

AUSTRALIAN Women's Health

COULD YOUR FINANCES BE WRECKING YOUR LIBIDO?

LAURA HENSHAW

HOT, HAPPY AND REFRESHINGLY REAL

**KICK
START
YOUR
SUMMER
BODY!**

THE 100% GYM-FREE
WORKOUT THAT
BURNS FAT, FAST!

WELLNESS
**The
Genius
Bio
Hacks
Set To
Rock
Your
World**

REBOOTED

**EAT
CARBS,
LOSE
WEIGHT**

p119

**SCULPT
SEXY
SHOULDERS**

**BOOST
YOUR
WELLBEING**

**SLASH
SUGAR
CRAVINGS**

**CREATE
INSTANT
CALM**



**MEH ABOUT
MOTHERHOOD?**

THE NEW LIFE
DILEMMA FACING
AUSSIE WOMEN

FITNESS ESCAPES

It's true! You can come back from holidays fitter than you arrived, and enjoy a few cheeky cocktails on the side, at one of these athlete-approved destinations

By Lizza Gebilagin

FOR WANNABE FIGHTERS TIGER MUAY THAI, THAILAND

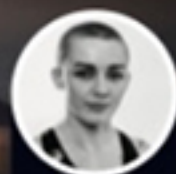
The lowdown: Sure, Phuket is synonymous with the infamous ping-pong shows on Bangla Road, but for the top mixed martial arts (MMA) and Muay Thai fighters, it's known for being home to the world's best training destination, Tiger Muay Thai (tigermuaythai.com). The camp attracts world champions but also everyday fitness fanatics – like us – who love the idea of training hard. Not only will the daily sessions in the humidity see you easily drop weight and get fit, but healthy eating is made simple as the street where the camp is located

is filled with clean-eating cafes and restaurants. It's a health nut's paradise! **What you'll do:** There are separate classes for beginners, intermediate level and pro fighters in Muay Thai (the traditional Thai kickboxing), Western boxing, Brazilian jujitsu and MMA, plus fitness conditioning classes (including beach boot camp and CrossFit) and yoga. You can train as many times a day as you'd like, although twice is probably enough. And the best part? You can wind down with a massage that costs less than what you'd spend on your usual weekend brunch. **Don't miss:** The Big Buddha Run. Every Tuesday morning the trainers take a group by bus to the bottom of Nakkerd Hills to tackle the 4km, all-uphill run to the 45-metre-tall statue of Buddha at the very top of the mountain.

Ideal time to go: It's cool and dry from November to February, and remains pretty nice until May, when the monsoon season starts.

When you're not sweating: A half-hour drive from camp is the Insta-worthy rooftop infinity pool bar at Kata Rocks (pictured above, katarocks.com), where you can enjoy sunset drinks as you gaze longingly at the water (downside: swimming is only allowed for guests, but the pics are worth it). If you want to meet an elephant up close, make the ethical choice and head to Phuket Elephant Sanctuary (top right, phuketelephantsanctuary.org), where retired working elephants are rehabilitated in 30 acres of amazingly lush jungle. A day at the sanctuary will give you all the feels.

Expect to: Come back home seriously shredded.



WHAT THE
ATHLETE
SAYS:
Muay Thai
fighter
Brooke
Farrell

"It's an amazing fitness hub full of like-minded people who are here for the same reason we are! So it's really nice to have such a big supportive community. Tiger really look after their fighters; they offer so much support to help keep their fighters living their dreams, which we are so grateful for." – Gold Coast-raised Muay Thai fighter Brooke Farrell, who moved to Thailand three years ago with her husband Eddie