

## Low-impact beach volleyball is the hot new way to tone up ▶

**BEACH VOLLEYBALL** is more than a shore thing: it's taking off inland, too. Since Australia's gold-winning performance in the Sydney 2000 Olympics, the sport has exploded in popularity, with competitions now in every state and territory. And it's not just coastal players embracing the sport; beach volleyballers line up for indoor courts and makeshift outdoor ones just about anywhere. The best part about the sport is that anyone can play. "Our competitions range in skill and age, from kids as young as seven to adults in their 50s," says Dieter Rohkamper, development officer at Sydney's Northern Beaches Volleyball Association.

The sand surface means it's low impact, with a proportionally low injury rate. "It's a great all-round work-out," says Dieter. "It strengthens the arms and it develops and tones leg, back and stomach muscles." Joining a social league costs around \$100 for a ten-week comp. Visit [www.avf.org.au](http://www.avf.org.au) for an association in your area.



## SOAK UP THE SHINE

**HERE'S A GREAT IDEA** for anyone who suffers through summer with a shiny face: blotting paper. Sounds weird, but Manicare has come up with a nifty purse-size blotter dispenser. Available from pharmacies for \$3.20.

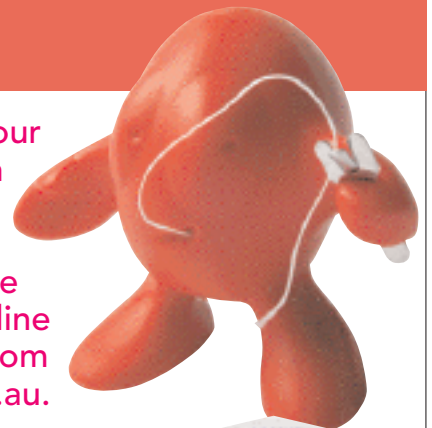
# SAND, SMILES AND SUNNY DAYS



## PIECE OF MIND

**JIGSAWS** give our brain the perfect work-out. This one tests your sense of optical logic. Available from Australia Post and gift shops for \$9.95.

Add an extra-wide smile to your daily dental routine with Clumsy Otto, Alessi's dental floss dispenser, and Cheeky Rondo, the no-fumble toothpaste cap. Available online in a range of colours for \$25 from [www.petersofkensington.com.au](http://www.petersofkensington.com.au).



## SUMMER SPORTS

**1/ HIGH-TECH FABRICS**

Light, stretchy and close fitting is the way to go with exercise clothing. Look for materials that wick moisture from your skin and draw it to the outer side of the fibre, where it can evaporate. Nike's Dri-Fit range includes this tank with a lightweight built-in bra and mesh panelling. From \$39.95.

**2/ RE-USABLE DRINK BOTTLES**

"The world's toughest water bottle", the Swiss-made SIGG has an aluminium shell and food-safe internal lining, and comes in more than 140 designs. At [www.biome.com.au](http://www.biome.com.au) and homeware stores, \$24-\$39, depending on size. See page 136 for more ideas.

**3/ A CAP FOR DOWNLOADS**

This low-tech invention lets you listen to your iPod free from annoying wires. Available in a variety of



colours for iPod Nano and Shuffle from US\$9.95 at [www.ixoundwear.com](http://www.ixoundwear.com).

**4/ SWIMMER'S SET**

This handy Sea Squad Pool Pack from Speedo is the perfect stocking filler this Christmas and includes a handy waterproof bag, goggles and fun printed silicone cap. In pink or blue from Rebel Sports for \$29.95.

**5/ NO-SWEAT SUNSCREEN**

Use a sunscreen designed to resist perspiration, such as The Cancer Council's Sport range. 110ml tubes are \$7.95.

**6/ SOOTHING CREAM**

Don't be turned off exercise by the fear of sweat rashes and chafing on your buttocks, between the legs or beneath the breasts. 3B Action Cream is an antiperspirant and soothing cream. At pharmacies, Woolworths and Priceline from \$12.95.

**7/ BALL WITH INNER STYLE**

The essential beach or park fun accessory, the Marcel Wanders beach ball from Puma has a peephole to show the inner lining design. Available in white and black for \$40 from [www.eshop.puma.com.au](http://www.eshop.puma.com.au).

**8/ HIP SHOULDER BAG**

Gather up your gym gear in style. This nylon shoulder bag is available online at [www.eshop.puma.com.au](http://www.eshop.puma.com.au) or at leading sports retailers for \$50.

