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ISSUE # 61

WOMEN'S FITNESS | INTERNATIONAL FIGURE CHAMPION TEGAN CAMPBELL | TRIM TUMMY IN A HURRY

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Issue  
**61**

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This issue we feature on the cover: Tegan Campbell  
Make up: Sue McLaurin  
Photo by Dallas Olsen  
Cover Design by Dallas Olsen.

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# Dreaming With Open Eyes

By Olivia Amourgis  
Images by Dallas Olsen

## Tegan Campbell

**Tegan Campbell** has spent her whole life leading an active lifestyle, competing in sports such as athletics, touch football and water polo when she was younger. This country town beauty spent most of her days playing outside, rarely watching television or playing computer games. Her natural passion for health and fitness has always been strong; leaving no question as to why she pursued a career within the fitness industry.

"My parents were both really sporty and my dad still plays Golden Oldies rugby!" Tegan said. "The closest gym was hours away, so watching them make the most of their surroundings for exercise was a great lesson."





# DUMP THE JUNK!

by the staff at Oxygen Magazine

**L**ike making all the repairs needed to your car or renovating a house, planning your new junk-free life can seem slightly overwhelming. From all the old Maltesers or ice-cream cravings to the 'new-girl-in-class' feeling that comes with the unfamiliarity of change, switching to fat-blasting foods can leave you feeling frantic and grasping for some sort of instruction manual.

## GET READY:

Well, here you have it! Your own personal guide to success. Think of it as the journey to your new bikini body. To make this an easier transition, evaluate your current situation and inspire yourself by figuring out where you'd like to end up. Scrutinise your present eating habits and use our handy hints to find motivation.

## GET SET:

Write down three words that describe the eating habits you currently have. Now write down three words that describe the eating habits you want to have by the end of your plan.

Make a list of foods and situations that you can't control. This is a technique used by David Kessler, M.D. and author of *The End of Overeating*. Refrain from buying the foods and try to avoid places that incite overeating. If you absolutely must walk through or past these places – such as a food court on the way to work or through the airport – devise a Plan B. Make a pact with yourself to walk continuously through the place until you reach your final destination – get to work or the gate you depart from – so that you stay focused.

Take selfies! You don't have to send it to anyone, just take a photo of yourself in your bathers or undies and tape it to the inside of your snack drawer at work, next to your bathroom mirror or leave it on your fridge. (Depending on how often you entertain guests and your confidence, consider the most suitable place for the photo.)

Learn to recognise real hunger. If it's growling in your stomach then yes, it's physical hunger. If the feeling is more a yearning for chocolate or some other food, then it's emotional eating, according to mindful-eating experts Doris Wild Helmering and Dianne Hales. Time to distract yourself with an activity other than eating.



# Be the **Star** of your **Life**

By GEOFF EDWARDS

Have you ever considered that your life is like a movie? I am sure sometimes when you're at the movies, you feel as though you are just viewing a movie. Other times it can seem so real. It's as if you are in the movie, experiencing what the main star does and you see yourself winning an Oscar. You might like to write your own script and be the star of your own movie called Life. You have the chance to look at the stories you tell yourself, the beliefs you hold, rewrite the script and be the director of your movie. If your movie is currently B grade, review the following article and you'll produce an award-winning blockbuster in no time!

*'You are important.  
You are the star  
– the only star –  
of your own life  
show' - Jonathan  
Lockwood Huie*



Fitness Model: JESS BLAIR Photo credit: DALLAS OLSEN

## THE STORIES OF YOUR LIFE

Stories and scripts form the basis of a movie, so consider carefully what stories you are telling yourself at the moment. Let's take an example of setting your alarm clock at night so you can start your exercise program in the morning. Some people have the ability to wake up just before the alarm clock sounds, get up and get organised. Others may run through scenarios in their mind before they set the alarm, such as considering time to wake up properly, having a shower, arranging clothes, traffic





Define your character and keep in mind you are more than you know yourself to be!

Photo credit: SHUTTERSTOCK

delays and driving to the gym. In this case, what they are really doing is running a scene-by-scene approach in their minds before the actual event. There are obvious benefits in both approaches, though with the latter approach, we can wear ourselves out before we even get to the gym.

Other stories can be encountered in the pursuit of success. You might wake up early one morning (without the alarm clock) and

have a fear of your next event, a reminder of an interaction with someone, a presentation you have to give, or a job interview. Your internal talk can either be empowering or disempowering and you have to start and write great stories which form the script of your own successful movie and outcomes for life. Great movies (with great stories) have characters immersed in the full flow of life, plot twists, action sequences, beautiful scenery,

amazing sounds, dramatic events and inspiring experiences. They can all be aspects of your movie if you choose to make them so. The important point is that these stories create the images and pictures in your mind that determine your success.

### CREATING YOUR OWN MOVIE

Do you remember as a child being shown a flip book containing a

collection of many single pictures? Each had a slight change in the image so that if you were to quickly flip through all the pages, the images created a movie. Well, you create movies in your own mind in a similar way as a collection of still images and the movies can either be short or very long. Each individual scene is a chance for you to move closer to your purpose. Every movement and gesture in the scenes should occur as urgent and important, true to

# Training

## Trim tummy in a hurry

### Amanda Steer Bio

Amanda Steer is a full-time police officer and Les Mills RPM Instructor. She has been competing with Australian Natural Bodybuilding since 2009. When Amanda is not in the gym, you can find her cycling or surfing and generally enjoying all the good things the Sunshine Coast has to offer. Amanda is a sponsored athlete with Musashi and also an Oxygen cover girl. Amanda enjoys all things health and fitness. She also has a real passion to fundraise for cancer research and participates in cycling events raising awareness.





## INTRODUCTION

We're all time poor and often we just look for the quick fix. We still all want those amazing abs, though, but how do we fit that in on top of everything else? Your answer has arrived! With just a few minutes you can have the gloriously toned and trim tummy you've always hoped you'd find the time to get.

One of the most common mistakes today when trying to obtain perfect abs is actually overtraining. Obsessing over a flat tummy often results in women working on their abs as often as once a day when, in reality, this isn't the best approach. These muscles are similar to all your other muscles. You don't train your legs every day, you don't train your arms or your back every day, so why are you training your abs?

Ph.D. professor of exercise science and author of the pocket *Idiot's Guide to Great Abs* (Alpha, 2006), Tom Seabourne, says that you often see hypertrophy in the muscles after about 16 workouts.

That should even out to about one and a half months of the correct training.

"Train the abdominals like you would any other muscle group, which means working them only two or three times a week," Mr Seabourne says.

Celebrity trainer and author of *The Core Connection* (Simon Spotlight Entertainment, 2008), Chris Robinson, reminds us that the core gets a workout with any physical activity.

"Every move you do originates from the core," Robinson says. "Even if you're not directly working those muscles, but are running on a treadmill or playing tennis, you're still activating the core."

Going on this advice, we have developed the perfect quick ab routine for you to do two to three times a week.

## THE WORKOUT

### Flat bench lying leg raise

**Target muscles:** Abdominals

**SET UP:** Lie with your back flat on a bench and your legs extended in front of you off the end.

Place your hands either under your glutes with your palms down or by the sides holding on to the bench. **[A]**

**ACTION:** As you keep your legs extended, straight as possible with your knees slightly bent but locked, raise your legs until they make a 90-degree angle with the floor. Exhale as you

raise your legs and hold the contraction at the top for a second.

Now, as you inhale, slowly lower your legs back down to the starting position. **[B]**

**VARIATION:** You can add weight by holding a dumbbell in between your feet as you get more advanced. **[C]**

**A**



**B**



**C**



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