

WELL-BEING

Feel great

TOP TIPS TO KEEP YOU HEALTHY

READER TRIED AND TESTED



Louise Streeting, 33, teacher, Stafford

FIT FLOPS

£36 (www.thefitflop.com)

Promise Relieves back pain and gives a workout while you walk
Verdict 'The soles are spongy, so it felt like great cushioning for my back. After 20 minutes, I could feel my leg muscles being gently exercised and the angle of the wedge improved my posture.' **Rating** 4/5



TONEWALKERS

£49 (www.lovethoseshoes.com)

Promise Extreme exercise shoes designed to target core muscles and improve balance
Verdict 'These force you to stand correctly and certainly work your calf muscles. Although they're not as hard to wear as they look, they're not very practical.' **Rating** 3/5



Wendie Cathy Weston Phoenix/Getty Photolibrary.com

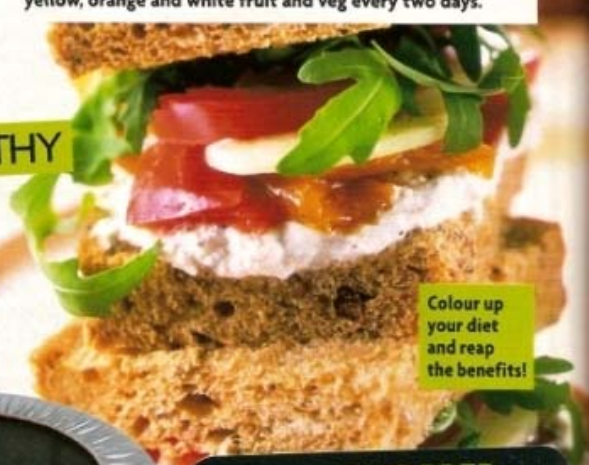
WE ♥ ...

Bouncing to a better body!

Trampolining is how Heidi Klum keeps her supermodel figure, and NASA scientists have called it the most effective form of exercise. You get an aerobic workout and it tones your stomach muscles – 10 minutes will burn about 40 calories. Argos Pro-fitness Jogger Trampoline is just £11.99.



Jump-start your fitness with a trampoline



Colour up your diet and reap the benefits!

Tips from a top nutritionist



'There are seven differently coloured fruit and vegetable families, each containing different antioxidants,' says **FIONA KIRK** (www.fionakirk.com). 'Aim for at least one portion each of red, purple, dark green, light green, yellow, orange and white fruit and veg every two days.'

SECRET SHOPPER 6 TIMES BETTER!

New super supplement Lubramine is six times better at protecting joints than current favourite glucosamine. It contains celadrin, a combination of fatty acids to keep you flexible. Used by Olympic athletes, it's £9.99 from selected Boots and Superdrug stores.



THREE OF THE BEST... Nuts

SNACK ON MACADAMIA NUTS

WHY They have the highest level of 'good' monounsaturated fats (which are great for your skin) of any food, and are packed with potassium and magnesium to boost energy.
HOW MANY Stick to 10 a day.



SNACK ON BRAZIL NUTS

WHY One of the best sources of selenium, an antioxidant that has been shown to protect against some cancers as well as boosting the immune system.
HOW MANY Three a day is all you need.



SNACK ON WALNUTS

WHY Rich in omega-3 fatty acids, a handful has almost as much as an 85g piece of salmon, plus antioxidant manganese and copper. They're also good for your heart.
HOW MANY Four to five every day.



GET OUT OF HERE...

A HANDFUL OF BERRIES EVERY DAY CAN HELP CUT THE RISK OF HEART ATTACKS AND STROKES

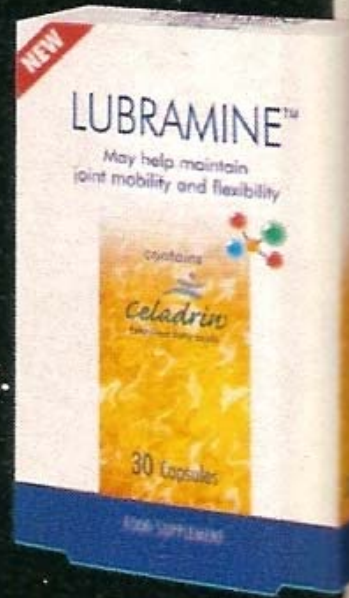


Did you know... DEVIL'S CLAW HELPS TENDINITIS AS IT REDUCES INFLAMMATION WWW.GOODTOKNOW.CO.UK

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