

YOUR SPRING REBOOT!

Streamline Your
Wardrobe **p73**

Upgrade Your
Pantry **p81**

Refresh Your
Workout **p50**

AUSTRALIAN *Women's Health*

Burn Fat Fast!

7-Day Slim Down

**THE EASY PLAN TO
TONE UP & LOSE CMS**

+
TOP FITNESS
TRENDS YOU
MUST TRY

Sweeeeeeeeeeeet!

The New
Healthy
Rules
For Eating
Sugar

**HALVE YOUR
WORK HOURS
& GET A PAY RISE**

you little beauty!
The
**2014
Big Beauty
Special**

The Fault In Our Stars'

Shailene
Woodley

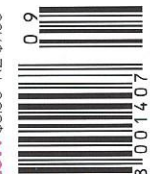
*Smart, Cool And
Shockingly Uncensored*

**8
SIMPLE
WAYS
TO STAY
HEALTHY
WHEN
YOU'RE
SKINT**

**Blow
Your
Mind
Sex!**

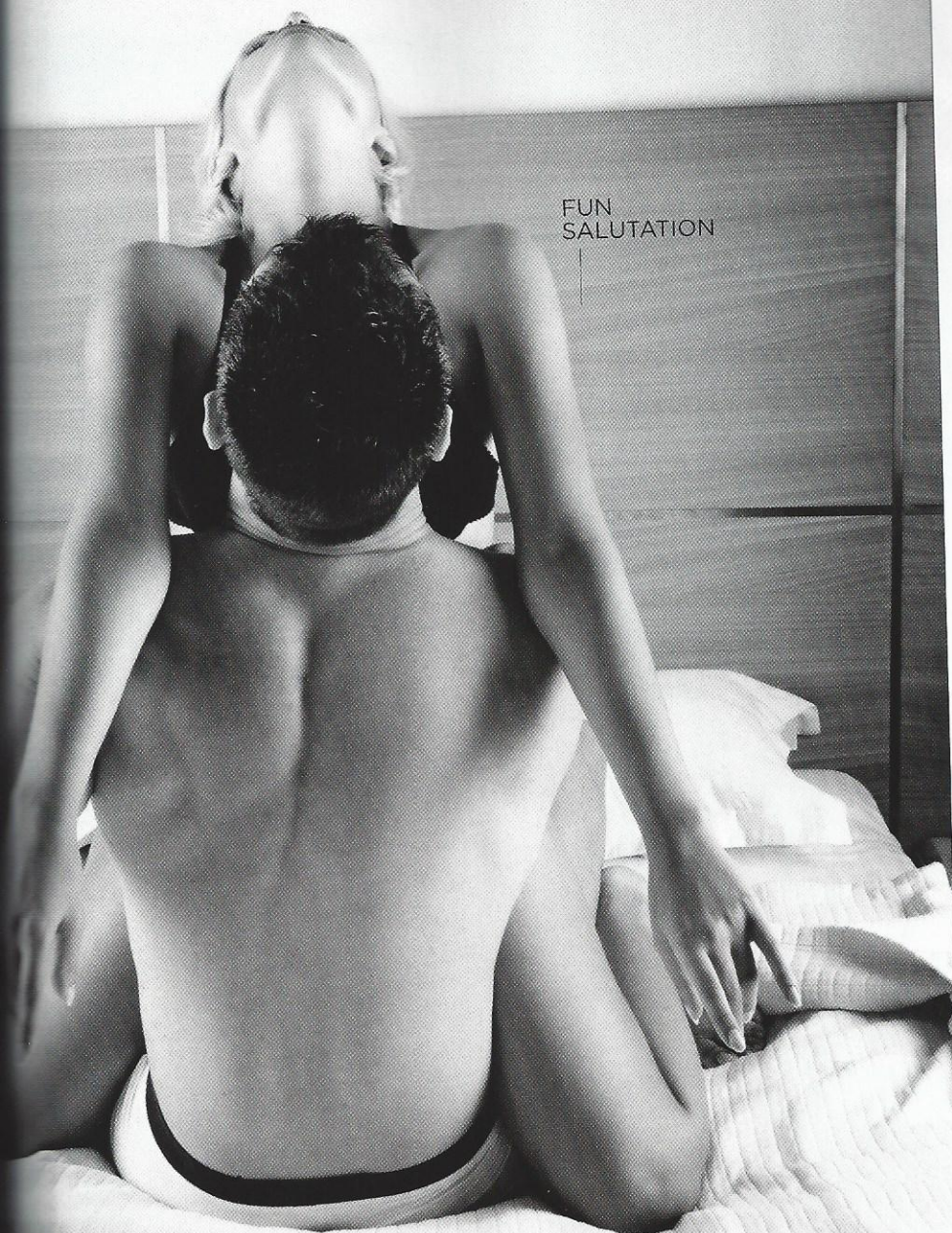
Pacific magazines

2014 \$8.50 NZ \$7.99



healthmag.com.au

APPROVED 100007941



FUN
SALUTATION



TOYS FOR TWO

One WH staffer (let's call her Anon) and husband gave these vibrating couples rings a buzz



"The clitoral stimulator of this Double Action Love Ring is perfectly placed – for me, at least! Has two vibrating 'bullets': one for him and one for me."

\$64.95, pashparties.com.au



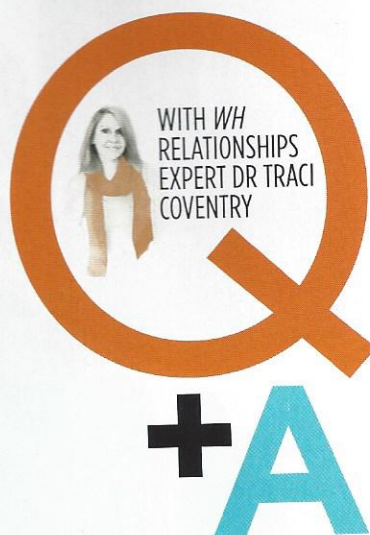
"Love that the Zero Tolerance's The Mighty Marble is like seven toys in one, cos you switch around the positions of the vibrating bullets."

\$22.95, pleasureden.com.au



"As far as clitoral stimulation goes, I liked the shape of the Durex Play Ultra Pleasure Ring's tip the most. And great price since you can replace the battery."

\$19.99, durex.com.au



WITH WH
RELATIONSHIPS
EXPERT DR TRACI
COVENTRY

My husband backseat-drives so much! How can I get him to stop?

YASMIN, AVOCA, NSW

> Backseat driving, like unsolicited advice in any area, insinuates lack of confidence in your abilities. Studies suggest backseat drivers have a strong need to influence others, coupled with fear of the unknown. Step one in managing the situation: remain calm – hostility will just inflame the situation. Step two: try distracting him with a task that feeds his need for control, such as navigation or music selection. Step three: if he won't stop, try to see the funny side of it.

My boyfriend obsesses about the number of times we have sex per week. He freaks if we go three days without!

BELLA, VIA EMAIL

> Given his sex expectations may be unrealistic in the context of your relationship, educate yourselves about sexual norms by searching the web together or getting hold of sex-ed books, to help him understand that less frequent sex is not the beginning of the end. It's also important to consider that the development of obsessional tendencies can reflect underlying issues – what's going on in his life that may be triggering his focus on sex? Help him work through it.

ASK COVENTRY A QUESTION* AT
WOMENHEALTHMAG.COM.AU