

women's fitness

ONLY Australia only
\$6.50

NOVEMBER 2014 *
AUS \$6.50 inc GST
NZ \$7.50 inc GST

**SUPER
FAST
CARDIO**
(with even
quicker results!)

10
**healthy
summer
eating
tricks**

THAT WON'T KILL
YOUR SOCIAL LIFE

**Are you
a stress
sponge?**

TOP TIPS
TO KICK
THE HABIT

easy as
**The moves
to get you
seriously
toned**

4
weeks
to hotness

YOUR BEACH BODY, SORTED

**HOW
TO EAT
YOURSELF
SMART**
(literally!)



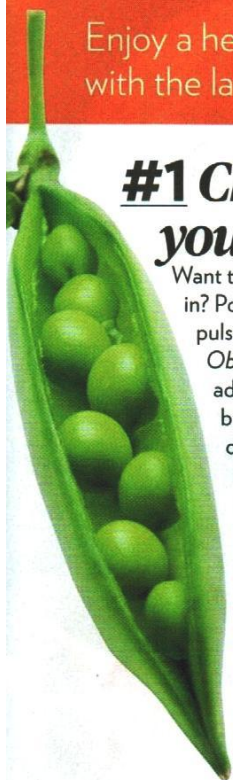
* BEST SKIN HAIR & BODY BUYS TO SPLURGE ON *

Quick HITS

Enjoy a healthy body and mind
with the latest in good living

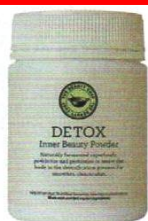
#1 Check your pulse

Want to stop hangryness kicking in? Power up your meals with pulses. A study published in *Obesity* journal has found by adding a side of chickpeas, beans, peas or lentils to a dish, you'll feel fuller for longer and will dodge over-eating. So what's the magic number? Well, 31 per cent of people were fuller if they had around 160g of pulses daily. So add some chickpeas to your next salad to skip that 3pm cupcake.



#2 Snack attack: tummy boosters

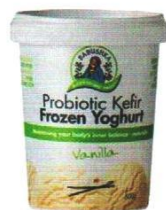
Check out these simple ways to pack in probiotics



THE POWDER
Detox Inner
Beauty Powder,
\$69.95,
thebeautychef.com



THE DRINK
Mojo Original
Kombucha,
\$4.50 approx,
organican draw.com.au



THE YOGHURT
Babushka Probiotic Kefir
Frozen Yoghurt in
Vanilla, \$3.44 for 150g,
babushkaskefir.com.au

#3 Let's run the world

More yogi than marathon runner? Maybe it's time to mix things up. A new study from Journal of the American College of Cardiology has discovered running can equal a longer life. Researchers found getting your run on for just five to 10 minutes a day can reduce the risk of dying from cardiovascular disease by 45 per cent. Still not sold? Runners are also found to live three years longer than non-runners. Time to tie those laces!

Tammy gets more
bounce than a
basketball

