

» OXYGEN 2011 COVERGIRL COMPETITION See inside for details

Oxygen

ROBERT KENNEDY'S AUSTRALIAN WOMEN'S FITNESS

GET SEXY ABS IN ONLY **14 DAYS!**

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CONQUERING POST-COMPETITION BLUES

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MEET OUR COVERGIRL LESLEY MAXWELL



2011 EXPO WRAP
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PHOTO: DALLAS OLSEN

LESLEY MAXWELL

Age: Ageless! (55 years young)

Height: 163cm

Astrological Sign: Aquarius

Hometown: I grew up in England and Ireland

Occupation: Personal trainer

Qualifications: Cert III and Cert IV in Fitness and Personal Training.

COMPETITION HISTORY:

2005

WFF Vic Masters - 1st
WFF Southport Nationals Masters - 2nd

2008

WFF VIC Masters - 1st place
WFF Perth Nationals - 2nd place
ANB VIC Masters - 1st place
WNBFC VIC Masters - 1st place
WNBFC Asia Pacific Masters - 1st place
WNBFC Asia Pacific Open - 1st place
FAME Miami Masters - 2nd place
FAME Miami Open - 3rd place
INBF World Championships Open Fit body - 4th place

2009

IFBB New Zealand Masters - 1st place
WFF VIC Masters - 1st place
ANB VIC Masters - 1st place
ANB Nationals Masters - 3rd place
WNBFC VIC Masters - 1st place
WNBFC VIC Open - 1st place
WNBFC VIC Overall State Champion place
WNBFC Asia Pacific Masters - 1st place
WNBFC Asia Pacific Open - 2nd place
FAME Miami Muscle Model Open - 3rd place
FAME Miami Advanced Model Open - 3rd place
FAME Miami Masters Physique - 1st place
INBF World Championships Open Fit body - 4th place
INBF World Championship Open US Figure - 1st place (also awarded my pro card)

2010

ANB VIC Open Tall Figure - 2nd place
WNBFC Asia Pacific Open Tall Figure - 2nd place
WNBFC Asia Pacific Masters - 2nd place
WNBFC Asia Pacific US Figure Open - 2nd place
INBF World Championship Open Fit body - 4th place

For breakfast I ate... half an apple followed by steel-cut oats, organic molasses and vanilla protein powder.

My fridge is stocked up with... all organic produce, including veges, salad, eggs, fillet steak, chicken, fish, Udos oil and Flaxseed oil.

At the gym you will find me... working on my abs and calves after a workout.

I love training... Yes that is it! I do really love training every body part and train consistently all year, except for one week when I'm overseas after a competition.

I hate training... There's nothing I hate training but shoulders always seem to be hardest.

I'd love to workout with... all the Oxygirls at the same time. They are such a great team of positive, fun and outgoing women. I think we'd cause quite a stir!

I never leave home without... at least one healthy meal and one snack. Just in case.

My favourite music... I love music that pulls on my heart strings, something mushy like Bruno Mars. I also like Pink. I think she has some really good messages in her songs. Michael Buble is another favourite.



WORKOUT WEEK

Monday: Legs, abs and calves

Tuesday: Chest and triceps

Wednesday: Back and biceps

Thursday: Shoulders, abs and calves

Friday: Day off

Saturday: 1,000 steps climb in the Dandenong Ranges

Sunday: 4km walk

My best feature is... my silly sense of humour.

I would love to meet... Michael Buble

My favourite cheat food... is organic dark chocolate. Just a couple of squares hit the spot.

What advice would you give to women wanting to get into the best shape of their life? The most effective way to change your body shape is strength training. You become the 'artist' and can sculpt and change the shape of your body through exercise and clean eating. Your body will respond in a positive way whatever age you are, even if you are a beginner. Keep consistent with your training and enjoy feeling healthy, strong and energetic. Not to mention looking fantastic.

5 things I can't live without:

My family, friends, mobile phone, hairdresser and skincare.

On my bedside table you will find... a notebook, greeting cards of sentimental value and water.

My best beauty secret: No solariums or sunbathing, and use good skincare daily.

I'm inspired by... everyday people

"I'M INSPIRED BY... EVERYDAY PEOPLE WHO OVERCOME BARRIERS TO ACHIEVE REMARKABLE THINGS."

who overcome barriers to achieve remarkable things.

My fitness and body role model is...

Lindy Olsen. I first saw her in a fitness documentary in 2004. She completely blew me away and I knew from that moment that I wanted to compete. Lindy manages such a busy life, to say the least, and can still manage to train, compete and look absolutely amazing.

Outside the gym... I love to catch up with my kids, who are so much fun. I also climb the 1,000 steps in the Dandenongs every week. It's such a great workout for legs and butt and the fresh air and beautiful surroundings are good for the soul. Art is my other hobby and I like to sketch and paint.

The question I'm most asked is... how do I maintain my weight all year round? I'm usually about 3kg above my comp weight. My biggest pet peeve... when people aren't happy with their body but do nothing to change their eating or exercise habits.

Future plans... I am currently writing a book about training and clean eating. I'm also in the process of establishing my own online training website. I'm also preparing for WNBF competitions.

Words of wisdom: The greatest wealth is health. ☉



PHOTO: ANDREW K

COVERGIRL DIET

Meal 1: Fresh berries or half an apple, steel-cut oats, molasses and protein powder

Meal 2: 2 poached eggs, salad and sprouted grain bread

Meal 3: Protein shake and ½ banana

Meal 4: Home made herbed roast chicken, steamed greens, ½ cup cooked pearl barley, Udos or flaxseed oil

Meal 5: 100g wild salmon with cucumber, lettuce, celery or bean sprouts and maybe a wholegrain rice and millet cake if I'm having a late night

Meal 6: Slow release protein shake