

MAMA

DISRUPT

**COURTNEY
ADAMO**
A Life Less Ordinary

JUSTINE FLYNN OF THANKYOU
**CHANGING
THE WORLD**

The Secrets Of
**THE BEACH
PEOPLE**

**SHEREEN
JUPP**
FROM ANTI-
MODELLING TO
MOTHERHOOD

AT HOME WITH
OLIVER BENZ

Mama Style

GWEN STEFANI
ON MOTHERHOOD + STYLE

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INSPIRATION LIFE STYLE WELLNESS TRAVEL INTERIORS BEAUTY FASHION

WHY IT'S OK **X** TO RUN

and not look like a
fitness model.

When it comes to GETTING ACTIVE, **DON'T BE SHY.** Just channel your INNER GAZELLE and SHAKE WHAT YOUR MAMA GAVE YOU, **GIRL.** Here's why.

WORDS // AMANDA PALM

Mama

Move

There is often a fine line between perception and reality. Just slap on some active wear and you'll be transformed into a #fitnessmodel overnight, attaining the collective swoons of passers-by as you run alongside a picturesque coastline (in slow motion) with the sea breeze in your hair à la Beyoncé. Right?

Hmmmmmm, that fancy schmancy marketing likes to try its best... 'Come at me, Instamodels!', however, the reality for most of us is that we probs won't look like that. In fact, we're more likely to cut a figure stomping along the pavement sweating it out in tracky dacks looking awks as gawks, while struggling to breathe and holding in our pelvic floor.

But don't run in the dark because you feel that no one should have to face your wobbly bits in daylight. We all know that exercising for just 30 minutes a day can increase your chances of posting it on social media by at least 100 per cent. Therefore, be proud and bold, throw the high-end active wear and high class memberships aside, and run around your neighbourhood like a crazy mama who clearly hasn't had enough sleep. Get some fresh air, soak up the scenery, and you know what? You'll probably find yourself smiling.

Does it matter that you look like a mama gone wild? Does it heck.

HEAR US ROAR. **MD**



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