



RACHEL GRUNWELL

Rachel is a wellness writer, marathon runner and yoga teacher, and the director of inspiredhealth.co.nz.

Do you want to be the best and happiest 'you'? This season, take the time to focus on vitality and strength in mind, body and soul.

Dr Kerry Spackman, neuroscientist and author of inspirational book, *The Winner's Bible*, has helped many famous names achieve phenomenal success; his clients have included Olympians, All Blacks, Formula One drivers and business leaders.

To strengthen your mind, Spackman says to firstly ask yourself what truly drives you and who you really are.

Drill down deeply on your history, psychology, physiology, and philosophies, and examine where you "sit in the universe".

Following this, examine your goals, passions and self-beliefs. Once a passion or mission is "crystallised", then address your strengths and weaknesses and formulate a plan.

Finally, working really hard is crucial to achieving your dreams.

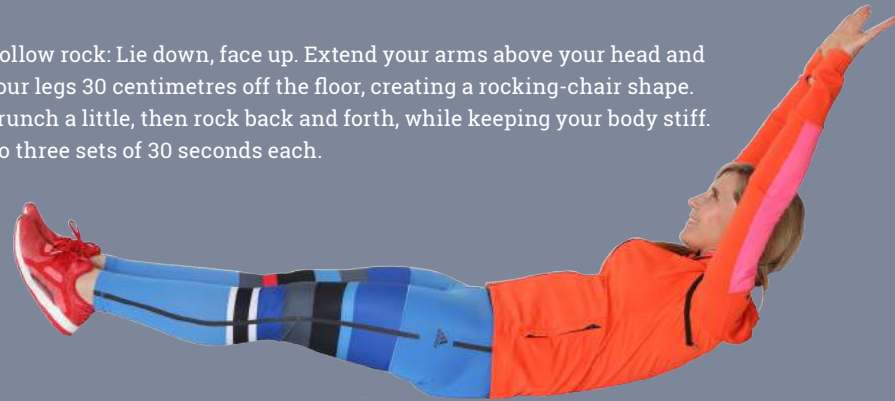
"I don't know anyone who has a gold medal who hasn't worked their butt off," says Spackman.



THE TUMMY WORKOUT

Build a stronger core that improves your posture and helps pull in your stomach. This workout for a 'stronger you' has been devised for JUNO readers by trainer Chris Bedford of Next Gen Health and Lifestyle Club.

Hollow rock: Lie down, face up. Extend your arms above your head and your legs 30 centimetres off the floor, creating a rocking-chair shape. Crunch a little, then rock back and forth, while keeping your body stiff. Do three sets of 30 seconds each.



Walking plank: Start in a hover position on your forearms, with your elbows directly below your shoulders. Let your body form a straight line from shoulders to ankles. Activate (tighten) your core muscles. Press your body up by straightening each arm one at a time. Pause. Return to your forearms, lowering one arm at a time. Do four sets of 10 repetitions.



Mountain climbers: Start on your hands and toes, facing the floor, with hands under chest (shoulder-width apart) and straight arms. Your body should form a straight line from shoulders to ankles. Lift right foot and slowly raise knee towards your chest. Return to start position. Repeat with left leg. Do five sets of 20 repetitions.

www.nextgenclubs.com.au/auckland.



RASPBERRY AND HONEY CHIA DELIGHT

1 cup cashew (or almond) milk
2 teaspoons honey (I recommend True Honey 500+ manuka honey)
¼ cup raspberries (fresh or frozen)
2 tablespoons chia seeds (I recommend Ceres Organics)
Blend milk, honey and berries and then stir in the chia. Pour into a cup and garnish with cacao nibs and mint leaves.



A BREATH OF FRESH AIR

The name Aro Hā means "in the presence of divine breath". The divine Aro Hā wellness retreat certainly took my breath away – from the alluring landscape and the brilliance of the mindful-living teachings, to the beauty of the souls I connected with.

Located in Glenorchy, 40 minutes from Queenstown, Aro Hā is nestled in *Lord of the Rings* land, surrounded by snow-capped mountains, rolling farmland, and lakes.

A six-day wellness programme at the retreat can transform your mind, body, and soul. I experienced yoga, Pilates, strength classes, alpine hiking, mindfulness, and a daily massage. I ate vegetarian cuisine that resembled art. It was a time to learn strategies to de-stress, slow down, unplug, and set goals for a happier life.

At Aro Hā, technology is out, and connecting with nature is in. This award-winning retreat is eco-friendly, yet luxurious, with a range of accommodation from Monastic Eco single rooms to Eco Suite Private king rooms.

The highlights are many – a daily hour-long massage, an outdoor spa in the midst of nature, healthy-food workshops, and amazing movement options, all the time meeting strangers who become friends. The activities are optional, but I didn't want to miss anything!

Aro Hā managing partner Damian Chaparro says people go to the retreat to reset and "to find themselves".

Chaparro inspires guests with his teaching of emotional intelligence, philosophy and what he calls "Vitamin N" – the importance of nature and nurture of both yourself and those around you. Having true connections with others can feel "palpable and delicious", he explains.

If one person can be inspired to change, then eventually the world can too. This philosophy is at the heart of Aro Hā, says Chaparro.

I left this special place feeling empowered, with my soul uplifted.

www.aro-ha.com



Win a copy of *The Raw Kitchen* by Olivia Scott, Beatnik Publishing, RRP \$59.99, www.beatnikshop.com.

This gorgeous book boasts raw-food recipes that look good and taste good, as well as being good for you! It contains more than 100 gluten-free, dairy-free and refined-sugar-free recipes, plus inspiring wellness tips.

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