



HEATHER LINDEBORG



FREE CREATINE & VIT-ACELL pgs. 5 & 7

**MAX**

**SPORTS**

**LOVE YOUR BODY**

**ISSUE**

Discover ways to treat yourself right and be good to YOU!

**EAT THESE NOT THOSE!**  
5 Foods That Love You AND 5 That Don't

**FREE ISSUE!** Compliments of:

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**A NEW BODY & MIND**  
Max Muscle client loses 160+ lbs.  
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Fitness Model Heather Green and others share how they learned to love themselves

**'TIS THE SEASON**  
Holiday Gift Guide Inside!

**LEARN TO LET THINGS GO**  
Life's too short to be in a funk all the time

**How To BALANCE**  
Home Life & Gym Life



**MAX COVER**

**WE LOVE OUR BODIES**

Loving your body is not an easy thing to do for everyone. Some people struggle with it their entire lives! They dash themselves for training "streaks" for not being thin enough or muscled enough. But the truth is, no one is perfect. And why should anyone be? It's not real. Let's hear from others about how they learned to love themselves just as they are.

*"I know I will never be petite. My body isn't made to look that way nor do I want to put myself through the torture of just eating broccoli and tilapia all day," said Heather Green, 25, of Minneapolis, Minnesota, our cover model for this issue.*

In college, Heather found herself gaining the freshman 20 and feeling utterly depressed with horrible anxiety and an even worse body image. She was introduced to a workout class for women who competed or liked the idea of competing. She immediately signed up for her first bikini competition and placed third in that show. What she learned? "Fitness was the missing link in my life!" she said. "My anxiety and depression vanished. I was so happy with how I felt I wanted to help other women do the same, so I turned it into my career!"

Heather started her company, The Peachy Lean Life, and as a personal trainer helps people focus on making themselves happy along with making positive lifestyle changes.

These days, Heather focuses on what she knows she is capable of looking like rather than trying to be perfect or skinny. "I want to have an achievable look for women, not an 'I could never look like that' look," she said. "I try to reiterate that to my clients and help them set small goals that will overall lead to a bigger one."

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