

## Industry Update

### ABC ON THE HUNT FOR TRAINERS



Adventure Boot Camp is looking for qualified fitness trainers who want to own their own ABC branch. Be a part of the growing success of one of SA's most exciting women's fitness initiatives. With constant support, a dedicated team of marketing and administrative staff, a nutrition team, website

and a proven and successful business model your only challenge is to host a fun and exciting camp. Visit [www.AdventureBootCamp.co.za](http://www.AdventureBootCamp.co.za) or call Amelia on (021) 447 2746. ABC franchise training takes place in Cape Town from 4-7 May and 2-5 November 2012.

## Natural fat loss

Body Sculpt Labs recently launched a new natural product called CLA Sculpt, which provides a unique combination of CLA and Green Tea extract to safely promote fat burning and toning. CLA is an essential fatty acid which targets areas of stored body fat and mobilises these stores so that the body can then burn the fat as a source of energy. Green Tea extract activates the body's fat-burning receptors thereby increasing the rate at which the stored fat is burnt for energy. Available from [www.bodysculptlabs.co.za](http://www.bodysculptlabs.co.za) at an RRP of R235.



## Van Huyssteen wins Xterra SA champs

Carla Van Huyssteen won the Totalsports Xterra South African Championship presented by Rehidrat® Sport in Grabouw on Sunday, 26 February 2012.

"Winning at Xterra Grabouw has been my goal for three years now. It truly is amazing to get the recognition for all the hard work that I've put into the sport. I think most supporters were hoping for a double win for SA today. This made crossing the finish line all the more sweet as everybody was so happy for me. I felt surprisingly good during the swim and just knew that I'd have a great race. The running route suited me perfectly. The climbs weren't too long, with every climb ... followed by nice

long single-track and downhill sections. The mountain bike discipline was technical with some serious downhills. All in all I had a great race and am really pleased with my performance on the day," says Van Huyssteen. Van Huyssteen's winning time was 2hrs 50min 28sec. Austrian Carina Wasle came in second, while Candice Davison finished third.



## BOOKS WE RECOMMEND

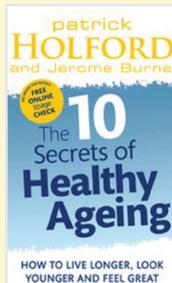
### HEALTHY BACK ANATOMY



### Healthy back anatomy

By Phillip Striano, DC

Anyone who has ever had back pain knows how debilitating it can be. Luckily, there are ways to both prevent and relieve back pain – and they're detailed in Healthy Back Anatomy. Written by a leading chiropractor, Healthy Back Anatomy features a range of exercises that help strengthen and stabilise the muscles of your back. Each move includes step-by-step instructions, plus full-colour photos and anatomical illustrations that let you see how your muscles work. You'll see what muscles you're targeting and learn how to avoid injuring them. And, when you're ready, you can modify the moves to make them harder and challenge yourself further. It's a complete programme that includes stretches, balance and posture exercises, lower back, neck, shoulder, and core exercises, as well as warm-ups and cool-downs. **R229.00** [www.exclusives.co.za](http://www.exclusives.co.za)



### The 10 Secrets of Healthy Ageing

By Patrick Holford

Life expectancy is increasing, but this is only good news if you stay healthy and can enjoy it. The 10 Secrets of Healthy Ageing draws on the latest research findings and the health secrets of long-lived people, to outline the diet and lifestyle that will help you stay healthy, look younger and feel great as you age. It explains how your body changes as you age and what you can do to avoid the illnesses, aches, pains, poor sleep and eyesight deterioration that many believe are an inevitable part of ageing. It also shares the secrets of staying as fit and mentally alert as possible, for as long as possible.

**R260** [www.penguinbooks.co.za](http://www.penguinbooks.co.za)

## ebooks



### The Ultimate Lifestyle Blueprint

By Emmerentia Rautenbach

People admire the lifestyle that Emmerentia lives. They're always asking how she trains and what she eats. She decided to share her wellness wisdom by capturing everything she knows and applies daily in this ebook. As a passionate lifestyle architect and fitness expert she believes that every lady should know what she knows about the ultimate lifestyle, which took her years to learn. With a renewed perspective on her lifestyle Emmerentia now

sees how 97% of all women are making the same mistakes she made, which hinders them from looking and feeling their best. Everything in this book is measured against the sustainability of a lifestyle and Emmerentia coaches you on the principles of healthy living, because it's not about following a programme blindly, it's about understanding the lifestyle.

**\$47** [www.theultimatelifestyleblueprint.com](http://www.theultimatelifestyleblueprint.com)

## CD/DVD/GAMING

### POWER YOGA TOTAL BODY WITH RODNEY YEE

Build strength, stamina and endurance for everything in your life with Gaiam's Power Yoga Total Body Workout DVD. Yoga expert Rodney Yee guides you through a challenging yoga sequence that creates detoxifying heat in your body and helps you build inner and outer strength. This is a strenuous DVD workout as it offers a continuous hour-long practice with no divided segments.

Available locally from SMI International. For info call 011 608 3013.

