

# PROUD to be *Kiwi*

Every word of our new-look *Fitness Life* has been written with your needs – the needs of our New Zealand readers – in mind. We are thrilled to be able to introduce you to some of the passionate health and fitness experts who have helped us ‘keep it Kiwi’. You’ll meet more of our team members in future issues.



## LEE-ANNE WANN

Health and fitness specialist Lee-Anne Wann is a presenter and author who is perhaps best known as the tough trainer on the hit television series *Downsize Me*.

Now back on TV with a weekly segment in the *Good Morning Show*, Lee-Anne’s philosophy is well summed up by the title of her recent book, *No-Fuss Fitness*.

An advocate for honest, uncomplicated approaches to life’s challenges, Lee-Anne says “consumers are bombarded with a huge amount of information, plans, programmes, opinions, devices and products – and let’s be frank, it’s damn confusing”. Passionate about “keeping it real”, she will be sharing no-fuss information and advice with readers in every issue (see page 40 for her tips on how to reduce our exposure to toxins).

Lee-Anne offers an enthusiastic communication style and in addition to working with hundreds of clients, she is a regular speaker at seminars on motivation, real-life fitness, productivity in the work place and other health-orientated topics. Her interests also extend to charitable work in the area of health promotion and regular visits to children at schools and sports events.

[www.lee-annewann.com](http://www.lee-annewann.com)



## SARA CHATWIN

A familiar face on our TV screens and as a commentator in other media, registered psychologist Sara Chatwin has 15 years’ experience in the field of helping individuals, families, businesses and sports people.

With highly-developed skills as a life skills manager, stress buster, mind coach and mentor, Sara has carved out an interesting niche for herself, assisting some of the country’s top sports people to achieve their potential.

Sports psychology is an area of growth for Sara and her team at Mindworks where they design strategies to help their clients maintain focus, direction and motivation. “A healthy mind supports a healthy body,” she says. “Therefore sport, fitness and health go hand in hand for people who compete or participate at all levels.”

Sara is keen to highlight the achievements of some of the inspirational people she meets and works with. In this issue, she shares the story of would-be Olympic equestrienne Britta Peterson’s remarkable comeback from a near-fatal accident (page 44). [www.mindworks.co.nz](http://www.mindworks.co.nz)



## RAECHELLE CHASE

Kiwi-born IFBB professional figure competitor Raechelle Chase is an international fitness model, fitness writer, entrepreneur and mother of three young children. Ten times a cover model, Raechelle made history last year as the first-ever Kiwi woman to compete in the prestigious Figure Olympia in Las Vegas.

A household name in the fitness world, Raechelle has a passion for helping women from all walks of life to achieve their fitness goals. Why not give Raechelle’s resistance band workout on page 72 a go?

[www.raechellechase.com](http://www.raechellechase.com) or <http://www.facebook.com/pages/Raechelle-Chase-IFBB-Figure-Professional/299006786205>