

Foodsense Holiday sculpting and proofing



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WITH SUMMER holidays upon us, we tend to wonder if our body looks good when uncovered and how to prepare for a seamless stay away.

It is not too late for you to do a few things ahead of departure to holiday-proof yourself. A few steps are involved but when implemented, a new level of holiday enjoyment may be achieved without any troubles in the process.

STEP 1 Aim to relax a little before you are ready to pack. Why? Your body can get the message that it does not need to do so suddenly and get sick as stress levels suddenly drop. Slowing down a little boosts your immunity and blood sugar control so more energy can be drawn during the holiday itself for all the fun activities you wish to do

STEP 2 For figure sculpting, no hours in the gym or dieting for months are required (although eating more vegetables and fewer sugary or processed fatty snacks never hurt anyone). Pulling the tummy in whenever upright is the key: this engages the abdominal and lower back muscles and over time tones the abdomen.

For stronger and better-looking arms, shoulder and back muscles, carrying some shopping regularly or pushing something works a treat. Taking stairs instead of lifts is another everyday activity that can work those leg muscles, as much as cycling, walking, dancing or gardening. Any weight-bearing ideas mentioned above would encourage burning of fat stored around your inner organs and result in a more streamlined physique

STEP 3 Your sun protection kit may need

to be re-visited. The majority of sunblocks contain toxic chemicals that prevent the body from producing the very important vitamin D so they can be said to be a double-edged sword. Instead, aloe vera or coconut oil-based natural products available from the health food shops and online are a good alternative – preventing the burn and allowing some UVA and UVB rays to do their job. Without the risk of causing photoaging, wrinkles and skin cancers that is

STEP 4 The bug-repellents may be called for if visiting areas with no shortage of mosquitoes and midges. Any citronella oil based or natural herbal options work well

STEP 5 A positive attitude is a must when going away. Expecting the best to happen when travelling or staying in one holiday resort is what makes it happen.

Yoga class

Gail Willis continues her series of simple hatha yoga moves

YOGA INSTRUCTOR Gail Willis has recruited her mother Janet Rogers to help demonstrate yoga exercises in *Choice* every month.

In each picture Janet, who is 78, illustrates the basic position for each exercise - the easiest one for the beginner. Gail illustrates the maximum position for each exercise.

You should start following Janet's position and try to increase gradually towards Gail's advanced level.

"Only build up to a level that you are comfortable with," says Gail, who is a full-time yoga instructor in Kettering. "With some exercises you will be able to do the maximum level

of stretch, but with others you will achieve only the basic move. It doesn't matter - even the easiest will be good for you and make you feel good."

Find out more

- To contact Gail, tel: 01536 515311, mobile: 07762 575118
- To find a yoga class where you live, ask at your local library, county council offices, tourist information centre, sports centre, a local school or anywhere that runs evening classes.

Car Journeys

Here are a couple of exercises for driver and passenger. When you are safely parked, sit straight in your seat and shrug your shoulders to release tension.

Passenger Janet takes her left hand behind her left buttock and right hand over to her left thigh or knee and twists her body and head to the left, holding for up to ten seconds (more if it is comfortable to do so).

Gail as the driver places her hands flat on the steering wheel and pushes herself back into the seat, rounding the spine and pulling her chin into her chest. Hold for as long as you need to feel a lovely releasing stretch through the neck and back muscles.



Next month: More Yoga moves