



T H E

sport

M E L B O U R N E

PRESIDENT’S LETTER

Welcome to another fantastic edition of The Port Magazine. In this Fit for Spring edition, we take an inside look at the people behind Port’s best places to sweat it out, get fit, lose weight, tone up and find your inner balance.

But first up, a big thanks to all the traders (and entrants!) who participated in our Mothers Day Promotion. The event was another great success – with Catriona Gifford enjoying a special day of pampering Port Melbourne style with her mum.

The work on energising our foreshore area continues in earnest. There’s a promising increase in the number of ships this upcoming cruise season, and we’re working hard to ensure that we capture that traffic and direct those tourist dollars to our traders in Bay Street. To that end, we’re increasing our presence on the Station Pier concourse, and getting the successful rickshaw program initiated last summer, back in operation from October.

In other exciting news for the area, the development plans for Fishermen’s Bend are now being revealed to the public. I encourage all Port residents to consider the impact of the plans that include new thoroughfares, roads, public transport, shopping habitats and of course residential and commercial communities.

In an exciting addition to Port’s events calendar for 2016, we’re looking to host an annual St Patricks Day Parade. If you or your business would like to participate in this event, I encourage you to get in touch with me, or any of the Port Melbourne Business Association committee members.

Do you love Port? Would you like to show some love to a favourite Port business? If you do, don’t forget to place your vote in our fourth Annual Best of Port Awards! This fantastic initiative allows you to show your support for local businesses, and to bring attention to the fantastic variety of traders we have in Port Melbourne.

And the best part? By casting your vote you’ll go in the draw to win \$1000!

The awards presentation evening for the 2015 Best of Port Awards will take place on 14 October at the fantastic Mr Hobson’s on the waterfront. If you would like to join us for an evening of celebration and community, tickets are \$90/pp including a two-course meal and a fantastic show bag of local goodies.

I hope you enjoy this latest edition of The Port Magazine. Packed with some big names and plenty of tips– we’ve delivered all the reason you need to discover some great new businesses, and a few old favourites, while getting fit this Spring in Port!

Paul

Paul Littmann
President of the PMBA



AUGUST 2015

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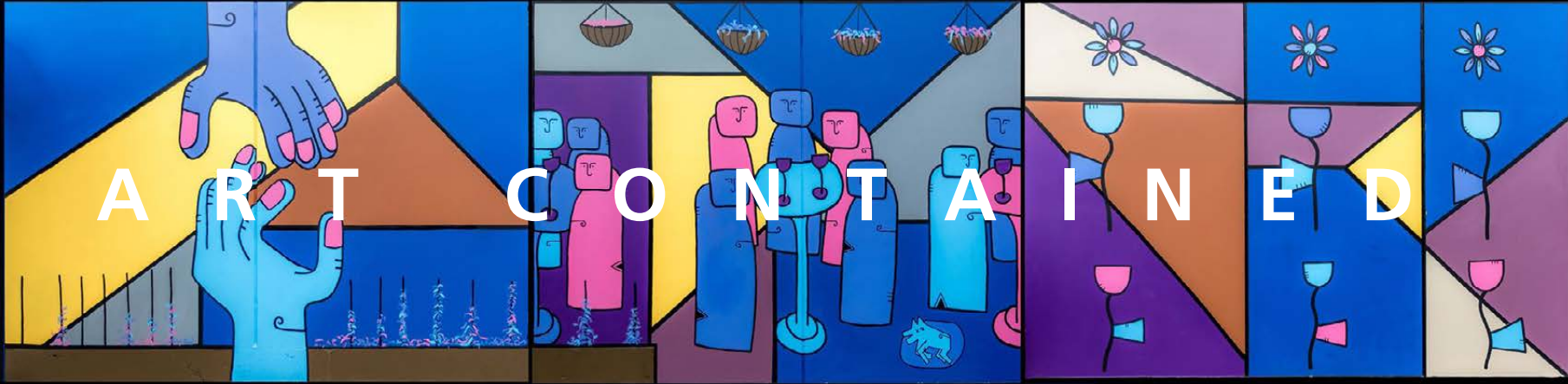
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For the next eight months, the City of Port Phillip is transforming six ordinary shipping containers into rotating art galleries, dotted along the Port Melbourne Waterfront.

Three Melbourne-based art institutions have been invited to use this unlikely canvas to create innovative artworks, with the local community making their own contributions in the New Year.

City of Port Phillip Mayor, Amanda Stevens, said she hopes the dynamic project will encourage people to keep coming back to the Port Melbourne Waterfront.

“Council has worked closely with the exhibitors and local traders to enhance the attractiveness of the area for locals and visitors alike through this exciting project.” Cr Stevens said.

Funded by the City of Port Phillip as part of the Vibrant Villages Program, the ARTcontained project aims to attract tourists and locals alike to be a part of Melbourne’s lively art scene, but to also have a chance to see one of our key seaside attractions – the Port Melbourne Waterfront.

Over the coming months, curators will design, install and exhibit their artworks during the allocated time slots. “The first exhibition by the Academy of Design Australian was a big success and we’re confident the new installation by Multicultural Arts Victoria will be just as popular, with their series of works also reflecting Port Melbourne’s rich multicultural history,” Cr Stevens said.

“They’ll also be working with local school

children and young adults at the end of September in a series of workshops detailing their artistic process.” “This is another example of how diverse and engaging this project can be and we’re sure that with the support of the community, it will continue to be a major drawcard for Port Melbourne as we enter the summer months.”

Now on display is ‘Painting the Port’, curated by Multicultural Arts Victoria. Key artists from Multicultural Arts Victoria (MAV) – an organisation working on the discovery, development and promotion of culturally and linguistically diverse contemporary art, heritage and cultural expression – will invoke their different styles onto the shipping containers. Established artists Michael Fikaris and Ero Art will lead the public art project with emerging artist Guled Abdulwasi in a supporting role. From 28 -30 September, young people will also have an opportunity to join in on the artistic process and develop their painting skills as ARTcontained morphs into a community art project with MAV hosting public workshops. The MAV exhibition will be on display until November 15.

The first ARTcontained exhibition launched in August was developed by a team of tutors and students from the Academy of Design Australia, an educational organisation specialising in tertiarylevel art, design and digital media. Led by artist Michael Peck and artist/designer Carlo Pagoda, the team designed the luminous ‘Port in a Storm’ exhibition to shed light on Port Melbourne’s history of multiculturalism. The Academy of Design Australia transformed the shipping containers into larger-than-life light-box

installations. By day, the outside displayed a mural of cultural patterns and text. By night, the container doors opened to reveal patterned screens, back-lit by slow moving, pulsing lights. The shipping containers’ third curation will be run by RMIT’s Centre for Arts, Society and Transformation. The final phase of ARTcontained will be placed into the hands of the local community.

In October, the City of Port Phillip will ask community groups, as well as local artists and retailers, to pitch their creative ideas for the final activation of the six shipping containers. The most popular exhibitions suggestions will come to life from February until April 2016. The Port Melbourne Waterfront is one of the seven villages being addressed during the Vibrant Villages program to ensure it remains a prosperous, attractive and welcoming place for both locals and visitors.

ARTcontained is the second major initiative to take place at the Port Melbourne Waterfront as a result of the Vibrant Villages Program.

Last summer, Council launched the Waterfront Welcomers program with Inner South Community Health, which trained local volunteers to greet cruise ship passengers and promote local tourist attractions.

ARTcontained is a must-see activation at Station Pier enticing pedestrians to take a closer look at the work of some of Melbourne’s best established and emerging artists, art students and community groups. For more information about the project visit portphillip.vic.gov.au/ARTcontained.htm



BODYCARE PILATES

Physiotherapist and Clinical Pilates Instructor Vanessa Alford, has had a complex relationship with health and fitness.

The author of the acclaimed book 'Fit Not Healthy', she ran her way to marathon success before falling ill to symptoms that had her bed bound for close to a year and suffering mysterious, debilitating symptoms for three more.

But her story is not just a cautionary one. It's an inspiring journey through exercise

addiction, recovery and motherhood. Now the mother of two small children, Vanessa juggles a busy schedule of teaching Clinical Pilates, completing a PhD in Indigenous health and lecturing for Sports Medicine Australia.

But the cracking pace Vanessa sets in her life is nothing new. Naturally goal driven, Vanessa turned her regular running for fitness into an all-consuming pursuit after a move to North Queensland. "I never enjoyed running, but the weather was warm and I was living by the beach. Running just sort of grew on me. I started to increase the distance I was running and after meeting

some people training for the Townsville marathon, I felt inspired to run my first marathon."

Within two years of running her first marathon, Vanessa had finished second in the Bangkok marathon and third in the Melbourne marathon in a time of two hours and fifty-four minutes. With numerous sponsors attached to her name Vanessa felt she'd solidified her place in the sport and her hunger for success intensified.

But by July of 2006, the cracks in Vanessa's health were starting to show - literally and figuratively. Struggling through stress

fractures and soft tissue injuries, a regular morning run found her experiencing a strange sense of disconnection to her legs. "The ground felt like it was moving beneath me, the effort required felt disproportionate to my exertion, and at the end of the run, I collapsed to the ground. The next morning I struggled to get out of bed."

After a volley of investigations and consultations with some of Australia's leading medical practitioners, and several years spent convinced she had a neurological condition, there was little respite in Vanessa's symptoms. Vanessa described her symptoms as "being perpetually drunk – the room spun, the ground felt unstable all the time." She was unwell, exhausted and mentally drained, but still exercising.

Vanessa's turning point came in 2010 as she looked to start a family with husband Brent. After years of pushing her body to extremes and restricting her calorie intake, she knew she was far from fertile. "I knew that I didn't have enough body fat to fall pregnant and my hormones were very low – I had two choices: spend thousands of dollars on fertility treatment, or use the clinical knowledge I had to reduce my exercise and put on weight."

After reducing her exercise regime from 14 times per week to three, and gaining 7kg, Vanessa was fortunate enough to fall pregnant. It was this change in her lifestyle that proved instrumental to regaining her health. "After falling pregnant, I started to feel well again. My symptoms dissipated and the relationship between my symptoms and exercise became frighteningly clear."

While Vanessa still exercises regularly, these days she enjoys a far more balanced lifestyle. "I have a wonderful husband and two beautiful daughters, I have different priorities now. Running is still a part of my life but it's all in moderation." As for her advice for others who may be consumed by the need to exercise Vanessa encourages them to ask themselves; "Are

Vanessa's advice for getting fit this spring

1. Set realistic short and long term goals and develop a training program aimed at achieving those goals.
2. Pick exercises you enjoy. Running is not the only way to get fit!
3. Start slowly and progress gradually to avoid injury. If you miss one session, don't lose motivation. Keep going!
4. Include core-strengthening exercises in your training program to reduce your risk of injury and improve your posture and efficiency when exercising.

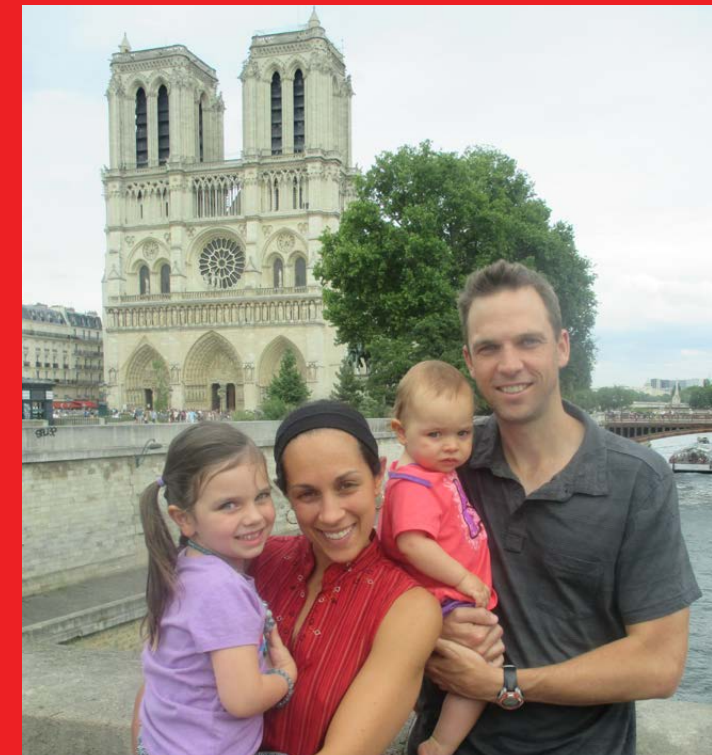
you happy? Do you feel well? Do you have the energy to engage in all aspects of your life? And most importantly, do you know what is driving your extreme desire to exercise?"

Vanessa's personal experience in health and fitness is an asset she brings to her Pilates classes at BodyCare Clinical Pilates Clinic, which is part of BodyCare Health, a multi-disciplinary organisation which also provides Physiotherapy, Myotherapy and Podiatry services.

Vanessa works with individuals of all ages, fitness levels and abilities, guiding them through a personalised approach to rehabilitation, core stability and overall strength. As Vanessa explains, "Core strength remains one of the greatest contributors to injury prevention, postural improvement and improved sporting performance."

BodyCare Clinical Pilates classes are available Monday through Friday from 6:30am to 9pm and on Saturdays from 8am to 1pm. BodyCare is also now offering physiotherapy-led group Reformer Pilates for up to 6 participants. You can book your first FREE class at www.bodycarehealth.com.au or via the BodyCare Clinical Pilates App, available now for iOS and Android.

BodyCare Clinical Pilates
125-127 Bridge Street
Port Melbourne
Phone: (03) 9645 2183
www.bodycarehealth.com.au





For the owner and coach at Port Melbourne's first CrossFit centre – Pure Movement CrossFit, the community created around this relatively new sport is a much needed family.

The child of athletic parents, Canadian, Chelsea Abbott, followed her Kiwi boyfriend Stacy Young, to Melbourne four years ago. A self-confessed "non-sporting, un-athletic, nerdy girl" Chelsea's exposure to CrossFit in her mid 20's was a surprise to both her and her family. "My University days in Vancouver had left me with a few

more kilos than I was comfortable with, and a nagging desire to make positive changes to my health and wellbeing."

A friend suggested that Chelsea, who had never participated in so much as a team sport, give CrossFit a try. The rest as they say, is history. "I pretty much became hooked on both the methodology and the results. I also loved the community aspect of the training. I felt like I'd found something to be a part of."

One of the world's fastest growing exercises, CrossFit was founded by Greg Glassman and Lauren Jenai in 2000. Promoted as

both a physical exercise philosophy and a competitive fitness sport, CrossFit incorporates elements from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, girevoy sport, calisthenics and strongman exercises. Now practiced extensively throughout the world, CrossFit involves daily workouts (otherwise known as a "WODs" or "workouts of the day") that are practiced in group classes.

Extensively researched for its effectiveness in increasing cardiac fitness and weight loss, a 2013 study by exercise scientists at Ohio State University revealed that participation in a CrossFit program significantly improved

VO2 max and decreased body fat percentage in both males and females across all levels of fitness.

And this was certainly the case for Chelsea. "The weight loss came quickly, but it was a growing sense of confidence and achievement that kept me going back. I felt strong, lean and empowered. I felt like my body was taking on the form it was intended to be."

Several years on and Chelsea underwent the certification necessary to become a CrossFit coach. "It was a natural progression of my passion for the ethos and community behind the sport." Coaching in her spare time while juggling work and her own training extended Chelsea's reach in the CrossFit community. And it would be these networks that she would come to draw on with Pure Movement CrossFit.

Fast-forward to 2011 and Chelsea found herself in Melbourne on a working holiday visa with limited work options. Falling back on her CrossFit experience and training, she started working part time coaching others. "It was relatively easy to get work in the CrossFit community here and I started to foster the idea of opening a CrossFit centre of my own."

Pure Movement CrossFit opened at the beginning of this year in a former car auction warehouse opposite 7-11. It was the next obvious path for Chelsea who confesses that she comes "from a long line of small business operators, so the desire to create something from scratch and grow a small business runs thick in my blood."

Bonded by a strong sense of kinship, Chelsea has created a growing CrossFit community in Port Melbourne. "We're a little bit different from most CrossFit centres – we're very welcoming, you won't find any skulls or crossbones on our walls. We attract families, people seeking to lose weight and those that just want to give the sport a try. Angie Demeray is the other full time trainer here –

it's pretty rare to have two women leading this sport."

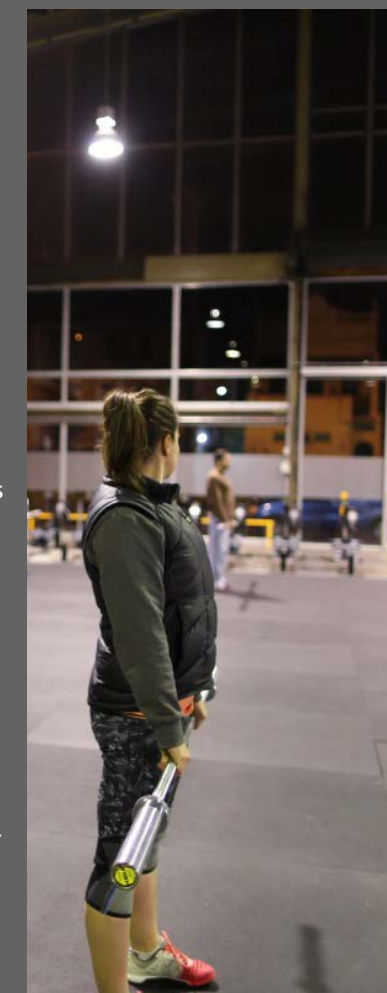
And there's a gentle feel to Chelsea's centre. Rufus the Chocolate lab lolls adoringly on the gym's floor, and people come and go during the open gym hours. Chelsea has done away with the macho face of CrossFit and preplaced it with a practical regard for the scalable and functional purpose of the sport. "We've created an environment that welcomes healthy competition and achievement at all levels. Everyone is here to achieve their own goals."

And as for starting and running a business so far from home, Chelsea is philosophical; "I never anticipated that I would be doing it here, in Australia, without family support. But the strength I've found in my relationship with Stacy and the community that

we've created here makes it all worth it."

Pure Movement CrossFit is open Monday to Friday from 6am to 7pm and on Saturdays between 8am and 10am. Chelsea invites you to experience CrossFit done differently at Pure Movement CrossFit today with a free CrossFit trial.

Pure Movement Crossfit
67 Crockford St
Port Melbourne
Email: chelsea@puremovementcrossfit.com.au
Phone - 0419 006 625



Chelsea's top tips for getting fit this Spring

1. Get outside and have some fun
2. Play – not on your phone or computer!
3. Reduce your sugar intake
4. Celebrate success – it's everywhere once you look for it!



For Dyson Heppell, juggling the demands of his role as Acting Captain of the Essendon Football Club with the challenges of running a business, is all in a day's work.

After several years of solidifying his place in the nation's favourite game, he has recently jumped into his first business venture with one of Australia's most innovative training systems – F45 Training.

One of 80 (and growing!) F45 training studios in Australia, the newly established Port Melbourne facility is fresh, clean and super bright. Attracting a growing community of devotees, they come for the group training, but stay for the results.

And this is just what attracted Dyson to the

F45 brand. The Port Melbourne training studio run with fellow owners Jimmy Bartel, Mark Armstrong and Michael Ramsey, is now the perfect place for Dyson to train during the off season and share his love for team training.

Growing up in Victoria's Gippsland region, Dyson began playing football with Leongatha Football Club, at age 11. The son of an accomplished regional footballer, the game ran thick in his blood. But it could easily have been basketball that won this massive players heart. At age 16 and already an impressive height, Dyson was a keen and talented basketball player with a choice – devote his time and efforts to basketball, or play his Dad's game – footy. "I had experienced a bit of success on the field, so I chose footy, playing for Gippsland Power in the TAC Cup for the 2009 and 2010 seasons."

Success came relatively quickly and Dyson

was named as Gippsland's captain for the 2010 season. Dyson went on to play for the Victorian Country side in the 2010 AFL National Under 18 Championships where he was named in the All-Australian team. A lifetime Essendon supporter, Dyson was selected during the 2010 National Draft.

Passionate about the value of team training, Dyson's attraction to F45 Training was born out of a visit to a Sydney training studio late last year. "I attended the studio in Bondi and just fell in love with the culture and approach to high intensity, short duration training." Based largely on plyometrics F45 Training offers an alternative to everyday strength-training workouts, by boosting your muscle power, strength, balance and agility through a range of functional movements used by all of us, each and every day.

Attracting a strong female following, the training is offered in group circuit classes

of up to 27 participants. As Dyson explains; "as a footballer, I know what it takes to get fit, lean and strong – but not everyone can make a full time job out of getting fit. F45 Training is targeted, efficient and highly effective at delivering results. But the best part is training in a group environment. It makes exercising a little bit competitive and lots of fun."

Now a qualified Personal Trainer, Dyson is not afraid to get in and take a class. "I'm loving the challenge of running and marketing a business, but I take the chance to join in on the training if I can. I'm really looking forward to the off-season when I can really get stuck into some classes here."

A natural fit for someone with Dyson's athleticism, a career in the fitness industry was always on the agenda for this focussed and determined footballer. "I took the club's Player Development Program really seriously and have worked hard to develop my skills off the field. I've been studying business and sports management in the hope that an opportunity and 'fit' like F45 would present itself. I really believe in team training and I think I'm a great spokesperson for how healthy team competition can improve everyone's performance."

But Dyson's life is not all footy and business. A recent pet-parent with long time girlfriend Kate Turner, Ziggy the Golden Retriever makes a few appearances at F45 too. "Ziggy is pretty popular in his own right! He has his own instagram following and loves the attention wherever he goes."

If you want to be blown away by the innovative, cost effective and incredibly systemised training approach on offer at F45 Training, jump online to sign up for your free trial. Classes are offered Monday through Friday between 5:50am and 6:30pm and on Saturdays with a DJ for extra beats, between 7:00am and 10:45. F45 also offers a 9 week weight loss and toning program complete with comprehensive nutritional advice and meal planning to kick start your Spring fitness goals.

F45 Training
35 Crockford Street
Port Melbourne
www.f45training.com.au
Instagram: @f45PortMelbourne
Facebook: /f45PortMelbourne



Dyson's top tips for getting fit this spring:

1. Find a training buddy who shares your fitness goals. A buddy is the best motivator and keeps you accountable to your goals.
2. Set yourself realistic goals and work towards them. But don't forget to factor in 'real life' – we can't all be fitness robots!
3. Make your workouts enjoyable. Finding activities that make you happy makes it easier to get up and get moving!
4. Be consistent! Make training a regular part of your week. Just 1 hour of exercise is only 4% of your day.



For Goodlife Health Club's Senior Administration Assistant, Chantelle Crawford, life really has come full circle.

This passionate Port resident has taken a roundabout route to a lifestyle now dedicated to making her health and fitness a full time job. But it hasn't always been this way. For 10 years, Chantelle was absorbed in a successful and flourishing corporate career in Human Relations. It was a lifestyle filled with all the perks young women desire;

travel, events, presentations and financial comfort. But it was also a long way from the lifestyle she had envisioned for herself.

Raised in Melbourne's southeast by a mother who was a Naturopath and a father heavily invested in active sports and the outdoors, Chantelle's early life was filled with the virtues of a balanced life.

With a bubbly and outgoing personality and passion for good food, Chantelle was determined to have her own café by age 21. Hospitality studies at Box Hill Tafe sup-

ported that direction until she found herself in Queensland where the weather and the lifestyle soon captured her heart. "It kind of felt like a gap year of travelling to me at first, but one month soon turned into two, three and then a few years had passed."

A job as the Customer Service Manager for a Queensland Goodlife Health Club gave Chantelle the chance to pursue her passion for health and fitness, but a chance opportunity with a recruiter soon turned into a career in Human Resources. "Before I knew it, I was on the corporate ladder."

Working her way through promotions as her career progressed, Chantelle felt fortunate to have landed on her feet in a solid career. Feeling the itch to keep moving, she requested a transfer to her employer's Sydney office where she continued to achieve promotion and learn the many facets of the Human Relations industry. A move into one of HR's most challenging areas – the 'corrections' sector saw her career increase in pace and responsibility. "I was travelling for work, presenting to large audiences, recruiting corrections staff. But I could tell I was burning out."

And while her passion for health and fitness had not waned entirely, the opportunities to pursue her passion for triathlons and running were starting to diminish. "I really just couldn't find the balance for everything. And whilst I could let the exercise go to a certain extent, relationships with family and friends were really starting to suffer under the strain of my career."

What followed that acknowledgement was a slow and considered journey back to where she started. "I returned to Melbourne 18 months ago, mostly with the intention of giving time to a family that I had neglected for many years. I landed in Port Melbourne with every intention of reinventing my HR career in Melbourne, but what I really wanted was to get back to my roots."

So she landed a job in a popular Port Melbourne restaurant and took stock of her health, nutrition and well-being. And with the resurgence of that passion came the opportunity to return to Good Life Health Club in Port Melbourne's Bay Street. "I jumped at the opportunity as it gave me a the chance to immerse myself fully into the commitment I was making to my own health and fitness."

Participation in Good Life Health Club's '12 Week Challenge' delivered dual pay-offs for Chantelle; "the fitter and stronger I got, the clearer my vision became for my life." The popular '12 Week Challenge' gave signifi-

cant focus to Chantelle's fitness journey. Committing to attendance four times per week, the program included online meal plans, access to personal training and exercise opportunities both in and outside the gym, lifestyle tips and most importantly, a system of accountability to her goals. "I really thrived in the group approach to health and well being. The weight loss and muscle gain was a bonus, but it was the sense of community and clarity around my own purpose that have delivered the best rewards."

The clarity gained in slowing down the pace of her life and refocusing her goals around her own health and fitness now sees Chantelle embarking on her next challenge – a range of apparel to be branded under her own name. "My mum said to me, I can't find any gym wear that I feel comfortable enough to wear to the gym – and I thought, every woman should feel confident enough to embrace their fitness goals. I was struggling to find leggings suited to a more womanly shape and knew I could develop a solution suited to all women."

Chantelle's days are now spent balancing her work at Good Life Health Club with developing her health and lifestyle inspired brand that will have equal measures of empowering advice around food, recipes, fitness, well being, and apparel. It's a balance that allows her to honour the values she was raised with and live a life led by passion.

If you want to participate in the next '12 Week Challenge' at Good Life Health Club, get in touch with the Fitness Team at Port Melbourne today on (03) 9646-3666.

Level 1/120 Bay Street
Port Melbourne
(03) 9646 3666
www.goodlifehealthclubs.com.au

Chantelle's top tips for getting fit this Spring:

1. Be honest with yourself and know where you need to make changes in your lifestyle.
2. Plan what you are going to eat and stick to it. And when I say plan, I mean actually write down and prepare for every meal of the day, each week.
3. Cut down on sugar and look for healthier alternatives like stevia and honey.
4. Have a clear exercise plan that incorporates strength training.

KX Pilates

Kaizen eXperience – or KX is Japanese for ‘change for the better’.

It’s a philosophy that focuses on small and ongoing improvements – a process Sarah McKenzie-McHarg knows well after a transition, somewhat slowly, into ownership and management of Port’s KX Pilates studio above Nando’s in Bay Street.

For this enthusiastic and self confessed “fitness junkie”, rising to a challenge runs deep in the family. The twin sister of professional rower and silver Olympic medallist, Cameron McKenzie-McHarg, Sarah admits to a “great deal of admiration for Cam’s achievements and the commitment he makes to his health and fitness.”

And it may well have been the example of risk-taking and dedication set by Cameron

that has led Sarah to Port Melbourne. Quite possibly Bay Street’s newest business owner, Sarah’s journey to KX Pilates has involved more hours in stilettos than sneakers.

A lucky break while volunteering at Melbourne Fashion Week, saw her get an early career break in PR and Events Management. This led to scoring a coveted role at L’Oreal Australia in their Consumer Products division. “It was a job I loved for close to five years. It gave me lots of great exposure and experience, but I felt it was time to move on.”

Unsure if it was a change in ‘brand’ or career she was looking for, Sarah took a role with Nike Australia in their PR department. The change was welcome at first, but the gruelling hours and the nature of the job again left Sarah feeling that there must be more challenges out there. “I’m driven by

the need for a challenge and the chance to learn and to grow through new opportunities.”

That passion for a challenge meant that Sarah was always up for trying the latest exercise “craze”. When a work colleague suggested that they give a new “high intensity Pilates” called KX a try, she didn’t hesitate. “I didn’t think that Pilates could give you much of a workout, but I was pleasantly surprised. Actually, I was pretty much hooked from that first class!”

The high intensity, total body workout was instantly addictive for Sarah and she soon found herself taking on a 30-day challenge at the Richmond KX studio. Committed to the cause, she didn’t miss a single day of the program. “I felt fitter and leaner than I ever had. I felt strong. But most importantly I felt really motivated to take on a new

challenge.” A year after taking her first KX Pilates class, and as career burn out in her job was taking its toll, Sarah began entertaining the idea of making a radical change in her life. The friendships she had struck up with some of KX’s trainers gave her the motivation and courage to opt out of her corporate career and obtain the qualifications necessary to be a KX trainer. “Finally deciding to make that big career change and start over in a new industry was completely nerve-racking. I think for quite a while, I had convinced myself that I was just taking a career break – and that at some point I’d go back.”

But she didn’t. After a year of training clients across four of KX’s inner Melbourne studios, Sarah started a family with husband Mark. It was during this time that Sarah began to seriously entertain the idea of opening a KX studio. When Baby Hugo arrived

Sarah’s top tips for getting fit this Spring:

1. Mix it up! Do both indoor and outdoor activities. Not only does it do you good to get outside, but it’s also a great way to work around Melbourne’s unpredictable weather!
2. Make every workout a chance to push your own boundaries. Beating your own goals delivers a real and lasting sense of achievement.
3. Don’t just work out to stay fit. Work out to stay active, positive and happy of mind and spirit.
4. Keep your goals realistic. Don’t set yourself up to fail.



9 months ago, Sarah had all the incentive she needed to invest in the changes she had made in herself and her lifestyle.

Company owned, and one of the first KX Pilates studios to open in Melbourne, ownership of the Port Melbourne studio recently became available. An offer too good to pass up, Sarah who was more than ready for the next challenge in her life, purchased the business with her husband, founder and CEO of the KX Group, Aaron Smith.

So from those small and ongoing improvements, Sarah now finds herself juggling motherhood, KX classes and managing a business she’s deeply invested in. “I’ve never tired of the work-outs or the philosophies that underpin this fantastic brand. I can’t wait to use the skills I’ve gained in the corporate space to grow the Port Melbourne studio, its class offerings and most impor-

tantly, to become part of this fantastic and vibrant community.”

A fusion of traditional reformer Pilates with cardio and endurance training, KX offers a revolutionary, fast paced, high intensity, full body-toning workout in just 50 minutes. With classes available Monday through Friday between 6am and 8pm and Saturday, between 8am and 3pm and Sunday between 9am and 1pm – you’ll find a class to suit your schedule. Bookings can be made online, or via the KX Pilates Mobile App for iOS and android. Sarah invites you to try KX Pilates today with a special two-week introductory offer of 5 classes for just \$50.

Level 1, 285 Bay Street
Port Melbourne
(03) 9646 8959
portmelbourne@kx.com.au
www.kxpilates.com.au



ONE MORE REP

Personal trainer and professional women's gridiron player, Laura McEwan is committed to her sport.

A passion for school sports saw Laura embark on a personal training career straight out of high school. "I have always been into sports. Interschool sports, team sports and triathlons. I just really enjoy the feeling I get from trying to perform at my best and working up a sweat."

Later completing a degree in exercise physiology, Laura went on to teach personal trainers in the education sector before establishing her own Personal Training studio two years ago - One More Rep, with fellow personal trainer and business partner, John Delinac.

Now juggling the demands of running a business, personal training and a position as Running Back for the Melbourne Maidens Gridiron team, Laura is candid about a game that has earned a reputation for objectifying women. "The game in Australia has seen a lot of change in a short time - but it's a sport that requires serious athleticism and I think we're starting to be recognised for that. It's no longer about the lingerie."

What started in late 2013 as 'lingerie football' has now evolved into a National league of female gridiron players committed to the game and the fitness required to pursue it at the highest level. Laura joined the Mel-

bourne Maidens for the 2014 season after successfully completing a rigorous series of trials, fitness and skills tests to earn her a coveted spot on the Victorian team of 25 girls. "I'm passionate about the sport. I'll always be drawn to a team sport, and for me, gridiron represents the perfect combination of strength, speed, skill and aggression."

Often maligned for its American heritage and diminutive uniforms, the sport has matured on the Australian stage. There are now women's teams in all the Australian states and Canberra. With games played every week during the October to February summer season - Laura's commitment to the sport is unquestionable.

Currently in the throws of their pre-season preparations at Bob Jane Stadium, the Melbourne Maiden's train three times a week for their 40-minute long games. For Laura the sport is about her team - girls that divide their time between careers in dentistry, paramedical services and university studies and the game they love. "I can see myself playing for a while to come yet. I just love the sport and the sense of achievement I get from contributing to the growth of the sport."

The new Australian LGL league introduced match payments and insurance coverage for players to help rid the game of its image as a novelty sport. And it's fast gaining traction and regard for its fast pace, athleticism and empowerment of women.

With the vast majority of personal trainers lasting an average of only two years in the industry, Laura has carved out an enviable space for herself with her business One More Rep. With 10 Personal Trainers offering a range of targeted training services in individual and group formats, Laura is rightly proud of the 'community' she has established above Bay Street. "You're never a number here with just a swipe tag to access. You can expect to be treated like family. Our training space is unique in that it's big enough to accommodate great train-

Laura's top tips for getting fit this spring:

1. Drink lots of water. Keeping yourself hydrated is essential
2. Eat a balanced diet, high in protein, fibre and fat. Remember that fat is not your enemy! Nor are carbs. Just eat them at the appropriate times.
3. Keep moving! Do something everyday to increase your heart rate.
4. Be grateful. A grateful mind is a happy one!

ing opportunities and equipment, but small enough to retain that personal touch."

One More Rep offers personalised programs and group training sessions focused on muscle development, fat loss, sports specific training and competition preparation, boxing and nutritional advice. They have recently added an Infra Red Sauna to their line up of health and fitness services for people looking to detoxify and shed the kilos. If

you're looking to get fit this spring, speak to Laura and her team about establishing a plan for your personal fitness goals today.

One More Rep
Level 2, 250 Bay Street
Port Melbourne
9646 8894
www.onemorerep.com.au



PORT MELBOURNE

Physiotherapy & Pilates

A focus on core strength and fitness delivered new mum and Physiotherapist, Sheree Freedman with the ultimate gift – a quick and complication-free delivery.

After working 38 weeks into her first pregnancy at the Port Melbourne practice she owns with business partner, Sally Maple, Sheree is a glowing testament to the virtues of a clear and considered pre and postnatal fitness plan.

A practicing Physiotherapist and Clinical Pilates instructor for over 10 years now, Sheree practiced Pilates right up until the birth of the newest little addition to her family, baby Asher.

Whilst not initially realising she was in labour with her first child, Sheree presented to hospital at 41 weeks for routine monitoring. Several hours later, baby Asher made his safe and uneventful arrival into the world.

For Sheree, Clinical Pilates offered her the confidence to trust her body going into both her pregnancy and her labour. "I knew that I was well prepared physically for the birth and that regardless of how the labour unfolded, I had a clear plan for my post natal recovery." And whilst her 'smooth' pregnancy and labour could be attributed to luck, Sheree is unwilling to discount the role

that her regular Pilates practice played in her uncomplicated and efficient birth. "I like to think that the work I did preparing my core and most importantly on strengthening my back, really helped reduce the time I was in active labour."

Now, returning to work part time just 10 weeks after Asher's birth, Sheree is keen to get back into the work she loves. "I'm very career driven. And whilst I don't see myself placing my child in long term care to return to work full time, I can't imagine a life without working – I really do love what I do."

Port Melbourne Physiotherapy & Pilates practice offers both hands on physiotherapy and individual and group clinical Pilates classes Monday through Saturday. Whilst most commonly associated with injury remediation, Clinical Pilates also offers an excellent supervised exercise alternative for women in their pre and postnatal stages. "Clinical Pilates is an excellent form of exercise during pregnancy because it works on the deep abdominal and pelvic floor muscles. It can also strengthen and stretch specific muscle groups which are weakened and tight from the postural changes and stresses that occur during pregnancy."

And whilst this keen runner has already returned to "lightly and gradually" pounding the pavement, Sheree admits that she stopped running around eight weeks into her pregnancy. "Running just didn't feel

right for me, but Clinical Pilates is low impact, doesn't stress the joints of the body and exercise positions can be tailored to standing, kneeling, or on all fours, so it's perfectly safe to continue during pregnancy."

A safe and effective way of maintaining fitness throughout pregnancy, Clinical Pilates exercises can be modified to meet the needs of individuals with common pregnancy related musculoskeletal conditions including pelvic, low back and neck pain.

But Clinical Pilates is also great for recovery in the early months following the birth of a baby. "During this stage it is important to regain deep abdominal and pelvic floor strength to help support your lower back - managing the demands of feeding, lifting, and bending for a newborn is made much easier with a strong, supported core and back."

As well as core and pelvic floor strength, Clinical Pilates exercise in the postnatal phase also focusses on posture and flexibility for the recovering body. "As practicing physiotherapists, we can modify exercises for women with caesarean sections, DRAM (abdominal separation) or those recovering from the pelvic joint pain associated with pregnancy."

Port Melbourne Physiotherapy & Pilates also offer unique "Mums & Bubs" Pilates classes

to make accessing exercise in those early months post-birth easier. "We understand that it can be a difficult to juggle child care and meeting your own exercise and health needs, so bringing the little ones along to these sessions makes it easier for new mums to return to exercise."

You can join a special "Mums & Bubs" Pilates classes or individual and group Clinical Pilates classes by contacting Port Melbourne Physiotherapy & Pilates today. Classes are offered between 8am and 8pm Monday to Thursday; 8am to 6pm on Fridays and between 8am and 2pm on Saturdays. You can save 20% on Clinical Pilates by pre-purchasing 10 classes. All Clinical Pilates at Port Melbourne Physiotherapy & Pilates attracts a health fund rebate.

3/11 Beach Street
Port Melbourne, VIC 3207
(03) 9681 7255
www.portmelbournephysio.com.au



Sheree's Top tips for pre-natal fitness:

1. Don't focus on the scales – healthy weight gain is ok.
2. Make your core strength and pelvic floor exercises a priority.
3. Be careful not to overheat or increase your heart rate too much.
4. Listen to your body and seek advice if you experience discomfort.

and post-natal fitness:

1. Walking is the best exercise to start with - getting out with the pram in the fresh air is also great for your mental health.
2. Start your pelvic floor exercises early and set yourself reminders – it's easy to in those early baby-fog days!
3. Avoid lifting heavy weights and high impact exercise until your core and pelvic floor strength has returned.
4. Doing lots of sit-ups won't give you a flat tummy and can be detrimental following a caesarean section or if you have a large abdominal separation. Focus instead on working the deeper abdominal muscles.



For Yoga Teacher and studio owner, Bea Dubinsky, yoga has been a practice of the heart and a journey towards inner freedom and healing.

Inspired to learn more about yogic practices after reading a library book about Buddhism at the tender age of eight, Bea's journey to yoga is an inspired one.

Drawing on yogic philosophies throughout her teen years to overcome insecurities around her body image, Bea began a regular yoga practice at the age of 19. Yoga quickly became a sanctuary and space for 'inner knowing' for Bea, whose early career

in mental health allowed her to apply yogic principles and practices to help her clients overcome anxiety, depression and chronic stress.

Believing in its life-changing potential, Bea commenced full-time formal studies in Yoga some 10 years ago. Whilst her yoga practice before formal training had been comprehensive, studies exposed Bea to a range of teachers from various lineages. "It was that exposure that allowed me to develop my own authentic, grounded and compassionate breath-guided Vinyasa."

Co-founder of Port Melbourne's former

'Simple Affair' organic grocery, café and wellness centre, Bea established a popular yoga studio above Bay Street in 2005. And whilst the business was plagued by unforeseen personal tragedies, including the sudden death of one of her business partners, Bea's yoga practice afforded her an inner strength to serve her growing community of students who came for her holistic, heart-centred approach to yoga.

After relocating her students from Simple Affair to the current studio near the Town Hall on Bay Street, Bea and business partner, Mae Mills, launched Radiant Sol Yoga in February of this year. Their vision for the

business was a simple one – to share the healing power of yoga with the community and make a living doing what they love.

Their beautifully outfitted space, complete with radiant heating, enables them to offer their signature Power Flow classes in a studio heated to 30 degrees. Mae's "strong and sweaty power flow yoga, is made utterly sublime by her closing aromatherapy massage and guided relaxation." Harnessing the invigorating power and meditative flow of vinyasa, Power Flow combines a dynamic physical workout with deep relaxation and stillness. And as Bea contests, "there's no better way to get a total mind-body workout in just one hour."

But Radiant Sol is so much more than just Yoga classes. Bea and Mae have created a community of teachers and students keen to share a journey of connection, vitality and strength through yoga. Their small class sizes ensure you receive attentive care and guidance to prevent injury, and support to grow your personal practice.

Bea's journey to Radiant Sol has also included the birth of her two sons, now aged 6 and 20 months. Inspired by her own birth experience Bea has a keen interest in holistic birth education and empowering women to "find their inner mama-warrior". Bea is now passionate about bringing the gifts of yoga to the whole family with prenatal, mums & bubs, toddler and kids classes. But her work in this space has delivered dual benefits, "the studio attracts a number of first-time expat mums, many of who don't have much family support, so I feel privileged to hold a space where women can share in the joys and challenges of motherhood, without judgment of themselves or each other."

Not shy of taking on a challenge, Bea is now embarking on her latest endeavour – studying environmental law. "I am determined to live a life of passion and purpose, to manifest the highest expression of my spirit. But to be honest, without yoga, I'd be

overwhelmed by the pressure of it all. Yoga allows me to come back to my centre and greet every day from a place of personal truth."

Radiant Sol offers 22 classes over a seven-day week, with new classes being added every month. With classes between 6:15am and 9pm, there's never been a better time to incorporate yoga into your fitness re-

gime. Bea and Mae invite you to enjoy 10 days of unlimited yoga FREE to experience the transformative effects of a regular yoga practice in your life.

325 Bay St
Port Melbourne
9088 0775
www.radiantsol.com.au



Bea's top tips for getting fit this Spring:

1. Define and hold your vision for the incredible life you yearn to live with absolute clarity.
2. Make a commitment to yourself and don't give yourself an escape clause!
3. Dive in!



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