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THEY ARE PARAGONS OF
CLEAN LIVING, BUT DO THEY
FOLLOW THEIR OWN RULES?

HEIDI DI SANTO, 34, is a motivational speaker and author of *Heidi's Lose Size & Energize* (Brumby Books, \$29.95).

TIP: STAY AWAY FROM SUGAR

DOWNFALL: CHOCOLATE

"I've always battled with my weight, and my midriff is a particular problem area. As a teenager, I was called 'tubby' and was always the last person picked for sports teams – I tried dieting, but it only slowed down my metabolism. At 21, I started exercising and now I do about an hour's worth of weight training and cardiovascular exercise every day – I enjoy it, and even crave it. By eating fruits, vegetables, lean proteins and legumes, and staying away from refined sugar, I've found that I don't get as hungry between meals. But my weaknesses are potato chips and chocolate – if food is there, I want to eat it."

ROSEMARY STANTON, 62, is a nutritionist and author of 24 books.

TIP: EAT LARGE MEALS

DOWNFALL: DAIRY

"I sometimes think my tummy is too fat, even though I'm fairly scrawny. I also have large legs, but I tell myself that they are runner's legs! If I have a couple of days without exercise, I get anxious. I cook everything from scratch with fruit and vegetables from my garden, and swim every day, play tennis regularly, and walk – but I do have a weakness for dairy products."

AIMEE CLARK, 23, is a personal trainer from Queensland.

TIP: MAKE TIME FOR EXERCISE

DOWNFALL: CHOCOLATE

"Worrying about my weight got me into fitness, and that's how I became a trainer. I had low self-esteem, lacked motivation and going to the gym didn't seem to help – I just didn't know which exercises to do. Now, people think I'm super-fit, but that's due to a lot of hard work. I eat healthily and I'm on a new eating plan, due to a gluten and dairy intolerance, but I really do miss my cappuccinos."

MARGARET HAYS, 42, has been a dietitian for 19 years and is a spokesperson for the Dietitians Association of Australia.

TIP: SNACK ON FRUIT AND NUTS

DOWNFALL: POTATO CHIPS

"I've always been very active and I'm very conscious of what I eat. I try to snack healthily by eating fruit, yoghurt and nuts. I'm fortunate enough to work part-time so exercise is a priority. I swim, play basketball, netball, tennis, and occasionally ride my bike. I'm lucky that a good lifestyle comes naturally to me – as a dietitian, I'm passionate about how we should live healthily."

SHARON NATOLI, 40, is a dietitian and director of *Food and Nutrition Australia*. Visit www.foodnut.com.au for more details.

TIP: USE SNACKS TO KEEP UP ENERGY

DOWNFALL: AN OCCASIONAL WINE

"I have good genes on my side and never really worried about my weight, but after



I had my son, Isaac, now four, I weighed about four kilograms more than I would have liked. I thought it would come off quickly, but it took a good 12 months. I used to go to the gym regularly, but as a busy mum, I go for an evening walk instead. Sticking to an exercise plan can be a challenge so I plan ahead and eat three square meals a day, plus a mid-morning snack. I find that eating properly keeps my energy levels up so I have the motivation to leave the house."

BEV CARTER, 40, is a personal trainer, former gymnastics champion, and author of *Be Your Own Personal Trainer* (New Holland, \$29.95).

TIP: MAKE THE MOST OF THE OUTDOORS FOR EXERCISE

DOWNFALL: WINE AND CHOCOLATE

"My lifestyle is about maintaining a balance – eating well, having fun and being as active as I can. I run, play tennis, go horse riding and swim in the sea throughout the year. Exercise for me is not just about keeping fit, but also about clearing my thoughts and feeling good. I don't crave bad food and I'm just not a fast food person; I eat a lot of fresh fruits and vegetables. One glass of wine or a little chocolate is not going to do a lot of harm in the big scheme of things."



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