meeting with, drum up smart Qs, yadda yadda). What's trickier is getting into a positive headspace. If you're using public transport, on your way there chat to a friend, look at holiday pics or watch funny videos online (search "gym fails" on YouTube), suggests recruitment specialist Jessica Glazer. The idea: you want to walk into that building feeling relaxed. Erase any selfdoubt by channelling a situation where you were in charge - be it social (turning a guy down) or professional (calling a meeting to order). Researchers have found that this "power priming" spikes confidence and persuasiveness.

QUITTING THE JOB

People overcomplicate their resignation. They make it emotional, they lie to make their boss feel better, they prattle on and on and on. Stop. It. Simply say you have a great opportunity at another company and after much thought, you've decided to take it, says Louise Kursmark, a job coach and co-author of Modernize Your Resume:

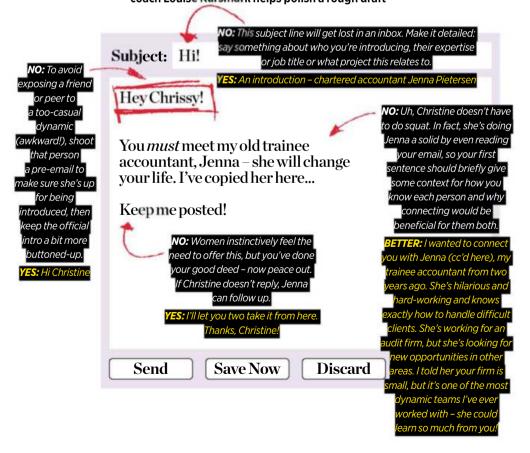
Get Noticed... Get Hired. If your boss counter-offers with a higher salary and you're still not interested in staying, say you've already signed a contract with your new employer (you shouldn't be resigning until you have). If she gets pissed and shouty, remain even keeled and protect your hard-earned rep by telling her you'll do everything you can to make the transition seamless.

LOSING THE JOB

Being told to get the f*ck out sucks with a capital S - and in tough economic times, with companies downsizing across industries, it's more common than ever. Give yourself 48 hours to binge-watch old episodes of New Girl and vent to friends - talking about the job loss is cathartic and helps put it in perspective. The next morning, wake up at your usual time, shower, then make a list of every contact in your network who's in a position to hire you, give you contract work or drop your name in the right places. Email each one separately, explain that you just separated from your old company and ask if they can keep you in mind for opportunities they hear about. Also, no better time for a little TLC: choose a positive habit - exercising, cleaning out the garage to add structure and help ward off depression.

THE ART OF E-INTRODUCTION

Good on you for trying to hook two people up professionally – and hey. beaucoup karma. But bad on you for making these rookie mistakes. Career coach Louise Kursmark helps polish a rough draft



LET THE **BOSS KNOW** YOU'RE ALIVE

Two proven strategies that don't involve buying all of her niece's raffle tickets

THE DIRECT WAY

Suggest a standing meeting. Want your boss to go all heart-eyed emoji on your pitch? Getting vertical and discussing an idea has been found to make people more excited about said idea, according to research from Washington University in the US.

THE INDIRECT WAY

Get a hobby. Psychologists at San Francisco State University found that people who nurtured creative passions in their free time ranked higher on performance evaluations than those who didn't. The theory: these employees had more positive energy to bring to their work.

HOW TO SURVIVE AN OPEN OFFICE

Screw Silicon Valley. Since tech companies started popularising open layouts to "increase creativity", more and more offices have started switching to low - or zero - partitions. But data suggests the set-up kinda blows. In Denmark, open-officers took 62 percent more sick

days than folks who had their own space and a US study showed that the noise in these joints elevated employees' fight-or-flight hormones. Etiquette pro Jacqueline Whitmore, author of *Poised* for Success, shows you how to achieve sanity amid the chaos.



YOU SCHMOOZING THESE PEEPS?

You should be. Reciprocity with your workmates – even those you might not think to butter up – always trumps rivalry because it's constructive <cough> common sense <cough>. Plus, it was totally part of a study published in the Harvard Business Review



THE RECEPTIONIST

SPECIAL SKILLS: Knows everyone's comings and goings; can cover your ass when you're running late. YOUR BEST MOVE: Offer to grab her a coffee if you're going out for one. Learn about her family because she probably knows about yours (and if your dog is sick, she might tell the boss you took an outside meeting when you're really taking him to the vet). And gossip wisely. Don't be a tattletale, but do talk yourself up from time to time - maybe she'll let someone else know about your success when they stop by her desk for a skinder.



THE BOSS' PA

SPECIAL SKILLS: Keeper of the schedule, knower of the mood. YOUR BEST MOVE: Got a call or request that's urgent? Tell her what it's about instead of acting like she's a clueless pleb and you're the damn CIA. Don't overreact if she blocks your access - she might be doing you a favour, like when your boss hasn't had lunch yet. Praise her to the Big High Mucky Muck - if she's really organised or friendly, say so because it'll get back to her (everything does). And if she's having a hectic day, a smile and a wave can mean a lot.



THE IT CROWD

SPECIAL SKILLS: Ensuring your devices run smoothly; working miracles when files go AWOL. YOUR BEST MOVE: Be nice, even when you're panicking. "If my phone rings and it's someone I'm friendly with, I'm more likely to stop what I'm doing and help them," says IT consultant Dan Taplitz. Chat a bit when you have a low-key question - even a quick "How's your day going?" matters. If you've accidentally had a freak out, give them a call to apologise and thank them for all of their help.



THE INTERN

SPECIAL SKILLS: Moving around unseen; can hear insider info and unknowingly leak it to you (they're not as quarded as your peers). YOUR BEST MOVE: Throw a

meet-and-greet so your co-workers and interns can connect and give the young 'uns real work, not just BS - even if it means more effort for you. While working on a newspaper, health and wellness editor Emily Laurence mentored her interns and one returned the favour by helping her develop her personal brand on social media. "That wasn't taught when I was at varsity," she says.

CONVO STARTERS

Chattier people get ahead at the office, says Debra Fine, author of *The Fine Art of Small Talk*. They seem more connected and confident and they also never (ever) talk about the weather.

START STRONG

Go for substance over style – you'll establish a more genuine connection.

"We've never really had a chance to chat. Where are you from?"

"What have you been working on lately?" "That was a really clever idea you raised in the budget meeting yesterday. How'd you even come up with that?"

KEEP IT GOING

prevent the conversation from stalling - especially useful if you're waiting for a meeting to begin or staring down the barrel of a long Uber ride.

"I'm trying to plan a trip, but can't decide on a place. What's your favourite holiday spot?"

"What's the best thing you've read lately?" (Podcasts and movies are also great fodder.) "What's a good place around here to get brunch?"

EXIT POLITELY

Whichever excuse you use, follow through. If you get caught yapping with someone else, the first person will know you were just ditching her.

> "Yoh – definitely haven't had enough coffee today. I'm going to go grab some."

"I have a proposal due at 5pm. so I'd better get back to my desk. See you later!" "I have to grab Thembi before she leaves, thanks for the chat!"



ONE PLACE YOU DON'T HAVE TO MAKE Open-ended questions help SMALL TALK? THE BATHROOM.

> A nod and a smile, maybe a "Howzit?" at the sinks. Never in the stalls. Even if your colleague answers you mid-tinkle, she's probably cursing you silently in her head.

BODY POLITICS

How not to make a scene when nature calls... Or you get a boob job

FARTING: If you hear someone rip one in a meeting, don't pop your head up like a meerkat. If you're the tooter, again, acknowledge nothing. Cracking a joke or apologising is so much more awkward than simply ignoring the event.

OFFICE POO: You have two options: courtesy-flush the instant your poo plops to minimise stank or spritz an essential oil product like Poo-Pourri (from R130, Poo-Pourri. co.za) into the toilet (pre-#2) to create an odour-blocking film on the water's surface. Should you choose the latter, do not let anyone see you with this in hand or you'll forever be known as the woman whose dumps are so gross she went out and bought a special dump perfume. If your poo made a huge splash, wait until a busy bathroom clears before exiting your stall. Same rule applies if you suspect a colleague has recognised your shoes.

PUMPING: Moms at Jessica Alba's The Honest Company can handle their business in a suite full of girlie furniture. You might not have that luxury. If you have your own



office, put a sign on your door: "Do not disturb under any circumstances." No office? Book a boardroom. Let your PA or office bestie know what you're up to and ask her to keep colleagues away. And resist the urge just to get in and get out - instead, try listening to soothing lullabies while looking at pictures of your kiddo. Both have been shown to increase milk production.

POST-COSMETIC SURGERY:

"You don't have to tell your employer what you've had

done – patient privacy laws protect you," says cosmetic surgeon Jennifer Walden. If it's a septorhinoplasty – nose job – she tells patients to go with the deviated septum line or return to work post-splint and wear more concealer than usual. "You will have swelling and discoloration under your eyes – blame that on staying up too late," she says. Most breast surgery patients can go back to work after five to seven days; wearing a sports bra and a baggy top should be a good enough disguise.

WHEN WORK **WIVES CHEAT**

So vou didn't write vows or pledge an oath of fidelity - fine. Doesn't mean these "marriages" aren't real. If one partner drifts...

AND IT'S YOU

Work marriages are built on trust and respect – just like actual ones - so an open dialogue is key, says Dr Chad McBride, a specialist in communication studies. The difference? With office spouses. an open relationship isn't as likely to be a deal-breaker. Broach the subject with your work wife by saying, "I was chatting to Tania the other day and she's actually really cool. How about we all get lunch on Tuesday?" Don't force a bond; if it's not there, try to split your time evenly and check in if vou sense tension.

AND IT'S YOUR WORK SPOUSE

Again, transparency is crucial. The next time you grab a skinny latte with her, say: "I know we haven't been hanging out as much lately and I just want to make sure we're good." Maybe you upset her – or maybe she's just on a massive project. Addressing the situation proactively helps you fix a problem or, in the rare worst-case scenario, decide when it's time to walk away.

THINGS GETTING BATTY? KEEP YOUR CHILL

Exploding at Janice in accounting – no matter how severe her offence – will just make things worse

MILD **MEDIUM MAJOR**

SOMEONE ATE YOUR LUNCH.

Sorry, but your MIA stir-fry is not grounds for an all-staff email. Instead, put a stern, direct (and anonymous!) sign in the kitchen: "Please don't eat what's not yours" with eyes on it. Sounds cheesy and passiveaggressive, but a Newcastle University study found that a poster with eyes on it made subjects behave better.

PEOPLE EMAIL YOU AFTER

HOURS. Try not to assume that the sender expects an immediate response - some people just like to send an idea out before they forget it. If you don't plan to answer emails after 6pm, let people know with a daily outof-office that includes when you'll be back at it, says Glazer. Ask people to mark subjects "urgent" if they need you ASAP.

FOR YOUR WORK. "If someone is plagiarising your report and passing it off as theirs, you need to address this with your boss," says Glazer. Start documenting the work that you're doing (email it to yourself or another project member for a time stamp) and make sure you are sharing info only with the people who need to know.

A COLLEAGUE TAKES CREDIT

A COLLEAGUE BLAMES YOU FOR A BIG MISTAKE. "You might say, 'It's come to my attention that you told our manager XYZ. Can you help me understand?"" says Jenny Blake, author of Pivot. She'll probably apologise and fess up, but if she's a serial underminer, tell vour boss, "Look, I know Kelly told you this, but that's not accurate." Explain what really went down.

MEGA



nHunger

Are you skittish when it comes to cake because you're scared you might eat the whole thing?

Do you keep caving into your craving and then have ensuing feelings of guilt? It could be that you need to exercise your discipline and will power - or you could be genuinely addicted





Yet, the view that food can be addictive is a controversial topic and the scientific jury is still out on whether or not people can really be hooked.

"There are different definitions regarding food addiction. Some define it specifically as the inability to stop eating compulsively, however, many people are starting to understand and treat all eating disorders as food addiction due to the obsessive and compulsive nature," explains clinical director Kathryn de Gouveia from Imani Addiction Services: Eating Disorder Treatment Centre in Cape Town.

So when life gets tough, do you find yourself, biscuit box in hand, scoffing down sugary painkillers and wanting more? Are you a food addict or just having a bad food day?

IS IT REAL?

"Food addiction is when a particular food hijacks our normal brainchemistry response and literally takes over and compels us toward over-consumption of that food, resulting in health problems," says Frank de Gouveia, head counsellor and addiction counsellor from Imani Addiction Services: Eating Disorder Treatment Centre. While it's easy to confuse food addiction with bingeeating disorder, the latter occurs when people treat their emotional and psychological state with food - addicts are chemically hooked on certain foods.

"A study published in the US found that when rats with access to sugar and chocolate-flavoured food had those treats withheld, their brains pumped out five times the normal levels of corticotropinreleasing factor (CRF) - the same stress hormone unleashed in people trying to kick a drug habit," says Dr Pam Peeke, author of The Hunger *Fix.* However, the study authors warned against drawing parallels between drug and food addictions. Their work, however, did declare the similarities and it highlighted the possibility that eating lots of unhealthy foods could increase your chances of becoming addicted.



Source: Plos One journal.



FROM THE FIRST BITE

Addicts rely on the good feelings that they get from consuming their stimulant. Similar to substance abuse, food can trigger the brain with feel-good chemicals and can be used as a comfort when feeling down, stressed or angry. "Food can bring a sense of comfort and reward," says Tracey Nichas, counselling psychologist and eating disorder programme manager from Akeso Crescent Clinic in Joburg.

Even though food addiction is usually understood as an emotional issue, it is in fact fundamentally a chemical problem. Food addicts eat a milk tart and finish it not because of hunger, but rather because it makes them feel good and that's what they really want. But is it what they really want? Or have their taste buds and brain chemistry been hijacked.

FIGHTING TEMPTATION

When we eat the right combination of salty, sweet and fatty ingredients, the brain's reward system is supercharged, which can overpower

its ability to tell an individual to stop eating. "Saturated fats in foods, like bacon and cheese, impair your brain's normal ability to regulate appetite and cravings, so you don't realise you're full until you're completely stuffed," says Dr Kelly McGonigal, author of The Willpower Instinct. What's more, that effect on your appetite can last for up to three days, the length of time it takes to flush those fats from your system. So one unhealthy indulgence can end up triggering a major relapse. According to Peeke, food addiction develops like this: "the brain thinks it has too much dopamine, so to compensate, it battens down the hatches, decreasing the total number of dopamine receptors to lessen the amount of dopamine your brain absorbs." And that explains a lot. If overeaters or drug addicts are short on receptors, they might not respond as readily to other pleasures that could make them feel good. So, like a fat, sweet, salty vicious circle, they're obsessed and addicted to what they know will give them that major hit of dopamine release.

HUNGRY FOR A CHANGE?

Food addiction can affect a person's mental health. Overeaters can have strained relationships with loved ones and struggle with weight gain. And the assumed solution for this? Just stop eating the crap or use a little will power. Unfortunately, the answer is not so straightforward, but there is hope.

The more you are aware of how food plays both to your emotional and chemically induced cravings, the better chance of healing. It's difficult, but not impossible. The first step? Detox plan. You don't often hear someone say they're addicted to cabbage or broccoli, right? "Neurologically, certain foods do trigger the dopaminergic reward pathways in the brain more than others," says Frank de Gouveia. So it's easier to get hooked on highly processed junk foods. Begin by reining in your hyperpalatables. You need to eat healthier foods that will temper temptation from the drug-like foods and beverages you've been hooked on.

The next step is to watch your indulgence intake; you don't have to cut out all indulgences though - we know that a bowl of strawberries can't compete with a slice of rich chocolate cake. Yes, the occasional treat can lead to a dopamine blast, but then your brain can settle back down to normal levels. It's important to remember that our brains are rigged to forage. "We need to think of food in terms of what it was intended for... To nurture our bodies. We must care enough about ourselves and our bodies to use food in a nurturing way," says Linde Viviers, clinical psychologist at Akeso Crescent Clinic. So we need to go back and eat like our predecessors, getting natural carbs from berries and fats from avocados and fish. We are built to crave healthy proteins, fats and carbs. These clean, natural foods have sustained us since the dawn of time.

For any chance of success, our relationship with food must be adjusted. "Move focus away from food and rather build an awareness of emotions that are projected onto the meal. This makes the end goal of recovery not only seem more achievable, but makes the process of breaking the cycle of food serving a function in the person's life possible," says Kathryn de Gouveia.

NO CRAVING MEAL PLAN

Each day's plan adds up to around 6 200kJ, which will keep cravings at bay.

BREAKFAST

OATS WITH PECANS

AND BERRIES

1 packet Jungle Oat-So-Easy
Original* made with 1 cup skim milk and mixed with... 2 tbsp pecans, chopped ½ cup raspberries ½ cup blueberries *The soluble fibre in oats will keep you full – well past the time you

usually start thinking about lunch.

Snack 1 medium banana; 2 tsp peanut butter* *Natural nut butters provide filling protein and healthy fats.

LUNCH

TURKEY PITA

115g turkey 1 tsp Dijon mustard ¼ cup spinach, chopped 4 small tomato slices 1/8 cup sprouts 1 small wholewheat pita SIDE SALAD

1 cup romaine lettuce, chopped ½ cup cucumber, chopped ½ cup red pepper, chopped 1 tsp olive oil

Snack A skim latte (170ml skim milk and 170ml coffee) with cinnamon 15g dark chocolate (70 percent).

DINNER

HEALTHY CHICKEN PARMIGIANA WITH PENNE

115g grilled chicken, diced ½ cup tomato pasta sauce 1 cup cooked spinach* (sautéed in 1 tsp olive oil) ½ cup wholewheat penne 1½ tbsp grated Parmesan *Spinach contains alpha-lipoic acid, which plays a role in energy production and may help regulate blood-sugar levels.

DAY2

RYE TOAST WITH PEANUT **BUTTER AND FRUIT**

1 slice rye 2 tbsp natural peanut butter 1 medium banana, sliced 4 strawberries, sliced

Snack 1 small apple, sliced; ½ cup fat-free plain yoghurt; ¼ tsp cinnamon

OPEN-FACED CHICKEN AVO

1 slice wholewheat bread 85a grilled chicken breast ¼ avocado, slivered

SIDE SALAD

1 cup mix of romaine, chopped tomatoes and shredded carrots 1 tsp balsamic vinegar 1 tbsp olive oil

Snack 3/4 cup cucumber, sliced; 11/2 cups carrots, sliced; 1/4 cup salsa, for dipping; 1 large egg, hard-boiled

PRAWN AND BROCCOLI PASTA SALAD

115g cooked prawns ½ cup cooked wholewheat pasta ½ cup steamed broccoli 4 sun-dried tomatoes, halved 1tsp capers 1 tbsp fresh lemon juice 2 tsp olive oil 2 tbsp red-wine vinegar ¼ tsp onion powder ½ tsp origanum

DESSERT 15 raspberries

DAY3

EGG-WHITE FRITTATA WITH FETA, SPINACH AND MUSHROOMS

2 egg whites, plus 1 whole egg ½ cup fresh spinach, chopped ½ cup button mushrooms, chopped 30g feta cheese 1 tsp fresh coriander 1 slice wholewheat bread 60ml 100-percent pomegranate juice mixed with 170ml water

1tbsp almond butter; 4 celery sticks

QUINOA SALAD

¾ cup cooked quinoa 3 cups mixed greens 5 sun-dried tomatoes 3/4 cup cucumber, chopped ¼ cup yellow pepper, chopped Toss with 3 tbsp balsamic vinegar and 1 tbsp Maille Dijon mustard.

Snack 4 Provita crackers; 5 tbsp Woolworths Plain Guacamole; 3/4 cup apple, sliced

BAKED TOFU

115g firm tofu 5 medium asparagus spears 115g cooked edamame ¼ tsp garlic flakes ¼ tsp paprika 1½ cups cubed butternut, roasted and mashed Season tofu, asparagus and edamame with garlic and paprika. Bake at 180°C for about 20 minutes. Serve with a side of butternut.

DESSERT 22 raspberries

BARLEY WITH WALNUTS AND HONEY

34 cup barley, cooked 12 cup fat-free milk 10 walnut halves ½ tbsp honey

Snack Make a smoothie by blending: 1 small peach, pitted and peeled; ½ cup fat-free yoghurt and 1 tbsp sunflower seeds

SALMON, AVOCADO AND TOMATO SALAD

115g salmon 2 tbsp fat-free plain yoghurt 1 tsp fresh dill 13/4 tsp Dijon mustard 1 cup mixed greens ½ avocado, diced ¼ cup tomato, diced 1 tbsp lemon juice ¼ clove garlic, minced

Snack 1 carrot; ½ cucumber; 5 tbsp Mediterranean Delicacies Reduced Fat Humus; 2 Finn Crisp Crackers

CHICKEN KEBABS

115g lean, boneless chickenbreast, cubed ½ medium red pepper, cut into 2.5cm squares ¼ onion, cut into 2.5cm squares 2 portobellini mushrooms, cut into 2.5cm squares 1 tbsp olive oil Lightly brush chicken, pepper, onion and mushrooms with olive oil; add salt and pepper to taste. Grill or cook in the oven at 160°C for eight to 10 minutes, rotating every two to three minutes.

3/4 cup Kellogg's All-Bran Original 1/2 cup blueberries 2 tbsp slivered almonds

1 tbsp ground flaxseeds 1 cup fat-free milk

CEREAL

Snack 1 small apple, sliced; ½ cup fat-free plain yoghurt; ¼ tsp cinnamon

OPEN-FACED TUNA SANDWICH

85g canned chunky tuna mixed with 1 tsp Dijon mustard, 1 tbsp plain fat-free yoghurt and ¼ tsp dill 1 slice multigrain bread

SIDE SALAD

1 cup romaine lettuce, chopped ¼ cup carrot, sliced ¼ cup cherry tomatoes ¼ cup artichoke hearts (in water), quartered 1 tsp olive oil 1 small Granny Smith apple, sliced and served on the side

SALMON WITH VEGGIES

120g grilled salmon (seasoned with dried origanum) 1 cup grilled vegetables (baby marrow, aubergine and bell peppers) drizzled with 1 tsp

1/2 cup brown rice with 1 tbsp pumpkin seeds

DESSERT

½ cup strawberries



























Scenes from the crowd... Who said getting fit couldn't be fun? Seven workouts later, our incredible fans from Langa still had energy to dance! And with moves like those, we had to get them up on stage....







Did You Miss It?



Give yourself a major case of #FNOMO by checking out our album of pics and videos at WomensHealthSA.co.za and like us on FB to be the first to hear where we'll be next!







Got #FNOMO?

Good news, Jozi... We're bringing the FNO magic back to Montecasino in August and it's going to be bigger and better than ever!

Slow down for what? After a sexy dance class with Takkies, our #fitfam just kept going, not missing a beat with their lumo Ripstix - and proving, yet again, that WH women are legends.









REAL WOMEN. REAL RESULTS.

JOIN SA's FAVOURITE OUTDOOR MOTIVATIONAL FITNESS PROGRAMME FOR WOMEN!

- · 4-Week outdoor exercise programme
- · Choose from over 50+ locations nationwide
- No monotonous routine or sweaty gym equipment
- · Like-minded women striving to achieve a healthier lifestyle
- · Qualified trainers who are fun and energetic

SIGN UP www.AdventureBootCamp.co.za

