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other kind of exercise.

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IFA Certification Seminars are being conducted globally. And now, congratulations to one of our IFA Master Fitness Instructors and Regional Representative, Elham Farahmand, for conducting the first successful IFA Asian Certification Seminar. She did a wonderful job and we are very proud to have her and her students in the IFA family.

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To answer this question successfully, focus on the employer's needs, not what you want. It helps to demonstrate that you're a good fit for the role, says Margaret Buj, author of *Land That Job*. Show your knowledge of the company by mentioning something specific about the job that really interests you.

20 most common interview questions (and how to answer them ...

But don't let confusion or embarrassment get in the way of your fitness goals. We've teamed up with our straight-talking fitness expert, Emily Cole to find out the answers to your most-

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asked questions. Warm up: planning your workout . 1. Is working out in the morning better for you? You should exercise at a time that suits you and your body.

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