

# Age is but a Number!

WHEN AMY FOURNIER'S STORY LANDED ON OUR DESKS, HER INFECTIOUS SMILE AND OBVIOUS PASSION FOR A HEALTHY AND FIT LIFESTYLE MADE IT A NO-BRAINER WHEN CHOOSING OUR COVER FOR THIS MONTH. *We were even more inspired (and shocked) when we found out she was 46! Read on to find out about her secrets to eternal youth, her passion for health and fitness and why her goal is to empower others.*



**WH&F: What have been your biggest challenges?**

**Amy:** Conquering the realm of my mind. I've learned over the years that it all starts with the way we think, what we tell ourselves is true and possible.

What I mean is, other than just my body, I've had to train my mind how to think like a winner and to stay positive despite many setbacks, adversities and all the things life throws at you along the way. If you don't learn how to control the way you think moment to moment and day to day, then ultimately you will continue to spin your wheels – taking one step forward and two steps back again and again.

**WH&F: What are the biggest hurdles for women to overcome to stay in shape?**

**Amy:** Proper time management according to your personal values is a key challenge for women as is the struggle to as make time for themselves a priority. With the availability of technology and information I see so many people get detached and lose sight of what is truly important to them and what they value.

In addition, they often forget that the quality of their life experience—how much energy they have, how they feel about themselves, how they treat their family, etc. all starts with how

**AMY'S STATS** AGE: 46 | WEIGHT: 54 KG | HEIGHT: 5ft 4" | NATIONALITY: AMERICAN | PROFESSION: FITNESS/DANCE INSTRUCTOR, PHILANTHROPIST, COVER MODEL, AUTHOR AND WORKSHOP PRESENTER.

healthy they are both physically and mentally. It has a ripple effect.

Plus, we all have the same 24 hours in a day, but smart people who are busy but also want to be fit know that it really doesn't take that much more time to make healthy meals and keep healthy habits. It comes down to priorities, choices and ultimately experiencing the power that you have to control how you look and more importantly feel.

**WH&F: Do you agree that a great body is made in the kitchen?**

**Amy:** Yes, so much so that I have an eBook called 'Abs in the Kitchen Recipes: Eat Your Way to a Lean, Sexy Healthy Body FAST!' Don't get me wrong, exercise is important but it is only a piece of the equation. The other piece is the right diet and you just cannot separate the two. Too often I've seen people unknowingly



sabotage themselves and all their hard work in the gym with the wrong diet and they wonder why they don't get the results they want.

**WH&F: What is a normal day for you?**

**Amy:** I am a huge achiever and I've always got a lot going on so each day is different, but no matter what, my days almost always involve some type of activity even if it's just walking my dog at night and always, always eating right and focusing on positive thoughts.

**WH&F: Do you switch off?**

**Amy:** That's the one I'm working on! As I mentioned, I am a major achiever in life and have always been a full-blown workaholic; but I've also come to appreciate and value the necessity of balance, rest and downtime. It's kind of a catch 22 for me though because I am also an incessant learner and one of the things that I love about being in this industry is that there is always more to learn and discover about how to be a fully healthy person- in mind, body and soul. I also understand that I do need to turn it off from time to time and my dog reminds me to do that!

**WH&F: Do you recommend following certain diets for successful weight loss?**

**Amy:** Yes, a certain diet for a specific individual for a certain time period can be good but like us, diets and our needs change.

**WH&F: What's in the pipeline for you?**

**Amy:** So many things. I am launching my own online health and lifestyle TV channel, FitAmyTV, writing my next ebook, running several charity events and continuing to do my best to learn how to better inspire, empower and entertain people.

**WH&F: What would people be surprised to know about you?**

**Amy:** Probably my age (people usually don't believe me when I tell them how old I am and they always think I'm decades younger than I actually am!) but that's because I think I've finally found out what works best for me and I can honestly say that I've never been better or happier with my body, my mind and my life and now I'm so excited to share it with the world! 



**IN AMY'S FRIDGE**

ORGANIC GREENS AND VEGGIES, ORGANIC EGGS, FREE-RANGE TURKEY BREAST, WILD FISH, ORGANIC CULTURED VEGETABLES, SPARKLING MINERAL WATER, SOME ORGANIC BERRIES AND APPLES, ORGANIC CONDIMENTS LIKE MUSTARD (MY FAVORITE!) AND MY SUPPLEMENTS.

