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# Winter Motivation

**7 EASY  
WAYS TO  
DITCH  
A BAD  
HABIT**

*Psst... it's the smartest season to focus on your bod!*



**BONUS! PREGNANCY & NEW MUM SECTION**



 **Don't hide your happy, ever!**

"I've always been really happy and a lot of my friends would probably say it's the first thing they love about me," says Sydney blogger Bianca Cheah. She found success with her blog Sporteluxe.com by believing in herself and spending time with people who supported her ambition. "Even in a negative situation I've always got something positive to take from it."

We all make choices every day about what time we get up, what we'll eat for lunch and whether we'll go to Pilates – making the decision to be happy is just another thing for your to-do list.

"If someone comes into the room who is negative, we don't have to dip to match them," advises Pearl. "Choose how you feel and choose to hang onto good feelings."

"Being healthy in your own skin brings confidence," adds Bianca, whose advice is to make no apologies for feeling good about yourself. "If I receive any unfavourable comments, I view it as a building block to be more positive and show people what I believe in."

**84%** of Aussies have more positive experiences in an average day than negative ones.

because of their own lack of self belief. [So if you're optimistic], the core people you have something in common with narrows because most people like to talk about what's wrong but they don't actually want to do something about it."

The next time Tara felt put down by her colleague, she had this to say: "It's not that I think I'm better than anyone, I just want to share the good vibes." Okay, so they didn't turn into best friends overnight, but they did share a bliss ball recipe.

 **Happiness is an inside job**

"Being happy is actually an emotion; it's not a new dress, a new boyfriend, or a new car," advises Pearl on finding the feeling within

and not worrying about what might happen or how someone might react to your elated state. "Enjoy the here and now," Bertolucci says. "Learn from the past, plan for the future, but live in the moment." And be accountable.

 **Pass on the power of the positive**

While you've worked out that you deserve a brilliant day, every day, other people might not allow themselves to expect anything more than mediocre. Perhaps they feel that the pressure to be happy all the time just sets them up for failure. "Often it's their fear of not being happy in the future that impacts their ability to

Outshine the **HAPPY**

**HATERS'**

What to do when your awesome glass-half-full attitude drives your friends crazy



**YOU GET OUT OF BED FEELING LIKE AN EXTRA**

in Pharrell's "Happy" video. That is, until you spot snarky comments on your #inspo posts and endure eye rolling from a colleague. Why is your good mood driving people insane?

"It's nothing to do with you," says Luke Faccini of Thrive Happiness Movement. "A negative reaction from a friend speaks volumes about themselves." Author of *Instructions for Happiness and Success* Susie Pearl agrees: "Some people have a fear of being happy; it could be something they learnt growing up." Or maybe they're just afraid of laugh lines? We asked the experts to help us become immune to happy haters.

 **Detecting a happy hater**

Happiness rebels tend to focus on challenges rather than opportunities, so they might think you aren't taking life seriously if you're smiling all the time.

"I worked with a girl who'd always scoff every time she heard me talking about my healthy eating plan," recalls dental nurse Tara, 26, "but the benefits were so amazing I'd tell anyone who'd listen. Most of the nurses indulged me and even swapped recipes. I couldn't understand why this one person was so anti the changes I'd made."

People respond negatively when you're on a high because "they mistakenly think that happiness is a sign of ego, that you think you're better than them," explains life coach and author of *100 Days Happier* Domonique Bertolucci. "But happiness and ego are disconnected, so the other person is filtering the information incorrectly

yourself. You have to do the inner work – which might mean avoiding social media for a while if you're on the receiving end of too many counteractive comments or if you're totally consumed by what everyone else has that you don't.

"One of the key things to being happy is not comparing yourself to anyone else. Your own life is unique and your journey perfect," says Pearl. "There's no point looking at celebrities with so much money and designer dresses – you think their life is amazing and yours isn't, but it's all an illusion."

How can you apply this? Try by not getting too attached to having the latest iProduct and instead boost your joy factor with exercise, meditation or a comedy flick.

In her book *The Happiness Code*, Bertolucci discusses 10 keys to boosting your smile dial barometer. The most important is to live in the moment. That means not agonising over what's happened

be truly happy in the present," says Faccini, who recommends setting an hourly smile alarm for a jolt of serotonin.

If someone's not afraid of happiness, they might be wary of change or simply not believe that they deserve something more. "They're fine with their fine, and if you're not then you're quite threatening to them," adds Bertolucci.

Like Tara, let your friends know that far from wanting to make them feel worse because you feel sky high, that you want your mood to have a flow-on effect. Ultimately, the more joy you bring into the room, the more will eventually enter into your inner sanctum.

Persist with your positive outlook because, after all, you fundamentally deserve to have a fulfilling life. "It's actually a human right with the United Nations declaring it a human value and creating International Happiness Day (March 20 every year)," tells Bertolucci. Now that's something to get happy about. 

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