



*The Perfect 3 in 1
portable home
gym for the busy
women is here!!*

**THE WONDER™
WORKOUT**

**workouts4
women.com**

Issue No 1



The Wonder Workout Way to a Woman's health (& Sanity)



Fitness – Our bodies love exercise! Your

body should stay in movement and action and burn your excess fat and calories. Exercise also provides mental stimulation to keep your mind sharp and sound. Experts on fitness advise people to provide their body with quality fuel to get the full benefit of exercise. This can be done by following a healthy nutritional diet by eating foods like vegetables and fruit that are healthy, high in fibre, important nutrients, and where possible, free from chemicals. Get enough rest. If possible, get the right amount of sleep without interruptions for engaging your REM (rapid eye movement) patterns. This is the way of your nervous system to heal and refuel your body.



Welcome to the **W4** Club - as a member you will receive a copy of our Newsletter every month, full of fitness tips and a bonus healthy food recipe for you to try out!

We believe that fuelling your fitness with the right food will be the 'secret' to your success!



Risotto with Corn



1 large leek, finely chopped

2 cloves garlic, crushed



1 1/2 cups (235g, 7oz) arborio rice

1 tbsp dried basil



2 1/2 cups (435g, 15oz) corn kernels

1/2 cup (50g, 2oz) vegan Parmesan cheese



STAPLES

3 tbsps olive oil

6 cups (1.5L, 50fl oz) vegetable stock

1/4 cup (60ml, 2fl oz) nut milk

Salt and pepper

Heat half the oil in a large, deep-sided frying pan over medium heat. Fry the leek and garlic for 10 minutes until the leek is softened. Add the rest of the oil and fry the rice and basil for 2 minutes until the rice is transparent.

Add the stock, 1/2 cup at a time, stirring until absorbed before adding the next amount.

Once all the stock is absorbed, stir through the corn, cheese and milk and cook for 3 minutes until the corn is tender.

Season to taste and serve hot.





Fitness, muscle building and gym work-outs have gone beyond the traditional all-male club. With the hype over fitness and health and a healthy lifestyle, women can now join the club at home too! Men and women have different fitness needs. Women's fitness and exercise needs are focused on the muscles of the upper back. Most of their exercise work-outs are also designed for the stomach muscles, especially those who have just given birth. At the same time, exercises for women are usually designed for weight loss. And while men tend to focus on muscle building whereas women work on toning and shaping their muscles, while making good food choice decisions.

**THE WONDER™
WORKOUT**

Training is made so simple with The Wonder Workout App. It can increase a woman's strength by 30 to 50 percent, while losing fat at the same time. Strength training done 2 to 3 times a week for a span of two months can result to two pounds of muscles and would mean a reduction of 3.5 pounds of fat. The more muscles and less fat, the faster is the metabolism, which ultimately means your body burns calories faster than normal.

