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THE GOOD HEALTH HANDBOOK

6 Find your happy weight

We all have a number that would make us jump for joy if we saw it on the scales, but the latest advice is that rather than working towards a weight that isn't realistic, we aim for our 'happy weight.' This is one you can maintain through eating three balanced meals a day and doing moderate exercise – you shouldn't need to slave at it, says dietitian Jayne Brocklehurst. But it should also be a weight at which you are healthy, with a BMI between 19 and 25. To find out your BMI, log onto www.nhs.uk.

But what if you're already healthy – just not happy? It's vital to have realistic expectations, so ask a personal trainer what you can achieve with a good toning plan, then work on that.



Promotion
Monitor your workout!
With the EA SPORTS Active 2 at-home fitness programme, you can track your heart rate on screen – meaning you can monitor the effectiveness of your workouts. Best of all, unlike traditional heart-rate monitors, it doesn't need a chest strap, instead sitting comfortably on your arm. EA SPORTS Active 2 is now available from selected retailers at £54.99 or lower on Kinect™ for Xbox 360®, PlayStation3®, Wii™. Visit www.easportsactive.co.uk for details.



7 BE YOUR OWN SKIN DOCTOR

'Skin often becomes dry, and lines and wrinkles emerge faster after your 30s,' says Dr Stefanie Williams from European Dermatology London. Here, she answers our questions and reveals what really makes your skin glow

Q If you could ban one thing we do that damages our skin most, what would it be?

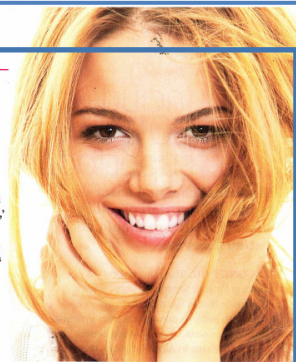
A: 'Smoking! It destroys collagen and elastin, and at this time of life it also triggers rapid ageing around the mouth area that's very hard to treat.'

Q And is there one thing we should do more of to help protect our skin?

A: 'Wear an SPF50 every day. The next 10 years are when you'll really see the difference between your peers who have looked after their skin and those who haven't. I like Heliocare SPF50 (£25 at www.heliocare.co.uk).'

Q What's the skincare product every woman should have now?

A: 'An antioxidant serum, like Skinceuticals CE Ferulic, £97. It helps create an extra shield



of protection that slows down the effects of environmental agers.'

Q If you've already damaged your skin, are there any cosmetic procedures that can stop further wrinkles appearing?

A: 'I like the combination of medical needling (also called Dermalroller) and soft fillers, like Restylane Vital. Both of these work to encourage collagen production, helping your skin to help itself. But don't just jump in headfirst, see a qualified dermatologist to find out if they're the best treatments for you.'

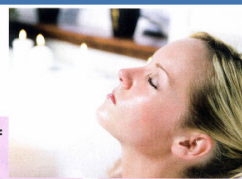
8 Discover your energy solution

The problem:
You can't wake up

The new solution: Have your evening bath by candlelight. Not enough light in the morning and too much at night can trigger a condition called 'social jetlag', which leaves us groggy first thing, say sleep gurus. One surprising contributor is evening baths – bright bathroom lights reflect off tiles and mirrors, affecting your body clock. So keep the room softly lit and you'll sleep better.

The problem:
You're tired all the time

The new solution: Suck vitamin B12. 'Over 40% of us lack this energising nutrient, but most supplements use a form your body struggles to absorb,' says pharmacist Shabir Daya. Now you can buy lozenges of more easily absorbed B12. Try Life Extension (Methyl-Cobalamin, £24 at www.victoriahealth.com).



The problem:
Stress exhausts you
The new solution: Ginseng is ideal for keeping energy levels up during times of stress – and now there's a raft of new products made from the most potent part, the whole root. Try Golden Ginseng Liquid Food Supplement, £7.95 at www.drinkherbaltea.co.uk.

Q What's the skincare product every woman should have now?

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of protection that slows down the effects of environmental agers.'