



The *MIND* and *BODY* REBOOT

Bye-bye body rut. BAZAAR consults top health and fitness experts for the inside-out guide to looking and feeling fabulous. By Alli Sim

THE PERSONAL TRAINER: *CHRISTINE SMITH*

GET MOTIVATED Commitment takes work. For Smith, it's about setting higher goals to help you weather through the challenging moments in your health and fitness regime. "The commitment should be to making exercise a regular part of your daily schedule. It's something we should all embrace as a life-long, sustainable habit, and not just for the two weeks before a wedding when you really need to lose an inch or two," says Smith.

MIX IT UP Smith recommends a regime that combines cardio and strength training. "Building muscle is as important as burning calories on the treadmill," says Smith. "Muscle cells are like little Pacmen. The more you have, the more of an efficient calorie burner you will be," says Smith.

MAKE IT WORK FOR YOU "If you don't like getting up in the morning, then don't schedule your workouts for 6am," says Smith, who also recommends that clients use motivational factors like music, an exercise buddy or scenery to enrich workouts. "You don't have to work out in a gym to get fit. Create a plan that is going to work for you for the long-haul."

EXPECT FAILURE "If you binge on cookies or miss a workout, get over it and move on," says Smith. "Allow yourself to fail, but then don't wait for the following Monday to start again. Do it right away, because it should be a life habit, not just a thing you are doing this week because you want to fit into that LBD for a reunion."

THE MICROBIOLOGIST AND DETOX EXPERT:

*POOJA VIG OF THE
NUTRITION CLINIC*

YOU ARE WHAT YOU ABSORB According to nutritional therapist Pooja Vig, who coaches clients here in Singapore through a personal urban cleanse called Detox in the City, "food is broken down and absorbed by the digestive system, and if that is not working well, what you eat is not used by the body."

CRAZY DIETS ARE CRAZY "Someone had read online that eating boiled potatoes for breakfast was supposed to be good. That's unusual," says Vig. "Also, the lemon juice with maple syrup and cayenne pepper regimen that is quite popular sounds appalling to me."

YOU DON'T NEED TO DETOX ON AN EXOTIC ISLE TO START YOUR HEALTH

KICK There are no quick fixes, according to Vig. "Without sounding alarmist, I do feel that we are exposed to more chemicals than is good for us. It affects how we look and how we feel. It affects how we age, and there is growing evidence that such chemicals have a link to illnesses. Our lifestyles place this burden on our bodies, but we can take steps daily to detoxify. Detox in the City is a food-based detox programme. It promotes the idea that we need to nourish the body, not starve it, to support the body's natural detoxification systems. It also teaches how small steps taken every day are essential." *For more information visit www.thenutritionclinic.com.sg*

THE POSITIVE THERAPIST: *STEPHEN LIEW OF POSITIVE PSYCHOLOGY*

DEAL WITH YOUR STRESS Did you know stress destabilises your hormones, upping food cravings? "Positive stress helps to motivate you to achieve goals, while distress tends to immobilise you from action," says Positive Psyche's Stephen Liew. Using stress as an impetus for what Liew calls "upward transformation" can actually help you achieve

a healthier self-esteem. When not managed appropriately, however, warns Liew, stress "can lead to self-defeating thoughts, being overly self-critical." Liew says it's about paying close attention to your stress levels, listening to your body and mind to pinpoint the sources of stress, slowing down and learning how to breathe.

LOVE WHAT YOU SEE Life's too short to hate what you see in the mirror. "Many times, patients do not look at their achievements but focus on what they have not achieved. This is a double-edged sword. The more driven person would push them forward. But if you are in a low mood already, this only serves to weigh you down more. So the very first thing to ask is what have I got," says Liew. "Commit to making this list of things you like about yourself and give gratitude. Say to yourself in the mirror wholeheartedly three things you really like about yourself." *For more information visit www.positivepsych.edu.sg*

THE HOLISTIC NUTRITIONIST & NATUROPATH: *DANA HEATHER OF BALANCED LIVING*

IT'S NOT AS HEALTHY AS YOU THINK

"Organic" doesn't always translate to "healthy," warns Heather, also a trained homeopath. "Foods that are high in saturated fats, processed sugars and refined grains all strip the body of vitamins and minerals. They have little nutrients and fibre, so the body works harder to break them down only to be rewarded with not much to do its job." Diet foods and drinks are also counter-productive because they contain chemical sweeteners that aren't recognised by the body. "They can end up exciting the nervous system and causing havoc in the body," says Heather.

BOOST JUICE "Drinking water with fresh lemon or eating grapefruit is a wonderful way to cleanse the body while boosting metabolism. Start by making small adjustments and set easy goals for yourself like drinking more water, exercising thrice a week or adding one green juice to your daily diet. Load up on nuts and other healthy snacks, advises Heather, who also lists raw seaweed as a great way of getting iodine in the body. Natural iodine has been known to assist in healthy thyroid function and "controls how quickly the body burns calories and uses its energy."

THRIVE, DON'T DEPRIVE "When the body is not getting the key nutrients it needs, it

cannot function properly. The brain needs healthy uncooked fats (or essential fatty acids), vitamins, minerals and amino acids to function properly. For instance the "feel good" neurotransmitter serotonin needs B-complex, magnesium and the amino acid tryptophan to be made. If the body is not taking in foods or supplements that have these in them, then how can the body make the neurotransmitter?" says Heather. Try superfood Spirulina—a great source in protein that also contains tryptophan to help the "mind, body and soul connection."

TOXIC IN, TOXIC OUT "The more toxic foods and beverages the body consumes day after day, the more toxic the mind becomes," says Heather, reminding us of the intrinsically important link between body and spirit. *For more information visit www.balancedlivingasia.com*

THE HEALTH EXPERT AND YOGA GURU TO THE STARS: *RAINBEAU MARS*

LOOK WITHIN, says Los Angeles-based Rainbeau Mars, who coaches the likes of Josie Maran, Ashley Olsen, Owen Wilson, Ben Stiller and Brooke Shields. "I spend at least an hour a day with no phone and meditate on manifesting and aligning myself—it helps me disconnect from all the external distractions. I take off my shoes and put my feet on the ground. I take nightly baths and hang out in comfortable yoga poses, just breathing," says Mars. "I meditate and visualise that my body is melting like butter. Peace begins with me. It's when it's calm and clear inside my body and my mind."

IT'S ALL IN YOUR HEAD "Look in the mirror and notice the things you love about yourself—focus on those things. Give thanks. See your body as you would like it to be. Bring breath, good thoughts and visualise light where it feels dark and unloved. Wear clothes that celebrate who you are and accentuate the features that you love about yourself. Know that each thought is heard, so just love what you were given," says Mars.

STRETCH "Stretch your body and use good posture so that you look leaner," says Mars. "Give your body a break from bad food combinations—where starches are mixed with proteins. Eat salads, seaweed, greens, daikon and thermogenic herbs such as cayenne, cajun, chilli, cinnamon and cardamom" to stimulate a slow metabolism. ■ *For more information visit www.rayoka.com*