

# STRONG

FITNESS MAGAZINE

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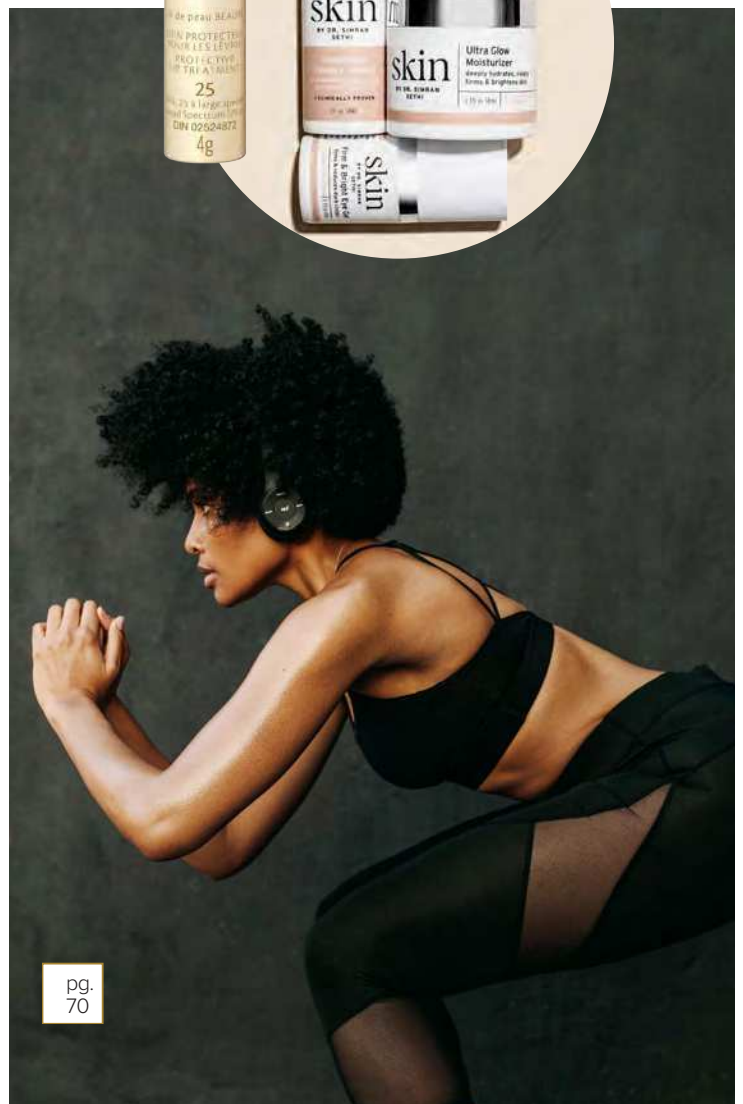
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TIJANA DALY

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MONICA KALRA



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# STRONG



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# Sobering & Celebratory Summer Vibes

**Last summer I jumped whole-heartedly into this role, embracing the opportunity to lead an impressive team of STRONG women with the hopes of inspiring thousands more, together.** And inspire we have. By sharing compelling stories, insightful information, and endless motivation. What's more though, is how inspired I've become in the process.

Over the past year I've had the chance to learn from and connect with incredible women across North America—some from my own neighborhood, others from distant parts of the continent. Learning about so many women—from all walks of life—who have overcome some of life's toughest challenges, such as the loss of a loved one, navigating their own life-threatening disease, rehabilitating their body after physical injuries, coping with mental-health issues, working through the demands of motherhood, the heartache of divorce, the reality of job loss... And so much more, has certainly added a significant layer to my perspective on resiliency. This "anniversary" issue is another reminder for me about how strong women really are, in every capacity.

During the cover interview, Tijana Daly and I discussed discomfort, and how we can only make real changes in our lives when we're ready to face it head-on. It's what she accepted in order to finally get sober after two decades of destructive behavior. In "Totally Tijana: Twenty Years



in the Making," you'll see how she's reaping the rewards for her courage. As is Logan Winn. At just 16 years old, this brave young woman exemplifies the meaning of empowered and is directing her life as a result. In Get Inspired, learn how she's decided to flip the script on a shocking experience that could have easily destroyed her as a tween. With the support of her parents, Logan is choosing to share her story, to build her strength, and others'.

That's often what it comes down to, isn't it? Support. No matter your age, nor the challenge you face, community is often what helps to pull you through—sometimes unknowingly. The arms of a loved one, the encouragement of a coach, the DM from a friend

online... It all makes a difference to grow our resiliency, so we can face the tough stuff. And since last summer, I've witnessed that's exactly how this community stays STRONG—sharing stories that help to connect, inspire, guide, support, encourage, and celebrate each other.

To the heavy and the happy, together.

**KATHRYN LEKAS**  
EDITOR-IN-CHIEF



**Who you are right now doesn't have to be who you always will be. Tijana is proof you can change, and so can your whole life.**



**Building community is the foundation of success for STRONG Girls Coaches. It's no wonder they're so fun to hang with.**



**By refusing to be defined by what happened to her when she was little, Logan is moving on to big things.**



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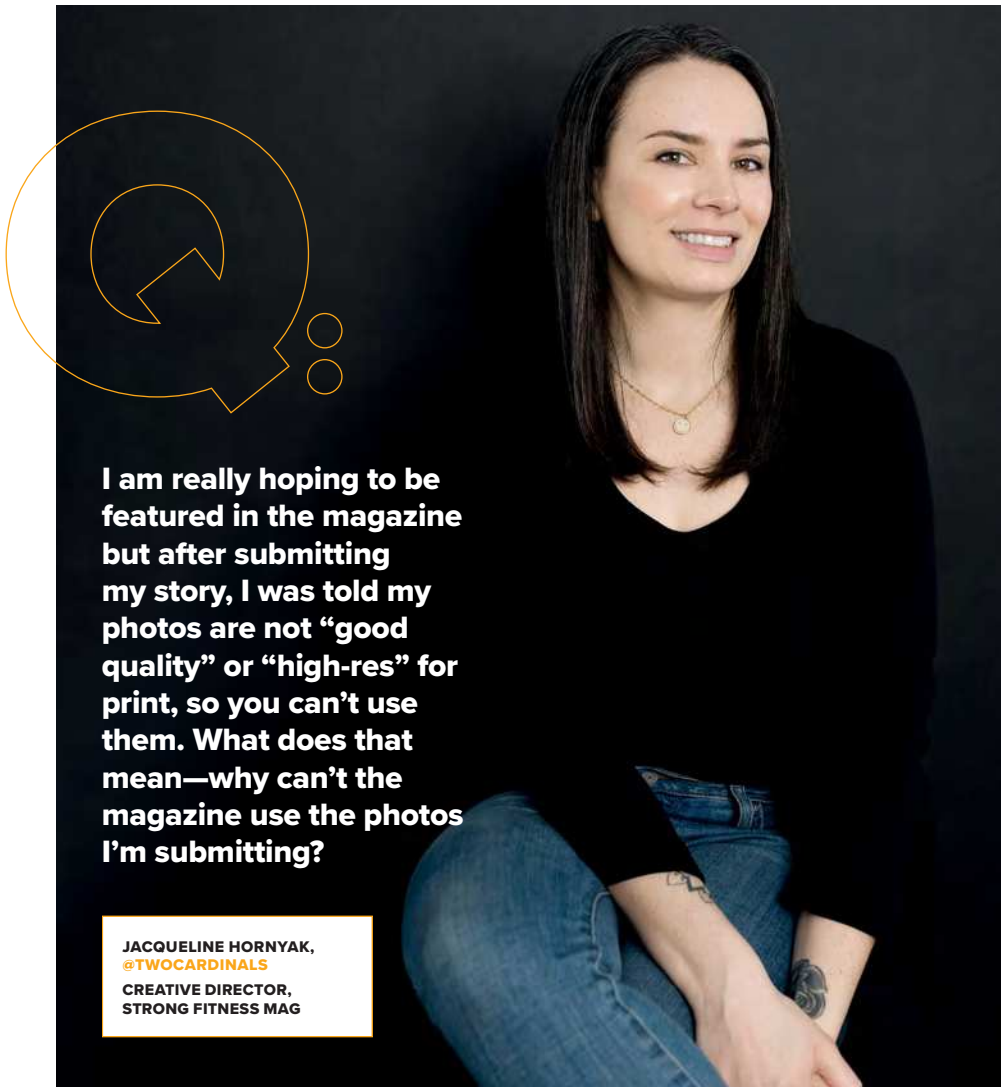
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I am really hoping to be featured in the magazine but after submitting my story, I was told my photos are not “good quality” or “high-res” for print, so you can’t use them. What does that mean—why can’t the magazine use the photos I’m submitting?

JACQUELINE HORNYAK,  
@TWOCARDINALS  
CREATIVE DIRECTOR,  
STRONG FITNESS MAG

**A:** If you’re hoping to be featured in print, submitting photos shot by a professional photographer is your best bet simply from a technical standpoint. Their cameras, settings, and lighting ensure that the images they capture are high-quality, meaning, they can be enlarged, or used for print.

However, if shooting with a pro isn’t in your budget just yet, there are a few things you can do to take high-quality photos yourself. These are three key details to keep in mind next time you pull out your phone to take a shot you want to submit for a print feature:

**1. Image Size:** The bigger the better, or you run the risk of a pixelated (or “blurry”) image that we can’t enlarge on the page. A photo that appears okay on social media doesn’t exactly translate the same way to print because of the quality of the image, which is a reflection of the type of camera/ settings you’re using. Check the settings on your camera or phone and make sure they’re set to the highest resolution. A good rule of thumb, your photo should always be in MB (megabytes). If you look at the image size and it’s in KB (kilobytes) it’s too small.

- 2. Lighting:** Outdoor photos are usually your best bet, because it ensures your lighting is bright enough, reducing the grain in your photo. If you must shoot indoors, face a window in the daytime (so the window light is hitting you and the camera on your phone is positioned in the same direction as the light source) for the best light. If your photo is in a gym, use the flash!
- 3. Setting:** Try to take an interesting photo of you doing something you excel at, that speaks to your personal fitness journey so there’s more to support your “story” and the audience can either relate to you or be inspired by you. Are you a runner? Take some photos at the track. Are you a strong mom? Head to the park and get some shots of you doing pushups on a bench or working out with your kids. Simple posing photos work too, but it’s always a great idea to provide a variety of options.

— Jacqueline

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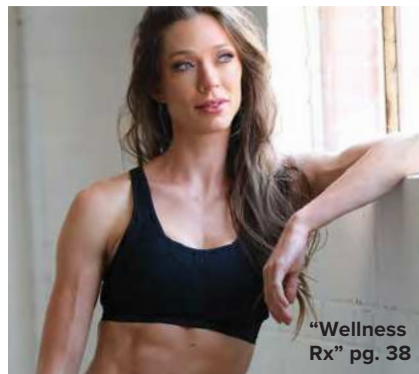
**NEW Columnist**  
 Look for Ray Kate's tips on how to live a healthy life, holistically, in every issue of STRONG.

**Ray Kate** @\_ray\_kate

IFBB Pro, Certified Master Trainer, Health Coach & Reiki Master

**"Healing, Holistically" pg. 46**

For the past decade, Ray Kate has been coaching clients to undeniable success along their fitness journeys, both in person and virtually. Having gone through her own physical health struggles is really what propelled her towards the health and fitness industry. To solve problems for herself, and eventually others as well. Today, coaching clients to realize their optimal health and wellness is Ray Kate's ultimate passion. She says, "The goal has been to build a lifestyle that allows me to prioritize my health and teach other people the importance for themselves. My foundation is in holistic health—my approach when working with clients is about balancing the mind, body, and spirit of a person." Ray Kate has worked hard to build her life the way she wants it. And part of that is pushing towards her own personal goals, too. "I wanted to become a stronger version of myself and the weights were what also helped me to get mentally tough. I believe that's what saved my life. The structure of bodybuilding is something I carry into my life and my work, as an essential part of who I am and how I teach."



**"Wellness Rx" pg. 38**

**Nicole Rakowski** @rakowskinicole

Health and Fitness Expert; PhD Health Policy and Management, Fitness Model + Bikini Competitor

Our November/December 2022 STRONG cover athlete Nicole is a successful fitness model, bikini competitor, and self-proclaimed travel junkie who has overcome in her lifetime. Not only has she surmounted the pain, trauma, and healing process that came with third-degree burns from a mud bank collapse at a hot spring in Iceland in 2017, before that she fought for her vision after being diagnosed with severe myopia in her early twenties. Today, by investing herself fully in her passion for fitness, and trying to affect change in her community by educating and inspiring others about nutrition, strength training, and health with a PhD in Health Policy and Management, Nicole thrives. And her approach is no surprise given how she lives her life. Says Nicole, "There is not a single workout, or day where I don't give 150% effort. I give it my all."



**"Protein Packed Treats to Beat the Heat" pg. 74**

**Michelle Lentz** @nutritionbymichelle

Holistic Nutrition Consultant

For the past 21 years, Michelle Lentz has harnessed her passion for holistic health and channeled it into helping her clients across North America become the healthiest and happiest version of themselves. Throughout her successful career, Michelle has racked up a unique list of credentials—including, but certainly not limited to, Nutrition Consultant, Doula, and Maternity Reflexologist—and she uses her extensive education to accelerate her own and clients' healthy progress. Of her journey, Michelle says, "I come from a family history of obesity, cancer, high blood pressure, high cholesterol, and heart conditions. We can't control our genes but we can control how we feed them. This helped me decide to obtain a proper education as a Nutrition Consultant to create the best lifestyle and body to fight off these genes/conditions." In her "down time" this busy mom of three tends to her farm, loves to design and cook new recipes, and can be found running from one kids' activity to the next.



**"Prioritize Your Posterior Chain to Age Well" pg. 58**

**Lisa Peterson** @lisavp305

Body Transformation Coach

"I want to encourage women not to give up on themselves as they age by exemplifying you can still be strong, capable, and even a 'babe' in your 40s and 50s, and beyond menopause." Lisa is doing just that, and with a well-rounded educational background—she is an ISSA certified personal trainer and 200-hour yoga certified. Lisa also has Dr. Sears and Dr. Estima health coach certifications as well as her STRONG Formula certification. But becoming the confident professional she is today was no cake walk. Lisa had to face hardship before she found her true self and calling. Says Lisa, "I struggled for years with my health and spent thousands of dollars on doctors, and then still wasn't prioritizing myself. I want to use my experience to help women learn prioritizing themselves isn't selfish, it's a gift to their families when they live strong, healthier lives."



# MyStrongMoment

Thank you for inspiring us with your fiercest moments in health and fitness. You are proof that our readers are STRONG. Keep posting your pics with #mystrongmoment.

## Our Favorite Moment

**Tiffany Forte**  
34, Washington, DC  
@iamfitandfemale



In the wee hours of a Friday morning, Tiffany Forte and her phenomenal team of ultra-marathon racers kicked off their journey with The Speed Project—an unsanctioned relay race that had her team running on foot from Los Angeles to Las Vegas. Over the course of 340 miles, Tiffany’s crew (made up of Mahogany Blank, Yodit Tefera, Michelle Morton, Allison Lee, and Vicky Adams) tackled a course comprised of hills, highways, and the desert. Says Tiffany, “In a predominantly white-male sport, endurance running is not a place where you see many black women or women of color. Especially in an ultra-marathon setting, we are even fewer.

My team was very special. We were the only team of six women of color to compete this year!” At 1:52pm on the following Sunday, Tiffany and her team of unstoppable women finished the relay race, hitting the “Welcome to Las Vegas” sign. Tiffany’s sights are set on the future: to compete again next year, but also to encourage other women of color to participate in distance running.

**“Our hope is that we have inspired women who look like us to not only take on The Speed Project, but to join the running space in general.”**



@coachjac\_levelup



@thewanderingpsychiatrist



@thefitdork



@gonetoula

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# Out of Office

Set those notifications. Now. It's time to schedule some summer fun, with fitness.



## July 16

### Hit the Trails

While **Poconos** is one of the oldest, and most tried-and-true venues on the Spartan OCR circuit, only the trail racers know about the unique stretch of pristine single track trails too narrow and inaccessible for obstacle building. It's this other side of Blue Mountain (and legendary hills), in **Palmerton, PA** that makes this Spartan Trail race a racer's favorite. [SPARTANTRAIL.COM](http://SPARTANTRAIL.COM)

**STRONG** pages come to life at this year's canfitpro Women Who Influence education experience and luncheon: Hear from Logan Winn (Get Inspired, pg. 42) as she joins her mom, Fitness Expert Monica Winn, to speak publicly about **COURAGE**.

## July 15-16

### Enhance Your Fitness Career

Love exploring the newest and best products, programs, equipment, tools, technology, food, supplements, gear and services? You can check it all out under one roof in **Los Angeles, CA** at **IDEA World Fitness & Nutrition Expo**. [IDEAFIT.COM](http://IDEAFIT.COM)

## July 29

### Become Your Own Champion

No matter your age, shape, size, or athletic ability, if you're an adult woman, you're welcome at **FEM Sport**—an all women's strength and fitness challenge. FEM Sport is celebrating 20 years empowering women through sport, and this summer you can get in on the party in **Spruce Grove, AB**. Test yourself with sandbag burpees, clean and press, box jumps, kettlebell lifts, tire pulls and flips, and obstacles. [FEMSPORT.CA](http://FEMSPORT.CA)

## August 19

### Crave the Spotlight?

If you love showing off your hard work and dedication in the gym, you may want to take it from social to the stage this summer. Step into the spotlight at the **NPC New Jersey State Championships in Iselin, NJ**. This national qualifier offers athletes the chance to compete in bodybuilding, fitness, figure, wellness, bikini, classic physique, and physique.

[DIAMONDGYM.PRO](http://DIAMONDGYM.PRO)

## August 16-20

### More Than Muscle

For three decades canfitpro has been providing training and certification to fitness professionals and uniting the industry. The theme for this mega, 30-year anniversary of the **canfitpro Global Conference and Trade Show in Toronto, ON** is **COURAGE**. With a dynamic program of lectures, workshops, keynotes, and networking opportunities, get ready to be inspired, empowered, and motivated to elevate your fitness career. [CANFITPRO.COM](http://CANFITPRO.COM)

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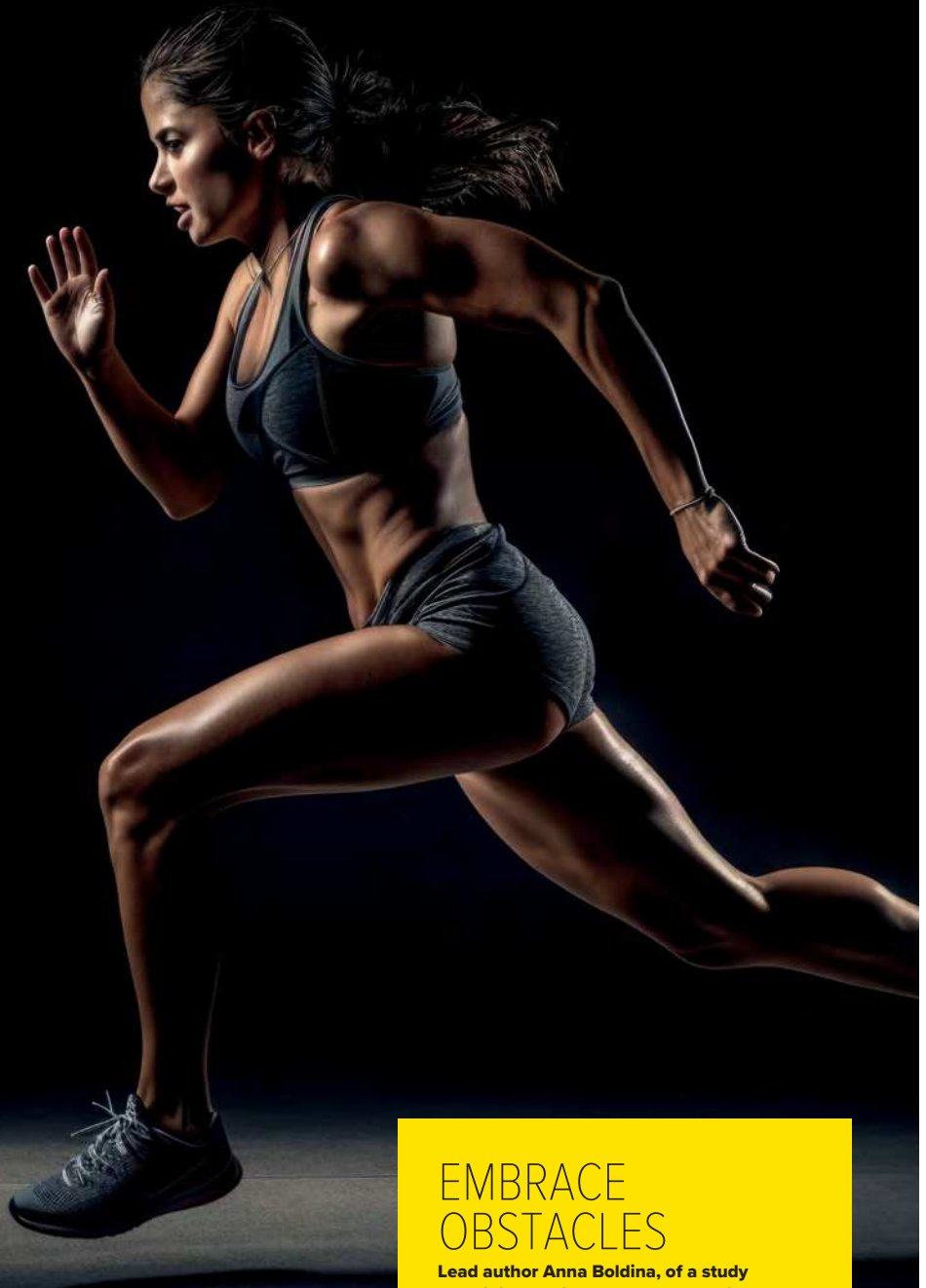
**74 percent**  
of North Americans have experienced at least one issue related to metabolic health in the past year.

Poor metabolic health can present as fatigue, difficulty losing weight, high blood pressure, mid-day energy slumps, constipation, muscle weakness, bloating, feeling hungry all the time, unexpected weight gain/loss, increased blood sugar levels, and changes in skin color. According to the new Metavo/Harris Poll Study which revealed the finding, half of all North Americans are also unaware that the metabolic system is the backbone of health—and is often confused with “gut” health.



# Wind Sprints for the W

It's obvious sprinting requires, and also builds, exceptionally powerful legs. But elite-level sprinting also begs the question: Are sprinters' densely muscled legs a hindrance when it comes to everyday brisk, nimble movements (aka, maneuverability)? Researchers at Waseda University compared the muscular features of the lower limbs between sprinters and non-sprinters to examine this question. Their findings? Despite having muscular legs, sprinters still have the ability to easily maneuver these limbs. Professor Yasuo Kawakami, the lead researcher on this study, concludes: "Sprinters can focus on training their lower limb muscles without worrying about the increased mass associated with sprint-induced lower limb muscularity and the resulting difficulty of moving due to higher moment of inertia."



## EMBRACE OBSTACLES

Lead author Anna Boldina, of a study examining straight pavement walking versus walking where you have to surmount obstacles, determines that, "To improve cardiovascular health, bone density, and balance all at once, we need to add a wider range of exercises into our routine daily walks." This study conducted out of University of Cambridge discovered that: "Up to 78 percent of walkers would take a more challenging route featuring obstacles such as balancing beams, steppingstones, and high steps. The findings suggest that providing 'Active Landscape' routes in urban areas could help tackle an 'inactivity pandemic' and improve health outcomes." So, basically, build it and they will come—and get healthier in the process.

## Build Muscle, In Half the Time?

Researchers at Edith Cowan University found that simply lowering weight (as in, performing the eccentric portion of your lifts) is just as effective at building muscle as doing the entire portion (concentric *and* eccentric). This is true despite, during the study, subjects performed only HALF of the reps as the full motion rep range group. Says ECU's professor Ken Nosaka, "This latest study shows we can be far more efficient in the time we spend exercising and still see significant results by focusing on eccentric muscle contractions."



WRITTEN BY STEPHANIE KEWIN. SOURCE: SCIENCE DAILY. RUNNING PHOTO BY WILD AWAKE - STOCK.ADOBE.COM. BICEP CURL PHOTO BY DONALD JOSKI - STOCK.ADOBE.COM





## STRESS LESS WITH FRUITS & VEG

As if we needed any more motivation to eat our fruits and veggies... Well, now we have it. According to a study out of Edith Cowan University, consuming more fruits and veggies (at least 470g daily, to be exact) results in 10 percent lower stress levels (than consuming less than 230g). Says lead researcher and PhD candidate Simone Radavelli-Bagatini, "We found that people who have higher fruit and veggie intakes are less stressed than those with lower intakes, which suggests diet plays a key role in mental well-being." She goes on: "Long-term and unmanaged stress can lead to a range of health problems including heart disease, diabetes, depression, and anxiety so we need to find ways to prevent and possibly alleviate mental health problems in the future."

Summer is the perfect season to really veg out, and your body and brain will thank you for it.

# Are Spuds Really Duds?

With the uptick of low- or no-carb diets in recent years, the humble potato has certainly taken a hit—and gotten a bad rap. New research from Edith Cowan University shows that the problem with potatoes isn't inherent but, rather, how they're prepared and what they're being eaten with. As per the study's PhD candidate Pratik Pokharel: "When we separated boiled potatoes from mashed potatoes, fries, or crisps, boiled potatoes were no longer associated with a higher risk of diabetes: they had a null effect... In our study, people who ate the most potatoes also consumed more butter, red meat, and soft drinks—all known to increase your risk of Type 2 diabetes."



## Consider Plant-Based for Cognition

A 12-year European study resulted in a paper recently published in the journal *Molecular Nutrition and Food Research*. And the findings are quite conclusive. Their research shows that a diet rich in plant products reduces the risk of cognitive impairment and dementia in the elderly (individuals over the age of 65). In fact, this comprehensive study found that changes in lifestyle and diet are decisive as a strategy to prevent cognitive deterioration and its progression in neurodegenerative diseases such as Alzheimer's and other dementias. Says Cristina Andrés-Lacueva, "A higher intake of fruits, vegetables, and plant-based foods provides polyphenols and other bioactive compounds that could help reduce the risk of cognitive decline due to ageing."



# Throw Some Shade, For Safety

According to a study out of Barcelona Institute for Global Health, “Less vegetation, higher population density, and impermeable surfaces for buildings and roads, including asphalt, lead to a temperature difference between the city and surrounding areas—a phenomenon called urban heat island.” And these urban heat islands are taking a toll on the health of their residents. As per the study, “Over four percent of deaths in cities during the summer months are due to urban heat islands, and one third of these deaths could be prevented by reaching a tree cover of 30 percent.” The study results highlight the need for more trees in urban areas to combat the negative (and in some cases, deadly) health repercussions.

## 2/3 OF THE POPULATION LIVING WITH ALZHEIMER'S DISEASE (AD) IS MADE UP OF WOMEN

A new study out of Mass General Brigham examined the correlation between AD, the age of menopause and use of Hormone Therapy (HT). The results, published in *JAMA Neurology*, indicate that early menopause may be a risk factor for AD

dementia, but that women who were prescribed HT around the age of menopause onset did not show increased risk. In fact, co-author JoAnn Manson, MD, MPH, DrPH, says: “When it comes to hormone therapy, timing is everything.” She goes on, “Our previous findings from the Women’s Health Initiative suggested that starting HT early in menopause, rather than late initiation, provides better outcomes for heart disease, cognitive function, and all-cause mortality.”

## Fight Fatigue with Fitness, Even with Cancer Treatment?

Radiotherapy is now recognized as one of the more effective treatments (alongside others) for breast cancer patients. But despite its efficacy, its negative side effects are widely documented: cancer-related fatigue and negative impacts on patients’ health-related quality of life including their emotional, physical, and social well-being. Edith Cowan University’s Exercise Medicine Research Institute observed a group of women in a newly published study in which the women completed a home-based 12-week program, consisting of a weekly exercise regime of one to two resistance training sessions and an accumulated 30-40 minutes of aerobic exercise. The findings: “Patients who exercised recovered from cancer-related fatigue quicker during and after radiotherapy compared to the control group and saw a significant increase in health-related quality of life post radiotherapy. No adverse effects from the exercise were reported.”



## SNAP THE SELFIE

Did you know that there could be much more than vanity at play when it comes to selfie snapping? Research out of Ohio State University shows the instinctive reasoning behind some selfies. Researchers found that first-person photos (pics that capture the scene as it looks from one's own eyes) best represent the physical experience of an event for people. But third-person photos like selfies (pics that document a moment with themselves in it) better depict the deeper meaning of the event in their lives. So, inserting yourself in these photos injects more meaning into the moment captured. Say cheese!

# Holiday for Your Health

Great news: new research shows you should absolutely use alllll your holidays! A recent 13-month study conducted by University of South Australia (UniSA) shows empirical evidence that extra time off work makes for healthier people in general. The study assessed changes in daily movements before, during, and after holidays. The findings? Researchers discovered that people displayed more active, healthier behaviors when they were on holiday, even if it was only a three-day break. But, says Dr. Ty Ferguson of UniSA, "...the longer the holiday, the better the health benefits." OK, so four-day work weeks? Sold. In the name of health, of course.



**Happier  
in the '90s?  
As If!**

In a recent university study out of Finland, researchers examined differences in depressive symptoms and life satisfaction between current 75- and 80-year-olds and the same-aged people who lived in the 1990s. Their findings? Due to better perceived health and higher education, subjects reported a happier baseline overall—aka, fewer depressive symptoms. They found that, as a whole, subjects between 75 and 80 years old today are more satisfied with their lives to date than those the same age during the '90s.



# Bio-Friendly Sunscreen: Protecting More Than the Coral Reefs

Lead researcher Lei Tao of Tsinghua University was inspired to discover an environmentally friendly sunscreen after a trip to the Great Barrier Reef in 2010. Says Tao, “I was blown away by the beautiful coral, and ever since I learnt that sunscreen is one of the causes of coral bleaching, I kept thinking about ways to develop a coral-friendly sunscreen.” They achieved this with a specific polymer—a polymeric UV filter with large molecules that still block UV radiation but are too big to penetrate our skin, coral, and algae, to be exact—and findings show it’s better for even more than the coral reefs. As per the study: When the researchers tested the winning polymer’s ability to prevent UV-induced skin-burn, they found that it was significantly superior to oxybenzone, avobenzone, and two commercial sunscreens. It was also safe: the polymer was not absorbed through skin, nor was there evidence of any inflammation or other skin damage.



## C THE DIFFERENCE

“The definition of insanity is doing the same thing over and over again and expecting different results.” Researchers at University of Iowa Health Care took a cue from Albert Einstein and reimagined the delivery method of super-high-concentration vitamin C for attacking cancer cells. Instead of consumed orally (as is much more commonplace), they measured the efficacy of vitamin C delivered intravenously at high volumes. Their findings: “... giving vitamin C intravenously—and bypassing normal gut metabolism and excretion pathways—creates blood levels that are 100-500 times higher than levels seen with oral ingestion. It is this super-high concentration in the blood that is crucial to vitamin C’s ability to attack cancer cells.”



## Buggin’ Out

Your side dish this BBQ season might look a little different after the results of this research—or not. A new study out of Colorado State University that’s published in *Nature Food* showed that the protein from certain insects, such as crickets, can be beneficial for humans’ gut flora. Says co-author Valerie Stull, “Edible insects and insect fibers may be unusual in the American diet, but they are commonplace around the globe, as insects are part of many traditional cuisines,” Stull said. “Insects are touted as a good source of protein, but the fiber component, chitin, is not found in other animal foods, and the omega-3 content may be higher than what is found in many plant foods.” So, who’s bringing the ‘sect salad?

WRITTEN BY STEPHANIE KEVIN. SOURCE: SCIENCE DAILY. VITAMIN PHOTO BY KRAFLA - STOCK.ADOBE.COM. CORAL PHOTO BY RANGIZZ - STOCK.ADOBE.COM. SALAD PHOTO BY JENIFOTO/SHUTTERSTOCK.COM



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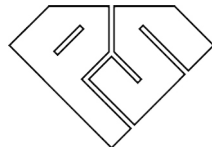
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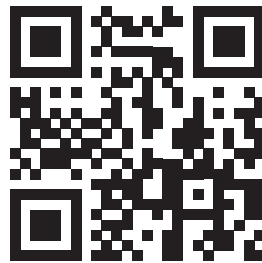
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# fitness



**15**  
MINUTE  
WORKOUT

# Vacay-Made Muscle

Make those gains anywhere this sunny season—whether you're beach bummin' it, kicking it at a campsite, or just moving your training to the backyard for a staycation, this workout is a catch-all for fun in the sun.

**WRITTEN AND PROGRAMMED BY**  
**CELESTE CHANDLER, CPT, IFBB WELLNESS PRO**  
**PHOTOGRAPHY BY PAUL BUCETA**

Spending time in the gym while on vacay can feel a bit stifling when the great outdoors has so much to offer. So we're giving you the tools to take training anywhere this summer. This full-body workout will do the trick—it's quick and can be done wherever your heart desires without pulling you away from your vacay plans for too long. Simply allot 15-20 minutes per day, and to avoid working the same two muscle groups two days in a row, try doing this workout every other day.



**EXPERT TIP:**  
Keep a neutral spine and maintain stabilized knee positions.

## THE WORKOUT

Because this is a HIIT workout, all 5 exercises will need to be completed back-to-back. Once you've completed the circuit, take a 60 second break before you repeat it. Aim to complete 15-20 reps of each exercise 3-4 times.

## EQUIPMENT NEEDED

Booty-band, a yoga mat (substitute for green grass or a sandy beach if desired!)



## 1 Reverse Lunge to Knee Drive (pg. 22)

**FOCUS: CORE, GLUTES, QUADS & HAMSTRINGS**

Start with feet shoulder width apart then step back and lower into a reverse lunge. Shift your bodyweight onto your front leg and push through the heel of your foot while bringing the back leg towards your core. Drive your knee that was positioned in the back of your lunge towards your core while hopping off of the front foot. Repeat 10 times with the same leg before switching to the other.

**LEVEL UP:** You can hold dumbbells, wear a weighted vest, or use ankle weights to really increase the intensity.

## 2 Banded Squat Jumps

**FOCUS: CORE, GLUTES, QUADS & HAMSTRINGS**

Start with your feet shoulder width apart while the booty-band is around both thighs (slightly above the knee) then lower yourself into a squat position. Push through the soles of your feet and jump. Repeat 15-20 times.

**LEVEL UP:** Add 2-3 pulsed squats before each jump.

**EXPERT TIP:**

Keep a neutral spine, reset your stance after every jump, and practice soft landings to reduce the pressure on your knees and ankles



## 3 Plank with Shoulder Taps

**FOCUS: CORE, ARMS, CHEST & SHOULDERS**

Start in a plank with your hands placed shoulder width apart. Make sure you keep a neutral spine and contract your core. Raise one hand off of the ground, shift your weight into the opposite hand, and tap the shoulder of the arm that is on the ground. Alternate hands for a total of 20 times.

**EXPERT TIP:**

Keep a neutral spine, keep your core contracted, and take the time to reset your position before alternating hands for shoulder taps.



## 4 Banded Squat Side-Steps

**FOCUS: LEGS & GLUTES**

Stand with your feet wider than shoulder width apart while the booty band is around your thighs just above your knees. Once you're secure in your stance, lower your hips to the ground into a squat. Take a horizontal step with one foot and follow with the other. Take 15 steps leading with the same foot and then switch to the other for another 15 steps.

**LEVEL UP:** Combine this exercise with the jump squats. Do 10 banded-squat-side-steps leading with one leg, 10 squat jumps, 10 banded-squat-side steps leading with the opposite leg and then 10 squat jumps.



**EXPERT TIP:**

Keep your chest up to prevent you from leaning forward. Take wide enough steps to maintain or increase the tension of the booty-band.

## 5 In & Outs

**FOCUS: CORE**

Start in a seated, upright position on the floor with your knees bent, feet flat on the ground about shoulder width apart. Keeping your upright seated position, place the tips of your fingers on the ground beside your hips to help with balance. Draw your knees into your chest and contract your core then lean back and simultaneously extend your legs out in front of you. Repeat 15-20 times without stopping.

**LEVEL UP:** Try doing it with one leg going in and out at a time. Alternate between them for a total of 20 reps.

**EXPERT TIP:**

Contract your core by pulling your bellybutton towards your spine, and tuck your chin in when you're leaning back to avoid straining.



# Rebekah Logan

Rebekah Logan’s life trajectory changed forever when she suffered a shattering loss in the family. From that day forward, she blocked emotions with disordered eating, binge drinking, and antidepressants. But through fitness, Rebekah learned how to save herself. Here’s how.

WRITTEN BY STEPHANIE KEWIN  
PHOTOGRAPHY BY ARTHUR KWIATKOWSKI



“My mental shift came with lifting weights.”

I was letting my situations define who I was. Everyone deals with grief and heartbreak; it’s how you deal with it that shows your true character. I needed to learn actual life skills to overcome obstacles.” So, Rebekah decided to try weight training, and everything changed.

### Lifting Weights—Among Other Things

“My mental shift came with lifting weights. I learned to love the challenge—and the mental shift from ‘being skinny’ to ‘being as strong as possible.’ With that, my entire mindset shifted. I began to use weight-lifting sessions in the gym as my emotional release,” says Rebekah. “I began to feel confident, settled, and calm. I learned about nutrition, and what my body needs to operate at its highest level. For the first time in my life, I created a positive relationship with food—not scared of the calories, but focused on how it makes me feel. And hiring a coach to help me navigate the shift was the final piece of this puzzle.”

Today, Rebekah is going strong with her weight training and a more balanced and empowering approach to dealing with obstacles, and grief. Of her journey, she claims, “Learning how to use exercise, strength training, and proper nutrition has literally changed—and saved—my life. I started my fitness journey for healing, and it has now become a lifestyle I will never let go of again.”

○ AGE: 35    ○ HOMETOWN: Rothesay, NB    ○ GIG: Lawyer    ○ FOLLOW HER: @rebbjcl

**Rebekah Logan was never the same after one fatal night in her teens, when her younger sister Emily—her best friend—never returned home.** Emily’s car had collided with a moose on the road, killing her instantly. Says Rebekah, “Over the next several months and years I fell into a deep depression, blocking all feelings of grief with antidepressants, food, and binge drinking. I was unhealthy and unhappy.”

### Unrecognizable, Not Unstoppable

Rebekah says, “At the end of my undergraduate degree I didn’t recognize the person I had become, I knew something had to change. I started exercising, using cardio as a coping mechanism. I was able to come off the antidepressants and lived through the endorphins. Things were looking up. I lost a lot of weight, with a focus on being ‘as small as possible’—a reflection of my horrible relationship with food. I also continued to use food as a crutch, emotionally eating whenever there was any sort of crisis in my life. But, I felt better, and had things under control... or so I thought.”

Rebekah’s later 20s and early 30s had her facing infertility and then multiple miscarriages, and it was during this time that the emotional overeating took hold once again. With that, Rebekah’s grief skyrocketed her weight to new heights. She says, “Again, I came to the realization I could not live like this.



**Rebekah says when she didn’t recognize the person she had become, she knew something had to change.**



**Fitness Expert**  
**Rita Catolino @ritacatolino**  
 B.A. HEALTH AND FITNESS  
 EXPERT, CERTIFIED TRAINER  
 & BEST-SELLING AUTHOR

# Better with Biohacking?

Using science, technology, and self-experimentation to optimize physical and mental health, biohacking is gaining popularity. But does this trend truly offer ways to improve our well-being?



**To some, biohacking may seem like an extreme health measure**, but we all have daily routines that can fall under this subcategory of self-care, or ultimate “do-it-yourself-biology.” Take coffee, for instance. Many of us drink it daily, usually as part of our morning routine to help shift from tired to alert in a matter of minutes. That coffee, or caffeine, is a bio-hack, an external factor used to improve our well-being.

Biohacking is gaining popularity not just because people are becoming more interested in taking control of their health and performance, but also, because many biohacks are quick to implement and provide instant gratification. Additionally, they tend to promise improved cognitive function, weight loss, lowered inflammation, and many more lifestyle improvements.

These are just a few top bio-hacking practices you can test out for yourself to determine whether or not you truly are better with biohacking.

## 1. Cryotherapy or cold therapy

Involves freezing temperatures to reduce muscle/joint pain and lower inflammation (think an ice pack on an injured body part). It works by constricting your veins via freezing temperature, and a rush of blood returns to your tissues once your body returns to its normal temperature, allowing minerals and nutrients to be transported as well as the bonus of an endorphin rush similar to post exercise.

Besides the potential benefits of pain relief and lowered inflammation, those who use cryotherapy regularly say they feel completely rejuvenated post-freeze session. Using a “cryo-chamber,” is quick and effective in creating a full-body submersion into freezing temperatures. If you don't have access to a fancy chamber, you can get similar results from filling

your tub with ice and taking a plunge, or swimming in a nearby lake or pool in the colder months. Not ready to jump in? Start slowly by turning the water in your shower to the coldest setting and work up to two minutes post-shower daily!

## 2. Red Light Therapy

Works by exposing the skin to low wavelength red light and activating mitochondria (the powerhouse of the cells) and promises benefits such as improved skin tone, reduced joint pain and inflammation, increased circulation, topical skin anti-aging benefits and more. Sitting in a room or under an RLT lamp is a great option to try out this bio-hack for yourself. Many gyms, spas, and alternative doctor's offices have them available for use. There are also in-home red light therapy devices, from face masks to full-on sauna rooms.

## 3. Fasting and Intermittent Fasting

Involves abstaining from ingesting any food for a certain amount of time. 24–72-hour fasts have been used throughout time to help “heal” our bodies and support our cells “recycling” themselves via autophagy (cell turnover). Going that long without food is daunting for most people though, and could be harmful for some, so intermittent fasting (i.e., abstaining from food for a prescribed time each day paired with an eating window) may be a more manageable way to test this. Eating during a 6- to 10-hour window is possibly a great way to lower inflammation, increase youth hormones, lose weight, and help curb hunger and cravings.

Other popular bio-hacking methods include supplementation, exercise, meditation, certain types of music/sound, and just being in nature.

Biohacking may seem like just the latest craze, but when you delve into learning about it, you'll find that many of these seemingly new methods popping up across your social feed have actually been used for centuries to help improve our health and lifestyle. And perhaps they'll continue to, as more folks catch on and share their experiences.



# ONE-HIT WONDERS

Take your summer sweat sesh outdoors with these coach-approved one-and-done pieces of equipment you can use easily, anywhere.

WRITTEN BY STEPHANIE KEWIN  
PHOTOGRAPHY BY PAUL BUCETA

Who wants to be cooped up inside this season? These convenient items recommended by Team STRONG Girls coaches—who know how to get it done, while having fun—make managing outdoor or on-the-go training a breeze.

## GOZONE 5 LBS-40 LBS ADJUSTABLE KETTLEBELL

*“I love that one piece of equipment can be so versatile. I bring this out by the pool or to the cottage for a full body workout anytime! Whether I’m swinging the bell with all 40 pounds or pulling out a few plates to work on rows, presses, and more—it can all get done, even in a small space, with one piece of equipment.”*

— Jordanna Nativ, Trainer & Eating Psychology Coach, Team STRONG Girls Elite Coach  
[@jordannanativ](#)

The GoZone Adjustable Kettlebell goes from five to 40 pounds in a switch of a dial. Easily move from shoulder presses to deadlifts with one piece of space-saving equipment. Plates slide in and out for quick adjustments and then lock into place. *Bonus:* there’s a soft rubberized bottom to save your floors too. [Walmart.ca](#); **\$149.98 CAD**

*The GoZone Adjustable Kettlebell can be found exclusively at any Walmart Canada store and online at [Walmart.ca](#).*



## X\*M FITNESS BATTLE ROPES

*"I love to throw these into my car and take them camping or to the beach to get a full body workout in—with only one piece of equipment."*

— Stacey Nixon, ISSA Elite Coach, NCI, PN1, SF  
@staceynixonfit

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**No matter where or how you're training this summer, remembering to fuel your body with proper pre- and post-workout nutrition is key to feeling good and making progress.**



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— Nadine Shaban-Teriaky,  
MHK, PICP, Assistant Team  
STRONG Girls Head Coach  
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– Marilynn Roth, NASM CPT & CNC, Team STRONG Girls Elite Coach  
@marilynnroth

The Lebert Resistance bar is a portable, lightweight, and versatile piece of equipment that allows you to perform full body or isolation exercises, helping you build strength easily and efficiently. Its compact size makes it perfect for traveling and using on the go, and for getting an effective workout done outside. **Lebertfitness.com; \$69.95 USD**



# From Pro Bikini to Postpartum

**Angelica Teixeira**

2-Time Ms Bikini Olympia Champion

4-Time Arnold Classic Champion (2x USA; 2x Australia)

2-Time Asia Grand Prix Champion

Total of 14 Professional Wins

Sport Science Degree

**Q. What does the word STRONG mean to you?**

Being disciplined and unstoppable to achieve a goal.

**Q. When and how did you start your fitness journey?**

I started working out when I was 14 years old using ankle weights and dumbbells as the gyms in Brazil did not allow members to the weight room until 18 years old—I then started lifting weights and never stopped.

**Q. What are your fitness goals for the rest of the year and into 2024?**

To keep getting back in shape and recovering postpartum, and coaching other women that want to compete in Bikini or just transform their bodies. For 2024, I might get back on stage and compete one more season. But I don't want to put too much pressure on myself and my family now. My main goal is to live the fitness lifestyle while enjoying my little ones to the fullest.

**Q. What can all women do, no matter their fitness level, to look and feel good?**

Number one is to eat whole foods that will nourish your body. Also, drink more water and be active. Walk, dance, lift weights... you have to move your body.

**Q. What are your non-negotiables for staying fit?**

Never skip the gym for three consecutive days. Limit alcohol, sugar, and keep high glycemic carbohydrates to a minimum.

**Q. How did becoming a mom affect your approach to fitness?**

**Before getting pregnant, fitness was a job for me, and I was always more worried about the cosmetic side of it. Looking good was all that mattered.**

**When I got pregnant fitness was more to keep me and baby healthy. It was a big change for me—it was mind opening.** Now, fitness is what makes me feel like myself and keeps me mentally strong. It's the only time of the day I do something just for me. I'm fired up again to look and feel good and to motivate other moms to take care of themselves so they can take even better care of their loved ones.

**Q. How does being a mom influence your fitness plans?**

It changed my routine completely. Now I have to plan my workouts around the time my babies are napping. Some days I end up being dressed to go to the gym all day, but I never find the opportunity. Some days are easier some days are harder. My time to spend in the gym is shorter now. I have been doing more superset workouts to try to get more exercises in less time. I used to do 20-30 minutes of cardio after every lifting session but now I have been able to do only 15-20 three times per week.

**Q. What does being a Pro in the fitness industry mean to you?**

I need to be a role model to other women that get inspired by my journey and even more now to show my daughters what I was able to achieve with hard work and determination. My older daughter already looks at my trophies, competition pictures, and magazine covers and says: "Mom!" I can tell she is proud and she is only 16 months old. I've built a legacy for all women in the fitness industry to follow but especially to inspire my kids.

**Q. What are some tools you rely on/incorporate into your training to help you be successful and why?**

I don't touch a weight without my Schiek belt. It helps keep my waist small, not allowing my obliques to extend when I lift heavy weights. It also supports my lower back, avoiding injuries. The Schiek ankle straps should also be a must have for every woman that wants to grow their glutes. And, the booty bands from Schiek are what have helped me build my glutes.

**Q. What makes you feel STRONG?**

Being family-oriented and having my family's love and support.



PHOTOS COURTESY OF SCHIEK AND ANGELICA TEIXEIRA





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2022 Ms. Bikini  
International  
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Chapados**

**Congratulations  
2x Ms. Figure  
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# World's Best Workout Gear!



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**Inah Michelle,**  
IFPA Bikini Pro

*"Schiek is absolutely the BEST of the BEST! Topnotch quality and workmanship!"*  
**Christi Hammers,**  
NPC Bikini Athlete

*"The most reliable workout partner I've ever had: my Schiek gear! I never train without it!"*  
**Lindsay Emery,**  
IFBB Bikini Pro

*"I've tried other brands of lifting accessories but there is no comparison, Schiek is THE BEST!"*  
**Latorya Watts,**  
2x Ms Figure Olympia

*"If you want to be the best, you gotta wear the best!"*  
**Angelica Teixeira,**  
2x Ms. Bikini International & 2x Ms. Bikini Olympia

*"Schiek helps me lift harder, smarter, & safely. I never train without them!"*  
**Jenna Renee Webb,**  
Professional Fitness Model

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**Janet Layug,**  
2020 Ms. Bikini Olympia

*"You have to have the best gear to help you reach your full potential, this is why I use Schiek!"*  
**Tia-Clair Toomey,**  
5x Fittest Woman on Earth

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| 12" Wrist Wraps.....\$22.95 | \$19.95           |
| 18" Wrist Wraps.....\$24.95 |                   |
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# Wellness

PHOTO BY CHLOE GRVAN



▶ **It's not selfish to put your goals first.**

Re-read that (and then again): It's not selfish to put your goals first. Because, what happens when we don't? If your goal isn't already a priority when stumbling blocks roll around... Like the sweet, sweet pull of summer BBQs, patios, pool parties and all the indulgences that come with... Your goals will get pushed down the pile into a mess of personal to-dos and time sucks.

**Take It OFF Your Plate**

If you're a mom with the added responsibilities of having kids (of any age) home from school and on your turf 24/7, something's gotta give. Girl, just don't let it be your goals. Do what you must to alleviate some of the household heaviness this summer so you can stay on track with yourself, and as a result, your patience, happiness, and ability to keep giving warmly to the people you love. If you can afford a helper—someone to pick up slack on laundry or tidying up around the house—splurge on that like you would a regular mani/pedi. Or maybe it's as simple (and cost effective) as expecting your kids to start picking up some slack themselves. Teach 'em how to do laundry. Teach 'em how to put their dishes in the dishwasher. Get creative and gamify it. Empower them—and you empower yourself. Everyone wins.



And if you have a partner, I hope so much for you that they're supportive and embrace the added responsibilities, too. Remember to clearly express to them how important your goals are, and that you for see the family needing some extra help this summer. That way, everyone can feel successful. Moms often silently take on all the tiny tasks that add up in a big way. And even though I know you are a force to be reckoned with, no one should have to burn out doing it all themselves if there's an opportunity to share the load with someone. In a perfect

**When you're at your best, you're active with your family, you're tuned in and sharp in the boardroom, you're just engaged with life.**

world, we wouldn't have to voice it, everyone would just know. But life's not always perfect, and being strong is recognizing that and taking action to improve your situation however you can.

# Summer Lovin' Starts with YOU

If you're a mom like me, with littles loving vacay mode, you know that their time "off" means you're constantly "on," dialing up the intensity to meet the increased demand at home. With more responsibility, self-care can easily slip through the cracks—and with it, your sanity and progress. Here's why and how you should avoid the self-care crunch, and instead, put your goals first (whether you're toting tots around or not) this summer.

**Fill Your Water Bottle First**

Keep your yearlong priorities at top of mind, and top of your priority list. With a little help from the littles and perhaps a partner, it'll be easier for you to embrace balance and stay on track. Because when you're at your best, you're active with your family, you're tuned in and sharp in the boardroom, you're just engaged with life. Get your mind and body right this summer. And embrace the wide range of benefits that comes with.

PHOTO BY PAUL BUCETA HAIR & MAKEUP BY MONICA KALRA

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# Easy-Breezy Season

Who doesn't want a care-free summer? Sometimes, it can be tricky to just relax when sweat-season kicks in, though. Try these essentials I stock up on to ease some common concerns before you hit vacay-mode.



## 1. CLÉ DE PEAU BEAUTÉ PROTECTIVE LIP TREATMENT SPF 25

Lips need protection too! Our lips are one of the most sensitive areas on our bodies, so why not take care of them by wearing a nourishing lip balm with sun protection? This lip balm contains many ingredients to target multiple lip concerns, such as improving dullness and dryness, all while using Adaptable Innershield Technology to defend against the signs of photo-aging. It can also be used as a primer under lip color.

\$65; [cledepeabeaute.com](https://www.cledepeabeaute.com)



As always, confirm with your doctor before using products if you have any underlying health concerns, and/or are pregnant.



**2. CERAVE® COMFORTING EYE MAKEUP REMOVER**

A gentle formula that gives an effortless way to remove any stubborn or long-lasting makeup and waterproof mascara. The eye is another area that is very delicate, so this soft and milky remover helps leave the eye area soothed, with no greasy or sticky feeling. While protecting the skin barrier, this alcohol-free formula locks in moisture, so your eyes will not feel tight after use.



**\$9.99; cerave.com**



**3. BIOLAGE SMOOTHPROOF SHAMPOO AND SMOOTHPROOF CONDITIONER**

Does summer heat make your hair unmanageably frizzy, like mine? Try this shampoo and conditioner duo—great for protecting hair against humidity to maintain a smooth polished look for up to 72 hours.



**\$23 shampoo; \$23 conditioner; biolage.com**



**4. REDKEN ACIDIC BONDING CONCENTRATE LEAVE-IN TREATMENT**

I love this bonding leave-in conditioner. It helps preserve hair color (with fade protection), repairs and reinforces weakened bonds to prevent breakage, and strengthens damaged hair with intense conditioning. All while taming frizz, adding shine, and providing heat protection! This is a must have treatment for vacay, or every day right now.



**\$39; redken.com**



**5. CERAVE® ACNE CONTROL GEL**

'Tis the season for unwanted breakouts. I always find unwanted acne makes its way onto my oilier face in summer. That's why I love this product, which helps hydrate and restore the skin's barrier, and clears and prevents new breakouts with ingredients like Niacinamide and Salicylic acid. The oil free and non-drying gel formula brings out radiant summer skin.



**\$21.99; cerave.com**



**6. SKIN BY DR. SIMRAN SETHI BLUE LIGHT DEFENSE TRIO**

A powerful trio that provides round-the-clock protection against UVA/UVB and HEV exposure, including indoor and outdoor lighting. This set provides ultimate hydration and defense against free radical damage to help improve, recharge, and repair the skin.



**\$216.75; skinbydrsethi.com**



**7. FENTY BEAUTY INVISIMATTE INSTANT SETTING POWDER + BLOTTING POWDER**

We love a little dew and glow but for the ones that get a little too slick this powder is just IT! Touch up with this finishing powder to mattify shiny areas and absorb oil while blurring, giving the filtered look to extend your makeup wear all day—without “cakiness,” clogged pores, or disturbed makeup. It's a universal shade for all skin tones, refillable, and gives no flashback.



**\$36; fentybeauty.com**



**8. TELESCOPIC LIFT WATERPROOF MASCARA**

Mascara is the makeup product that I can't live without. I love that this one is smudge proof, lifts, separates, and provides more volume with an innovative double-sided brush. And if you have oilier eyelids like me, then you will love this ceramide complex infused mascara which helps to ensure there are no clumps, smudges, flakes, or heaviness.



**\$14.99; lorealparis.com**



**In case you're still in the dark about sun protection, here's a friendly reminder to don your fave floppy hat, big sunglasses, and sunscreen—don't forget to reapply—this summer.**



# Obsessing Over Obesity?

According to the World Health Organization (WHO), nearly two billion people worldwide are considered overweight, and 600 million are said to be obese—triple the number since 1971. Could doing away with weight watching in the name of body acceptance be harmful to our health? And if so, what can we do about it?

**WRITTEN BY NICOLE RAKOWSKI, HEALTH FITNESS EXPERT; PHD HEALTH POLICY AND MANAGEMENT, DEGROOTE SCHOOL OF BUSINESS, MCMASTER UNIVERSITY**

**Once upon a time, women were consumed with weight watching—to suit swimwear, and a myriad unrealistic fashions and expectations. Thankfully, the movement towards body positivity has shifted us away from such narrow views, and strengthened us all with increased confidence, acceptance, and inclusivity. But, while we celebrate this much-needed progress, it's important to also remember that for our own good, we can't entirely do away with watching weight, because doing so could be detrimental to our overall health and well-being. We need to understand that the win is not in dismissing our weight altogether, but being mindful about it—not for looks, but for life.**

Many people are aware of the fact that being overweight and struggling with obesity can take a hefty toll on our body and mind. What is perhaps less known is that our weight is connected to virtually every part of us—it sets the stage for our bone, brain, heart, and muscle health, and essentially every other aspect of our lives.

Obesity results from energy imbalances that occur when individuals consume more calories than their body burns, although it is not always that simple and some even argue this may be false. The environment, genetics, certain health conditions, medications, stress, emotional factors, and poor sleep can all contribute to obesity. While true, this topic is often nuanced and understanding the causes from a scientific standpoint is absolutely key in knowing what to do about it.

## **Do Genes Play a Role in Obesity?**

Although obesity has reached epidemic proportions in certain environments around the world that promote physical inactivity and increased consumption of calorie-dense foods, not all individuals will respond the same way. The variation in how individuals respond to the same environment



evidently suggests that genes can play a role in shaping obesity.

Genes essentially provide our bodies with a blueprint for responding to changes in our environment. According to the Centers for Disease Control and Prevention (CDC), studies of resemblances and differences among family members, adoptees, and twins offer scientific evidence (although some indirect) that a vast portion of the variation in weight among adults is attributable to genetic factors. Numerous studies have also compared non-obese and obese individuals for variation in genetics that could affect behaviors (such as a compulsion to overeat) or metabolic tendencies (such as decreased capacities to utilize dietary fats as fuels, or heightened tendencies to store additional fat). These studies highlight variants in several genes that have been known to cause polyphagia, otherwise known as extreme or insatiable hunger.

Obesity is far more likely to result from complex interactions amongst multiple genes, coupled with environmental influences (multifactorial obesity) as opposed to being caused by a specific variant of a single gene (monogenic obesity). Interestingly enough and first formulated by the American geneticist James V. Neel in 1962, the “thrifty genotype” hypothesis is worth drawing our attention to. This hypothesis states that the same genes that helped our ancestors survive famines or other food scarcities are now being challenged by environments where food is abundant throughout the year.

### The “Real” Root Cause

Some scientists will argue that the root cause of the obesity epidemic is actually related to what we eat as opposed to how much we eat. *The American Journal of Clinical Nutrition* challenges the notion that weight gain occurs due to consuming more energy than is expended. Researchers such as Ludwig et al. state that conceptualizing this energy balance “restates” the principle of physics without considering the biological underpinnings and mechanisms of weight gain.

Some of us may have heard the term “carbohydrate-insulin model” which illustrates obesity as a metabolic disorder that is driven by *what* we

Our bodies do not cope well with the mechanical stress of holding extra weight and often have detrimental responses to the complex changes in hormones and metabolism.

consume, rather than simply *how much*. Public health messaging has been a large culprit in exhorting individuals to consume less and exercise more. But there is more to the story. Part of the obesity epidemic can be attributable to hormonal responses to changes in food quality; specifically, high-glycemic load foods, which fundamentally change our metabolism.

### The Dangers of Obesity

Having excess weight negatively impacts almost every aspect of our health—from respiratory and reproductive function, to brain behavior such as memory and mood. Obesity heightens the risk of numerous debilitating and destructive diseases such as heart disease, certain cancers, and diabetes. Our bodies do not cope well with the mechanical stress of holding extra weight and, more often than not, have detrimental responses to the complex changes in hormones and metabolism. According to the Harvard School of Public Health, obesity diminishes the quality and length of life.

The condition most commonly influenced by excess body weight is type 2 diabetes. Fat cells (specifically those around the waist) secrete hormones and other substances that ignite inflammation. This can lead to decreased responsiveness to insulin and changes the way our body metabolizes fats and carbohydrates, which leads to heightened blood glucose levels and further complications. Another example is obesity’s relationship with cardiovascular disease, which can translate into coronary heart disease, stroke, and cardiovascular death. Even a 5-10 percent reduction in body weight can significantly lower blood pressure, LDL cholesterol and triglycerides, and improve cardiovascular risk factors.

The World Cancer Research Fund and the American Institute for Cancer



## The “thrifty genotype”

**hypothesis states that the same genes that helped our ancestors survive famines or other food scarcities are now being challenged by environments where food is abundant throughout the year.**

Research concluded that there was convincing evidence of association between obesity and cancers of the esophagus, pancreas, colon and rectum, breast, endometrium, and kidney, along with an association between obesity and gallbladder cancer. Other studies have also confirmed direct associations between obesity and ovarian cancer.

If these dangers are not shocking enough, obesity can also influence various aspects of reproduction from sexual activity to conception and infertility (specifically ovulatory infertility). It also increases the risk of early and late miscarriage, gestational diabetes, preeclampsia, and complications during labor and delivery, and can also increase the chances of bearing a child with congenital anomalies.

In terms of respiratory complications, obesity has been directly linked to asthma, obstructive sleep apnea, and can significantly impair our overall respiratory function via mechanical and metabolic pathways. The accumulation of fat around the abdomen for instance can limit the descent of the diaphragm and visceral fat can reduce the flexibility of the chest wall, which can narrow the airways in our lungs. Furthermore, the risk of developing Alzheimer's disease, dementia, gallstones, and eventual mortality are all directly linked to obesity.

All in all, obesity has the potential to harm virtually every aspect of our health. It isn't necessarily a permanent condition, and prevention at the early stages is key to ensuring a good quality of life.

### What Can You Do About It?

Changing our focus and attention to what we eat rather than only looking at how much we eat is a far more effective strategy for weight management. We also need to be aware when making purchasing decisions—whether at the grocery store, a restaurant, or otherwise. In today's society, we are surrounded by heavily marketed, cheap processed foods with a high glycemic load that make it easy for individuals to consume unhealthy choices, which can be further exacerbated by today's sedentary lifestyles.

Overeating isn't always the main culprit of obesity. Our society is largely to blame for advertising foods that cause hormonal responses that essentially change our metabolism, drive fat storage, and lead to weight gain. Rather than urging the population to eat less, a strategy that has been proven time and time again is not always sustainable, we need to urge individuals to change their paradigm to think about what we consume. Reducing our consumption of rapidly digestible carbohydrates that flood and overwhelm our food supply is one option.

Other factors such as not having access to parks and affordable gyms makes it hard for individuals to be physically active. Certain conditions such as underactive thyroid, Cushing syndrome, or polycystic ovary syndrome can also contribute to weight gain. Certain medications such as corticosteroids, antidepressants, or seizure medications can all have an influence. Our bodies also release hormones during sleep that help control our appetite and the body's use of energy—a lack of sleep can contribute to obesity or being overweight.

It is important to understand that the environment, genetics, certain health conditions, medications, stress, emotional factors, and poor sleep can all contribute to obesity. This considered, we must remember to be kind and patient with ourselves and each other, realizing that the world we live in continues to influence our ability to maintain a healthy weight. And in the process, embrace conversations about weight with compassion rather than dismiss them, so we can continue celebrating the really big things in life—health, opportunity, and longevity.

The environment, genetics, health conditions, medications, stress, emotional factors, and poor sleep can all contribute to obesity.





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Logan  
Winn:

**“If I didn’t have  
the gym and  
soccer, what  
happened would  
hurt a lot more.”**

@logansoccer19

This story is written and shared  
with parental consent.



HAIR & MAKEUP BY MONICA KALRA

Anger. Devastation. Fear. When Logan Winn thinks back to the sexual assault she experienced as an 11-year-old girl, at the hands of a friend's drunken father, these are the feelings she remembers taking over. But they're not the ones that govern her now.

WRITTEN BY KATHRYN LEKAS  
PHOTOGRAPHY BY PAUL BUCETA

.....

**“At first, I was in a total state of shock, then, that feeling built up into so many emotions, ones I never even knew,” recalls the now 16-year-old about a night in 2019 that was supposed to be a harmless sleepover at her friend’s house.** One that leaves a young girl filled with fun memories of popcorn, pj’s, and movies the morning after. Instead, Logan was left wrestling with why her comfort, happiness, and trust was taken, when she found herself desperately trying to escape a nightmare she never could have imagined at such a young age.

“When I first heard footsteps in the living room where I had been sleeping, I didn’t think much of it, but then they got closer and when I opened my eyes, I saw my friend’s father kneeling very close to the couch I was settled on. It was so weird,” Logan explains. “He stuck his hand in my bra and I remember thinking, ‘Oh my God, what is happening?’” Panicked, the tween tried to shrug him off, hoping he would leave her alone. “He took his hand out of my bra and put it onto my thigh,” she says. “But I think I startled him somehow, he seemed to

be aware that I was not going to let this happen—he sort of stumbled backwards and fell, and that’s when my friend’s mom walked in,” explains Logan, who took that opening to get away from her attacker and out of the house by saying she felt sick and calling her parents to pick her up right away. “I didn’t know what to do so I just tried to hold myself together until my dad got there, and as soon as I left and the door shut behind me, I broke down,” shares Logan.

Later that morning, Logan was at the police station, stuffy in hand, with her parents (Chris and Monica Winn) by her side, reporting the incident that scarred her innocence. Everything from the man’s inappropriate tickling earlier in the evening, to the touching and torment.



**“It was very hard speaking up about it, but I knew I had to do it.”**

“It was very hard speaking up about it, but I knew I had to do it,” Logan says. “Especially going to the station and explaining all the details to the officers... and then through the case and at court. I was just a little kid and I had to face a lawyer telling me I was lying, which was really hard.” The already challenging process of going through the legal proceedings—difficult for adult victims of sexual assault, exponentially so for a child—morphed into a three-year long saga as a result of COVID-19 closures. But Logan says she learned to look at the extended timeline as a positive. “Over the three years, I had space to grow and mature mentally. To understand what to

**“Being in the gym distracted me from others, and helped me realize that even though I went through this awful setback, I was still very capable and I had great things in my life.”**

stay focused on instead of being scared—I thought about why I was doing this. I often wondered why I was putting myself in this really difficult position... My parents and I talked about the fact that it was going to be very hard, but that speaking up with my truth was the right thing to do—to give me some peace, to make sure this adult was held accountable for his actions, and to let other girls going through something similar know they have a voice, too.” In fact, that was so important to Logan that she didn’t even allow the extra layer of mental trauma caused by the cyber bullying she was experiencing to tear her down. “Some kids at other schools were calling me a liar, sending and posting really mean messages saying I was going to send an innocent man to jail.” Her parents helped her get through it by addressing each cruel account with the kids’ parents and school principals.

It was those years that forced Logan to grow up in a way, learning the harsh realities of the world. It was also the time that she discovered a safe, positive, effective way to manage the stress that comes with experiencing heavy things.

“I started working out at the gym with my dad. It felt like a good distraction,

focusing on doing something positive for myself,” she says. “Being in the gym distracted me from others, and helped me realize that even though I went through this awful setback, I was still very capable, and I had great things in my life.”

Logan says at first, she didn’t really understand what lifting weights could do beyond building aesthetics, or strength for sports like soccer—which she dedicates her life to as she works towards her goal of earning a D1 scholarship to a university/college. “Looking back, now, I know I did it more for the mental part, how it made me feel in my head. Because when I’m working out, it feels like I’m in a whole different world. My mind is happy, not stressing me out. And I don’t get that same feeling from going on a walk or being in school,” she explains. “You don’t realize it, but when you’re lifting weights your head just goes in a different place, escaping reality. It felt so good when I wasn’t thinking about any of the issues. I know now that if I didn’t have the gym and soccer, what

happened would hurt a lot more.”

The gym is something Logan continues to rely on to maintain her well-being. It’s also connected her in a significant way with both her parents, who make training a consistent part of their lifestyle. Her mom, Monica Winn, is a women’s fitness coach (@coachmonwinn) and speaks openly about the mental health benefits of training. In fact, this summer Monica will be speaking at the canfitpro Women Who Influence event addressing the topic of courage—Logan will be her special guest.

“I’m not a big fan of speaking in front of large crowds, but I’m excited to participate because I know it’s going to help so many people, me being honest and telling my story. I’ve told it hundreds of times to people in my life and doing it this way will let more girls and women know they’re not alone and I think that’s most important when you go through something like this. You need to know there are so many people who can help you through it,” explains Logan. “For me,



I had the support of the people around me, especially my family, and the police officers. I also had a special counsellor at school through the rest of grade six and it was a huge help, being able to open up to someone whose job it is to be supportive and say the right things. I had shut down a lot, and having her I was able to open up about it, to deal with it.”

Staying focused on her big scholarship goal is what drives Logan these days. “Everything I do is about working for that,” she says. “My team trains Friday, Saturday, and Sunday, and we have a game during the week. I eat super healthy, stay hydrated, and make sure any training in the gym supports what I’m doing on the field.”

She says although not a lot of girls she knows her age enjoy going to the gym and working out, she just sticks with it anyway. “It can be hard sometimes to get that motivation, but when some of my friends ask me to hang out, I often say ‘Sorry, I have a workout,’ and they see I have a dedication to something big. They realize I do this for myself. They see how it makes me feel—confident and strong. Some of them have even come to me for advice about training and I love that, to be able to help them with something I know can have a big impact on how they feel.”

Logan has certainly learned how to stay focused on the positive, but she says there’s still a lot of ups and downs and the win comes in accepting that. “It’s okay to feel upset in the moment, a month after, or even now, five years since it happened. Sometimes I think about it and get teary-eyed, and I used to tell myself I had to suck it up, but not anymore. I understand this is something that will affect me my whole life, and it’s okay to feel upset or angry when those emotions show up.” Leaning into her life motto, “Everything happens for a reason,” also helps. “I know there’s controversy surrounding that idea,” she says, “but it makes sense to me, and it’s how I look at things now. I didn’t realize at the time why such a horrible thing happened to me. But today, I feel like it made me more confident. I think it happened to make me stronger and push my limits to realize how brave I am and that I can get through anything.” Just the kind of mindset that’s helping her inch closer to achieving her scholarship dream every day.

**Brave. Resilient. Strong. This is how Logan feels now.** 



**This summer, Logan will join her mom at Women Who Influence, presented by canfitpro, to speak publicly about courage—helping others find strength through hers.**



**Ray Kate** IFBB PRO, CERTIFIED MASTER TRAINER, HEALTH COACH & REIKI MASTER

Follow me on social for a holistic approach to healing and optimal health every day: @\_ray\_kate

# Healing, Holistically

As much as muscle matters, there's so much more to wellness. I know you know. So, the question is, what changes can we implement in our daily lives to begin healing body, mind, and spirit, holistically? I'm Ray Kate, a Holistic Coach, and in this new comprehensive series of columns, I'm here to show you the way—naturally.

**Ten years ago**, I bought a one-way plane ticket from New York to Santa Barbara in the pursuit of true fulfillment. Spoiler alert: I've found it in spades—helping people find their optimal health and ultimately thrive—as a Holistic Coach.

## Finding Myself

At 12 years old, I was diagnosed with Graves' Disease and underwent a full thyroidectomy—a procedure that removed my entire thyroid. It made me live in a heightened state of anxiety. I disconnected from myself. I felt angry, like my body and my health weren't in my own hands. I didn't know how to eat (I later discovered my disease was triggered by food allergies, and I actually didn't need my thyroid removed). One day, I decided that I needed to take control of my wellness. So, when I was 23, I moved out to Santa Barbara (which I'd kept hearing amazing things about) with \$500, a backpack, no

friends, no job, and no family.

I focused on yoga, detoxing, and spending a lot of time with myself. I was able to begin my healing journey because of the community. Integrating

with yoga was something that aligned my body, allowing me to connect on a deeper level spiritually, and I fell in love with it. As I gained momentum teaching yoga, I also fell in love with personal training and working out myself. It was therapeutic and very somatic with the trauma I had experienced early on.

I built my first business in holistic health and built a community on connection through movement and

mindfulness. Eventually, I entered into the bodybuilding world during a particularly challenging time in my life. I needed the structure. I manifested the perfect coach

who could break me out of my shell and push me in the weight room. He was my first mentor and taught me so much about weight training and being mentally tough. He trained me in women's Figure and after four years of discipline and dedication, I won my Pro card at The USA in 2021 representing California.

## Full Spectrum Service

Today, I am a certified sound healer, reiki master, personal

trainer, nutrition coach, and yoga teacher. I work with the energetics of a person and utilize different modalities to help optimize my clients' energy by creating alignment within. I specialize in strength training as a foundation and somatic/therapeutic tool to help an individual harness and master working with their emotions, as well as improving overall strength and performance.

My clients receive a full spectrum approach to Holistic Health.

## Evolve for Longevity

Here, expect to find soulful content, holistic tools, mindset coaching, and personal stories that will move you on an emotional scale. I want you to find inspiration when reading, because it might contextualize things you feel deep within but have never been able to find words for or gain perspective on. So, join me in learning how to heal, holistically.

**My mission is to broaden your horizon of fitness by focusing on holistic health, so that you can live a long, meaningful life.**



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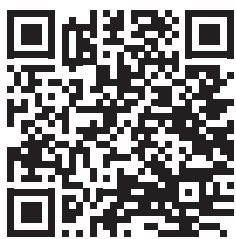
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# TOTALLY TIJANA

TWENTY YEARS IN THE MAKING



**One look at Tijana's showcase of strength and positivity,**

it's easy to assume fitness has always served as her foundation for a healthy, vibrant life. But Tijana's reality is actually quite the opposite. "I was inactive as a child and got bullied for my weight," explains Tijana, who sat out of gym class, and then got into partying when she was only 13.

"I always had mental health issues, since I was 12 years old, as a result of some family things... My parental relationships. I was an only child and a very anxious child, and that led to being overweight, which then snowballed into more harmful destructive behaviors," she explains. "I used to mask the negative feelings with food—binging and coping through food. Then it was onto drugs and alcohol, rather than having to face the mental health issues head on. I went to raves at 14 and turned to drinking and partying," says Tijana. "It's really been a journey of about twenty years, this push and pull between a healthy life anchored in fitness and one filled with destructive behaviors."

Tijana did her first diet at age 12. And in her late teens, desperately wanting to be skinny, she resorted to the only approach she knew to lose weight—eat very little and do a lot of cardio. A combo she knows now, as an experienced fitness professional, to be a killer for mental and physical

**As a kid, Tijana Daly hated gym class so much she didn't even participate, and to cope with emotional issues, she turned to drugs, drinking, and extreme dieting. Now, fitness and health has become this cover athlete's passion, and as a bonafide body transformation coach she's inspiring women across North America to make it theirs, too.**

**WRITTEN BY KATHRYN LEKAS  
PHOTOGRAPHY BY PAUL BUCETA**

health. "I just didn't know another way back then," explains Tijana, "I would do all the high intensity classes at the gym. Whatever burned the most calories, those were the classes I would pick," she says, "and it worked—I lost a lot of weight." So much though that she also lost her period. And experienced severe brain fog. But the pseudo-success was enough to convince Tijana that fitness might be the career for her.

"At that time, I felt like because I had lost a lot of weight putting so much into doing the intense cardio and boot camps, that meant I was passionate about being 'fit.' I was uneducated and ignorant about the science behind physical and mental well-being," she admits. "I thought fitness was all about cardio, and that weight lifting was for men." As Tijana pursued fitness as a career in college, a whole new world opened up when she discovered a love for lifting. "I started learning about weights in my early twenties as part of my school program and I realized how much more weight training gives you. So I started to focus on gaining and building to feel good, rather than losing to look a certain way. I really loved how it made me feel... But I always seemed to get pulled back into partying habits despite that, so juggling both just became the norm for me," she says.

Tijana didn't quite know what her future would shape up to be, but since she felt she was on the right track with fitness she decided to also get her certification in holistic nutrition while growing her client base organically, starting on the gym floor as most personal trainers do, then moving to working with clients in their homes. "I was very busy doing in-person, training up to 10 clients a day, which was great... But I was really burning out from the demand, and my husband was doing the same. Then we were both going between stacked client days and caring for our child when we became parents. I knew something had to give," she explains. So, Tijana looked for other ways to pursue her newfound passion in a more efficient way, using apps online.

Always a believer that even coaches need coaches, Tijana also signed up to Team STRONG Girls as a client in 2017 to elevate her own fitness. Under the guidance of STRONG's Coach JVB, she fell in love with the process. "Coaching online really gelled for me. It was wonderful having support without having to be directly beside someone in order to meet fitness goals," says Tijana. In fact, the process resonated with her so much that she toyed with the idea of becoming a STRONG Girls coach herself. "We had a similar target niche, helping active women get in photoshoot shape, working with women who wanted to really level up," she says.

The right time to join the coaching team presented itself in the summer of 2020. "I had my second child at the beginning of that year, and then

## Cover Athlete

the pandemic hit, so between trying to coach clients with a new baby and navigating the challenges presented by COVID-19, it made sense to work and grow together with a shared vision,” says Tijana, who feels life as a Team STRONG Girls Franchisee offers the best of both worlds so to speak. “Working together allows me to still maintain autonomy with my clients but enjoy the added resources and support that comes with being part of an established group. We can all do more this way; reach more people and have a greater impact,” she says.

Expanding her business prompted Tijana to make some significant personal shifts, too. “I don’t take this role lightly, being a body transformation coach, because you actually become a really big part of people’s lives. In the process of helping them change their bodies, you also serve as a role model for healthy living, and often become a confidant for them,” she says. Which is why Tijana is especially happy to share that she’s been sober since January 1st, 2022. “I was always growing as an athlete and a coach and drinking wasn’t in alignment with my goals, or future self who is focused on a strong lifestyle. I had



**“I’ve been the person struggling. I’ve been the student learning, the client changing, and the coach evolving. After getting sober, I finally feel like all areas of my life are aligned with the person I am, and who I want to become.”**

to tell myself, ‘This isn’t you—you can’t show up like this.’ I’m a big believer in integrity and I just knew I could no longer have one foot in and one foot out. I had to commit to the lifestyle I wanted and give up behaviors that didn’t serve me or the healthy lifestyle I was promoting through coaching. I felt like a fraud, trying to just not talk about the partying part of myself. I really didn’t want to be inauthentic,” she admits.

Tijana says although the decision to give up alcohol was easy, the process was anything but. “My sobriety is really my biggest accomplishment,” she says. “I wanted it, but I had to really be ready to go through the discomfort. I knew I was going to be sore, maybe embarrassed, and there is that period where you wonder if you can really do it. Every time I had a milestone to ‘celebrate’ I wouldn’t know if I’d be able to make it through without alcohol. When you’re mentally ready to have the tough period, though, you just go through it. I only wish I had the courage to go through the discomfort earlier.”

Nonetheless, Tijana is happily enjoying the benefits of trading drinking for the dopamine hits she gets from fitness. “It’s making me stronger mentally and taking me closer to my goals each day.” At the halfway mark for the year, she’s evaluating her goals for 2023: “I have some aesthetic goals—it feels like a never ending journey to build my glutes! And I’m working on building my legs. More importantly, though, I have performance ones. I want to get up to deadlifting twice my bodyweight, so about 270 pounds, that would be great. Also, to do a 50 pound pull up. My ultimate goal is to be fit for life.”



Measuring her success through photoshoots is something Tijana likes to do. “Looking at NSV’s (non-scale victories) is one of the values we maintain with Team STRONG Girls. We try to focus on what you’re gaining in the process of a body transformation, rather than ‘how much you’re losing’. It’s okay to want to lose weight, but we don’t want to put all our eggs in one basket. There are so many markers along the way aside from the number on the scale, and photoshoots are a great way to check in. Whether your goal is to lose weight or not. You get to celebrate your progress, and it’s really just you versus you.” And Tijana finally feels like she’s really won.

“The STRONG cover shoot has brought me full circle,” she says. “For two decades I’ve been working to align the idea of the life I want with the one I’m living. I’ve been the person struggling, I’ve been the student learning, the client changing, and the coach evolving. After getting sober, I finally feel like all areas of my life are aligned with the person I am, and who I want to become—for myself, the women I work with, and especially my kids. Being a mom of boys and having grown up with diet culture, I always think of them seeing a woman lifting weights and normalizing that women aren’t supposed to be small. Learning that it’s good for women to be strong, have muscles, be a business owner, and break down barriers.”

Tijana hopes sharing her story candidly will help other women remember that success is a journey. “Ten years ago I was doing only cardio, having coffee, smoking cigarettes, sleeping until noon, and I would get injured so much more easily, I felt so much older then. I think about this a lot. I never take for granted that I feel younger now at 32 than I did at 22.

Taking small steps add up to big changes. If I—the least athletic person in my entire school growing up—could change my habits and behaviors to lead a healthy, strong life, and even inspire and help others to do the same, anyone can.”



# SLACKING THIS SEASON? SIMPLIFY!

One set of dumbbells  
*can* elevate your fitness.  
Step up your training this  
summer with this workout  
that's simple in scope, yet  
anything but easy.

WRITTEN AND PROGRAMMED BY  
TIJANA DALY, TEAM STRONG GIRLS COACH,  
PRE/POST NATAL FITNESS SPECIALIST,  
HOLISTIC NUTRITIONIST & MASTER TRAINER

PHOTOGRAPHY BY PAUL BUCETA



HAIR & MAKEUP BY MONICA KALBA

## Don't be fooled by this circuit workout:

it'll have you begging for a break—but you'll quickly get past that when you feel and see the results this total body plan delivers. Using just one set of dumbbells, this training session targets each major muscle group making it a convenient choice for building muscle during a busy fun-filled summer.

Add this to your existing workout program weekly, or perform 2-3x per week on staggered days while traveling.

## THE WORKOUT:

Two circuits.  
Circuit 1: lunge, press + horizontal pull;  
Circuit 2: hinge + accessory work

## PRO TIP:

Aim to select a weight that feels challenging for each movement and rep and will take you close to your estimated max by rep 10.

If you can complete 10 reps in week 1, increase the weight in week 2. Keep increasing the weight weekly until you max out at 8 reps, then increase reps back up to 10.

# CIRCUIT 1

## LUNGE, PRESS + HORIZONTAL PULL

1

### Reverse Lunge

X 8-10 REPS/SIDE

Hold the dumbbells by your sides and begin in a standing position. Take a big step back while keeping your feet shoulder width apart. Maintain a slight forward lean. Using your front foot to drive, bring yourself back up to a standing position. Repeat with the other foot.



2

### Shoulder Press

X 8-10 REPS

Start with your elbows bent (just under shoulder height) and palms facing in front of you. You can be seated on a bench or standing. Extend your elbows so your arms are straight and aligned with your ears. Slowly bring the weights back down to the starting position.

# CIRCUIT 2

## HINGE + ACCESSORY



3

### Bent Over Row

X 8-10 REPS

Hinge at the hip while maintaining a neutral spine. Hold the dumbbells with palms facing in and keep them close to the body. Bring the dumbbells up to the hips while contracting the mid-back muscles. Keep your shoulder blades down and back. Slowly lower the weights back down until the arms are extended fully again. Perform 3-4 rounds, resting 90 seconds to 2 minutes in between sets.



1

### Single Leg Deadlift

X 8-10 REPS/LEG

Start by holding the dumbbells by your sides with palms facing in. Keeping your hips and shoulders even to the ground, lift one leg and hinge from the hip to lower down. Your body should form the letter "T." Your spine should remain neutral—do not let the weights pull your shoulder blades away from each other. Return to the starting position with control.

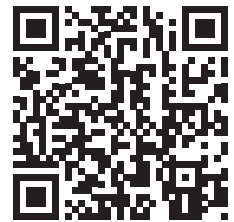


### PRO TIP:

If stability is an issue, hold one heavier dumbbell and support yourself by holding onto a bench with your other hand.

## Effective & Efficient

“Another great way to simplify your workout is using Lebert EQualizer Total Body Strengthener. I love using this piece of equipment because there are so many exercises you can do to get a great training session in.”



lebertfitness.com

**“If I—the least athletic person in my entire school growing up—could change my habits and behaviors to lead a healthy, strong life, and even inspire and help others to do the same, anyone can.”**

**2**

### Lateral Raise

X 8-10 REPS

Start in a standing position with the dumbbells in your hands, elbows softened and palms facing each other. Leading with the elbows, lift your arms to shoulder height, keeping them about 30 degrees in front of you. Lower the weights slowly back to the starting position.

**3**

### Bicep Curls

X 8-10 REPS

Begin with the dumbbells in your hands and palms facing up. Keeping the elbows locked in one position beside your body, lift the weights up to your shoulders. Lower slowly until your elbows are extended once again. Perform 3-4 rounds, resting 90 seconds to 2 minutes in between sets. **S**



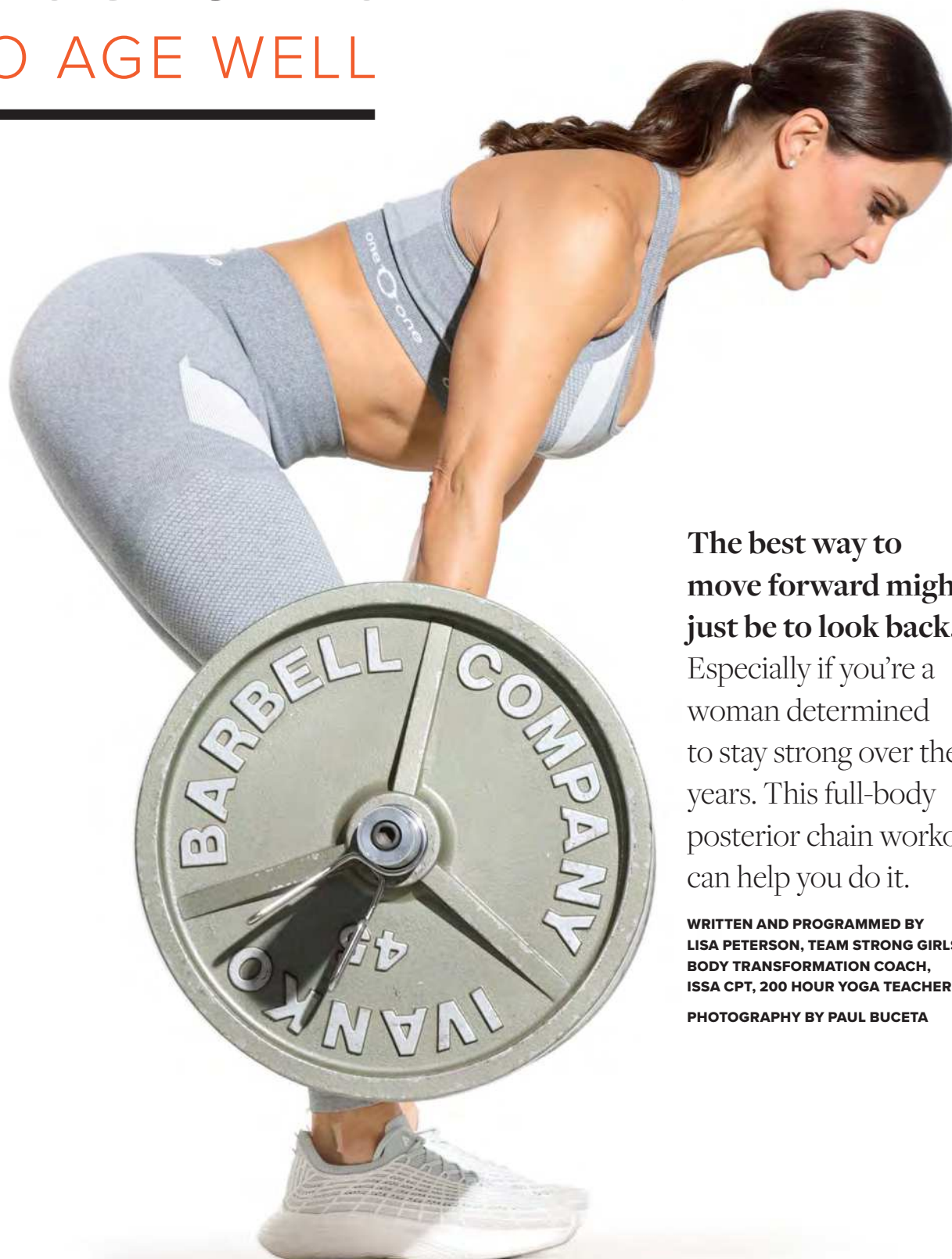
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PRIORITIZE YOUR

# Posterior Chain

TO AGE WELL

---



**The best way to move forward might just be to look back.** Especially if you're a woman determined to stay strong over the years. This full-body posterior chain workout can help you do it.

**WRITTEN AND PROGRAMMED BY  
LISA PETERSON, TEAM STRONG GIRLS  
BODY TRANSFORMATION COACH,  
ISSA CPT, 200 HOUR YOGA TEACHER  
PHOTOGRAPHY BY PAUL BUCETA**

Since we don't see them looking in the mirror, it can be easy to forget the muscles that make up our posterior chain. But muscles like our back, glutes, and hamstrings are key for strength, coordination, and stability. Especially as we age.

As a personal trainer who often works with women in their 40s and 50s, I appreciate the functional benefits of working the back of the body—improved balance leading to reduced risk of falls and injury during physical activity, less lower back pain, and the metabolic boost from working our large glutes and back muscles. But women of all ages also enjoy the aesthetics of a well-developed posterior chain: toned/defined muscles, an hourglass shape, and better posture. All of which can make us look and feel more confident at every life stage. Working the posterior chain should be a year-round priority in any fitness program. Within a few weeks of regularly training the posterior chain, you'll notice tighter, stronger glutes, hips, hamstrings, and trunk and realize why, for women who want to age well, a strong posterior chain is worth the attention.

## The Workout

Perform a dynamic warmup before starting. Complete each exercise in the assigned order, paying close attention to sets, reps, rest times, and tempo.

### Equipment Needed

A barbell, kettlebell, and dumbbells of varying weights.

### Total Time

50-60 minutes



**A1**

### Barbell Hip Thrust

(4 sets x 8-12 reps) • Rest 90 sec

Start by sitting on the floor, positioning your upper back against a bench or box. Roll a barbell over your legs and onto your hips, making sure it is resting on your hip bones. You can use a barbell pad or towel for comfort, and can also use a dumbbell, sandbag, or any other weighted object that is comfortable for you as load. Your feet should be flat on the floor, with your knees bent and your feet hip-width apart. Place your hands on the barbell, inhale, and brace your core muscles as you exhale and push your feet into the floor, driving the hips up so that your torso is almost parallel to the ground. Use this time to adjust your feet until your knees are lined up above your ankles and your shins are in a vertical position. Push through your heels and focus on engaging your glute muscles throughout the movement. Pause at the top, making sure to keep your hips level and glutes contracted. Lower your hips back down to the starting position in a controlled manner. Repeat for 8-12 reps.

**PRO TIP:**

Do not arch your back. Keep a neutral spine throughout the movement. Keeping your chin tucked and your gaze fixed straight ahead throughout the exercise can help maintain this alignment.

**B1**

## Goblet Squat

(3 sets x 10-12 reps)

Tempo 3010 • Rest 60-90 sec

Start in a squat stance with your legs wider than hip distance apart, hold either a dumbbell or kettlebell up at your chest. Keeping the weight in this position with your elbows tight to the body, drop your hips down, lowering for 3 seconds as you drive your feet through the floor and your knees out. Allow your elbows to come down between your knees, keeping the torso upright with the weight close to the chest. Push down through the heels to return to standing. Repeat for 10-12 reps.



Are you paying attention to tempo with this bottoms up hold? You should be!

**B2**

## Romanian Deadlift

(3 sets x 10-12 reps)

Tempo 4010 • Rest 90 sec

Standing with a dumbbell in each hand, have a soft bend in your knees as you begin pushing your hips out behind you for 4 seconds. For this deadlift variation, only go as far as you can push your hips out behind you with a flat back, keeping your chin tucked. As you hinge, keep the dumbbells close to the body, sliding them down your legs to just past your knees. As soon as you can no longer push the hips back and you feel the stretch in the back of the legs, stop hinging to avoid using your back. Reverse the movement by driving through the heels, straightening the knees, and squeezing the glutes to come back to standing. Adjust your shoulders back slightly in the top position. Repeat for 10-12 reps. Rest 90 seconds then go back to B1 for 2 more rounds of this superset.

**PRO TIP:**

Do not “thrust” the hips forward at the top when you come back to standing—this puts undue pressure on the lower back.



## Kettlebell Swing

(30 seconds) • Rest 60 sec

Stand with your feet shoulder width apart and the kettlebell on the floor between your feet about a foot in front of you. Hinge at your hips to grab the kettlebell handle with both hands, lift it off the floor, swinging it back between your legs. With your arms straight, forcefully swing the kettlebell forward and up to about shoulder height, while driving your hips forward and squeezing your glutes. Keep swinging the kettlebell explosively back between your legs (making sure to hinge at your hips and keep the knees slightly bent) and up to shoulder height, keeping your core tight and your shoulders pulled back and down throughout the movement. Use momentum from your hips and glutes to power the movement, rather than relying on your arms or shoulders to move the kettlebell. Perform for 30 seconds.



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## C2

### Reverse Lunge

(3 sets x 10 reps per side, alternating legs)

Rest 60-90 sec

Stand with your feet about hip width apart. Holding a kettlebell or dumbbell in each hand, take a step back onto the ball of the rear foot, bend both knees as you lower the rear knee for a count of 3 towards the ground, keeping most of your weight in the front leg. Reverse this move by driving through the heel of your front foot and coming back to standing. Alternate sides for 10 reps each side.



## C3

### Single Arm Kettlebell Bent-Over Row

(3 sets x 10 reps per side)

Rest 90 sec

Start with your feet shoulder width apart, holding a kettlebell in your right hand. Hinge forward at the hips, keeping your back straight and your abs engaged. Bend both knees, resting your left hand on your left thigh for support, with your right leg slightly behind you (like a kickstand). With your right arm hanging down towards the floor, brace your core and pull your right shoulder blade back and down towards your spine. Pull the kettlebell up towards your ribcage, keeping your elbow close to your body. Lower the kettlebell back down to the starting position in a controlled manner. Repeat for 10 reps, then switch sides. Rest 90 seconds then go back to C1 for 2 more rounds of this tri-set.



**PRO TIP:**

Keep your elbow close to your body and avoid flaring it out to the side. Maintain a straight back and avoid rounding your shoulders forward.

# FINISHER

D1

## Farmer's Carry

(2 sets x 45 seconds/roughly 80 steps)

Rest 60 sec

Start by choosing two dumbbells or kettlebells of equal weight. Stand with your arms extended down by your sides, holding one weight in each hand. Engage your core muscles and stand up tall, keeping your shoulders pulled back and down away from your ears. Begin walking forward, taking deliberate steps and keeping your core tight and your posture upright. Walk for 45 seconds or a count of roughly 80 steps (or less if you fatigue and need to stop sooner). When you are done, bend at the knees to lower the weights to the floor in a controlled manner. Rest and repeat.

PRO TIP:

Use weights that are challenging but manageable for your strength level. You should be able to maintain good posture and form throughout the movement without straining. Keep your core muscles engaged throughout the movement to help stabilize your spine and prevent excessive swaying or twisting of your torso. Modify by going heavier/lighter, or for longer/shorter distance.



Don't forget to stretch after this workout!

@lisavp305

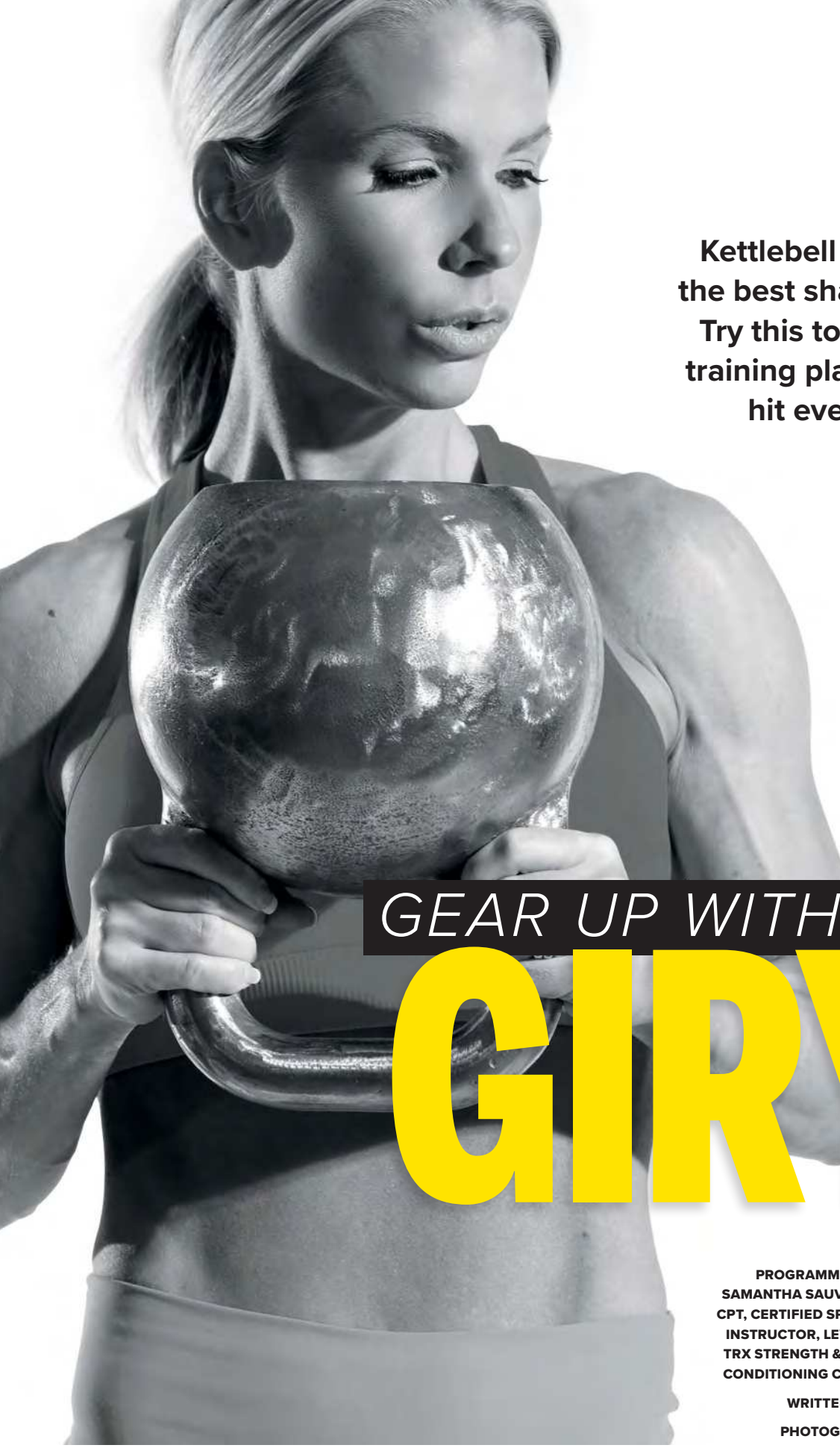
D2

## Plank with Abduction

(45 seconds) • Rest 60 sec

Start in a high plank position, your shoulders directly over your wrists and your body in a straight line from head to heels. Engage your core muscles and glutes for stability. Keeping your hips level and your abs engaged, step your right leg out to the side about 45 degrees, without letting your hips sag or twist, then bring it back in to the starting position. Repeat with your left leg and repeat alternating legs for 45 seconds. Rest 60 seconds and go back to D1 to repeat the superset one more round. **S**





**Kettlebell your way into the best shape of your life. Try this total-body *girya* training plan, designed to hit every muscle.**

**GEAR UP WITH**

# **GIRYA**

**PROGRAMMED AND DEMONSTRATED BY SAMANTHA SAUVE, OWNER OF SAUVE ATHLETICS, CPT, CERTIFIED SPORTS NUTRITIONIST, KETTLEBELL INSTRUCTOR, LEVEL 1 KICKBOXING INSTRUCTOR, TRX STRENGTH & CONDITIONING COACH, SPORTS CONDITIONING COACH, AND PRO FITNESS MODEL**

**WRITTEN BY STEPHANIE KEWIN**

**PHOTOGRAPHY BY PAUL BUCETA**

HAIR & MAKEUP BY MONICA KALRA

*It's rare a single item of equipment can work the whole body so thoroughly.*

But with kettlebells, you know we can get the job done. This versatile item—the kettlebell—was actually originally called girya and originates as far back as Russia circa 1704. Girya were first used functionally to help balance crops and grains in the old Soviet Union. But, perhaps because of their extremely user-friendly shape—weighted “bell” complete with handle—they soon became tools used for fitness.

Fast forward to today, and kettlebells are used globally for what we now dub “functional fitness.” The kind of fitness that allows us to be better in all aspects of life—from farmer’s carrying groceries in one trip (you know you’ve done it!) to one-arm hauling your babe’s car seat. So let’s get after it with girya, in this full-body functional fitness training sesh.



## 1 Kettlebell Figure Eights

**10 REPS x 3 SETS  
(30 SECONDS REST)**

In a low squat position with feet wide, drive your body weight down through the ground while keeping your chest tall and shoulders back. Hold the kettlebell in your right hand in front of your right shin, direct kettlebell between legs and towards the back of your left leg. Take kettlebell in left hand and bring it around to the front of your left leg and through your legs to the back of your right leg.

**Practice the movement without the weight first to ensure you master the coordination required to perform this exercise with the disc and kettlebell.**



## 2 Kettlebell Lateral Lunge

**10 REPS x 3 SETS  
(10 SECONDS REST)**

Begin with weight bearing on left leg, while right foot is placed gently on top of a sliding disc. Hold kettlebell in your right hand and slightly away from your body. Perform a lateral lunge while keeping your right leg extended and light on your disc with toes pointed. Drop to a 90-degree bend driving your weight down through the floor. Keep chest tall and abs tight.



### 3 Low Split Squat Kettlebell Exchange

**12 REPS x 3 SETS  
(30 SECONDS REST)**

Start in a low split squat position, with both legs in a 90-degree position. Pass your kettlebell back and forth between hands underneath the front thigh. Drive your body weight down through the ground while keeping your chest tall and abs tight. Repeat on the other side.



### 4 Inclined 1-Arm Kettlebell Press and Rotate

**10 REPS x 3 SETS  
(20 SECONDS REST)**

Start in a seated position on the ground and lean back while keeping your chest tall and abs tight (you can keep your feet stable under supports). Hold your kettlebell in your left hand above your left shoulder in a 90-degree position with your palm facing forwards, twist your torso, while extending and rotating your palm to face inwards. Return to start position. Repeat on the other side.

*Stabilize yourself during this exercise by engaging your core and moving slowly.*



### 5 Kettlebell Candlesticks

**10 REPS x 3 SETS  
(20 SECONDS REST)**

Lying on your back with a heavy kettlebell placed behind your head, hold kettlebell with both hands while lifting your legs up above your hips. Raise your glutes off the floor and extend your legs, trying to touch the ceiling with your toes, while driving your scapula down through the floor. Slowly bring your legs back down, bend knees at the bottom of the movement.

*Choose a weight that works for you without compromising your ability to control each rep as you move the kettlebell up and down.*



## 6 Kettlebell Jack Knife

**10 REPS x 3 SETS  
(20 SECONDS REST)**

Lie on your back with your legs straight out, not touching the floor, and your arms extended behind your head with your kettlebell in hand. Choose a comfortable grip. Keep your arms and legs straight while bringing your limbs together above you. Your body will be in a V position at the top of the movement. Control through your core while slowly dropping your legs and extending your arms back over your head.



## 7 Kneeling Kettlebell Overhead Side Crunch

**10 REPS x 3 SETS  
(10 SECONDS REST)**

Kneeling on the floor, while holding your kettlebell over your head in a bottom's up position with your arms bent at a 90-degree angle, drive your body weight down through the floor while squeezing your glutes. Perform a side crunch only moving your trunk. Return to start position then crunch to the opposite side.

## 8 Kettlebell Outside, Inside, Outside Crunch

**10 REPS x 3 SETS  
(20 SECONDS REST)**

Lying on your back, hold your kettlebell over your mid section and bring your legs off the floor. Keep your legs together and crunch to one side, bringing your kettlebell down towards your hip. Return to the start position, while opening your legs and crunching through both legs. Bring both feet together, and crunch to the opposite side, bringing your kettlebell to your hip on this side.



# DO WHAT SUITS YOU

With the launch of her new fashion line, Fitness Expert Samantha Sauve is proving you can always find the right fit—with leggings, and life.

WRITTEN BY KATHRYN LEKAS  
PHOTOGRAPHY BY PAUL BUCETA

**For many women, entering a new decade can feel daunting.** Marking milestones like “30,” “40,” “50,” and more can have a negative impact on perspective considering aging and opportunity. But for others, like Fitness Expert Samantha Sauve (and a plethora of positive gals who make up the STRONG audience), getting older offers the chance to explore another side of yourself, while continuing to check things off your bucket list. And that’s exactly what she’s determined to do as she embraces turning 40 this summer with the launch of her clothing brand, Samantha Sauve Designs.



**Look for sneak peeks of Samantha Sauve Designs in upcoming issues of STRONG.**

@samantha.sauvedesigns

Since she was a teen, athletics have played a major role in Samantha's life. At just 16 years old, she was invited to play in a women's premier league with athletes who were three to five years older than her. Multiple ACL tears continued to prevent Samantha from pursuing her passion for soccer, but the challenges led her to discover a career in fitness. And as she grew into a new age and stage of her life as a fitness professional, Samantha enjoyed the evolution. "After enduring multiple ortho surgeries for my meniscus, I knew my career aspirations were over with soccer, so I started taking on coaching and personal training, giving everything I had to helping others. In the process, I discovered a new passion and layer to myself," says Samantha, who has successfully spent the past twenty years coaching women. "It helped me learn that there is always something else to pour your enthusiasm into. Something exciting to create if you embrace moving forward."

It's with this same approach that Samantha is viewing her milestone birthday this summer. Turning 40 can easily be a time when women feel weighed down by the idea that "youth" is behind

them, and along with it their "best" years. But Samantha says, "I think the way to avoid that, to continue to see birthdays as celebrations—no matter the number we face—is to keep having new goals and dreams that feel aligned with us as we grow." Samantha says her approach to achieving optimal health and wellness with her fitness clients always starts this way so they feel positive about what they're doing, which creates more momentum. "When we are kids, we start off with big dreams based on our passions, (like soccer, for me) and spend years chasing them. As we get older, life has a tendency to push a lot of our dreams to the sideline with setbacks

**"We have to constantly reassess what makes us happy and lights us up."**

and responsibilities. We can't simply stop there, though," she explains. "We have to constantly reassess what makes us happy and lights us up."

For Samantha, fashion feels like a fit right now. Which is why, to help kick off a new chapter of her life, she's launched Samantha Sauve Designs—a unique clothing brand that combines her experience in fitness with her passion for fashion. "Starting out as a fitness wear fanatic, I soon realized that I have a real passion to get all dolled up! I wanted to create unique fashion, outfits, and styles I have been visualizing for quite some time," says Samantha. "Now I have

been blessed with this wonderful opportunity to actually make them and share my vision with the world, giving women new choices to reflect who they are and how they feel."

Samantha says the designs will incorporate subtle, unique characteristics with each piece that make them feel special because, "Wearing something special can help to make us feel that way. We know there is no one body type, shape, or size—and the same of any one thing is boring anyway!" Samantha says the designs found in her line stretch across categories, too—there's not one style. "Our differences is where the beauty lies. Women are all beautiful in their own unique way and my ultimate dream is to see our differences shine through in an array of fashion pieces."

As the line evolves, Samantha says you can always expect to see new things. "I am not afraid of color and I am certainly not afraid to try new styles and looks. That's how we keep life exciting. We change, we grow...You will see that reflected in the pieces that are put out over time."

Samantha knows she and her team are just getting started, but she's already got big dreams for her new pursuit: "I envision women using Samantha Sauve Designs as their superpower. I want to see the energy shining through the brand from all areas of this beautiful world, on women with incredible energy! Five years from now, I can see myself and my business leading women all over the world to feel their best, look their best, and ultimately be their best—so they too can feel happy and empowered to discover their own new dreams." **S**





# THE RIGHT WARM-UP REALLY IS WORTH IT

**Want a simple way to take your fitness training or sport performance to new heights? Carve in a complete and thorough warm-up to your practice or training session. Here's why, and how.**

WRITTEN BY SANDRA SORGINI, PHYSICAL HEALTH EDUCATOR,  
BODY TRANSFORMATION COACH @get\_fitss

Who's not crunched for time these days? We may often feel compelled to quickly dive into our workout or practice so we can move on to crushing the next item on a seemingly endless to-do list, but taking the time to do a proper warm-up first can make a world of difference for your well-being and progress. When you know the whys and hows of stretching, have practical applications, and specific go-to routines for sport and fitness, you can set yourself up for immediate success. That's because a sport or fitness warm-up is essential to prepare the body for the impending physical exertion and focus the mind for the mental demands ahead. When you warm-up properly, you easily reap rewards, such as:

- » a reduced risk of injury
- » an increased range of motion
- » an increased body temperature
- » improved focus
- » activation of the cardiovascular and respiratory systems

PHOTOS BY C. MALAMBO/PEOPLEIMAGES.COM — STOCK.ADOBE.COM

**PHYSIOLOGICAL ADAPTATIONS:  
Prep the Body for Heightened  
Performance Levels**

On a physiological level, a warm-up prepares the body's cardiovascular and muscular systems for the impending work load. Increasing heart rate and dilating blood vessels to the skeletal muscles allows the body to transport the nutrients muscles need for more intense activities ahead.

**PSYCHOLOGICAL ADAPTATIONS:  
Prep the Mind for Elevated  
Performance**

Warming up is beneficial for the all-too-often neglected mental side of it all. It provides an opportunity to clear the mind and focus on the task at hand. Considering this, a warm-up sets the tone for effective and safe fitness and sport training sessions that will mentally push you to your limits.

**Match the Stretch to the  
Movement for Enhanced Sport  
Fitness Performance**

For best results, warm-ups should include dynamic locomotions that are similar to the types of movements performed in the activities that follow.

**FITNESS APPLICATION:**

To prepare for a lifting session, move through a variety of movements that mimic the fundamental movement patterns in the lifts ahead and stretch the specific muscles used in those movements. This will prime the body to perform those movement patterns with greater efficiency. Ultimately, when we move better and more effectively, this translates to proficiency in targeting the intended muscle.

**SPORT APPLICATION:**

To prepare for a sport session, move through a variety of movement patterns that mimic the movements common in the particular sport you are competing in. This will ensure a decrease in the risk of injuries. Research suggests dynamic warm-ups improve agility, speed, and overall performance for a wide range of sports but also appear to reduce injury risk. In one 2017 research review, dynamic warm-ups revealed reduced odds of injury by 30 percent in fast-moving, direction-changing sports, such as soccer.



**PRO TIP:** To feel the full benefits of muscle elasticity and improved performance, include dynamic stretches into your warm-up and save static stretching for the cool down.



**DYNAMIC OR STATIC STRETCHING:  
WHAT'S THE DIFFERENCE?**

**Struggling to create a sport-specific warm-up to kick off your practice or game? Check out this 3-phase soccer warm-up to get started on the right foot.**



| Dynamic Stretch   | Static Stretch  |
|---|---|
| A set of controlled, up-tempo movements that can help make your workout safer and more effective. | Involves stretching a single muscle group to near its furthest point and then holding that position for at least 15-20 seconds. |
| Involves movement   | Requires stillness  |
| Raises body temperature   | Cools the body  |
| Loosens your muscles  | Lengthens your muscles  |
| Ideally suited to a WARM-UP   | Ideally suited to a COOL DOWN   |



## FLIGHT PLAN FOR A DYNAMIC WARM-UP:

Dynamic warm-ups involve a series of drills—at least some of which are dynamic stretches that take joints through their full range of motion.

Dynamic movements produce a thixotropic effect—the coming together of heat and stress. Body temperature increases and gentle stress to soft tissues creates this effect. Less viscosity and more fluidity of muscles and tendons results. This improved muscle elasticity makes it easier to reach full range of motion.

Dynamic stretching, with its fast-paced nature, activates intracellular sensors called muscle spindles. These muscle spindles then amplify the electric currents that connect your mind and muscle in communication. This makes your muscles more responsive. However, when you hold long, slow stretches typical of static stretching, the opposite occurs. The messages between your brain and body to help reduce tension and tightness are slowed down.

The best dynamic stretching protocol, based on research, is six to eight exercises, each done for about 15 to 30 seconds, two to three times, lasting about eight minutes in length. Match your warm-up to the specifics of your workout. For example, if your sport or activity involves quick directional changes like soccer or squash then include agility-based and side-to-side movements. For climbing, softball, or even basketball, those activities with an overhead component include quick movements that activate your shoulder complex, the network of muscles around the shoulder joint.

If you're looking for a lift with your warm-up in the gym, try the Joe DeFranco Agile 8 before you hit the weights for your programmed routine.

## THE JOE DEFRANCO AGILE 8

The DeFranco Agile 8 is a short but effective stretching routine designed for lifters. It can be done as a warm-up to ready your body for strength training, or anytime you want to stretch your muscles and mobilize your joints. Designed by Joe DeFranco, an elite strength and conditioning coach, the DeFranco Agile 8 consists of eight mobility exercises that are done back to back. It's designed not just to stretch and mobilize but to gently raise your core temperature also. Because it's dynamic rather than static, it's the ideal warm-up before strength training. It should take less than 10 minutes so it won't add a ton of extra time to your entire session.

### THE EXERCISES:

#### 1 FOAM ROLL YOUR IT BAND 30 SEC/LEG

The IT band is one of your hip abductors. It runs the length of your outer thigh, from your hip to the side of the knee. The fibers of the ITB are prone to adhesions (fibers gummed together that cause localized pain or hot spots). Foam rolling eases these adhesions, restoring mobility.

Lie on your side with your top leg bent and your foot in front of your lowermost knee. Place a foam roller beneath your bottom thigh, just below your hip. Roll up and down your outer thigh 10-15 times, paying extra attention to any “hot spots” you encounter. Change sides and repeat.

#### 2 GLUTE/PIRIFORMIS MYOFASCIAL RELEASE WITH A FOAM ROLLER OR TENNIS BALL 30 SEC/SIDE

Foam rolling your glutes and piriformis can help restore lost hip mobility by eliminating adhesions. This is an important exercise if you want to squat deeper. This exercise also fires off your glutes, which increases muscle engagement so you can lift heavier weights.

Sit on the floor with your torso upright, legs bent, and weight resting on your arms. Place your foam roller under your glutes. Cross one leg over the other. Leaning toward the crossed leg, roll across the glute on that side, seeking out any hot spots. Work up to the top/outside of the glute and all the way down to the bottom of your pelvis—the ischium. Do 10-15 rolls and then swap sides.

#### 3 FOAM ROLL YOUR ADDUCTORS 30 SEC/LEG

Start just below the crease of your hip and roll up and down your inner mid-thigh.

Kneel on all fours. Lower your hips down toward the floor, knees spread apart. Place the foam under your lower thigh, just above your knee. Roll up and down the inside of your thigh, paying extra attention to any hot spots. Do 10-15 rolls and then swap sides.

#### 4 ROLLOVERS INTO “V” SITS 10 REPS

This exercise will help mobilize your upper back, lower back, and hips. It helps to elevate your heart and breathing rate.

Sit on the floor with your legs bent. Hold your knees if you wish. Roll backward

and touch your toes on the floor behind your head. Roll forward and extend legs out in front of you. Reach down toward your toes. Roll back and repeat 10 times.

## 5 FIRE HYDRANT CIRCLES 10 REPS/LEG

This exercise will warm up and mobilize your hip joints. It should also help fire up your hip and core stabilizer muscles and increase muscle engagement for more powerful contractions.

Kneel on all fours with your hands directly under your shoulders and your hips over your knees. Brace your core. Keeping your leg bent, draw big forward circles with your left knee. Bring the knee forward, out, back, and down. Perform 10 reps. Then, do 10 more reps but, this time, with your knee traveling in the opposite direction, i.e., backward. Again, do 10 reps. Switch sides and repeat the forward and backward circles on the other leg.

## 6 GROINERS 10 REPS/LEG

Groiners stretch the muscles of the hips and lower back and mobilize the hip joint. It will also raise your core temperature and heart and breathing rate.

Get into the push-up position with your arms and legs straight, core braced. Bend one leg and bring your foot up to the outside of your hand. Do not twist your shoulders or lower back. Your foot should be flat, and your shin vertical. With a bit of jump, drive that leg back into the starting position and simultaneously pull the other foot up and in. Continue switching feet until you've performed 10 reps per leg.

### PRO TIP:

**Since the Agile 8 mainly focuses on the lower body, especially the hips, on upper body training days use the Agile 8 as inspiration to create an upper-body warm-up routine. Here is an example:**

- » **Foam rolling your lats** x 30 sec/side
- » **Thoracic spine foam rolling** x 30 sec
- » **Use a tennis ball to roll your pecs** x 30 sec/side
- » **Forward and backward shoulder circles** x 10 each direction
- » **Band pull-aparts** x 20 reps

## 7 FROG JUMP OR TWO-LEGGED GROINER 10 REPS

A hip and lower back mobilizer that works both legs at the same time. This is an excellent preparatory exercise for squats and deadlifts.

Get into a push-up position with your arms and legs straight, core braced. Jump your feet up so that they land outside of your hands. Push your knees apart and keep your hips up. Do not sink into a squat. Jump your legs back and into the push-up position, and then repeat. Perform 10 reps.

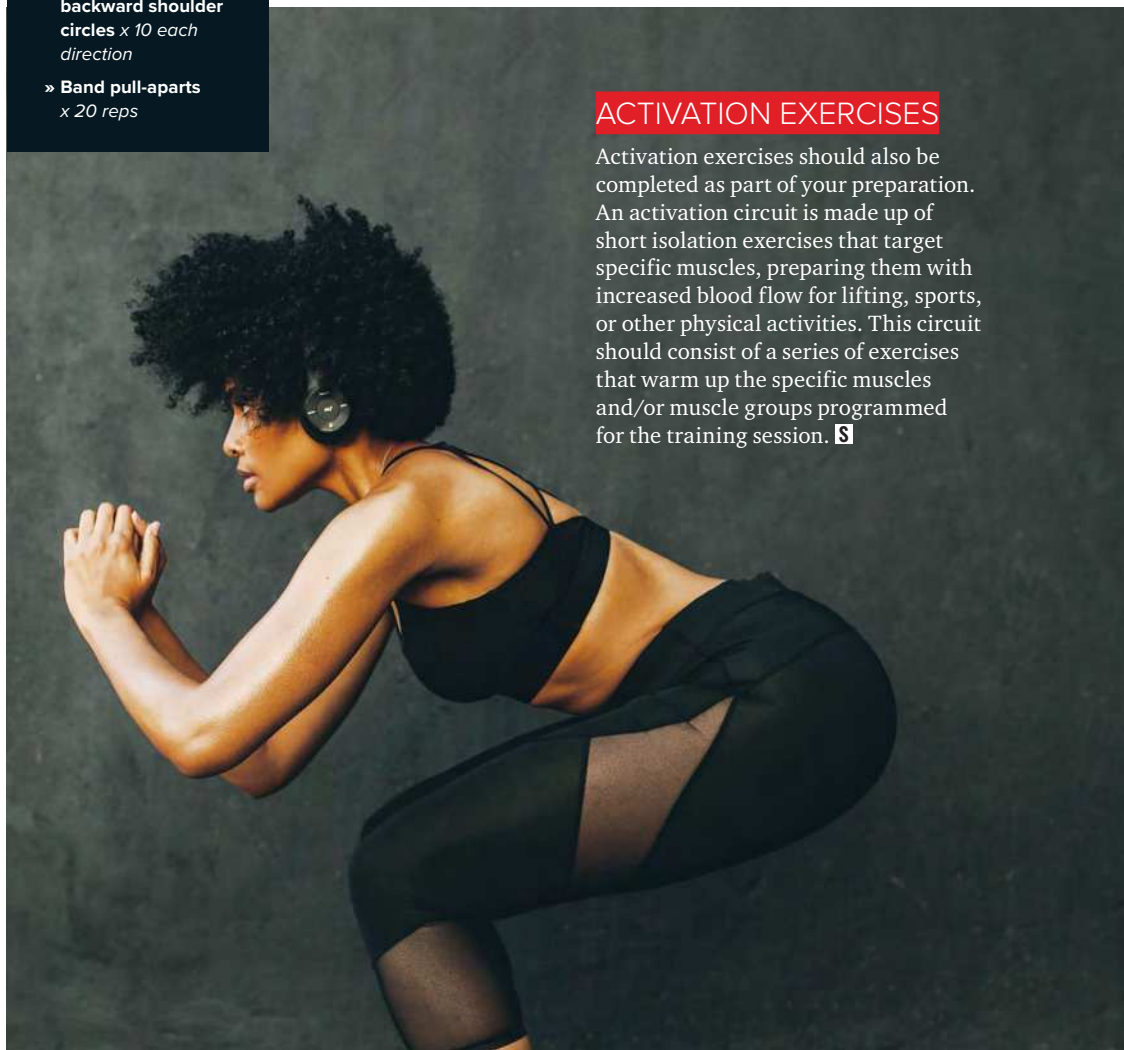
## 8 KNEELING HIP FLEXOR STRETCH 3X10 SEC/LEG


Prolonged sitting can cause the hip flexors to shorten and tighten, reducing hip mobility. Tight hip flexors can inhibit your glutes and also affect your posture.

Step forward into a lunge and lower your rearmost knee down to the floor. If your left leg is forward, raise your right arm above your head, or vice versa. Push your hips forward to stretch your hip flexors, reaching up with your arm to intensify the stretch. Hold for 10 seconds, relax, and repeat twice more. Switch sides and repeat.

### ACTIVATION EXERCISES

Activation exercises should also be completed as part of your preparation. An activation circuit is made up of short isolation exercises that target specific muscles, preparing them with increased blood flow for lifting, sports, or other physical activities. This circuit should consist of a series of exercises that warm up the specific muscles and/or muscle groups programmed for the training session. **S**





Enjoy four original recipes, carefully crafted by a Holistic Nutrition Consultant using Diesel Protein Powder, by PERFECT Nutrition.

# Protein- Packed Treats

TO BEAT  
THE HEAT

Stay cool *and* on-plan this summer with easy-to-make recipes you can enjoy chilled or frozen.

RECIPES BY MICHELLE LENTZ,  
HOLISTIC NUTRITION CONSULTANT  
@nutritionbymichelle

### SWEET BLACK CHERRY FREEZE

Makes 3 servings

|               |  |
|---------------|--|
| <b>1 cup</b>  | 1% Cottage cheese                                  |
| <b>200g</b>   | Frozen dark sweet cherries                         |
| <b>15g</b>    | French Vanilla or Strawberry Diesel protein powder |
| <b>1 Tbsp</b> | 100% Pure maple syrup                              |
| <b>½ tsp</b>  | Vanilla extract                                    |

1. Place 1 cup cottage cheese, frozen cherries, protein powder, pure maple syrup, and vanilla extract in a good quality blender or food processor.

2. Pulse and push mixture down to keep mixing. This may take a few times to get it to mix.

3. Divide equally between 3 bowls.

4. Store in the fridge, or freeze for 1 hour before eating for a frozen dessert.

**NUTRITIONAL FACTS (PER SERVING):**

Calories 148, Fat 1g, Carbs 20.2g,  
Protein 15.7g, Sugars 17.5g,  
Sodium 286.6mg, Fiber 1.5g



Michelle Lentz believes “healthy” isn’t necessarily being skinny; it’s having more energy, fueling your body to feel your best, and taking care of the body you were blessed with. As a Holistic Nutrition Consultant, she’s helped families, teens, sports teams, fitness trainers, the elderly, cancer clients, doctors, naturopaths, and dieticians all heal through proper nutrition that becomes a lifestyle.

## MINT CHOCOLATE PROTEIN FUDGESICLE

Makes 6 servings

**6** Large popsicle molds

**1 cup** Greek yogurt 0%

**2 Tbsps** Cocoa powder

**2 scoops** Chocolate Mint Diesel Protein Powder

**60g** Light plain cream cheese

**¼ cup** Unsweetened almond milk

**2 Tbsps** 100% Pure maple syrup

**1.** Place Greek yogurt, cocoa powder, Diesel protein powder, light plain cream cheese, almond milk, and maple syrup all in a blender. Blend on high for 1-2 minutes, stopping to scrape down the sides with a spatula and re-blend.

**2.** Once fully mixed divide equally between 6 large popsicle molds.

**3.** Freeze overnight and enjoy.

**NUTRITIONAL FACTS (PER SERVING):**  
Calories 101, Fat 1.7g, Carbs 7.4g, Protein 13.7g, Fiber 0.9g, Sugars 6.2g, Sodium 89.5mg



## MINT CHOCOLATE CHIA SEED PUDDING

Makes 2 servings

**2 Tbsps** Cocoa powder

**1 cup** Unsweetened Silk coconut milk

**5 Tbsps** Chia seeds

**1 Tbsp** 100% Pure maple syrup

**1 tsp** Vanilla extract

**1 scoop** Chocolate Mint Diesel protein powder

**1.** In a medium-sized bowl add cocoa powder, coconut milk, and chia seeds. Using a whisk, mix together.

**2.** Next add in maple syrup, vanilla extract, and protein powder. Whisk together until mixture is smooth.

**3.** Cover with cling wrap and leave for 15 minutes.

**4.** Place in the refrigerator for 4 hours or overnight.

**5.** Optional: blend in the blender on high before dividing for a smoother texture.

**6.** Divide into 2 equal servings in small cups or bowls.

**7.** Keeps in the refrigerator for 5 days.

**Note:** You can use any unsweetened nut milk instead of coconut milk. You can also use vanilla protein powder if you don't have mint chocolate.

**Option:** Add a small amount of Splenda, monk fruit, or your favorite sugar-free sweetener.

**NUTRITIONAL FACTS (PER SERVING):**  
Calories 280, Fat 14g, Carbs 24.4g, Protein 19.2g, Fiber 15.5g, Sugars 6.9g, Sodium 78.9mg

## BANANA PEANUT BUTTER OVERNIGHT OATS

Makes 1 serving

|                |                                      |
|----------------|--------------------------------------|
| <b>1/3 cup</b> | Minute oats                          |
| <b>1/3 cup</b> | Unsweetened almond milk              |
| <b>1/3 cup</b> | Water                                |
| <b>1 Tbsp</b>  | Peanut butter melted                 |
| <b>1/2</b>     | Banana                               |
| <b>65g</b>     | Plain Greek yogurt 0%                |
| <b>10g</b>     | Diesel French Vanilla protein powder |
| <b>8g</b>      | Sugar-free chocolate chips           |
| <b>2 tsps</b>  | Skinny syrup (optional)              |

**1.** In a small mason jar, place oats, almond milk, and water. Microwave for 1 min, 25 secs or cook on a stove top in a pot and place inside mason jar once cooked.

**2.** In a small bowl, heat peanut butter so it is liquid (for about 25 secs). Then mix in yogurt, protein powder, and Skinny syrup if using. Stir until fully mixed.

**3.** Slice 1/2 of a banana and place on top of warm cooked oats.

**4.** Place yogurt mixture on top of bananas and top with sugar-free chocolate chips.

**5.** Store in the fridge for up to 3 days.

### NUTRITIONAL FACTS

#### (PER SERVING):

Calories 368, Fat 13.3g, Carbs 47.1g, Protein 22.9g, Sugars 11g, Sodium 151mg, Fiber 7.5g



Going camping  
or to the cottage?  
Overnight Oats  
pack perfectly.







**“My time in the military has taught me how to be a better leader and role model.”**

## Michelle Bogden

**Age:** 36

**Hometown:** Helena, MT

**Gigs:** Infantry Major + Personal Trainer

**Follow her:** @shelleybfit

“The military has been a part of me since I was a kid,” says Infantry Major and Personal Trainer Michelle Bogden. “I joined US Naval Sea Cadets at age 12 and then Navy Junior Reserve Officers’ Training Corp (NJROTC) in high school. Upon graduation I went through College Army Reserve Officers’ Training Corp (ROTC) to earn my commission. I was enlisted and drilled with the Montana National Guard for two years until I got my commission as a Medical Service Officer in 2009, where I continued my career as a leader in the Montana National Guard. I spent time in the MT Medical Command, 190th CSSB, Joint Forces Head Quarters, the 208th Regional Training Institute, where I taught Officer Candidate School and became the first female combatives instructor in the MT National Guard.” Even with this impressive laundry list of professional accomplishments, Michelle humbly credits much of her life’s successes back to the military: “My time in the military has taught me how to be a better leader and role model—not only for those I work with but also my two daughters. It has taught me to not ask those around you to do something you are not willing to do yourself and that there is no job or duty beneath your rank. If the soldiers you lead see you doing the worst duties alongside them it helps build a stronger trust and professional relationship.” Michelle has harnessed her years of military experience and service and leveraged that for another of her professional endeavors—online personal training. Having given her training business the space and grace to evolve naturally throughout the pandemic, Michelle has pivoted as needed and she—and her clients—have seen wild success as a result. She says, “Each year I build my training business a little more. This year I have focused on helping those wanting lifestyle or weight-loss coaching on how to change their mindset and outlook in order to help them create healthier habits.” Michelle’s emphasis with her programming? Realism. She says, “Specifically for busy moms, I have focused on helping them create meal plans that fit within their families’ likes and dislikes. This allows her to enjoy dinner with her family instead of eating something completely different than them every night. Family time is precious when you have it and should not be missed if possible.” Of her clientele, Michelle says it ranges across the spectrum of fitness and ability levels. “I am not one to say no to a client because they have a challenging condition. I look at it as a way for me to learn more and continue to help. As a coach and athlete, you never stop learning and the more you are exposed to and learn about the condition, it makes you more well-rounded. I love working with athletes of all ages and of course busy moms, because I can relate with them and usually build a good client-coach relationship with them. My personal mission is to help both men and women become the best version of themselves. When people say you can’t, that’s when you prove them wrong.”

# Women to Watch

Need some new fitspo to follow? We did the scrolling for you, to find leaders in the industry who are on to big things.

WRITTEN BY STEPHANIE KEWIN

## Tina Jamison (Chow)

**Age:** 38

**Hometown:** Burlington, ON

**Gigs:** Nutrition Coach & Published Author of *The Everything Healthy Meal Prep Cookbook*

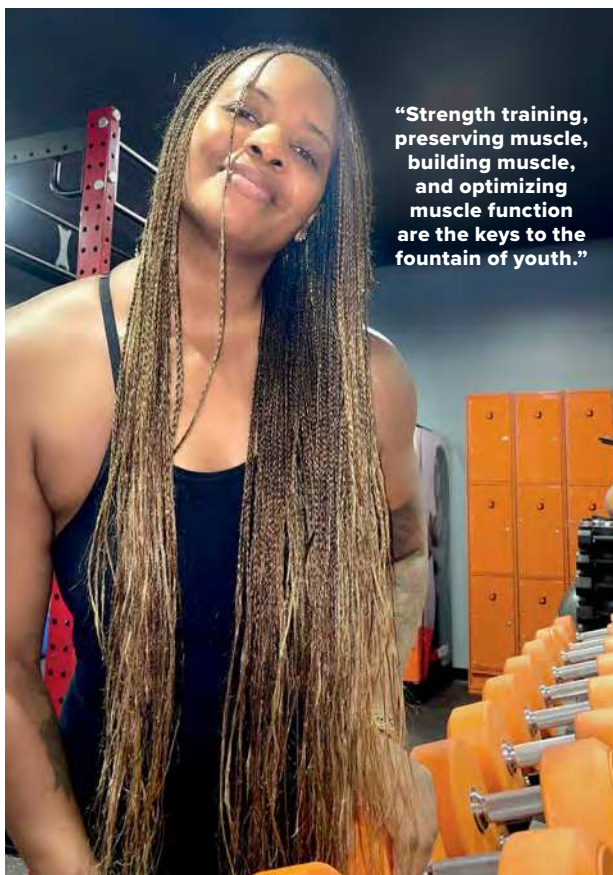
**Follow her:** @fitchickscook

Tina Jamison is getting (and staying) fit for herself—and also the next generation. Having tragically lost her mother at a young age, being there for her two kids and providing an example of what a strong woman looks like is a top priority for Tina. She says, “I lost my mom when I was fairly young and I would not want my kids to go through that. I want to do everything in my power to stay healthy, move well, and be around for my kids into my elder years.” As joyful as having her kiddos is, it wasn’t always an easy journey. During childbirth, Tina suffered a third-degree tear that took quite a long time to heal, as well as some postpartum blues. Coming back from that was a struggle, but Tina persevered: “Getting back into fitness was extremely hard, especially because it takes so much time for your body to heal. Finding new ways to move,

even if it was walking daily, really helped me through the postpartum blues as well.” Today, Tina sticks with movement that brings her the most joy. Says Tina, “I stick to doing things that I love. I love intense HIIT training or a good CrossFit workout. I also love hiking with my family and enjoying the outdoors. I think if you enjoy what you do, it’s easier to keep doing it.” Another thing Tina enjoys? Creating and sharing nutritious meals. On her Instagram, @fitchickscook, you can find plenty of delicious, healthy meal ideas for the whole family: “That’s my way of showing the world eating healthy doesn’t have to be complicated or bland. I also do one-on-one nutrition coaching for women who want to learn healthier eating habits, lose weight, and feel more confident in their own skin.”



**“I want to do everything in my power to stay healthy, move well, and be around for my kids into my elder years.”**



**“Strength training, preserving muscle, building muscle, and optimizing muscle function are the keys to the fountain of youth.”**

## Senetha Dean

**Age:** 49

**Hometown:** Anaheim Hills, CA

**Gigs:** Certified Nursing Assistant

**Follow her:** @thedeanlegacy

Widow and mom of four, Senetha Dean, is all about slowing down. Not just literally slowing her breath and mind with a steady mindfulness and yoga practice, she’s also hitting the pause button on aging. Says Senetha, “My goal is longevity and slowing down my aging process. Strength training, preserving muscle, building muscle, and optimizing muscle function are the keys to the fountain of youth.” And, as you can probably guess, Senetha is ensuring she’s at her best for herself—but also for her family and to set an example for the women in her life: “Being a single mom/widow of four beautiful children, I need to be my best self to show up and be a strong leader, motivator, biggest cheerleader, best friend, guide, and most importantly a loving mother... Not only am I a cheerleader to my children but I’m a cheerleader to women I come across at the gym, my job, and my family— young or old. I’m so happy to see women get fit and better themselves as people. Most [women I meet] say I

inspire them because I am so strong, so that makes my heart full. I tell them I’m proud of them, to keep it up, and to do it for themselves!” As uplifting as she is, Senetha’s personal fitness journey hasn’t always been roses and butterflies. She has faced struggles with her weight and body image in the past. But she’s overcome. Says Senetha, “I’d maintain my weight, or I’d lose 10 pounds and then gain it back. It had been a yo-yo since I started my journey, but then fitness played a major role [in stopping the cycle]. Fitness is a motivation. Plus, I was putting in all this hard work in the gym but, in the kitchen, I wasn’t. It needed to stop so I started listening to my body when I ate certain foods. It has made a big difference in my physique, and my mental clarity has been amazing. Food is fuel, fueling your body with healthy foods brings so much energy.” Next up for Senetha? Achieving her RN, and focusing on the holistic side of medicine so she can educate herself further—and then spread the wealth with others.



# DMoose Booty Building Bundle

Get the motivation you need to hit your fitness goals with carefully crafted training tools.



dmoose.com



### WHO TRIED IT?

**JACLYN PHILLIPS**  
HEAD COACH TEAM STRONG  
GIRLS, MASTER TRAINER,  
REGISTERED YOGA TEACHER,  
MOVEMENT EXPERT

### What It Is:

The DMoose Booty Building Bundle includes Ankle Straps, Resistance Bands, Squat Pad, and Hip Circle to help you take your training to the next level with durability, and comfort, in a cost-effective way.

### Where to Get It:

[www.dmoose.com](http://www.dmoose.com)

**Price:** \$89 USD

***“I love DMoose gear because it’s not just functional and durable, but comfortable! There’s nothing worse than thinking about the gear instead of your moves when you’re trying to get a solid workout in—that never happens with DMoose!”***

### PROS

- + Durable
- + Everything in the Booty Building Bundle is comfortable and feels soft against the skin (no chafing)
- + The straps and accessories are compact and easy to store at home, or carry with you in a gym bag

### CONS

- None. I find that the Booty Building Bundle provides great tools for an efficient, effective workout

### Rating:



I’m giving DMoose a perfect score for providing tools that feel great and work even better.

### Final Thoughts:

The DMoose products are amazing and have allowed to me to elevate my training, whether I’m working out at home or in a gym.

PRINT 1 YEAR/6 ISSUES \$39.97  
DIGITAL 1 YEAR/6 ISSUES \$29.99



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