

help yourself. **do something.**

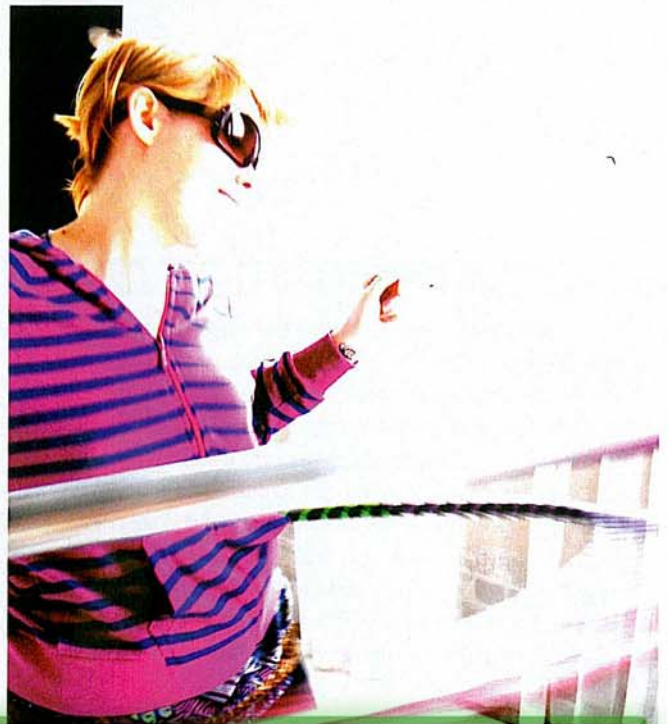
hip-hip-hula.

A workout that's as easy as child's play, using a hula hoop for just 5 minutes a day can seriously improve your cardio quota. And if your gym has jumped on the hula-hooping bandwagon and is offering classes, you can look forward to building strength and flexibility, all while having more fun than you'd ever have on a treadmill.

The promise Hula-hooping's hip-swivelling action targets your core muscles, tones your tummy, and gets your circulation pumping.

The workout Work up to a 30 minute daily session, in increments of five minutes a week. (If you have back problems, though, check with your doctor first.)

To find out more Pick up a regular hoop from your local sporting goods retailer for between \$2-5. You can also buy weighted hula hoops from specialty suppliers like Sunrise Imports (www.sunriseimports.com.au), which ramp up the workout and speed weight loss. And if you get well and truly hooked, why not become a hula-hooping hothead? Visit www.hula-hoop.com for more points of hooping.



WHAT'S IN IT

When you use a hula hoop, you engage the muscles of your core.

the goods. **gr**

gad



towel. Sling before hitting the jog. (\$39.95)



is for the birds. Rest your head on an ecofriendly pillow filled with comfy buckwheat (yes, buckwheat.) Allergy sufferers can slumber soundly thanks to this alternative to feathers and polyester. (\$69.95; www.badbacks.com.au)



Healthier pillows Down is for the birds. Rest your head on an ecofriendly pillow filled with comfy buckwheat (yes, buckwheat.) Allergy sufferers can slumber soundly thanks to this alternative to feathers and polyester. (\$69.95; www.badbacks.com.au)



toothbrush SilverCare brushes release active ions on contact with water, creating a natural antibacterial effect. Economical and ecologically-sound, it's only necessary to replace the head when it wears out. (\$8.99; www.brandsworldwide.com.au)



info@lateralfood.com
The most natural balm around, this is certified to the highest organic standards, and is based on avocado, jojoba and hemp oils and beeswax. Choose from Naked (no fragrance), Lemon-Lime, Peppermint, or Orange-Ginger. In healthfood stores.