

fitness first

FOR GUYS & GIRLS

EXCLUSIVE INTERVIEW

LAURA Csortan

Her rise from Miss World, to media, to motorbiker

HAIR SPECIAL

8 pages of tips, facts & looks to try

HOW TO BOX LIKE A WORLD CHAMPION

BIG FAT TRUTH:

what does your fat say about you?

WHAT NOT TO WEAR: DRESSING FOR YOUR SHAPE

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WEAR YOUR HEART ON YOUR SLEEVE

As the official timekeeper of the Australian Football League, TISSOT is proud to present this high-tech limited edition sports watch. A classic timepiece that stands out from the crowd, the PRC200 is an elegant watch, which combines chronograph function, tachymeter and date. This Chronograph is a perfect watch for every occasion with a touch of sporting elegance. Engraved with the AFL logo on the caseback, this Swiss-made watch is a prized collector's item. Available for \$650, phone 03 8844 3300 for stockists.



WHY SHE MIGHT FAKE IT (and how to overcome it)

It's a fact of life that some women do fake it. Not all (and not all the time!), but some women, sometimes do fake their orgasms. Here are six reasons why she might fake it and how you might help ensure it doesn't happen!

She's too keen to have one. Having an end goal in mind can really diminish the fun! Help her discard the 'I must have one' mindset, and help her concentrate on the fun side of sex, by creating real intimacy. Spend time playing, exploring and enjoying each other's body, and you just might get so carried away together, an orgasm could well sneak up on her!

She's feeling self-conscious. Tell her what you like best about her body, and use touch and language to make her feel genuinely desired, sexy and beautiful. Chances are, if you really make her feel desirable and you suggest not going all the way, she might just turn the tables on you and hello big O!

She's too dry. If you have the time, then deploy more foreplay. Or, if you're on the clock, then keep some water-based lubrication nearby and dive into that. Don't even think she can go the O without adequate lubrication.

Your technique is off. Don't feel bad. We can't all be sex gods all the time! The best way to please her to the point of ecstasy is to have her tell you what she likes or, even better, encourage her to show you how she likes things done.

SAY GOODBYE TO SWEAT MARKS!

You're on a jam-packed bus on a stinking hot spring day. The only bonus is that you're bumping up against a stunning blonde. You catch her eye and smile only to have her look away, disgusted. Wondering what you've done to offend her, you look down and see the culprit! Two huge sweat marks on your blue business shirt. No wonder she's unimpressed! But thanks to ultra-thin Sweax™ Underarm Liners (available for men and women), you'll have sweat-free confidence all day long. Simply apply the liner to the shirt in the morning and remove and discard after use. Available from Priceline, Priceline Pharmacies, Franklins and Woolworths for \$4.99 for a 6-pack.



NEW PROGRAM FOR YOUNG MEN

For a long time, Australia has had alarmingly high rates of youth suicide, particularly among young men. In response, a new Australian company is rolling out a dynamic program to address the issues that commonly lead to suicide. Schools Out! Youth Services offers numerous programs, one of which is the 'Young Men's Program, which works (typically through the school system) to address issues that are often not openly discussed, but which commonly face young men today. Such topics include self-esteem, effective communication, anger management, masculinity (e.g., breaking down the stereotypes), men's health, and goal setting. 'The Program allows young men to openly discuss what's important to them, and helps teach them important life skills that they can use in their everyday lives,' says company founder and director, Michael Colling. Find out more at www.schoolsout.net.au

Lose weight, gain length! Dr Oz on the Oprah Winfrey show said men will gain an inch of penis length for every 35 pounds of fat lost (but yes, this will taper off after a while!).