

The Ultimate Healthy BBQ: Effortless & Delicious Recipes

AUSTRALIAN Women's Health

NEW
LOOK
INSIDE

New Year,
Better You

DROP
2,5^{OR}10
KILOS!

Summer
Health
Myths
Debunked
p41

- ✓ EXPERT TIPS TO BLAST FAT FAST
- ✓ NEW CARDIO PLANS TO MAX FITNESS
- ✓ SEE RESULTS IN TWO WEEKS

*Foods You Should
Eat Every Day* p53

BEST. SEX. EVER
Reach Your Peak. Night After Night

**Your Get-to-Sleep
Problem Solved!**

**FIND
MORE
TIME
FOR
YOU IN
2012**
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**6 Sexy
Hairstyles**
(an easy how-to)



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FITNESS **MONEY** **NUTRITION** **RELATIONSHIPS** **BALANCE** **FOOD**



Michelle Bridges

STUDY CRED

As a Les Mills International Master Trainer, she's trained thousands of instructors worldwide.

AT THE MOMENT

When not filming *The Biggest Loser*, she's promoting her books *5 Minutes a Day* and *No Excuses Cookbook*. Her 12-Week Body Transformation online fitness program has stripped more than 100,000kg across Oz.

CAREER HIGH

Winning the Fitness Leader of the Year Award in 2004.

Alice LeMessurier

STUDY CRED

Bachelor of Laws and is currently completing her MBA.

AT THE MOMENT

The former lawyer and now investment advisor is Managing Director of Lemsec, a boutique stockbroking firm, and regularly updates her blog, *The Investment Stylist*. She aims to offer education and advice to women about finance and help them develop their investment style.

CAREER HIGH

She has initiated a series of women's investment lunches and is on the advisory committee of the Sydney Women's Fund.

Kristen Beck

STUDY CRED

Bachelor of Health Science; Postgraduate Diploma of Human Nutrition; Postgraduate Certificate of Education.

AT THE MOMENT

The nutritionist and mother of three is the director of the Beck Health and Nutrition Group, an educational company that provides short nutritional courses and the latest health research and info.

CAREER HIGH

"Being the *WH* nutrition expert, of course!" she says.

Dr Traci Coventry

STUDY CRED

Doctorate in Clinical Psychology (Child and Family Specialisation); Honours in Behavioural Science; Graduate Diploma in Psychology; Honours in Arts.

AT THE MOMENT

The clinical psychologist counsels couples and singles about relationship and sexuality issues. She's working on a "how-to" guide for great sex and lasting love; a series of self-help books for children, and even a book on equestrian sports psychology.

CAREER HIGH

The horse enthusiast has been motivating sportspeople within the equestrian field for years.

Nicole Goodwin

STUDY CRED

Diploma of Remedial Massage; Diploma of Health/Yoga; many years of yoga study with various teachers around the world.

AT THE MOMENT

Runs BodyMindLife yoga studio in Sydney's Surry Hills. "It's about to relaunch in new premises with two big yoga rooms, a meditation room, massage therapy rooms and space for retail therapy."

CAREER HIGH

Being the first Aussie to feature on the cover of the *Australian Yoga Journal*.

Leona Watson

STUDY CRED

Studied at Le Cordon Bleu cooking school in Sydney; travelled the globe doing courses in Italy, Thailand, France and England.

AT THE MOMENT

As director of the Cheeky Food Group, she runs team-building cooking classes for businesses. Her first cookbook is in the works.

CAREER HIGH

Winning the award for Outstanding Business Growth with the Australian Businesswomen's Network; teaching 1800 people to flambé at *MasterChef Live*.

LeMessurier's tip

Set a monthly budget and review it weekly. This way you won't put off saving until next month.

Watson's tip

Whenever you think food needs a little something, add a squeeze of lemon. It's healthy, easy and always does the trick.

STRESS LESS

WEIGHT LOSS

BEAUTY

SEX

HEALTH

Meet the advisory panel

Complementary Medicine

Dr Stephen Myers
Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University, NSW.

Endocrinology/Diabetes

Dr Helena Teede
Endocrinologist at Jean Hailes for Women's Health.

Fertility

Dr Julie Lukic
Obstetrician and gynaecologist specialising in IVF infertility care.

Fitness

Kate Pumpa Lecturer in exercise physiology at the University of Canberra, ACT.

Ray Klerck Qualified fitness trainer who runs an online training and nutrition business.

Gastroenterology

Dr Alissa Walsh
Sydney-based gastroenterologist and hepatologist.

Gynaecology

Dr Elizabeth Farrell
Gynaecologist and founding member of Jean Hailes for Women's Health.

Mental health

Dr Anne Bulst
Professor of Psychiatry at the University of Melbourne, Vic.

Nutrition

Sharon Natoli
Accredited practising dietitian and founding director of Food & Nutrition Australia.

Relationships

Natalie Rinehart
Relationships counsellor; author of *The Organics of Relationships*.

Weight loss

Dr Eva Kemps
Senior lecturer in psychology at Flinders University, SA.

Dr Elizabeth Dawes-Higgs

STUDY CRED

Bachelor of Medicine; Bachelor of Surgery; Bachelor of Engineering; PhD in Medicine; fellow of the Australasian College of Dermatologists; the American Academy of Dermatology, the American Society for Laser Medicine and Surgery and the International Academy of Cosmetic Dermatology. Phew.

AT THE MOMENT

The consultant dermatologist is working on advanced techniques for the treatment of conditions such as vascular (red) birthmarks in adults and spider veins and broken capillaries on face, neck and legs.

CAREER HIGH

Volunteering her services to Cook Island locals; completing her PhD.

Dr Suzy Green

STUDY CRED

Bachelor of Psychology; Honours Degree in Psychology; Doctorate in Clinical Psychology.

AT THE MOMENT

The clinical psychologist runs the Positive Psychology Institute, which aims to improve wellbeing in schools and workplaces.

CAREER HIGH

Receiving an Institute of Coaching grant from Harvard University, US, and being a keynote speaker at 2011's Mind and Its Potential Conference in Sydney.

Jacqueline Hellyer

STUDY CRED

A Masters of Science in Sexual Health; Bachelor of Science; Graduate Diploma in Applied Science; Bachelor of Arts; certified life coach.

AT THE MOMENT

The sex therapist holds workshops and private sessions on sexual empowerment and is writing her third book on female sexual archetypes. Oh, and she has a black belt in Aikido.

CAREER HIGH

Changing people's attitudes towards their sexuality, especially as "many assume sex is a sleazy kind of thing".

GP Dr Ginni Mansberg

STUDY CRED

Going from high school to medical school, she then added a Postgraduate Diploma in Journalism to her CV.

AT THE MOMENT

The *Sunrise* regular sees patients at her Sydney practice. "Being a GP is an opportunity to change peoples' lives every single day," she says. As well as looking after her blended family of eight, she's also writing her fourth book.

CAREER HIGH

"I used to watch Dr Kerry Phelps on TV. I never thought I'd have the very same role myself. I pinch myself every day."

Tara Diversi

STUDY CRED

Bachelor of Health Science; Masters of Nutrition and Dietetics; an MBA; Graduate Diploma of Psychology; Postgraduate Diploma of Psychology.

AT THE MOMENT

"As you can see, I'm a studyholic!" The accredited practising dietitian has two nutrition books in the works and is planning to swim the English Channel in 2013.

AS YOU DO

Her first book, *The Good Enough Diet*, was released in 2011.



Diversi's tip
Make non-starchy vegetables the star of your meals at least twice a day.