

▶ EXPERT PANEL



Meet Kristen, nutrition queen



Q Do you have a nutrition mantra?
A "Make most of your food choices healthy and focus more on what you should be eating, rather than what you shouldn't. Nothing should be off limits, but if you know it isn't healthy, moderation is key."

Q When you're stressed, tired and busy, what food do you reach for?
A "Anything that doesn't require much preparation! Fruit is my saviour when it comes to snacks. Even when I crave chocolate, I try to make sure I eat a piece of fruit first to curb the amount of chocolate I end up eating."

Q Come on, tell us your food weakness...
A "A latte with two sugars each morning is my worst-kept dietary secret, and chocolate will always be my weakness..." Way to make the rest of us feel normal - props to Kristen!

Q What's your fave form of protein?
A "Protein does make you feel fuller for longer [check out p80], and ideally you should get your nutrients from the widest variety of foods possible, but if I had to choose only one, it would be fish, as it's packed full of lean protein and essential fatty acids."

▶ OUR ADVISERS

Meet our advisory panel - these experts are on call to help us out

FITNESS

Kate Pumpa
 Lecturer in exercise physiology at the University of Canberra.

Ray Klerck
 Qualified fitness trainer who runs an online training and nutrition business.

NUTRITION

Sharon Natoli
 Accredited practising dietitian and founding director of Food & Nutrition Australia.

WEIGHT LOSS
Dr Eva Kempf
 Senior lecturer in psychology at Flinders University. Her research focuses on food cravings and eating behaviour.

RELATIONSHIPS

Natalie Rinehart
 Relationships counsellor and author of *The Organics of Relationships*.

ENDOCRINOLOGY/

DIABETES
Dr Helena Teede
 Endocrinologist and director of research at the Jean Hailes Foundation for Women's Health.

DERMATOLOGY

Dr Cathy Reid
 Honorary Secretary of the Australasian College of Dermatologists.

GYNAECOLOGY

Dr Elizabeth Farrell
 Gynaecologist and founding member of the Jean Hailes Foundation for Women's Health.

MENTAL HEALTH

Dr Anne Buist
 Professor of Psychiatry at the University of Melbourne.

COMPLEMENTARY

MEDICINE
Dr Stephen Myers
 Professor and director of the Natural and Complementary Medicine Research Unit at Southern Cross University.

FERTILITY

Dr Julie Lukic
 An obstetrician and gynaecologist specialising in IVF infertility care.

GASTROENTEROLOGY

Dr Alissa Walsh
 Gastroenterologist and hepatologist with an interest in inflammatory bowel disease.

THE WH TEAM

NUTRITION

Kristen Beck
 The director of Beck Health & Nutrition Group, she's also a registered nutritionist, lecturer, mum of three and keen surfer.

MONEY & CAREER

Justine Davies
 A Brisbane financial planner, blogger and the author of *How To Afford A Baby* and *An Inconceivable Notion*.

FITNESS

Michelle Bridges
 The *Biggest Loser* trainer penned *Losing the Last 5 Kilos*, and runs online fitness program 12wbt.com.

SEX & LOVE

Jacqueline Hellyer
 A Sydney based sex coach, therapist and author who runs sex workshops (no nudity required, promise).

FOOD

Teresa Cutter
 This busy lady is a chef, cafe owner, author and personal trainer - she even has her own iPhone app. Wow.

BALANCE

Nicole Goodwin
 Our yoga guru owns a successful yoga studio in Surry Hills, NSW, lives in an eco-village/retreat centre up north and owns six horses.

HEALTH

Dr Ginni Mansberg
 A GP and ex-medical journalist with a blended family of eight (including six kids, ranging from 18 to five), author and *Sunrise* regular. Phew!

WEIGHT LOSS

Angela Buntic
 Our weight loss whiz has a masters in nutrition and dietetics, specialises in diabetes, obesity and PCOS, and knows how to make a mean risotto.

STRESS LESS

Dr Suzy Green
 An expert on applied positive psychology and co-founder of the Positive Psychology Institute. Also lectures in coaching psychology at the University of Sydney.

RELATIONSHIPS

Dr Traci Coventry
 This Melbourne-based psychologist counsels couples and singles having relationship and sexuality issues.

ECO SOLUTIONS

Rebecca Blackburn
 The environmental scientist and avid cyclist is also the author of the book *Green is Good: Smart Ways to Live Well and Save the Planet*.

OLAY

REGENERIST

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*Massage reduces excess under-eye fluid.



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