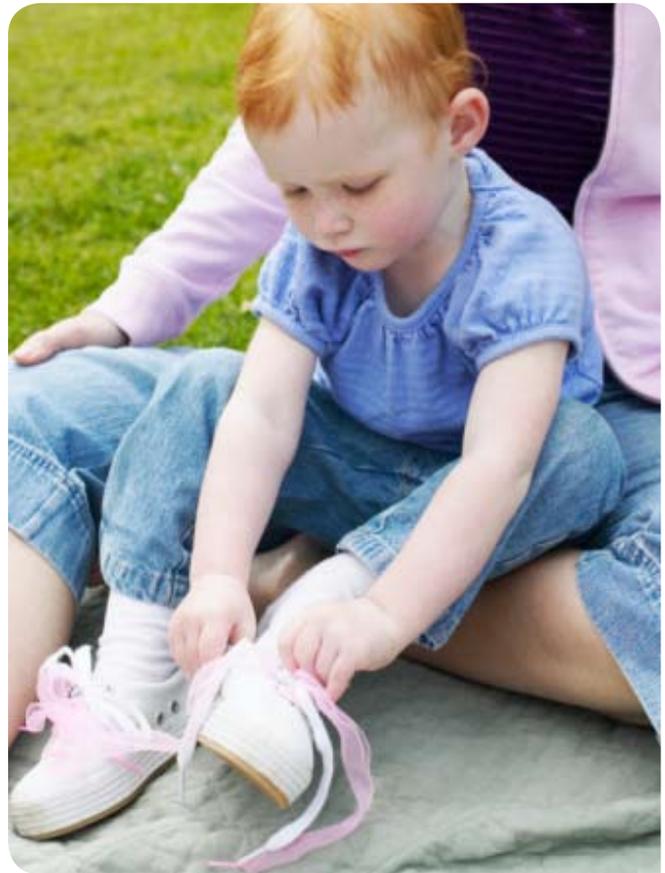




FEELING FLAT: Those fashion must-haves, flat shoes, may look and feel comfy but they're not a great choice for your feet, especially if you're overweight, say researchers at the American Orthopaedic Foot and Ankle Society (AOFAS). The flimsy soles of flats force your feet to carry extra weight, increasing your risk of injuries. Still can't resist this style? Follow these tips to make a better choice: **1.** Look for shoes with thicker soles, if you can bend the sole with your hand, it's too thin to offer adequate support and may be painful. **2.** Reserve flats for those occasions when you won't be doing a lot of walking.



Scale habits

Weekly TV weigh-in shows such as *The Biggest Loser* are motivating, but do weekly weigh-ins work for real-life dieters, too? It depends. New research from the National Weight Control Registry in the US shows that daily weighers are more likely to keep off the weight. Our tip? If you're still losing weight, stick with the weekly weigh-in, but if you're already at your ideal weight, the more frequent weigh-ins will help you notice if your weight is headed in the wrong direction.



Tips for little tootsies

To help your child's feet develop properly make sure they have the correct shoes and go barefoot enough to allow bones and muscles to grow. Feet grow rapidly during childhood, so check shoes fit regularly. Have your child's feet measured for width and length and allow for 1cm growing room between toes and the end of the shoe. Airing shoes overnight will help reduce skin conditions.



Sooth your skin with Neat Feet

If you suffer from sweat rash or chafing, you'll know that it's not only summer when this painful and uncomfortable condition can occur. Exercise, excessive sweating or carrying excess weight can all contribute, but there is help at hand. Developed by leading physicians in New Zealand, Neat Feet's revolutionary 3B is a safe and effective Action Cream to prevent sweat rash and chafing, reducing perspiration and soothing the skin. We have five Neat Feet packs to give away which are ideal for soothing skin and feet after exercise. Each pack, valued at more than \$50 each, contains 3B Action Cream, Neat Feet Antiperspirant, Foot & Heel Balm, Shoe Powder and Cool Foot Spray. For details about how to enter, see p17.

On the nose

A deteriorating sense of smell may be the first sign of dementia-related illnesses. Now, researchers at the University of Cincinnati in Ohio have come up with a device that may be able to help detect neurodegenerative disorders such as Alzheimer's and Parkinson's diseases. Many patients complain to their GPs of a lack of smell years before they develop dementia disorders. With the help of the Sniff Magnitude Test researchers can measure the size and intensity of a person's sniff. After detecting a disagreeable odour, people with normal olfactory capacity take smaller whiffs, while those with an impaired sense of smell keep sniffing deeply.



“Success is the sum of small efforts, repeated day in and day out”

Robert Collier, American author



For your skin's sake

We all know how important it is to exercise but did you know that working out can get your skin glowing? It increases circulation which helps deliver nutrients throughout your body, plus it can help you enjoy a restful night's sleep – and it is during slumber that your skin cells have a chance to rejuvenate.



Exergaming is set to rise. With a trend that is occurring in the home, classroom, playground and arcade, Nintendo Wii, the Dance Dance Revolution (DDR) and Eye Toy have been developed to address the growing concerns of childhood inactivity, as well as the market's growing demand. Nicole Lander of Laser Skirmish, the game which combines role playing and team building with adventure, says you need to catch then keep a child's attention. "It's important for parents not to view gaming in a negative light, particularly when children now have so many avenues to actively live out their favourite video games."