



Photo: Adam on the left, sitting, and on the right, standing. © iStockphoto.com



"I want to be better, and our better together." © iStockphoto.com

**THE NEW YOGA**  
**1** **Jessika Munnich, 45,**  
barre body instructor  
and studio owner

**What's your fitness background?**  
"I played university-level soccer and basketball in the UK, and when I moved to South Africa, I committed to coach women's soccer teams, including the girls at Cape Town High School. As my soccer career wound down, I decided to turn my love for yoga into a vocation. After five months in Los Angeles, I returned to SA and opened the country's first barre yoga studio."

# Change It Up

Personal trainers reveal how a little mix-up will help keep you motivated. By Kyle Andriano

**Just give us some advice on something new!**  
"After 15 years of yoga, I decided to take the barre body method—a fusion of yoga, pilates, ballet barre exercises, aerobics and lightweights. I love the high, I learned SA's first barre studio in Cape Town."

**What makes barre a great workout?**  
"It's become popular because it gets results quickly. Barre works the entire body, which targeting individual areas to burn fat and sculpt your body. This is achieved through making small muscular corrections that work the muscle to no longer it with something to lengthen it out."

**Why do you think it's best to combine exercise in regular habits?**  
"I think using exercise as a quick fix is when a mistake. Long-term good health and vitality is the goal. I advise people to stay steady and focus on one day at a time. The only way to make exercise really stick is to let it be part of who you are."

**What do you enjoy most about your job?**  
"I consistently work on new ways to fit my barre body classes. I want my physique to adapt to new trends, and I also like to bring my classes something new or to challenge myself."

**What's your response to people who say they're bored of working out?**  
"To me, exercise is a form of self-improvement. It's about becoming

the best that I can be. If you exercise, you're there every day and you know you're working the muscle tone, then the point of the exercise program is to keep it and to stay in that motivation. But when you exercise, it's not about becoming a better person, it's about being."

**What is the most important fitness tip you'd give?**  
"To me, fitness means a lifestyle, not just a routine. It's not just about a high intensity workout, it's about your general habits."

## 2 BUILDING YOUR BEST BODY

**Zachary Davis, 30,**  
trainer at Five  
Elements

**What made you decide to become a personal trainer?**  
"I was an active child and a lot of sports at school. I decided I wanted to do physical activities for people's lives. Whether you're fit, or because I want to help them achieve their goals."

**What's your response to people who say they're bored of working out?**  
"The reality is that's how our bodies and minds get bored quickly, so it's important to mix things up. It's also important to set goals. I don't like running, so I don't put that in my workout plan."



"This isn't just any burrito, it's healthy!" © iStockphoto.com

**What is a common healthy mistake people make and how they're trying to avoid it?**  
"I think people often choose the wrong cardio and don't incorporate a good strength program. I have to remind my clients that you can't lose weight without building muscle. People often do cardio without strength training."

**How do you stay motivated when you're not seeing results?**  
"I train on the same schedule, which includes cardio, strength and core. I focus on the progress and the health benefits, not just the scale. I also remind myself that I'm stronger and more confident. I also remind myself that I'm stronger and more confident."

**What is an effective way to break a plateau of weight loss?**  
"I recommend trying new exercises and increasing the intensity of your workouts. It's also important to track your progress and celebrate small wins. I also recommend trying new exercises and increasing the intensity of your workouts."



"This isn't just any burrito, it's healthy!" © iStockphoto.com

**Why are women becoming more health-conscious when it comes to weight training?**  
"Women are realizing that strength training helps to build muscle and burn more calories."

**What are some ways to stay motivated when you're not seeing results?**  
"I recommend trying new exercises and increasing the intensity of your workouts. It's also important to track your progress and celebrate small wins. I also recommend trying new exercises and increasing the intensity of your workouts."

**What is the biggest mistake people make when they're struggling to achieve their fitness goals?**  
"I think it's forgetting to track progress and celebrating small wins. It's also important to track your progress and celebrate small wins. I also recommend trying new exercises and increasing the intensity of your workouts."

**What is the biggest mistake people make when they're struggling to achieve their fitness goals?**  
"I think it's forgetting to track progress and celebrating small wins. It's also important to track your progress and celebrate small wins. I also recommend trying new exercises and increasing the intensity of your workouts."

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