

The background of the advertisement features two distinct scenes. The top scene shows a shirtless man performing pull-ups on a horizontal bar in a bright, open area with a white building and a large speaker on the left. The bottom scene shows a woman in a blue tank top and shorts performing a deadlift with a heavy barbell in a dark gym with overhead lights. The overall composition uses a high-contrast, dramatic lighting style.

**IT'S TIME TO GET YOUR
SWAGGER**

back

Foreword

I have always found that to feel healthy is to feel inspired. You wake up each day with a little more purpose, you move with a little more grace, you sleep better and you smile more.

Putting my health first is what inspired me to open Paleo Café and it's also something that led me to Cassie. She and I are kindred spirits when it comes to health: we find out what works, surround ourselves with the right people, believe in everything that we do – and use what we know to help others live a healthier, happier and simpler life.

Cassie is bright, smart and tough – qualities which I discovered while working with her and which she brings to every assignment, recipe or workout. Her experience as a health writer, particularly one who not only researches and understands her material but masters it, and her drive to get the best out of people is something I value highly – and I know you will, too.

Whether it's eating one of the beautiful salads or raw brownies from her food blog, moving with grace in her funky yoga classes or getting the most out of a high-octane workout while she guides you every step of the way, you're going to love working with Cass, just as I have.

As Oprah Winfrey put it so perfectly: "Surround yourself with only people who are going to lift you higher". Well, Cassie sure will lift you higher. She can and will take you to wherever you want to go.

You just have to take the first step and BELIEVE!

– Marlies Hobbs
Founder, corporate counsel, PR
Paleo Café

G'day

If you're reading this eBook, chances are you're feeling a little (or a lot) like you've lost your mojo. Don't worry, we've all been there. The important thing to know is that you're almost back on the horse – you've taken the first step and found me.

My name is Cassie White and I'm a personal trainer, yoga coach, and health journalist. During my years in the fitness industry, I've seen a lot of dumb fads come and go. I've also written for some of the world's biggest magazines – reading, researching and interviewing experts about anything and everything to do with health and fitness. What did I learn?

There are no shortcuts. No vitamin, diet, detox or juice cleanse is going to be your magical health elixir. The only things that will help you lose fat, tone up and feel fit are good old-fashioned healthy eating and exercise. That might be hard to hear, but deep down you've probably always known what you need to do. The good news is that with my help you're going to feel strong, sexy – and most importantly, healthy – without a lemon detox in sight!

Here are my simple principles for looking and feeling your best:

- 1. Lift heavy things**
- 2. Feed yourself well**
- 3. Move with grace**

This book is just a quick taste of how working together we can kick some serious butt in the gym, kitchen – and in life. I get it, I'm human, too. I know exactly how hard it is to get out of bed on a cold morning to exercise, say no to a second glass of wine and only eat one Lindt ball (seriously, who can actually do that?)

The pearls of wisdom in this book are just the tip of the iceberg, but start following them and you'll be well on your way to getting your swagger back. How do I know? Because I practise what I preach.

So let's get this show on the road, shall we?

THE EXERCISE MISTAKES YOU'RE PROBABLY MAKING

(and how to fix them)

You're not working hard enough

Reality check: if you can send a text on the exercise bike, you may as well have stayed in bed. You should be doing high-intensity interval training (HIIT). That could mean a tough weights circuit, or sprinting hard and fast for between 10 and 30 seconds, then resting completely for 30–60 seconds. Doing this will create a hormonal response that makes you burn calories for hours afterwards.

You do vanity exercises

Sorry fellas, those biceps curls might load up your guns, but they're basically a waste of time because you're only working one muscle. Other time-wasters include triceps pushdowns, leg extensions, leg curls and leg abductor/adductors. Unless you're doing them for very specific reasons, scrap them for squats, lunges, deadlifts, push-ups, chin-ups and rows – otherwise known as “compound” exercises, which work multiple joints and muscles at once. They also mimic movements you make in your daily life, so you'll be much stronger doing things, such as picking up the kids or carrying the groceries.

You don't have a goal

So you want to lose weight – but have you ever asked yourself why? Figure out what's really driving you, what's going to motivate and inspire you, and what plan you're going to put in place. The number-one way to success is having clearly defined goals – that's in the gym and in life. If you're just working out willy-nilly with no real plan, you're not going to get the results you want – end of story.

You wing it

To get the best results in the shortest amount of time, you need to follow a program that's tailored specifically to your body and your goals. I know I'm biased, but working with a personal trainer is the absolute best way to do this. We assess your weaknesses and make them stronger. We push you harder than you would yourself. And we keep changing your program as you become stronger, so you'll stay challenged and motivated.

LEARN FROM THE BEST

The top health secrets of super-fit people I've worked with over the years . . .

1. Success comes doesn't come down to just one thing – it's everything. Don't focus solely on your training; everything else you do around that is just as important.
2. Having career and life goals keep you mentally strong and inspired.
3. Dedicate time every day to a meditation and breathing practise.
4. Each day be grateful for someone or something in your life, even if it's just the hot shower you have access to. Feeling gratitude has been proven to increase health.
5. We all have areas of weakness; staying disciplined and training them keeps you well balanced.
6. If your goal is to get lean, you must address nutrition first. You can't out-train a bad diet.
7. Really challenge yourself. Not every session, but you need to push yourself to succeed.
8. Set a benchmark: one push-up on your toes for every year of your age, for example.
9. Aim High. The body and mind are amazing – don't sell yourself short.
10. Train with purpose. Know what you want to achieve at every session.
11. Everything in moderation. Treat yourself to something sweet after a big session from time to time.
12. Surround yourself with like-minded people who love being active, fit and healthy.
13. Stay away from foods that are processed – so basically anything that comes in a packet.
14. Make all your meals for the day the night before. Fail to prepare, prepare to fail.
15. Avoid the scales. Note how your clothes fit and take progress photos.

► LEARN FROM THE BEST ◄

Continued . . .

16. Train in the morning so it's done and your brain doesn't have time to question or back out.
17. Eat quality meat, vegetables, fruit and fats at every meal.
18. Drink 3–5 litres of water a day.
19. Lift heavy. Do squats, presses and deadlifts. And get out of breath.
20. Silence a cranky stomach by adding two tablespoons of peanut butter to your brekkie. It curbs hunger throughout the day (research says so too!).
21. Every hour you sit reduces your life expectancy by 22 minutes so stand up more, say, when the phone rings or opening mail.
22. The rower: it's the most overlooked piece of gym equipment, but is gold for a full-body workout.
23. Add leafy greens like kale and spinach wherever you can: to eggs, in salads, tossed through pasta dishes and casseroles, pureed into soups or added to smoothies.
24. Aim to get 7–8 hours' sleep every night. The difference good sleep makes is unbelievable and underestimated.
25. Cook with herbs and spices. They add a whole host of unique phytochemicals with potentially powerful benefits.
26. Never feel guilty about a food choice you've made. Instead, think about how you could eat better at the next meal.
27. Focus on posture when sitting at your desk by switching on your core, and break up desk-time with little bursts of activity.

Keen to read some of my stories?
[Click here for a selection of my favourites](#)

LIFT HEAVY THINGS

Ladies, if you want to lose fat and get arms like Jessica Biel, here's how it won't happen:

- * By just going for runs
- * Only doing group fitness classes (yes, even Pump)
- * Reducing calories (that'll just make you really good at hating life)

Whatever your fat loss goal, strength training is the key. Here are just some of the reasons you want to be throwing weights around a gym on the regular . . .

You'll torch loads more fat

The more lean muscle you have, the more calories your body will burn, even when you're chilling out reading a magazine. This is because your body is busy repairing itself. And what is its main source of fuel? Calories.

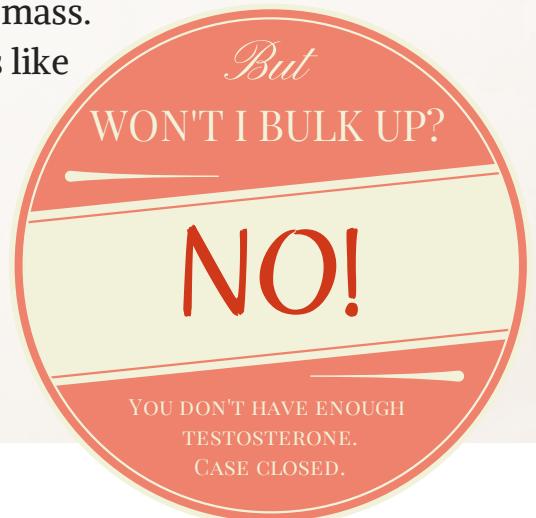
You'll get a butt that won't quit

Strength training will completely change the shape of your body. Endurance exercise, like running and group fitness classes, might help you slim down at first, but eventually that will plateau – I guarantee you. On the other hand, lifting weights will not just make you burn fat much faster, the lean muscle it creates will give your body that sexy, defined look.

You'll be hot when you're old

Each decade after we turn 30, we lose our natural muscle mass.

Maintaining muscle will protect your bones from diseases like osteoporosis and prevent the dreaded middle-age spread – which will only become harder to lose the older you get. Regular weight training will also help to keep your heart strong. Stay on top of it now and you'll be more Helen Mirren than Dame Edna when you hit 70.



WHY BLOKES NEED TO LIFT

Sure, it'd be cool to have a body like Joe Manganiello, but there are many health-related reasons you should be strength training several times a week. Here are just a few . . .

You'll burn fat while doing nothing

Lean muscle doesn't just look good, it also helps your body burn fat while it's a rest (read: while you're sitting on the couch watching Friday-night football). After a tough workout your body needs to repair itself. And to do that it uses calories.

Your bones will thank you

Like the ladies, as you age the amount of muscle mass you naturally carry starts to decline. This causes your bones to deteriorate and your joints to seize up. From here it's a slippery slope to dodgy knees, a bad back, hip replacements, and an attractive Quasimodo-style hunchback.

It decreases your risk of disease

As muscle mass decreases, your fat storage will increase. That middle-aged spread isn't inevitable. In fact, you need to be doing your best to avoid it at any cost. Fat stored around your waist is called visceral fat – and it's dangerous. Visceral fat surrounds your organs and increases your risk of a whole host of diseases, including heart disease and type II diabetes – two big killers of men.

It keeps your hormones in check

Lifting heavy will help keep your hormones balanced – and healthy hormones are going to help you build muscle, lose weight, increase your metabolism and boost your overall health. Hormones are also responsible for your sex drive. Let them get out of whack and you'll lose all desire to fondle anything other than the PlayStation control.

For tips on how to unleash your inner-007,
[click here](#) to read my story on news.com.au

good eats

HOW TO FEED YOURSELF WELL.



A few recipes to get you started. For more, click through to my blog Just Eat the Food

MY THOUGHTS ON FOOD

I LOVE IT. CAN'T GET ENOUGH OF IT.

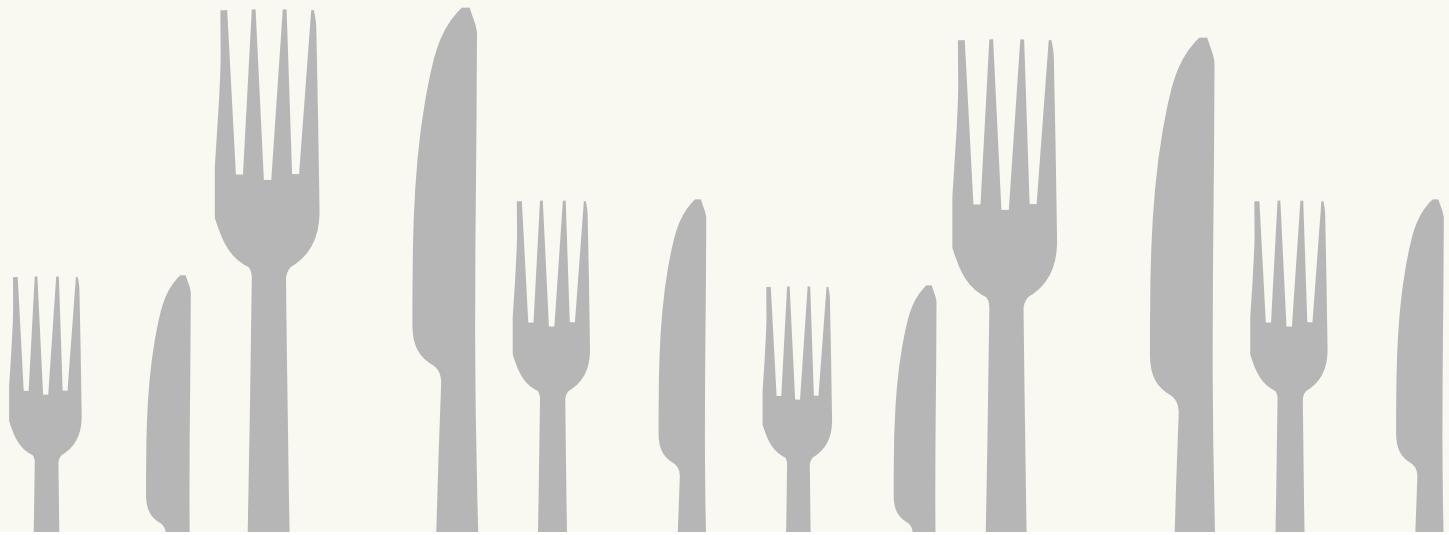
There's no way on Earth you'll ever catch me counting kilojoules, clutching baby portion sizes, or eating ridiculous "low-fat" packet rubbish. I still eat sugar, I don't avoid carbs and if I occasionally spend Friday night on the couch in my trackies eating Pick 'n' Mix for dinner, you can bet I don't feel bad about it.

There's too much confusion, too much stress and, let's be honest, too much wank around healthy eating these days. Eating well isn't a competition – and what works for one person isn't necessarily going to be the best for you.

So why don't you try this: eat nutritious foods and cut out junk 80 per cent of the time, plus work up a sweat most days. That doesn't sound too difficult, does it?

The following recipes are from my blog Just Eat the Food. They all meet the Australian Dietary Guidelines and have the seal of approval from Food & Nutrition Australia. Most importantly, they've been enjoyed by the thousands of people who read my blog.

Through my meals I hope to show that eating well doesn't mean you have to live on green tea and side salads, or bore the crap out of all your friends. Unless you do anyway; in which case I can't help you . . .



Tuna + Quinoa Rainbow Salad

(Serves 2)

Or take the rest for lunch the next day

Ingredients

185g tuna chunks in springwater, drained
1/2 cup uncooked quinoa
1/2 tsp vegetable stock
1 cup pumpkin, diced (leave skin on)
3/4 cup sweet potato, peeled and diced
1/2 red capsicum, diced
1/2 zucchini
60g spinach and rocket mix
1/2 cup frozen peas, thawed
1/4 cup kidney beans
1/4 cup low-fat feta
Few sprigs rosemary
2 tsp olive oil
4 tbsp lemon juice
Salt and pepper, to taste



Method

Rinse quinoa, then add to a small pot with one cup of water and vegetable stock. Cover and simmer for about 15 minutes until the water has absorbed and the quinoa has gone slightly transparent.

Turn off the stove and after the quinoa has cooled slightly, fluff with a fork. Meanwhile, put the pumpkin, sweet potato, capsicum and rosemary sprigs on a baking tray, drizzle with olive oil and mix well.

Crack over some salt and bake until cooked through; 15–20 minutes. Slice the zucchini into rounds and fry in a non-stick pan over medium heat until browned.

Throw the greens into a big bowl and add the tuna, zucchini, peas, kidney beans and crumbled feta. Once the quinoa and vegies are cooked, allow to cool slightly, then add to the bowl. Crack over some salt and pepper, drizzle with the lemon juice and toss well.

Average Per serving (530g) Energy 2210kJ Protein 44g Fat 15g Saturated fat 5g

Carbohydrate

49g Sugars 9g Dietary fibre 10g Sodium 600mg

Zesty Fish + Black Bean Tortillas

(Serves 4)

Ingredients

4 x 100g white-fleshed fish fillets

4 tomatoes

1/2 red onion

1 lime

Small handful mint

Small handful coriander

1/2 avocado

200g black beans

8 wholemeal/corn tortillas (corn for gluten-free)

2 tbsp coconut (flaked or desiccated)

3 tbsp sesame seeds

4 tbsp reduced-fat feta

Salt and pepper to taste



Method

Dice the tomatoes and red onion then add to a bowl. Now zest the lime and add that to the bowl as well. Finely chop the mint and coriander and add to the salsa mix, saving some to sprinkle over the top of the tortillas. Slice the lime in wedges and squeeze it over the salsa according to taste. Crack over some salt and pepper, mix well and set aside.

Chop the avocado into chunks and add to a small bowl, then drain and rinse the black beans and add them to another small bowl. Set both aside. Warm the tortillas according to packet instructions.

Heat a non-stick pan on high and cook the fish fillets. You will probably need to do them in batches, so keep the cooked ones warm in the oven until the others are done. When they're all cooked, flake with a fork.

In a small dry pan, toast the coconut and sesame seeds until they're lightly brown and smell delicious. Keep an eye on them because they burn quickly. Remove from the heat and set aside.

Top each tortilla with fish, salsa, avocado, black beans, a tablespoon of crumbled feta and a sprinkling of the coconut/sesame mix. Add a few more fresh herbs, lime juice, and salt and pepper to taste.

Average Per serving (435g) Energy 1950kJ Protein 33g Fat 19g Saturated fat 6g Carbohydrate 38g Sugars 10g Dietary fibre 10g Sodium 505mg

1 meat,
2 meals

The following two recipes are made from one slow-cooked beef topside. You'll have enough leftovers for sandwiches, too!

Firstly, bring the beef . . .

1kg topside beef
Red-wine vinegar
Beef stock (salt reduced)
1 tsp garlic
1 onion
Handful mixed fresh herbs (oregano, tarragon and rosemary)

Halve the onion and place in the bottom of your slow-cooker to keep the meat elevated.

Place the meat on top, then add enough red-wine vinegar and liquid beef stock to cover half of it. Throw in the garlic and herbs. Cook on low for eight hours. You can do this overnight or in the morning before leaving the house so it's ready when you get home.

Once the meat is tender and falls away easily, it's cooked. Remove it from the slow-cooker and discard the liquid. Shred the meat into bite-sized pieces and store in an airtight container until ready to use.

Tender Beef Salad with Mustard Dressing

(Serves 4)

1 x 180g bag salad mix with shredded beetroot and carrot
1/2 small red onion, thinly sliced
200g cherry tomatoes, halved
1 Lebanese cucumber, sliced
1 x 420g can four-bean mix
4 medium white potatoes, quartered (skin on)
400g shredded topside beef

Mustard dressing

1-2 tbsp Dijon mustard (depending on taste)
1 tsp olive oil
1/4 cup lemon juice
Salt and pepper to taste
Steam the potatoes until tender but not mushy.



Meanwhile, drain and rinse the can of four-bean mix, then whisk together the dressing ingredients in a cup or shaker.

Throw everything into a big salad bowl, including the potatoes once they've cooled slightly. Pour your desired amount of dressing over the top, then toss everything gently, but really well.

Average Per serving (435g) Energy 1950kJ Protein 33g Fat 19g Saturated fat 6g Carbohydrate 38g Sugars 10g Dietary fibre 10g Sodium 505mg

Beef + cashew lettuce cups

(Serves 4)

Ingredients

3/4 cup uncooked brown rice

1 lettuce (make sure the leaves are big enough)

1 large red capsicum

1 large green capsicum

Splash olive oil

1 tbsp hoisin sauce

1 cup raw cashews

240g shredded topside

Coriander to garnish



Method

Cook the rice according to packet instructions. Meanwhile, gently separate eight lettuce leaves. Give them a rinse and allow to dry. You might need to pat them with a paper towel.

Thinly slice the capsicums and add them to a pan over medium heat with a splash of olive oil. Let them soften, stirring regularly, for 2–3 minutes. Now add the hoisin sauce and stir well.

Cook for another 5–8 minutes, until the capsicums are tender but not really soft. They should still be nice and colourful.

In a dry pan, toast the cashews until they're brown. Keep an eye on them because they can quickly burn. Remove from the pan and roughly chop.

Once the rice is cooked, drain well. Put a spoonful or so of rice onto each lettuce leaf, followed by the shredded beef and capsicum mix. Top each one with some roasted cashews and garnish with coriander.

Fold up the sides and eat with your hands.

Average Per serving (310g) Energy 2010kJ Protein 24g Fat 24g Saturated fat 5g Carbohydrate 40g Sugars 7g Dietary fibre 6g Sodium 220mg

A breakfast for winners

Poached egg on toast

(Serves 1)

Ingredients

- 1 large free-range egg
- 2 tbsp white vinegar
- 1 slice multigrain toast (or GF)
- 3 slices avocado (approx: 1 tbsp)
- 3 slices fresh tomato
- Salt and pepper
- 1/2 cup plain, yoghurt



Method

To poach the egg, bring a small pot of water to the boil and add two tablespoons of white vinegar. Create a small whirlpool in the water then crack the egg into the middle of it. Cook for three minutes for soft yolk and four minutes for firm. Alternatively, just fry the egg in a non-stick pan.

While that's cooking, toast the bread and slice the tomato and avocado. Remove the egg from the water with a slotted spoon and let the excess water drain. Spread the avocado slices on the toast, add the tomato then top with your egg. Season with salt and pepper, and garnish with fresh herbs (coriander works well) if you have them.

Green juice of glory

Ingredients

- 1/2 Granny Smith apple
- 1/2 pear
- 1/2 stick celery
- 1/2 lebanese cucumber
- Handful baby spinach
- 250ml cold water



Method

Roughly chop the fruit and veg into chunks then blend all ingredients until smooth. For another variation, replace the pear with a small banana and the ginger with 10 fresh mint leaves. Serve the poached egg on toast with the juice and a side of yoghurt.

Average Per serving (885g) Energy 1970kJ Protein 20g Fat 20g Saturated fat 6g
Carbohydrate 47g Sugars 30g Dietary fibre 8g Sodium 370mg

MOVE WITH

grace



How to MOVE WITH grace

So what exactly does it mean to move with grace?

It's carrying yourself with confidence and ease. It's feeling the swagger. It's being strong inside and out. It's not comparing yourself to everyone around you and feeling like you're the only person in the room who doesn't have their shit together. How you feel about yourself is what you project to the world – and I want you to love yourself sick.

Lifting heavy things, feeding yourself well and practising yoga is the trifecta of moving with grace. Through yoga you'll lengthen anything that feels tight, open up areas that are closed off and most importantly you'll learn to breathe.

Have you ever given your breath much thought? I never did until I started yoga. I mean, doesn't it just take care of itself? Not really.

The next time you're feeling anxious, or rushing around trying to tick off everything on that endless to-do list, just stop and ask yourself when the last time you took a breath was. Like, a proper breath – all the way down to your belly. Not just the short, sharp shallow non-breaths we take because we're too busy and stressed to actually perform this basic human function properly.

Then, stop whatever you're doing, relax your shoulders, let your belly hang loose and take five long, slow and full breaths. All the way in. All the way out.

It's not rocket science, but it's surprising how difficult it is for us to manage that. So do me a favour and spend a few minutes every day just being still and focusing on your breath. I'm not going to start telling you to align your chakras or take up crystal healing – that kind of talk scares some folks off. Call it meditation, breath-work, or don't call it anything at all. Just do it.

By learning to listen to your breath, you'll also tune into the messages your body is trying to give you: slow down, let go, screw perfect, have a nap ...

Now, let's do this . . .