

wellness

WHO'S GUIDE TO THE LATEST NEWS IN HEALTH AND FITNESS



HEALTH OVER TIME

Your go-to guide to keeping a
balanced lifestyle at every age

DECADES OF HEALTH

YOUR GUIDE TO FOOD, FITNESS AND SKINCARE IN YOUR 20s 30s AND 40s

IN YOUR 20s

Angela Emmerton, clinical nutritionist and founder of Nutritional Matters, says your 20s are when you establish eating habits. "Reducing refined sugars found in cakes and biscuits, confectionery and sweetened drinks, can help improve the appearance of the skin and can help you manage your weight," she says. "Bone mass continues to increase until our late 20s, and one method to prevent osteoporosis later on in life, is to ensure adequate calcium during years of early adulthood."

When it comes to hitting the gym, Adala Bolto, founder of ZADI Training, encourages the inclusion of full-body-weight training and working out consistently in your 20s.

Your skin will also benefit from some TLC. "Hormonal and environmental changes affect your skin drastically and can cause skin pigmentation," warns Gina Cook, Training Manager at Ella Baché. "Using brightening and anti-pollution products are great to counter this."

IN YOUR 30s

Your 30s are a go-getting time for many. You start thinking about parenting, careers are advancing and social lives are often busy. As well as maintaining a steady exercise regime it's a good time to reassess your diet. "Stress and alcohol deplete B vitamins, so it's important to include lean meats, legumes, poultry, nuts and dairy, fruits, wholegrains," says Emmerton.

As for your skin, Cook says: "Women can start to experience more pronounced fine lines and dryness, and this is when we'd start to recommend specialised eye creams." Serums are

a great addition at this time because "they have the ability to target very specific skincare needs due to their specialised ingredients and smaller molecules, which allow the ingredients to absorb deeply into the skin", says Cook. Busy times call for extra care both inside and out.

IN YOUR 40s

Hello, hormones! Just when you thought your period was in its routine, along comes perimenopause, which can begin any time from your mid-forties onwards (earlier for some). This means your liver is already busy processing those hormones and, frankly, doesn't need any extra stress. "Reducing as many chemicals and toxins in your daily life will help reduce liver load," says Emmerton. Look around your home and office to see what you might be able to swap. "Think water bottles [made with BPA], cosmetics and household cleaning products."

Emmerton advises eating more cruciferous vegetables, which are "excellent for clearing the liver". She suggests including a serve of broccoli, cauliflower, cabbage, green leafy vegetables or rocket with each meal. "They [also] contain indole-3-carbinol, a substance that helps metabolise and eliminate oestrogen."

A slight adaptation to your workout will help you stay in shape. "While we don't have to fully adapt our movement routines as we age, there is a benefit in increasing stretching and focusing on posture and stability the older we get," says Bolto. High-intensity workouts are still OK. "Many women in their 40s outperform the younger crowd at the gym. It comes down to who has been more consistent with their training."

HOW OFTEN SHOULD YOU BUY NEW RUNNING SHOES?

Monique Craft, founding instructor at Barry's fitness, and Under Armour ambassador, says running is one of her favourite workouts. "You pay for what you get with shoes, so if you opt for a cheap runner, don't expect them to last long or to give you amazing comfort and support," she says.

"Old, worn-out shoes can raise issues as the grip on the sole wears down and can lead to slipping. This becomes an injury risk, especially if you are an outdoor, off-road runner."

"The cushioning starts to break down, causing discomfort, the support and shape can warp, which doesn't provide the stability you need and can lead to injuries."

Apparently, this can happen in as little as three months. Craft advises replacing runners every 500-600 kilometres.



The new UA HOVR Infinite running shoe by Under Armour (RRP \$200).



Wellness at any age

Nutrition

It's important for women of all ages to learn to control dietary intake, particularly sugar, salt and fried foods, Emmerton says. "They should also be aware of the protective nature of certain nutrients, such as iron and calcium," she adds. "The World Health Organisation recommends all women keep salt intake to no more than 5g per day [a little over a teaspoon] and sugar at approximately 5 per cent of our daily intake, [around 6 tps per day]. It also recommends that women consume around 30g of fibre."

Fitness

Bolto says full-body, functional weight training includes all the key movements our bodies need to perform daily while targeting every muscle to help us get toned and build strength. "They typically involve high-volume sets and reps, which female bodies are great at adapting to," she says. "This promotes a high-intensity outcome that also gets your heart rate up to improve your cardiovascular fitness and increases fat burn."

Skincare

Up to 80 per cent of premature ageing is caused by the Australian sun so sunscreen is a daily essential and the No. 1 anti-ager, says Cook. "Prolonged exposure causes both the epidermis and superficial layers of the skin to age prematurely, which can result in pigmentation, dark spots or static fine lines, not to mention skin cancer," she says. "Using a broad-spectrum sunscreen that filters both UVA and UVB rays is imperative."

Inspiring TRANSFORMATION

KATHRYN HUNT • WAS 71Kg • NOW 55Kg

At 71kg, Kathryn Hunt, who was then in her late teens, didn't like what she saw. She avoided wearing swimsuits or tight clothing and would rarely go out to enjoy herself. "I was embarrassed by my stomach that was flabby, my thighs that were too big and every bit of my body that wasn't perfect," says the now 23-year-old. "I didn't have the confidence to do the things I wanted because of my body."

Her body image issues carried over when she joined Anytime Fitness in her home town of Seaford, near Adelaide. "I initially had an extremely unhealthy desire to be below 50kg. I thought that's what I needed to be to feel beautiful." It was her personal trainer, Abbie Cousins, who guided Hunt to focus more on how she felt than how she looked, which is when she reset her goal weight. "I started focusing on how exercise made me feel, how I felt in clothes that I'd never previously worn, and how confident I was."

Hunt was a swimmer for most of her life, training six to eight times a week, but in the three years prior to joining Anytime Fitness she was practically sedentary. "I'd take the family dog for the occasional walk, but that was the most I would do." Overcoming her gym anxiety was a struggle, especially in the weights room. "The weights room always made me feel self-conscious, like I was being watched and judged. I remember a day where the anxiety got to me so much I couldn't get out of my car. I sat there for 10 minutes before driving back home."

Hunt's weight-loss journey turned around once she realised eating more, not less, was key to maintaining her energy levels. "I set really low calories initially, which left me with no energy. I was attending the gym, coming home to nap, going to work for a few hours then going to bed for the night. When I increased the number of calories I was eating to a more sensible level, I continued to lose weight, and felt so much more energetic."

Today, Hunt can happily say that she feels great at the healthy weight of 55kg and that she looks forward to exercising, where once she used to avoid it at all costs. "I am so glad I've changed my life around ... I'm constantly motivated by the long-term benefits of a healthy lifestyle and have a constant desire to succeed!"



"My amazing trainer, Abbie Cousins, has been a godsend in getting me healthy."



Hunt's coach helped her develop good habits.



Lost 16KG

"I used to use food as a social activity," says Hunt.



"Now I often use exercise as a social, fun activity."

Tried & Tested



HANNAH HEMENSTALL
WHO Wellness Writer

WHAT: VEGAN COLLAGEN STIMULATING FACIAL
WHERE: EARTH + SKIN, GOLD COAST, QLD
COST: \$130

Getting a facial is a rare treat for me so when I do have one, I want it to be special. I'd never been to Earth + Skin but love that they use nothing but cruelty-free, vegan products. Tick.

As soon as I arrived I was led to a beautiful alcove and offered a delicious coconut tea. I felt very relaxed among the calming, white decor and was struck by how welcoming and friendly all the staff were. Spa Manager Tiffany was my beauty therapist and led me to the rainforest spa, a large, low-lit room with double massage tables and plenty of space for me to undress and leave my bag and shoes. I was talked through the products that were going to be used: all high in protein, deeply nourishing, and beneficial for promoting collagen production. Yay, I'd recently had some eczema around my eyes so that sounded great.

Because there are six steps to the facial it felt

luxurious and seemed to last a lot longer than 45 minutes. First, a Mukti facial oil was applied, which smelled blissful, then a light cleanser was used to wash away excess oil. This was followed by two masks – one for exfoliating and another to nourish and replenish. During the second mask I received an incredible scalp massage (seriously amazing). However, the highlight for me was the final facial massage with a "bian stone gua sha", which I discovered is a specially shaped crystal that is smoothed around the curves of the face. It aims to tone and tighten the skin by stimulating collagen and has reportedly been used in China for centuries.

By the time I left, my pores were tighter and the dry skin around my eyes felt nourished and hydrated. But the best part is my newly boosted collagen will continue to work its magic for weeks to come.