

MAGAZINE

B

B

EDITION 2

SETTLE IN TO

PREMIUM COASTAL LIVING

EXERCISES THAT

FIT YOUR LIFESTYLE

HEALTHY MIND,

BODY + SOUL

FEEL GOOD RECIPES

AND REMEDIES FOR

BETTER GUT HEALTH



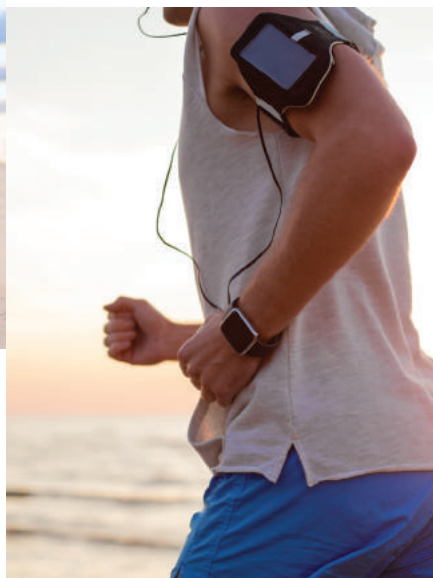
BURNS
BEACH

WELCOME TO THE SECOND EDITION OF B MAGAZINE...



**...WHERE YOU'LL FIND
PLENTY OF INSPIRATION
TO ACHIEVE YOUR FITNESS
GOALS AND ENJOY A
HEALTHY, ACTIVE LIFESTYLE
BY THE COAST.**

Of course, it's easy to feel inspired every day when you call Peet's Burns Beach Estate home. With the stunning beach as its backdrop, complete with a range of parks, open spaces and quality living options, settling in to your dream coastal lifestyle has never been easier. To find out more, visit burnsbeachestate.com.au



FITNESS AT YOUR FINGERTIPS!

**IN THE EVER-EVOLVING DIGITAL
WORLD WE LIVE IN TODAY, WE'VE BECOME
SO RELIANT ON OUR SMARTPHONES,
HAVING ALMOST INSTANT ACCESS
TO EVERYTHING WE NEED. NEED DIRECTIONS?
THERE'S AN APP FOR THAT.
WANT FOOD DELIVERED TO YOUR DOOR?
YEP, THERE'S AN APP FOR THAT TOO.**

Meet Junior Lee

Trainer + Coach at Evolution
Health & Fitness
0431 527 931



And you've guessed it; there's an abundance of apps out there to help you stay fit and healthy. From workout guides to calorie counters, finding gym training partners or fitness activities within your area, there's sure to be an app with innovative ways to help you build new habits, get fitter and smash those goals.

As a Personal Trainer I've come across plenty of excuses of people not sticking to a regular fitness routine because they haven't been able to make it to a gym. Yet the entire world is the best gym you will ever train at and your body is the strongest machine you'll ever use. That's why I incorporate outdoor fitness into all of my clients' programs. Exercising outdoors not only improves overall physical health, it also aids the reduction of stress and helps maintain positive mental health.

At Burns Beach you are spoilt for choice with the abundance of parks and coastal walkways in the area. Exercising outdoors provides an opportunity to be physically active in a constantly changing environment.

While cardio machines and weights in the gym can provide a number of benefits, doing the same movement pattern over and over again can

cause an overuse injury. The more challenging the terrain, the more the body is taught how to adapt to the changing environment. After all, we need our bodies to be flexible, as daily movements use all muscle groups.

While exercising outdoors ultimately enhances your physical health, it also opens up the opportunity to meet new people and connect with your community. So don't forget to put your phone down occasionally, look up and start a conversation with those around you.

For the busy mums and dads, fitness outdoors gives you the opportunity to turn your exercise time into family time with the kids. It's important as a role model to exercise with your kids and show them that physical activity can be fun. Playing at the playground, going for a bike ride or playing a sport are a few ways to be active outdoors with your kids. Before you know it, you'll work up a sweat!

Remember, getting started is often the hardest part. But on those days you can't make it to the gym, throw on a pair of runners, grab your phone with your favourite fitness app and go explore the parks in your local area. You might be surprised by how energised you feel, just by being outdoors!



Central Park, Burns Beach Estate



**GET YOUR FREE
30 DAY
TRANSFORMATION
PROGRAM.**

SCAN CODE THROUGH
FACEBOOK MESSENGER OR EMAIL
INFO@EVOLUTIONHEALTHANDFITNESS.COM.AU

BEACHSIDE FITNESS.

**EVER FELT OVERWHELMED
WALKING INTO A GYM, WITH
ALL THAT EQUIPMENT AND NOT
KNOWING WHERE TO START?**

Exercising outdoors can be daunting, especially if you aren't too familiar with the area. You may find you settle for a quick cardio session of walking or running (which is still a great way to get the body moving!).

But with a little creativity and imagination, you can replicate almost any gym exercise outside, especially if you live close to a park. Make use of the natural surroundings and play equipment as workout stations for pull-ups, step-ups, push-ups, dips and other body-weight exercises. Think about it, why drive to a gym to use a stair-climbing machine when almost all outdoor staircases can provide the same challenge? You'll feel the same burn whilst being able to breathe in the fresh outdoor air. Ready to get started? Here are my top 5 exercises, suitable for all fitness levels!



STRETCHING – 5-10 mins pre or post workout. Stretch specific to your workout. Hold each stretch for 30-60 secs



SIDE PLANK – Ensure your body is straight, shoulder joint is stacked over your elbow, raise your hips, engage your core & hold each side for 30 secs. Do 3 sets.



SINGLE LEG DEADLIFT BALANCE - Slightly bend your knee first then bend at your hips seeing your spine neutral. Touch your toes, stand tall & repeat. Do 8-12 reps per side.



INVERTED ROW – Grab the bar shoulder width apart, feet firmly on the ground with your knees slightly bent, keep your spine straight & pull your chest fully to the bar. Perform 3-4 sets of 8-12 reps, allow 60-90 secs rest.



PULL UPS – Grab the bar shoulder width apart, pull your chin up to the bar & lower slowly. To progress up to body weight, find a lower bar & perform jump pull ups. Jumping for the first half of the movement & pull up the second half. Perform 3-4 sets of 8-12 reps, allow 60-90 secs rest.



FLOAT & RESTORE.

Studies show Floating can improve chronic lower back pain.

**THE EPITOME OF RELAXATION AND
RESTORATION, FLOAT & RESTORE'S
SOLE PURPOSE IS TO IMPROVE THEIR
CUSTOMERS' HEALTH AND WELLBEING
THROUGH SAUNA, FLOAT AND MASSAGE
THERAPY SERVICES.**

DID YOU KNOW...

in terms of benefits for your body,
1 hour of Floating = 8 hours of sleeping?!

Sauna, float and massage therapy all boast amazing benefits for your health and wellbeing. Float and Restore's state-of-the-art facilities in Joondalup and Wangara ensure that you have no choice but to relax and unwind. They cater for everything, so you can just succumb to relaxation.

Float & Restore aim to make your experience as pleasurable as it can be, and by offering HICAPS and Health Fund Rebates for massages, there is no excuse not to treat yourself – your mind and body will thank you for it.

HICAPS & Health Fund Rebates are available for massages.

Floatation therapy is the scientifically proven process of relaxing and resetting the brain and body through sensory deprivation, offering a multitude of proven health benefits, such as:

- Speeding healing and recovery
- Relieving pain
- Relaxing muscles and joints
- Reducing stress, anxiety and depression
- Improving sleep, and combatting insomnia
- Increasing energy levels
- Improving digestion and metabolism
- Reducing addictive behaviour, such as smoking
- Improving skin and hair health
- Increasing magnesium levels – lessening migraines and headaches, improving PMS, and more.

SPECIAL OFFERS

Buy a 60 minute float and 30 minute sauna for just \$79 – **saving \$36.**

Triple Combo (Sauna, Float & Massage) for \$149 – **saving \$31.**

You must mention this article to be eligible for these special offers.

Lakeside Joondalup 

Shop T142, 420 Joondalup Drive
(08) 9300 1100
floatandrestore.com.au

NO MATTER IF YOU'RE PLANNING ON POUNDING THE PAVEMENT, OR TOPPING UP YOUR POST-EXERCISE GLOW WITH A TAILORED SKINCARE REGIME, WE'VE GOT ALL YOUR BASICS COVERED RIGHT HERE.

BEAUTY BASICS.

Give your skin a healthy glow with these must-have products. There's no reason why your daily face + body routine can't feel like a trip to the spa.

1



1. **Active C Serum** - XY Skin & Body. Antioxidant protection, brightening, hydrating and calming.
2. **Resveratrol** - XY Skin & Body. Antioxidant protection, hydrates, nourishes, increases moisture content and calming.
3. **Essential Oil Diffuser** - Endota Spa. Buy the Endota Spa Signature Essential Oil for only \$10 when you purchase the Essential Oil Diffuser. Make your space a haven of ambient light.
4. **Endota Spa Organics** - Endota Spa. Range showcasing the Lip and Eye Power Serum) Cleansing Smudge Stick and Coffee & Coconut Resurfacing Polish.

2



3



5

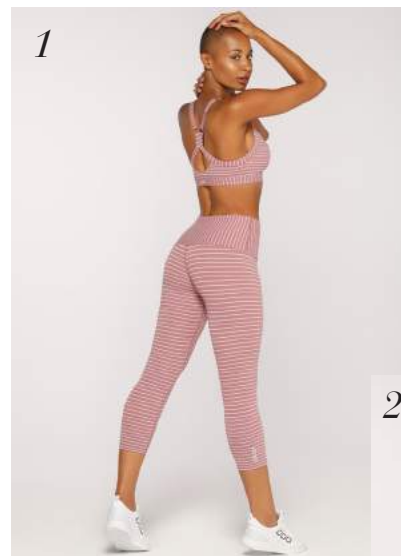


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5. **Peptide 8 Hyaluronic Serum** - Endota Spa. Hyaluronic Serum & Peptide Firming Moisturiser.
6. **Envirostat Aspect** - XY Skin & Body. SPF 50 & Hydrashield SPF 15 – facial sunscreen and moisturiser.
7. **Cosmedix** - XY Skin & Body. Opti Crystal Eye Serum – hydration to the eye area and radically reduces the look of dark circles, fine lines and crow feet.
8. **Redless** - XY Skin & Body. Antioxidant protection, calming, soothing & nourishing.

1



FASHIONABLY FIT.

Whether it's a coastal walk, a run along the sand, or group fitness at your local park, these top picks from Lorna Jane at Lakeside Joondalup Shopping Centre will have you looking fashionably fit at all times.

2



3



1. **Charm Range** - Lorna Jane. Charm Support Sports Bra Charm Core 7/8 Tight
2. **Activate Range** - Lorna Jane. Activate Active Tank Down Town Core A/B Tight
3. **Practice Range** - Lorna Jane. Practice Sports Bra Savage Core A/B Tight

9. **Divine Youth Oil** - L'Occitane. Highly concentrated in immortelle essential oil, which contains 2x more antioxidant than Vitamin E, Divine Youth Oil is a multi-usage skincare treatment that helps fight against visible signs of ageing.

9



THE PERFECT CHOICE

We caught up with Chris to see why he and wife Jen have chosen to build their dream home in Burns Beach...

Tell us a bit about yourself (and your family)

My wife (Jen) and I have 2 kids, Garry who's just turned 6 and Penelope who's 3 years old, but has the sass of a teenager. Penny loves her ballet lessons while Gaz enjoys doing gymnastics and soccer. We all love the outdoors, especially the beach and that's usually where you'll find us. For work, I'm an instructional designer and while my wife has a background in nutrition and dietetics, she decided to be a full time mum when our son was born.

What attracted you to coastal living in Burns Beach?

Jen grew up in a small fishing town in South Africa and I've always loved the beach, so together we knew we wanted to move to the coast as soon as we could make it work. We've always spent a lot of time at Burns Beach in

the past, whether it's at the cafe, McIntyre park with the kids or just the beach itself, so it made sense for us to build there.

What's the best thing about living so close to the beach?

There's so many things we're looking forward to, but the fact that our kids will be able to walk to the beach as they grow up is the biggest selling point for us and it's a dream come true. We both feel that beach living promotes a healthy outlook and lifestyle, which is something that our kids and us can benefit from.

How do you like to spend your weekends?

If we're not at the beach, the park or catching up with friends, it's safe to say you'll find us at a cafe enjoying a coffee (and milkshake for the kids). We also like to check out new restaurants for dinner on the weekends, or stay in for a family movie night with some pizza if the weather's not great.

Do you enjoy an active lifestyle? If so how do you like to keep fit?

We all enjoy swimming, bike rides and walks. I try to make time to go for a run before driving into work most days, while my wife usually heads to the gym after the morning school run. Our daughter loves ballet and our son looks forward to his soccer and gymnastics lessons.

What are you looking forward to doing in the community once your house is built and you've settled in?

For us, it's about being respectful and friendly to our neighbours in the Burns Beach community. We're so excited about living at Burns Beach in a community full of people who share the same desire to live near the beach as us. We'll support local businesses and do our part any way we can to make Burns Beach a great place to live for years to come.

Jen and Chris Chard with their children Garry and Penelope



"WE CAN'T WAIT FOR COASTAL LIVING AT BURNS BEACH"



Suzy and Ricky Carrico, and their Dachshund Dizzy.

Suzy and Ricky Carrico, who currently rent near friends in Baldivis, decided to take a weekend drive along the coast in the northern suburbs of Perth and instantly fell in love.

"One Sunday we decided to drive up the coast as we often do, and came back having bought a block of land at Burns Beach!"

"Our friends are sad that we're moving north of the river, because apparently in Perth once you live south of the river, you stay south of the river – it's almost unheard of! They said it's like we're moving interstate," Suzy chuckled.

"We knew in our hearts we were set on Burns Beach. We love the local coffee shop, there's always so much activity at the foreshore and lots of young families which is a really good sign."

"Both of us love the outdoors. Ricky is a cyclist, we both love running and we love the beach even more. We're also always out walking with our gorgeous Dachshund Dizzy. So it made sense that Burns Beach was our perfect choice."

"The commute to work will be shorter, we'll be surrounded by everything we love – the beach, beautiful parks, all the shops and important services we need, and the transport options are great too," explained Suzy.

The Carricos are hoping to maximise the view of the beach with a four-bedroom, two-bathroom double storey home design on their 390sqm block.

"This will be our perfect dream home. We may only be two people, but our friends and family are always coming to visit, both from Sydney and South Africa, and even locally, so we really do need a big home."

DESTINED FOR A RELAXING LIFESTYLE, FULL OF OUTDOOR ADVENTURES, WALKS TO THE BEACH AND A FRIENDLY COMMUNITY, SUZY AND RICKY CARRICO CAN'T WAIT TO SETTLE IN TO THE BURNS BEACH COMMUNITY AFTER MOVING TO AUSTRALIA FROM SOUTH AFRICA FOUR YEARS AGO.



FENNEL AND CUCUMBER SPRITZER.

FINISH A MEAL WITH ONE OF THESE CRISP CUCUMBER SPRITZERS INFUSED WITH FENNEL, PEPPERMINT AND LEMON TO AID DIGESTION. SERVES 4.

YOU WILL NEED

For the fennel syrup

3 tablespoons fennel seeds
1/2 cup rice malt syrup
1 cup (250ml) water

For the spritzers

ice cubes, to fill glasses
1 Lebanese cucumber
40–50 peppermint leaves
Lightly sparkling mineral water, to cover
Squeeze of lemon juice

HOW TO

1. Coarsely grind the fennel seeds in a spice grinder, then tip into a small saucepan along with the rice malt syrup and water.
2. Bring to the boil over medium heat and stir for 5 minutes.
3. Turn off the heat and leave to sit for 20 minutes.
4. Strain through a sieve lined with cheesecloth and discard the solids. This syrup will last for up to a month in a sealed, labelled container in the fridge.
5. To make the spritzers, fill four short glasses with ice.
6. Use a vegetable peeler to cut the cucumber into ribbons and add 2 ribbons to each glass, along with 10–12 peppermint leaves.
7. Pour 2 tablespoons of fennel syrup into each glass.
8. Top up with the mineral water and add the lemon juice. Enjoy!

MIGHTY MACKEREL SALAD WITH SPICY AVOCADO DRESSING.



YOU WILL NEED

150g green beans, trimmed
12 grape Kumatoes or your favourite sweet cherry tomatoes, cut in half
Large handful of baby spinach leaves (about 40g)
Large handful of wild rocket (about 40g)
Small handful of flat-leaf parsley leaves, finely chopped
150g mackerel fillets in olive oil, drained

DRESSING

Flesh of 1/2 avocado
1/2 cup plain yoghurt
2 tablespoons extra virgin olive oil
1 teaspoon grated fresh horseradish
Finely grated zest and juice of 1/2 lemon
Sea salt and freshly ground
black pepper, to taste

HOW TO

1. Start by putting all the dressing ingredients together in a blender, then processing until smooth. Pour into a small bowl with a serving spoon.
2. Chop the beans into 4–5cm pieces. Steam for 1–2 minutes until bright green but still crunchy. Remove from the heat and place under cool, running water to stop the cooking process. Drain well.
3. Combine the Kumatoes or cherry tomatoes with the spinach, rocket, parsley and beans in your serving dish. Toss well.
4. Arrange your mackerel over the top of the salad.
5. Serve with a big dollop of the dressing.

From The Happy Gut by **REECE CARTER**

Herb Nerd Reece Carter holds a Bachelor degree in Health Science (Naturopathy) and has a lifelong passion for all things green.

Available from
harlequinbooks.com.au/author/reece-carter





BURNS BEACH

***THE BURNS BEACH STORY DOESN'T END HERE –
IN FACT, IT'S ONLY THE BEGINNING.
TAKE YOUR PLACE IN THIS PREMIUM
COASTAL COMMUNITY TODAY.***

SALES AND INFORMATION CENTRE

GRAND OCEAN ENTRANCE
BURNS BEACH
OPENING HOURS:
SAT–WED 1–5PM.

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