

GET 15% OFF YOUR NEW YEAR'S RESOLUTION\* see pg. 9

# W O M E N ' S fitness & HEALTH

VOL. 12 NO. 2  
AUST \$6.95 INC GST  
N.Z. \$8.50 INC GST  


## Diets Roadtested

- \* Atkins
- \* South Beach
- \* Blood types plus more

## Reclaim your waistline

Fast food made healthy

## The 10 essential nutrients

Are you getting your quota?

## HOW IMPORTANT IS SEXUAL COMPATIBILITY?

## + BodyBlitz 12-Week Challenge

Over \$20,000 in cash & prizes to be won

\* Australian residents only, conditions apply

Print Post Approved PP320426/00093  
Display Women's Interest



## 18 tips to stay fit for life

GET A BUTT LIKE KYLIE'S

## The NEW wonderfoods

## Diet therapy

Makeover your relationship with food

# Celeb Fitness Secrets

*Cameron Diaz plus more!*

# The Ultimate Back Workout

Fight back-related injury with the duraDisc workout.

## THE LOWDOWN

The duraDisc™ exercises focus on developing the muscles that promote spinal stability - a key component of spinal health focussing on the muscles that keep the spine stable. Recent scientific research from Queensland University in Australia has identified spinal stability in the prevention and recovery of back related pain and injury. Available from AOK Health (02) 4963 9555 or [www.aokhealth.com.au](http://www.aokhealth.com.au)



### ▲ Standing base ▲ exercise position

**Purpose of exercise:** Develop postural awareness and strength in a standing position.

**Instruction:** Stand in centre of disc. Gently distribute weight between legs, first bending the left knee slightly (weight on straight right leg) and then move back to centre position and swap legs.



### ◀◀◀ Hip lxtension – single leg

**Purpose of exercise:** Strengthen back of thigh (hamstring) and gluteal muscles. Activate muscles that control lower spine and pelvis.

**Instructions:** From Supine Feet on duraDisc™ position, raise one foot off ball. Return to base position and repeat alternating legs.



### <<< Single leg lift

For an experienced user, try adding a balance plate to your routine

**Purpose of exercise:** To improve balance and strengthen the legs and also to activate muscles and improve stabilisation of the spine.

**Instruction:** Stand in middle of disc, flex one knee, while maintaining balance with other foot.

• *For more variety, try adding a balance plate to your routine.*



### <<< Lunge & squat

**Purpose of exercise:** To develop lunge technique while increasing lumbo-pelvic stabilisation.

**Instruction:**

- 1) Position first foot in centre of duraDisc™ and place other foot about 1 metre back.
- 2) Slowly move your back knee down towards the ground (make sure your front knee stays over your front foot).
- 3) Rise up and repeat.

• *For more variety try using a balance plate with your duraDisc™.*

### Supine sit up >>>

**Purpose of exercise:** To strengthen abdominal muscles and hip extensors coordinate spinal stabilisers.

**Instruction:** From Supine Feet on Ball position, lower hips to floor and return to base position.

