



The shape of things to come!

Are you ready for a delicious snack to help you feel fuller for longer in between meals, with a calorie content you'll feel good about?

Yoplait formé Satisfy is a great snack option to help fill you up in between meals. It's a delicious, thick and creamy yogurt that is high in protein and fibre, and has a low glycemic index (GI) to help you feel fuller for longer. With no fat*, less than one per cent added sugar, and only 85 to 93 calories per 170g tub, Yoplait formé Satisfy is a smart choice when it comes to selecting a nutritious snack.



 See if you
Feel fuller for longer.

*Contains less than 0.15 per cent fat

For more information on our range, visit
www.yoplait.com.au/formesatisfy

EXPERT PANEL



FITNESS

1 Michelle Bridges

The *Biggest Loser* trainer is also author of the *Crunch Time Cookbook*, a follow-up to her first bestselling book, *Crunch Time*.

WEIGHT LOSS

2 Angela Buntic

With a masters in Nutrition and Dietetics, our weight loss expert specialises in treating obesity, diabetes and PCOS.

BALANCE

3 Nicole Goodwin

Our yoga guru owns the BodyMindLife studio in Sydney. She studied with acclaimed yoga instructor Shiva Rea.

HEALTH

4 Dr Ginni Mansberg

A GP with a practice in Sydney's King's Cross. She's also an ex-medical journalist, a regular on *Sunrise* and mum to six kids.

STRESS LESS

5 Dr Suzy Green

The co-founder of the Positive Psychology Institute in Sydney. She also has a private practice and lectures in coaching psychology at the University of Sydney.

NUTRITION

6 Kristen Beck

A registered nutritionist, health scientist, lecturer, mum of three and the director of Beck Health & Nutrition Group. Loves surfing.

SEX & LOVE

7 Jacqueline Hellyer

A sex coach and therapist who runs sex workshops, she's also the author of *Sex Secrets for Busy People*.

MONEY & CAREER

8 Justine Davies

This financial planner from Brisbane is the author of *How To Afford A Baby* and *How To Afford A Husband*.

RELATIONSHIPS

9 Dr Traci Coventry

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

ECO SOLUTIONS

10 Rebecca Blackburn

An environmental scientist working in corporate sustainability, author of *Green is Good* and avid cyclist.

FOOD

11 Teresa Cutter

A chef, owner of The Healthy Chef Cafe, author of the *80/20 Diet*, and personal trainer. Phew.

OUR ADVISERS

Meet some of our new advisory panel – these experts are on call to help us out with more specific information. Look out for their advice in upcoming issues

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 Kemps

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* and *The Mechanics of Women*.

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 and Director of Women's Mental Health, Austin Health and Northpark Private Hospital in Melbourne.

COMPLEMENTARY MEDICINE

Dr Stephen Myers

Professor and director of NatMed-Research, the Natural and Complementary Medicine Research Unit at Southern Cross University.

FERTILITY

Dr Julie Lukic

Obstetrician and gynaecologist specialising in IVF infertility care.

GASTROENTEROLOGY

Dr Alissa Walsh

Consultant gastroenterologist and hepatologist with a special interest in inflammatory bowel disease.