



No more knots

Working to achieve your ultimate fitness is not without its dangers. Physical exercise places stresses on your body that can cause injury and even adversely affect your mood. Muscle tissues are torn and can spasm, decreasing blood flow, while waste products from energy production can rise to levels that are detrimental to your health. According to No More Knots (www.nomoreknots.com.au), massage therapy can help, not only to alleviate the strain of exercise but to lower fatigue levels and increase endurance, allowing longer, more effective workouts. There are five major benefits of incorporating massage into your routine:

- 1 Muscles and connective tissue are repaired more rapidly.
- 2 Toxins built up in muscles are flushed more effectively.
- 3 Heavily exercised or traumatised muscles are relaxed, thereby increasing elasticity and decreasing the chance of injury.
- 4 Blood flow is increased, maximising your body's supply of nutrients and oxygen.
- 5 Your capacity to sleep is improved significantly, which helps your body to heal.

Hey Mr!

Because men's and women's skin is made up differently, blokes should use skincare products designed just for them. The all-Australian Mr. skincare range will look after your tough, dry, (or oily) manly skin and includes 11 products to cater for the whole body. www.mressentials.com



Music



Bag Raiders, *Bag Raiders*, Modular

You can't escape the pulsing beats produced by Bag Raiders on their long-awaited debut album. This Sydney duo has been infiltrating the hottest scenes around with its fusion of indie and club music, smooth lyrics, pumping basslines and eclectic dance riffs. Check out their latest single 'Way Back Home'.

Walk it out

New Balance's latest walking-shoe range has been designed specifically to tone legs, trim glutes and strengthen your core as you walk – and they're stylish to boot. The technically advanced rock&tone and TrueBalance walking shoes allow your foot a thorough range of motion from side to side and back to back, thereby increasing muscle activity, demanding greater energy expenditure and getting (or keeping) you trim and fit in less time. www.newbalance.com.au



The helper's halo

A scientific study has made it official: helping others is good for you. Scientists at Mindlab International carried out extensive laboratory tests on participants aged between 18 and 55 before and after they were asked to perform simple, random, selfless acts in their community for a nine-day period. Participants showed a 36 per cent drop in stress levels over the study period. As stress has been linked with suppression of the immune system, increased blood pressure and greater risk of heart failure, one thing is clear: don an earthly halo now and your heavenly halo may have to wait a while longer.



GET STARTED GUIDE TO... Body Step

Get your butt into gear this summer with Body Step classes. This full-body cardio workout will melt away kilojoules while giving you that special boost to help you power through the day.

What does it involve?

Body Step consists of a series of simple movements using a height-adjustable step – lowered or raised to suit your fitness level. Participants step on, over and around the step while engaging in synchronised aerobic arm movements that vary in speed and intensity as the class progresses. The class concludes on the floor with conditioning work on the upper body and abdominals, followed by a cooling stretch.

What are the benefits?

Body Step is an intensive cardio workout that will have you looking leaner quickly as your overall fitness is raised dramatically with each session. Core conditioning work improves your strength while synchronised arm and leg movements enhance your coordination.

What do I need?

For a Body Step class, you will need comfortable workout clothes, a bottle of drinking water, good-quality running shoes and a towel (you will sweat!).



Yoghurt Snack

Serves 6-8 | Prep: 15 minutes
Setting time: 4 hours



- 1 x 85g packet Aeroplane 25% Reduced Sugar Raspberry Jelly
- 600g natural yoghurt
- 375ml boiling water
- Fresh fruit, chopped, trail mix, nuts and/or seeds (for topping)

1. Mix together the Aeroplane 25% Reduced Sugar Raspberry Jelly with 1½ cups (375ml) of boiling water and let the mixture cool to an egg-white-like consistency.
2. Fold through the yoghurt and whisk until smooth.
3. Pour into individual serving cups and allow to set.
4. The yoghurt mix can then be topped with fresh fruit, trail mix, nuts and seeds.

website

www.facebook.com/dietitiansassociation

The Dietitians Association of Australia (DAA) now has a Facebook page, making it easier for you to keep up to date with the latest news, information and advice on nutrition and healthy eating. Daily updates (which will hit your news feed and/or email, should you become a fan) provide dietary tips, healthy recipes and bite-sized nutritional facts to help you slowly build your very own mental encyclopedia of health.

DID YOU KNOW?

Bananas are bursting with goodness and have virtually no fat. A recent study by dietitian Glen Cardwell shows this fruit is teeming with dietary fibre, folate and starch. One banana a day will satisfy 10 per cent of your fibre needs, 10-15 per cent of your folate needs and 15-20 per cent of your potassium needs. Plus they're filling and high in energy so you can't deny the benefits of making snack-time banana time.



Tween dream

Girls aged seven to 14 will be able to shop with mum for the latest fashion and accessories with the opening of world-renowned 'tween specialty store, Justice. Coming to Brisbane in April 2011, Justice is an affordable self-esteem booster offering an array of covetable products including



swimwear, apparel, footwear and underwear, all exclusively targeted at this difficult-to-buy-for age group. Preview the store before it hits Aussie shores at www.shopjustice.com.