

about you

STUFF WE LOVE...

Thirst quencher

Elemis' new Maximum Moisture Day Cream, £35, and Maximum Replenish Night Cream, £40, contain extracts of desert plants, which act as reservoirs of water to hydrate skin when it's needed; www.elemis.com.

Spring forward

These award-winning Complete Eutopia trainers, £80 from Puma, have amazing cushioning and flexibility, and look extremely swish to boot; 0845-123 7862.

Heaven scent

Philosophy's new fresh, light Field of Flowers 3-in-1 shampoo, shower gel and bubble bath (£17) is perfect for banishing post-workout pong; 0870-990 8452.

Good to go

Kenwood's Smoothie 2GO smoothie maker, £24.99, comes with two 0.5 litre, no-spill travel mugs. Fit a mug to the machine, blend away, then detach your mug and away you go – brekkie on the run! See www.kenwood.co.uk.

Pretty pastels

We'll be donning these cute, sporty Canterbury Gemma, £50, and St Laura, £55, fitted, capped-sleeve rugby jerseys, for summer days in the park; 0161-947 7337.

TRADE SECRETS: DELIA DU SOL

Delia Du Sol, one of the UK's premier contortionists, tells us how and why you should improve your flexibility.

Make flexibility training a part of your fitness regime. Improved stretchiness can prevent injury to your joints and improve your athletic performance.

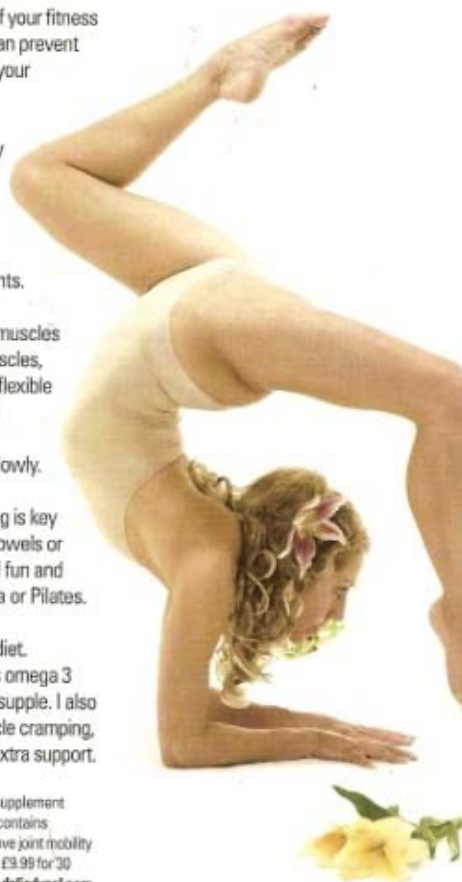
Listen to your body. Stretch only to the point of mild tension – if the stretch hurts, you're flexing too hard. Avoid bouncing movements – these can cause injury to delicate knee and hip joints.

Do a warm-up. Stretching cold muscles can cause injury, while warm muscles, tendons and ligaments are more flexible so stretch more easily. Hold each stretch for 10 to 20 seconds, to allow the muscle to elongate slowly.

Be consistent. Regular stretching is key to improving your flexibility. Use towels or resistance balls and bands to add fun and variety to your training, or try yoga or Pilates.

Eat oily fish as part of a healthy diet. Mackerel contains the fatty acids omega 3 and 6 which can help keep joints supple. I also drink lots of water to prevent muscle cramping, and take Lubramine capsules for extra support.

Delia is an ambassador for the joint health supplement Lubramine (www.lubramine.com), which contains Celadrin® – a fatty acid proven to help improve joint mobility and flexibility. Available from Boots, it costs £3.99 for 30 capsules. For more info on Delia, see www.deliafusol.com.



WORDS: Anonni Kaczkula. PHOTOGRAPHY: Germaine Miel-Jamson

SO HOT...

▲ Makeovers sans surgery

Change your look with help from celeb style gurus Nike Ede and Brendan Courtney; www.ihatemylook.com.

▲ Horse riding

Enjoying a boost in popularity thanks to Sarah Harding from Girls Aloud taking up polo, horse riding burns 400 calories an hour, tones up thighs, stomach, arms and back, and improves posture.

▲ Gym-bag-friendly cosmetics

The dinky Tommy Hilfiter Limited Edition Dreaming RollerBall/Lipgloss duo, £15, combines perfume and lipgloss to help you transform from sporty to chic.

SO NOT...

▼ Eating in front of the TV

If you watch the 'box' while eating, you'll probably take less time to chew, eat bigger portions and reach for snacks – cue weight gain.

▼ Festering feet

Avoid whiffy feet with Brasher's All Terrain socks, £9 (www.brasher.co.uk). X-Static yarns inhibit bacteria growth while Coolmax wicks moisture.

▼ Bad fake tan

Don't forget to exfoliate regularly to avoid a streaky, patchy tan.

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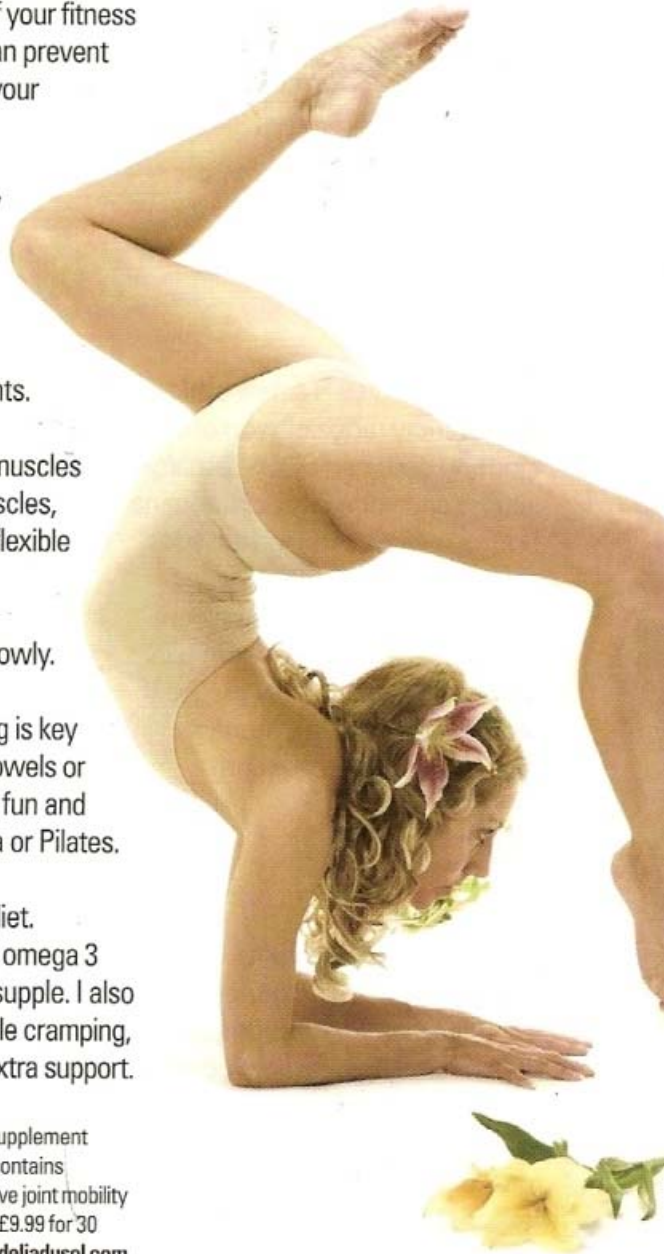
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Product feature:	Lubramine
Media outlet:	Health and Fitness
Date:	June 2008
Page:	14
Circulation:	56,000