

kréhon



PULSE

NUTRITION • WELLNESS • FITNESS



Ready, Steady SUMMER

MARK ZION interviews **EMMA JOOSTE**

Working full time in a gym environment filling her days with clientele of all ages, shapes and backgrounds, she works closely with people to understand their various demands and everyday challenges. Teaching them to rebuild their daily patterns, motivating them to want more for themselves and strengthening their minds. "This is my greatest pleasure in life and ultimate passion," says Emma.

Since starting her career in the health and fitness industry she has moved into a bigger and busier gym which is now her full time home. She has given group classes as well as personalised training and is also the resident Stretch & Conditioning Coach at a local dance institution. She is also currently working towards a few fitness shows and some exciting new projects that she will be sharing in the near future. A true force to be reckoned with!





EMMA, WHAT DO YOU ENJOY MOST ABOUT SUMMER AND WHY?

Summer is such an exuberant season! Everyone seems happier, people indulge in being social and getting outdoors, our beautiful country is utilised in all its glory and fresh/healthy meals are the number one option. This is what summer represents in my eyes. Health, nature, activity and overall wellness. The season to enjoy one's body to its maximum.



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WHAT ARE SOME OF THE KEY EXERCISES YOU DEEM FIT IN THE MORNINGS?

Morning training for me personally is always a form of cardio or high intensity training. This boosts my metabolism and gives me a great start to the day. I do however encourage my clients to do anything physical in the mornings. This can be a walk on the beach, trail run, gym session, group class, home workout, weights, functional, Pilates, yoga, the list goes on... Anything that increases blood flow, heart rate and encourages muscle activation will be beneficial.



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WHAT FOODS ARE THE MOST AND LEAST BENEFICIAL FOR A SUMMER BODY?

I always encourage whole and fresh foods. This should be all year round but summer is actually slightly easier as the fresh produce options are awesome and munching on salads & fruits or drinking smoothies and juices are all easier in the heat. I recommend avoiding the processed and sugary foods. Of course if you are being social, enjoy a cocktail or treat but be mindful of your options and portions.

Wardrobe

My summer wardrobe must haves are a cute bikini! Nothing better than a good beach day in a colourful kiki. Flip flops, OBVIOUSLY! This goes hand in hand with a great pedi. Most importantly, maxi dresses. Colours, prints, you name it – dresses are beautiful and I have yet to see a woman that doesn't look elegant, feminine and radiant in a Maxi!

For my gents, and this is really just my personal taste, I think his essentials are going to be an amazing cologne. Guys, please indulge in a good fragrance! It drives women wild, we appreciate a fresh gentleman and it pushes you ahead of the game. A crisp white T-shirt or even linen shirt. Wearable, can translate from day to night and white literally suits everyone. Lastly, a sexy pair of shades. If you are a guy that enjoys a pair of sunnies then rock that look!



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WHAT HAVE BEEN SOME OF YOUR FAVOURITE HEALTH PRODUCTS THIS YEAR AND WHAT WOULD YOU RECOMMEND TO GUYS AND GIRLS THIS SUMMER?

My favourite products at the moment are the Pharma Freak Water Enhancers. These are sugar free water flavourants that encourage consistent water intake. There are various flavours and I take them everywhere with me. My next favourite are Grenade Bars. These are high protein and low carb. Absolutely delicious, low calorie, plenty of flavours and they even have Vegan ones. I like these because they are quick and easy for when I'm rushing around, they sustain my energy levels and they curb my cravings. #winning



App-tivate

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The best health conscious gadgets for keeping in your best shape will be a skipping rope, mini resistance bands and yoga mat. These 3 tools will assist with cardiovascular training, toning and strengthening, core conditioning and stretching.

My favourite apps right now are MyFitnessPal to track my calorie consumption, Centrfit for amazing workouts and nutrition guidance and Poosh for overall wellness trends, skincare and lifestyle guidance.

POOSH



HOW IMPORTANT IS THE BALANCE BETWEEN MENTAL & PHYSICAL WELLNESS?

The balance between mental and physical health is EVERYTHING! They work hand in hand and the one encourages the other. One's overall mentality plays a role in consistency, creating healthy habits, keeping yourself accountable, practising discipline etc. All of these are imperative for physical execution when it comes to activity or dieting. Start with your mental game and the rest will fall into place.

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WHAT ARE SOME OF YOUR FAVOURITE SUMMER LOCATIONS AND WHAT ARE YOUR PERSONAL GOALS THIS SEASON?

My favourite summer locations are a Cape Town beach (anyone, they are all gorgeous) or a mountain trail. I also enjoy beach bars and outdoor restaurants in the summer. Enjoying a good meal while socialising outdoors is always fun! My personal goals this season include trying new water sports, staying active

daily, increasing my fitness levels and trying the smaller independent gyms and classes in and around Cape Town. All of these options excite me and definitely assist in keeping active. I also want to expand my healthy cooking skills and will be doing a few cooking courses throughout this warm season. ☺