

Health matters

Whether you want to pep up in just 30 seconds with clever yoga moves or shed extra kilos, **Kelly Baker** has the answers.



Vitamin B

This clever vitamin helps boost your mood (upping your feel-good quota) and immune system (leaving your body better able to fight off colds and flu). Low on B? Eat more spinach, meat and dairy, or take a B supplement.

Keeping it real

Whole foods are best in terms of both taste and health, says Michael Pollan, author of *Food Rules: An Eater's Manual* (Penguin, \$16.95). Michael recommends avoiding foods that are pretending to be something they're not. "Imitation butter, aka margarine, is the classic example," he says. "To make something, like non-fat cream cheese that contains neither cream nor cheese, requires an extreme degree of processing. Such products should be labelled as imitations and avoided. The same applies to soy-based mock meats, artificial sweeteners and fake fats and starches."



30-second yoga

Feeling flat? Try this simple and quick yoga move to boost your energy and mood.

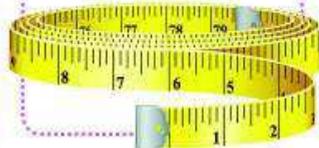
1. Stand with feet hip distance apart, knees bent slightly. Place your hands in front of your heart, palms pressed together in prayer position.
2. Take a long, slow breath in and stretch your arms out as wide as you can. You should feel a gentle stretch across the chest.
3. Breathe out slowly while returning your hands to your starting position.
4. Take it one step further by repeating the words "Om Shanti!" as you exhale. This Sanskrit term, which loosely translated means peace, will lengthen your exhale, making you even more Zen-like.

HOW TO SLIM DOWN SENSIBLY

Losing weight can be a tricky business which can leave you feeling emotionally bruised and battered. If you're on a slim-down plan, but have slipped up, try and be gentle with yourself.

"When it comes to weight loss, it's okay to run into a pothole or get stuck in a traffic jam," says Sally Symonds, author of *50 Steps To Lose 50kg ... And Keep It Off* (Palmer-Higgs, \$29.95). "Just try to steer more wisely next time. Forgive yourself, but don't forget what caused it to happen."

Sally's other top tip: don't buy chocolate, biscuits or ice-cream, or whatever your preferred poison is, and kid yourself that you'll only eat a little at a time. "You probably won't. And even if you do, at some point you still will have eaten the whole packet anyway," says Sally, who used her own program to shed 50kg, more than half her body weight. "If it's not in your pantry, you can't be tempted."



THIS JUST IN ... Spending hours in front of the TV or computer not only increases kids' chances of being unfit and overweight, a new study shows it's also associated with back pain and headaches. The research, published in the journal *BMC Public Health* and involving more than 30,000 teens, linked screen time to back, neck and shoulder pain, plus headaches. Healthy Kids, an Australian government initiative, recommends parents set time limits for TV watching and computer use, and find healthy activities for kids outdoors. And don't forget, limit your own screen time and your children will follow your lead.