

women's fitness

LAUNCH ISSUE
only \$5.95

OCTOBER 2012 * \$5.95

love
your
better
body

It starts here!
A LEANER, FITTER,
HAPPIER YOU

GET MOTIVATED!

38 easy
speedy
workout
ideas*

(*Save them
to your phone!)

FUN, FRIENDS,
FAB FIGURE...
You CAN
have a
social life
& stay slim

25
TASTY
SIN-FREE
FOODS

You'll LOVE!

IS GUILT
THE NEW
STRESS?

Win!
A LUXURY
SPA TRIP TO
WOLGAN
VALLEY
Conditions apply.
See page 13

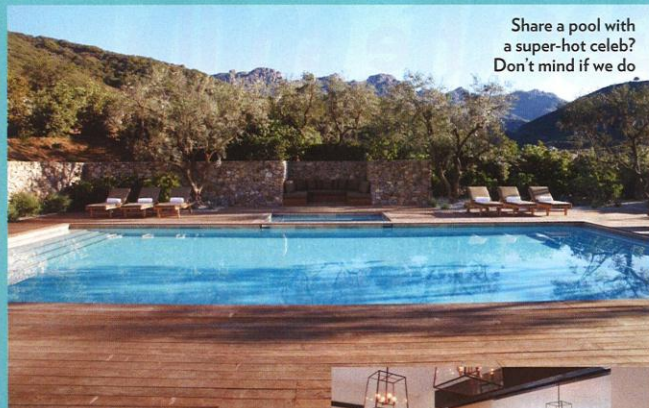
Print Post approved PP100009282



Retreat & reboot YOURSELF

Forget the stuffy gym – head off on an ab-tastic fitness holiday and you'll be ready to unleash the fit, summer-ready (and relaxed) you in no time

Travel fit



Share a pool with a super-hot celeb? Don't mind if we do

Splurge!

CELEBRITY BOOTCAMP

THE RANCH AT LIVE OAK
MALIBU, CALIFORNIA

If you want results, then book your spot at The Ranch at Live Oak in Malibu, which has been attracting 'pre-Oscars' stars since it opened in 2010. Located in the Santa Monica Mountains, the retreat is image-altered oriented (California, anyone?) – the daily fitness routine isn't optional. Such big commitment also costs big bucks, but it's so worth it.

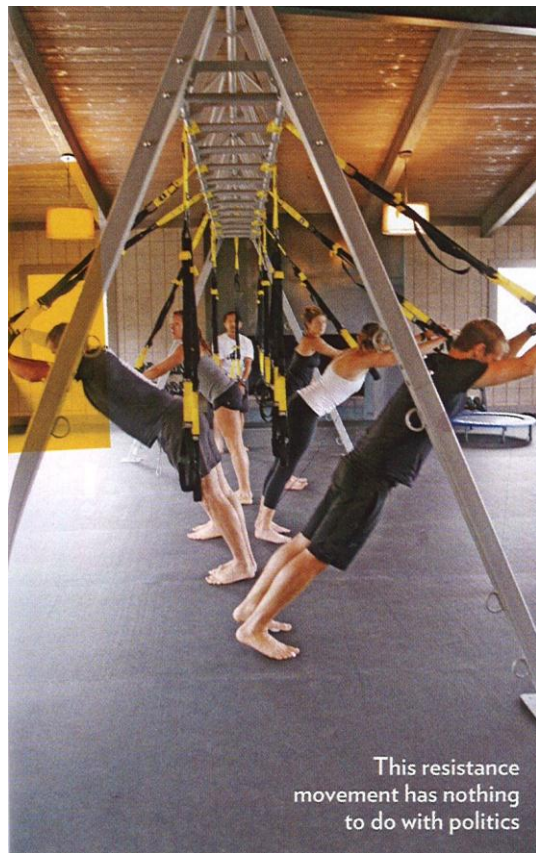
✦ **The workout** A typical day may involve around five hours of group hiking, ab work, some weights, yoga, a nap (you'll need it) and a massage to prep you for the next day. This is for folks who like change with challenge. Lost your attention already? Trust me, there are some reasons to stay.

The Ranch has a good dose of luxe. Meals are capped at a specific kilojoule amount, and chef Kurt Steeber hunts



down ingredients from the retreat's organic garden to create dishes, such as pressure-vacuumed yellow watermelon atop shiso (it tastes like tuna sashimi) and vegetable pot-au-feu (beef stew) with zesty leek dressing. They lock the kitchen at night, so no sneaky seconds, either. The food, rooms, queen-size beds, pool and muted decor make it look like a well-placed spa but, believe us, around day three on a 20km hike, coping with no sugar, meat, cheese, gluten, alcohol, artificial sweeteners, caffeine and internet, you won't notice the luxury. Expect withdrawal symptoms. The Ranch is a very big deal, so a bit of seriousness is needed here.

✦ **Who goes** Celebs and those who don't know what a credit card limit is.
✦ **Cost** From \$5,600 for one week.
✦ **Sign me up** theranchmalibu.com



This resistance movement has nothing to do with politics



Been there, done that...

Frances Hibbard, travel editor at *Gourmet Traveller/Harper's BAZAAR*, dropped a dress size in just six days at The Ranch.

"The anecdote that stuck with me following my 2011 stint is that 'the experience is like childbirth: you probably want to do it again some day, but you won't be in a hurry.' There's no question round two would be worse, knowing that six merciless days of pre-dawn yoga, 20km hikes, TRX, weight sessions, Pilates classes and even more yoga are coming your way; that snacks will consist of seven almonds and a pinch of salt, a protein shake if you're lucky. But there's an impressively high number of repeat guests at The Ranch, and lately I've started to think I'd like to be one of them. Why? Because it remains one of the most rewarding things I've ever done, and for reasons far beyond weight loss and muscle gain. It's ultimately a vote of confidence in yourself." 