

about you

### STUFF WE LOVE...

#### No smudges

It's claimed blinc semi-permanent mascara, £18, won't flake, run or smudge. That sounds pretty good to us! See [www.purecompany.co.uk](http://www.purecompany.co.uk).



#### Fresh feet

These funky Rockport Dion shoes, £85, are moisture-wicking and washable – perfect for summer. 0870-850 7083



#### Warm and dry

Great for the gym or travel, Lifeventure's super-absorbent Trek Towels are small, lightweight and quick-drying; from £16.99, 01189 811433.



#### Water babe

This Zoggs Narrabeen Somicback Tankini, £25.99, looks fab and has 25 times more resistance to chlorine than normal swimwear; 01276 489089.



#### Sports chic

The limited-edition PUMA Lydia bag, £370 from Selfridges, mixes vintage styling with modern-day bling; 0870-837 7377.



### TRADE SECRETS: CHRISTINA BARTON

Nutritional therapist and founder of nutrition and wellbeing company Chrisbar helps you boost your immune system

**Juicing** is one of the best ways to get high doses of nutrients into the body quickly, to feed the main organs and support the immune system.

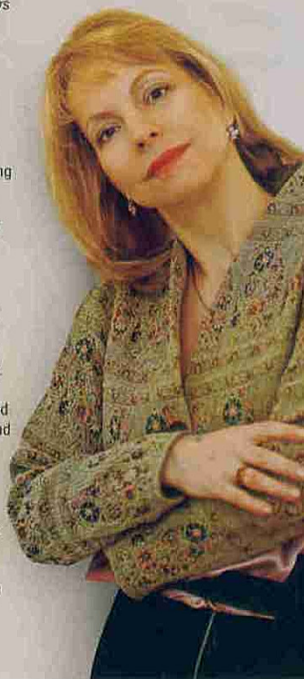
**Take** care of your digestion with plenty of water, fibre and raw or juiced digestive-boosting fruit and vegetables, such as spinach, broccoli, beetroot, carrots, apples, pineapple and paw-paw. Support it with a probiotic supplement.

**Make** sure you include some high-antioxidant foods in your diet, such as blueberries, goji berries, green and rooibos tea.

**Cleanse** and support the blood with garlic, tomato, spinach and nettle tea, and rev up your circulation with frequent dry skin brushing.

**Healthy** kidneys and liver are vital for a blooming immune system. Help flush out toxins with milk thistle and dandelion teas and tinctures.

For more information on Christina, visit [www.chrisbar.com](http://www.chrisbar.com)



WORDS: ANTONIA KEMZELIA

### SO HOT...

#### American Apparel

Fantastic lifestyle separates in rainbow colours – and they're affordable and fair trade! Visit [www.americanapparel.co.uk](http://www.americanapparel.co.uk).



#### Frisbee

This year is the 50th anniversary of the Frisbee, so celebrate with a throw-around in the park.

#### Heat treatment packs

Soothe sore muscles and joints with the Morphy Richards Heat Treatment Pack, £24.99, which you can make hot or cold. Call 0870-060 2614.

### SO NOT...

#### Padded knickers

Ridiculous bottom-boosting pants are back (again). We say get to the gym and do some squats instead.

#### Over-sweaty people

We know working up a sweat is part of a good workout, but if you have to drip on the cardio machines, please wipe them down afterwards.

#### Flip flops

We've waited a long time to feel fresh air on our feet, but have you tried running for the bus in a pair?



LOOK & FEEL AMAZING!

# Health & Fitness

May 2007 \* £3.10

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Easy yoga tone-up plan

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## 'GUESS HOW I KEEP FIT?'

Readers' shape-up secrets revealed

LEAN LEGS NOW!

Ultimate thigh toners

Feeling frazzled?

One-minute stress busters

REAL-LIFE MAKEOVERS

'Help, I'm in a gym rut'

'How can I boost my bones?'

PLUS! PAGE 111

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14 pages of expert advice and instruction



Boost your mind and body

More results, less work!

How to get stronger, faster



ON TEST: POWER WALKING KIT SPORTS WATCHES TENNIS FASHION