

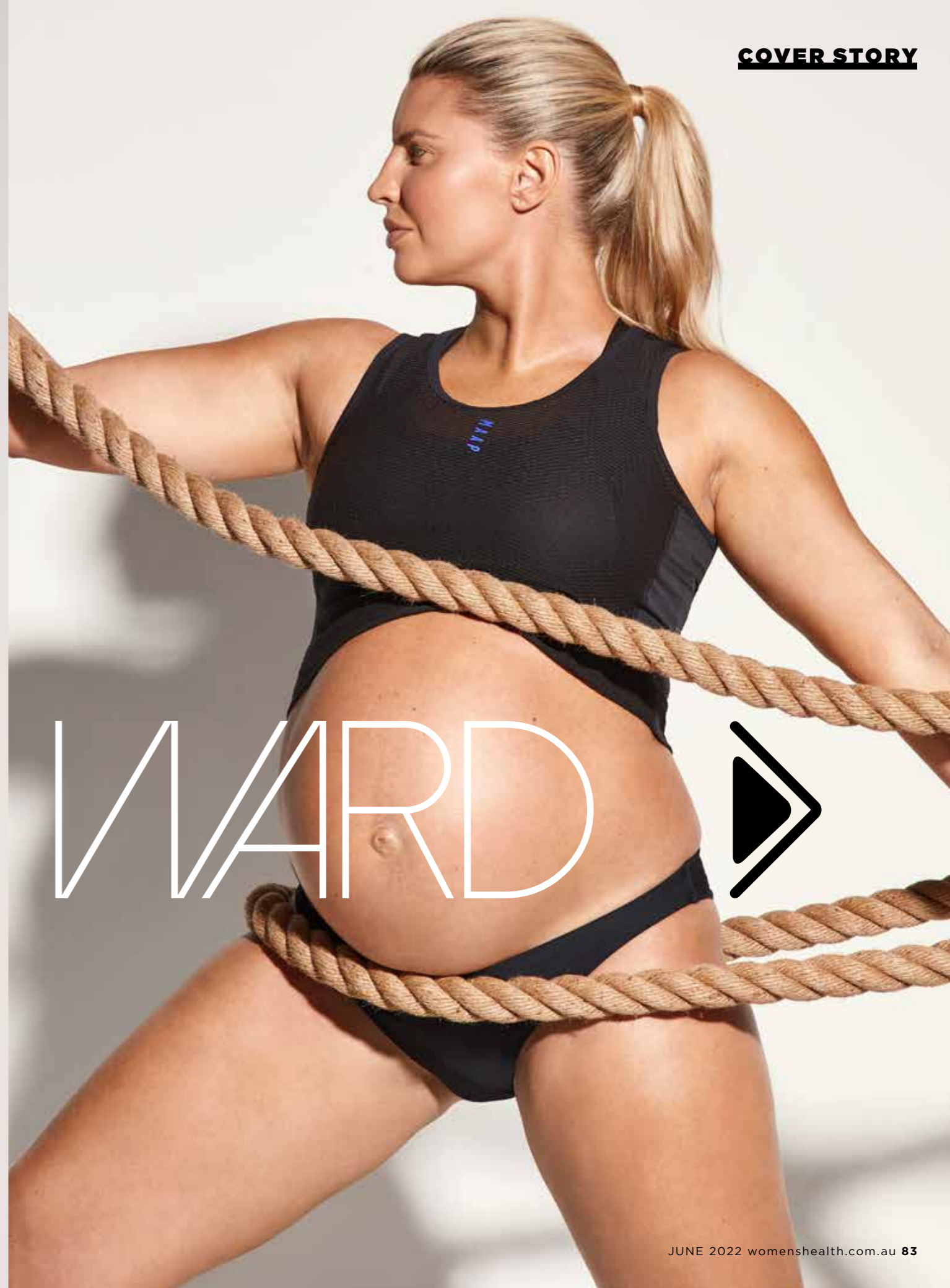
BOUNCING FORWARD

Health and wellness powerhouse Tiffiny Hall is rejecting the pressure to bounce back to anything post-baby, instead focusing on taking care of herself and bub number two

By Kara Byers

Photography by Lauren Schulz

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Previous page, left: Lululemon All it Takes Tank, \$59; TXO Flex Ultimate Legging 2.0, \$99, and weighted gloves, \$35; Sener Besim Helix earrings, \$350

Previous page, right: MAAP Women's Team Base Layer top, \$85; Bondi Born Nadia bikini bottoms, \$120; Sumo Strength 6m climbing rope, \$99

This page: Seed Heritage blazer, \$299.95; Bondi Born Ava bikini top \$175; Country Road pants, \$199; Teva Jadito Universal shoes, \$159.99; Bulgari Serpenti ring, \$POA

TIFFINY HALL HAS HAD AN ILLUSTRIOUS CAREER IN HEALTH AND FITNESS, FROM GLADIATORS TO BECOMING CEO OF HER OWN WELLNESS EMPIRE. BUT WHAT FEW REALISE ABOUT HER IS THAT SHE'S ALSO A MINDSET MASTER

Take, for example, her three-hour reset rule, where every three hours, you reset and reassess. So, if you indulged in something you regret, instead of dwelling on it, you focus on your goals – a genius trick that makes getting back on the horse a cinch. Then there's her colour-coded diary, in which she divides activities between red for stressful and green for relaxing and replenishing.

Now, the 37-year-old mum of one (soon to be two) is taking on bounce back culture, seeking to replace the BS idea that women must shed kilos to 'bounce back' to their 'pre-baby body' as soon as possible after giving birth with the idea they can, instead, seek to 'bounce forward'. Tiff's even given a TEDx Talk on it.

"I did my TEDx Talk on bouncing forward because there's so much pressure on social media. I don't know why we're shown so many images of women who pop babies out and then they're back in their jeans in a week. I just think, 'How can that happen? Good on them,' but I feel that pressure," she says.

Bouncing forward, which Tiff says is about having a new mindset of appreciation, taking the pressure

off how you look and putting focus on the power of your body and being a new mum, is an idea that'll no doubt be embraced by women everywhere, relieved there's an alternative that caters to every body type and experience. And, this isn't just an idea Tiff's peddling for business either (I see you sceptics). After having a difficult pregnancy with her first child, Arnold, now four, in which she suffered hyperemesis gravidarum (HG) – severe and persistent nausea and vomiting – she also experienced bounce back culture first-hand.

"I had magazines calling me to do a 'comeback' feature when I was 38 weeks pregnant, and I was thinking, 'Oh my, I'm meant to be thinking about my comeback?'" she shares.

Instead, Tiff prioritised the two most important things during any pregnancy – herself and her unborn child – just as she has throughout her current pregnancy with baby number two (due any day now).

This time around Tiff's been sharing photos of her body as she moves through the trimesters, showing that even fit mums like her go through plenty of changes as they grow a little one. While she's continued to share workouts, she's adamant about one thing – she wants other mums to know their own wellbeing (and bub's) comes before anything else.

"As much as there's pressure after you have the baby to 'bounce back', there's also pressure to feel and be a certain way when you're pregnant," she adds. "You don't have to have that toxic positivity [mindset] all the time where you're just loving every minute of pregnancy. Just take that pressure off, bounce forward. Prioritise your own self-care."





Reebok Classics Cozy tank, \$50, and shorts, \$55; Citizen Arezzo watch, \$425; Sumo Strength anti-burst exercise ball 55cm, \$29

Nagnata houndstooth bralette, \$190, and Suki side stripe shorts, \$190; Allbirds Women's Trail Runners sneakers, \$220; wooden training rings, Tiff's own



TXO Flex Nocturnal crop top, \$75; Cotton On Body Lifestyle Move shorts, \$29.99; Everlast Powerlock2 training gloves 16oz, \$89.99

So how do you filter out the noise and hard focus on your own wellbeing while expecting? Here, Tiff talks about doing exactly that, as well as her experiences of pregnancy and what motherhood has taught her about balance.

WH: During your first pregnancy you experienced HG, how did you cope with that?

TIFF: I call it my princess moment, because Princess Catherine, Duchess of Cambridge, had it. It was unrelenting. I was in and out of hospital on drips. For some people, a program of B vitamins, steroid therapy, anti-nausea drugs and hydration can help, but for me, nothing did. I put on a lot of weight because I was always nauseous, so I ate things like sausage rolls and lollies to try and fix it.

What was so amazing for me was once I delivered, I felt amazing. I was running around the hospital. The midwives were like, 'Are you OK?' And I'm like, 'Yeah, I'm not pregnant anymore!' Obviously, I love my child and that was a great experience, but I was so excited.

WH: Obviously all that sickness was well worth it...

TIFF: It's so worth it. There's a four-year age gap between baby one and

two. I was like, "Oh, maybe I can't." I was desperate for another child, but this pregnancy, I haven't had [HG]. I had morning sickness in the first trimester, but it passed by 20 weeks. It's like I'm a different person this pregnancy, which just proves every pregnancy is different.

WH: How are you looking after yourself during this pregnancy?

TIFF: I'd like to say more rest, but being a CEO and having a four-year-old son, not more rest. But definitely more boundaries. I was working a lot in my first pregnancy. It was that thing of, "I'm having a baby, I've got to support this child." I was frantic. I've chilled out now. I'm really taking care of myself.

WH: How are you creating boundaries?

TIFF: I'm doing a lot of what I call green time. When there's stressful things in my diary, which I colour code red, around those I try and do green, which might be a quick



MAAP Women's Draft Team jacket, \$195, and Women's Team top, \$85; Bondi Born Nadia bikini bottoms, \$120; Reebok Nano sneakers, \$190; Sumo Strength 6m climbing rope, \$99



Nique Space Dye dress, \$250; Sener Besim Helix earrings, \$350

meditation or just sitting in the sun, or I play piano. Just anything that's nourishing to me, that I find relaxing [and] will calm my system down. I've been really conscious of that balance this time around.

WH: What lessons did you learn when you had Arnold that are helping with this pregnancy?

TIFF: One of the biggest things I've learnt since my pregnancy with Arnold is that advice comes from everywhere. It's not just your mother-in-law or your mother giving you advice anymore, it's everybody. I've learnt to appreciate it, but not take it on and trust my mum gut – that kicks in pretty strongly once you have the baby. I just knew what was best for Arnold, I did it my way.

Some people have a problem with how you swaddle or whether you do this or that. At the end of it, I didn't care. Arnold was a healthy, happy baby and that's all that mattered. Of course, I reached out and sought consultations with lactation consultants and stuff like that. Definitely rely on health professionals and trust your mum gut. That's the best thing you can do, I think.

WH: Will you be taking any time off after the baby arrives?

TIFF: Definitely. I mean, when you run your own business, you can't just check out. There are thousands of members that need me, but I'm going to step back and I'm very lucky I have a supportive team who understand that. I really want to enjoy the newborn bubble.

WH: Your focus after having Arnold and now is on "bouncing forward", which seems a much more positive mindset than trying to bounce back to a pre-baby body.

TIFF: I came out of my pregnancy with Arnold and I'd put on 30kg. I was a health and fitness professional who needed to get back on camera, filming workouts for my members. I was so stressed about that, and that's why I sort of rebelled and put out the first postpartum images of myself just days after having him. I was like, "You know what? This is

"I DON'T WANT WOMEN TO BE SHY TO KEEP EXERCISING AND MOVING BECAUSE THEY'RE PREGNANT AND HAVE A DIFFERENT BODY"

my body now, and I'm not rushing to bounce back. I'm going to bounce forward," and I'm bringing that into this pregnancy. I'm not worrying what other people think of my body. I'm trusting the process that it takes nine months to change my body into this beautiful machine that's making a baby.

I was the fittest and strongest I'd ever been 18 months after Arnold, but it took time, and that was fine. It's a positive message for people to get off the scales and stop thinking about a size as bouncing back, but a mentality where your whole person is better after becoming a mother.

Once you become a mother, you become fierce with your time and where you put your energy, you become stronger emotionally, and your body is strong. You swell with love, compassion, and empathy. Your world explodes. It's like going from something that's black and white to colour.

WH: You're keeping very busy with your TXO Life program plus your activewear brand TXO Flex and supplements brand TXO Nourish – how's business?

TIFF: It's booming. We're very lucky to have such an engaged community of fantastic, inspiring

TRAIN WITH TIFF!

Pregnant or not, imagine how much your life could change if you had access to Tiff's health and fitness program, TXO Life, for a whole year? Subscribe to *Women's Health* and this gift can be yours. See page 74 for details.

women. My heart is with them on the program and just empowering women to feel confident through exercise and eating well.

WH: You're also launching a pregnancy program on TXO Life, which is exciting. Can you tell us more about it?

TIFF: Yes, it's HIIP – High Intensity Interval Pilates. What's really great about it is it's all coached. There are two trainers in every video: Tash doing advanced style, for if you want to do HIIP and you're not pregnant; and if you are pregnant or postpartum, follow me. Pregnant, not pregnant, postpartum – there's something for everybody.

WH: How has experiencing pregnancy helped you develop as a fitness coach?

TIFF: I'm so grateful to my pregnancies, because it's the first time where I'm puffing going upstairs and struggle sometimes to walk around the block. It's taught me to sort of walk in other people's shoes. It's not easy to get motivated to train, to exercise when you're carrying a bit of extra weight. That's something I'm really grateful to learn and experience, I think, because it makes me a better coach.



Complete 3 rounds of the following 6 exercises



TIFF'S HIIP
 (HIGH INTENSITY
 INTERVAL PILATES)
 PREGNANCY-SAFE
 WORKOUT

Didn't think Pilates could be a high intensity workout? Well, you obviously haven't heard of HIIP...

Forget HIIT. Combining Pilates moves with cardio, HIIP is the new workout you have to try. In this exclusive sneak peek into Tiff Hall's new pregnancy-safe workout stream, available on TXO Life, the superstar trainer takes us through a HIIP workout that strengthens, mobilises, aligns and sculpts the entire body - all in 20 minutes! It's good for during pregnancy and post baby - although you should always check with your doctor or midwife before starting a new exercise program. Enjoy!

Lululemon All it Takes tank, \$59; TXO Flex Ultimate Legging 2.0, \$99, and weighted gloves, \$35; Teva Jadito Universal shoes, \$159.99; Sener Besim Helix earrings, \$350



1

PILATES BOXING

REPS: 20

WORKS:
arms, core, pelvis

HOW TO:

- A. Kneel on floor. Slightly hinge from the hips.
- B. Extend one fist out from your chin punching with your front two knuckles as you simultaneously extend your other fist out behind you, palm up to the ceiling.
- C. Switch arms continuously while keeping core engaged. Exhale on the effort of the punches.

INTENSIFY:

Add dumbbells or weighted training gloves. Kneeling is pregnancy safe* and offers more stability through the pelvis to support the pubis symphysis and hips.



2

QUAD ROCKS WITH ARM RAISES

REPS: 5

WORKS:
shoulders, arms, thighs, core

HOW TO:

- A. Kneel on floor. Tuck your pelvis and lean your butt back towards your heels without losing control of your core. Keep your ribcage down and bellybutton pulled in. Inhale and lean back 45 degrees and hold in this position.
- B & C. Perform 6 arm raise repetitions. On the exhale, use your core and rise up into an upright kneeling position. This is one rep. Repeat.

INTENSIFY:

Add a Pilates circle inside your knees.



3

CLAMS WITH FEET UP

REPS: 10

WORKS:
hip muscles, glutes, pelvic floor

HOW TO:

- A. Lie on your side with head supported under your hand and shoulders, hips and feet in a straight line with your knees out front.
- B. Elevate heels slightly above hips. Keep your neck long so your head isn't tipped back or tucked forward, stack hips and shoulders. Use your deep ab muscles to keep this alignment throughout.
- C. Inhale, keep big toes and heels together, slowly rotate your leg in hip socket so the top knee opens towards the ceiling, without disturbing hip alignment. Exhale and slowly bring your knee back to start. Keep your feet elevated throughout each rep.

INTENSIFY:

Add a glute loop mini band around the thighs and above the knees.



4

BIRD DOG WITH TRIP PULSE

REPS: 5

WORKS:
core, glutes, thighs, arms, upper and lower back

HOW TO:

- A. Kneel, knees hip-width apart and hands on ground, shoulder-width apart. Draw bellybutton towards your spine and gently tuck pelvis.
- B. Inhale and then exhale, extending one arm out in front as you extend the opposite leg behind you, forming a straight line from extended hand to foot.
- C. Keep hips square to the ground. If your lower back begins to sag, only raise your leg as high as you can with your back straight.
- D. In this position perform 3 pulses of the arm and leg, exhale on pulses, return to start. Keep your abs engaged throughout to minimise any extra motion. Switch to do other side.

INTENSIFY:

Hold light dumbbells or wear weighted training gloves.



5

PLANK SHOULDER TAPS

REPS: 10

WORKS:
core, shoulders

HOW TO:

- A. Start in push-up position, knees together, hands shoulder-width apart. Draw in bellybutton, squeeze glutes and slightly tuck pelvis for added core stability.
- B. Hold this position and perform 6 shoulder taps, lifting one hand at a time to gently tap the opposite shoulder, exhaling as you perform each tap.
- C. Keep your core engaged and try not to swivel your hips as you shift your weight to tap the opposite shoulder. Hips should remain square to the floor.

INTENSIFY:

Perform plank shoulder taps with a foam roller under your hands and stabilise as you lift one arm at a time for an intensified core burn.



6

FOUR-POINT KNEELING SCAPULAE PUSH-UP WITH KNEE LIFT

REPS: 5

WORKS:
core, upper back

HOW TO:

- A. Start on all fours, hips over knees, wrists under shoulders. Rotate shoulders outward to engage lats.
- B. Chin should remain tucked throughout. While maintaining alignment, keep arms straight and retract shoulder blades by pulling them back and together.
- C. Keep arms straight and protract shoulder blades by pushing them away from each other. Perform 3 scapulae push-ups.
- D. Lift knees off ground and hold for 3 secs. Keep core engaged and pelvis slightly tucked. Repeat entire movement again. That's one rep.

INTENSIFY:

Hold the knee lift for an extended amount of time, 15 secs or more. **WH**

*ALWAYS CHECK WITH YOUR DOCTOR OR MIDWIFE BEFORE STARTING A NEW EXERCISE PROGRAM. PHOTOGRAPHY: SUPPLIED (EXERCISES). HAIR & MAKE-UP: JULIA GREEN. ART DIRECTION: AMANDA MCCOURT