

Fitness Fitness Fitness

for men & women

Ultra

Issue # 117 Jan/Feb 2009

fit magazine

New Year New Career

Make the move to fitness, we show you how

Diabetes and the GI diet

Groundbreaking article from Shane Bilsborough

2009

could be your year of change

Golden Girl

Emma Snowsill

How to get Mental Toughness

Ocean Swimming Special

- prep guide for your first event

Pregnancy special

Tips to help keep you fit and strong whilst pregnant
How one reader lost 40kg after her pregnancy



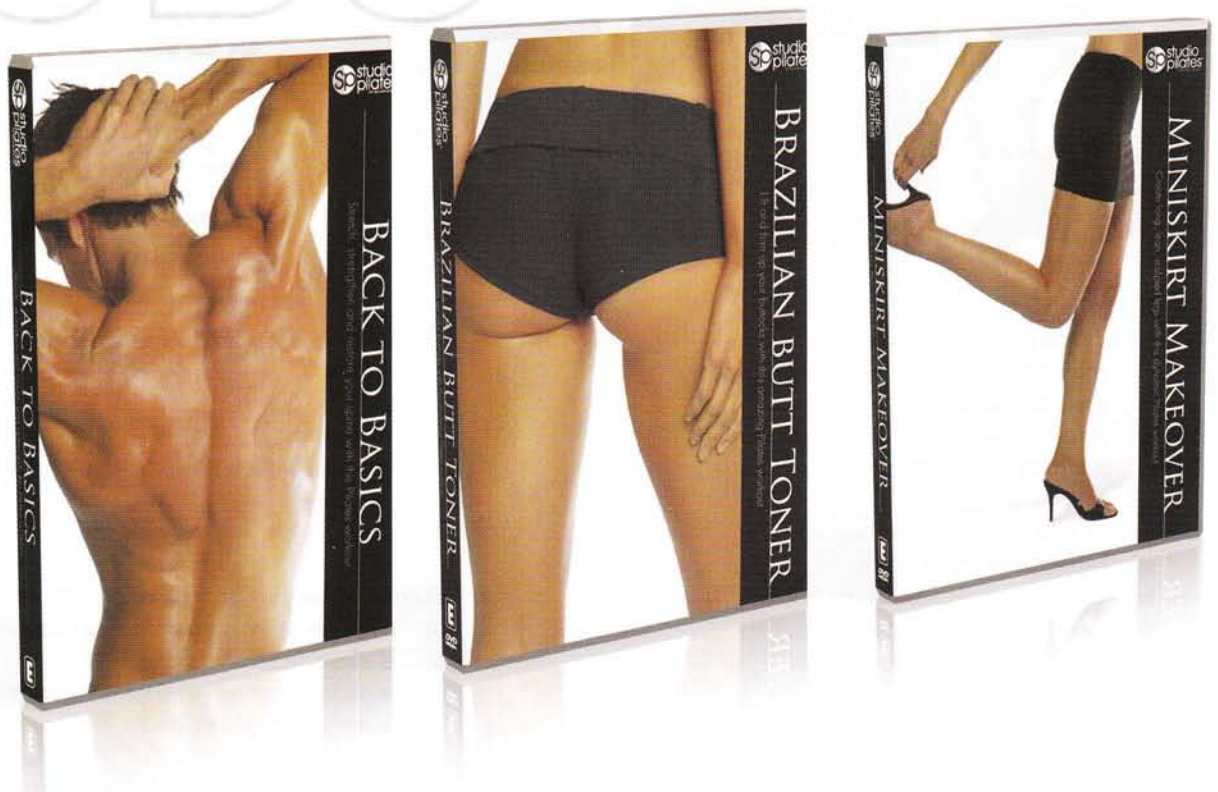
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NZ \$9.95 (inc. gst)



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transform your body and mind

SUBS



The first 100 subscribers from this issue will receive a free copy of one of Studio Pilates International's fantastic new workout DVD range. Valued at \$27.95, there are 3 DVDs in the range, with more available at www.studiopilates.com

All are beautifully presented by Tanya and Jade Winter and will have you amazed at the results possible via these excellent workouts.

Miniskirt Makeover

Create long, lean, sculpted legs with this dynamic Pilates workout. This DVD tones and targets the thighs, abdominals, buttocks and calves to get you looking fabulous in your miniskirt fast.

Brazilian Butt Toner

Lift and tone up your buttocks with this amazing Pilates workout. This DVD is the fastest and most effective way to achieve the toned buttocks you have always wanted, just like you see on the beautiful beaches of Brazil.

Back to Basics

Take your body back to basics with this step by step beginners Pilates workout. These carefully selected exercises target the core muscles that support your spine while helping to tone your abdominals and buttocks. Banish your back pain today!

These DVDs are a full body 45-minute workout (no equipment required) and contain 2 bonus workouts. They are packed with downloads including a healthy eating guide, healthy recipes and a body sculpting guide, plus the ability to download the voice track to your iPod.