

LIVING

Health & Style



Nordic Walking craze spreads to Royal County

NORDIC Walking is the latest fitness craze to arrive in Ireland and classes are now coming to Meath.

Originating from summer training for cross-country skiers in Finland, Nordic Walking works your upper and lower body at the same time, strengthening your back and abdominal muscles, legs and arms, and reducing neck and shoulder tension - all the while improving the health of your heart and lungs.

Nordic Walking is one of the most sociable and effective exercise techniques around and it is now used regularly by an estimated 10 million people worldwide.

Nordic Walking instructor Baerbel Pankoke will hold workshops on Saturday and next Tuesday to introduce the activity to the people of Meath.

The workshops will take place at Dalgan Park on Saturday from 10am to 12.30pm and on Tuesday next from 11am to 13.30pm and Baerbel then plans to hold regular one and a half hour classes on either a Tuesday morning or evening.

She will provide the special Nordic Walking poles, so all participants need to do is wear comfortable clothes, walking shoes or trainers. The workshops will teach participants six basic steps to enable them to exercise further on their own or to join a class regularly. Nordic Walking is a health and

fitness activity that uses specially designed walking poles which increase the benefits of walking.

The intensity and the focus at which you work is under your own control, so everyone can learn how to use the poles and progress at their own pace, no matter what age they are. From social walkers enjoying the outdoors with others in Nordic Walking classes and clubs, to the elite athlete needing sports specific cross training, Nordic Walking (or Nordic Running) is suitable for everyone.

Exercise intensity is determined by the amount of upper body effort, so people of differing fitness levels can walk and talk together, while working to their own level. Nordic Walking improves fitness, balance, helps weight loss, supports the back, protects joints, increases heart rate and energy consumption and releases shoulder tension in the shoulder and neck.

With a little bit of technique practice, you'll find that even though your heart, lungs and body are working harder, Nordic Walking can feel easier and less tiring than normal walking. You burn between 20 to 46 per cent more calories than in normal walking and you reduce neck, back and shoulder pain and increase muscle activity by up to 90 per cent. For further information or to book a place contact (087) 165 1645.



Nordic walking is a great way to exercise your upper and lower body together at the same time.

Gastric Hypnotic Band Program

Are you stuck in a rut?
Tried every diet under the sun?
Is your weight controlling your life?
Has your weight always been an issue in life?
Do you turn to food for comfort?

If you answer YES to any of the above then call the Weight Loss Clinic Now.

Have all the benefits of Gastric Band Surgery without the risks, side effects and at a fraction of the cost.

To find out more please log on to www.weightlossclinic.ie or contact info@weightlossclinic.ie or phone 1890 987 925
Clinics: Drogheda, Dundalk & Navan

Trends for autumn

Feel a bit guilty telling you about autumn fashion trends after what has passed as summer - didn't that New Zealand fella get it very wrong with his prediction of a heatwave?

I have been raiding my winter clothes lately so I suppose it's a good time to tell you what's coming for autumn. You may have a wedding coming up or just want to break out and buy something new so let's look at what's 'in'.

This will be the season for revisiting the '40s and '70s. Forties glamour is ultra-feminine complete with furs, pearls and knee-length skirts. The emphasis is on the waist.

Seventies is sophisticated glamour with its high-waisted wide leg pants and elegant blouses. The main theme is ladylike this season. The more hippy '70s trends have been largely ignored.

The fashion colour palette has glorious jewel tones replacing summer's acid brights. Think amethyst, jade, sapphire, emerald, ruby, garnet and regal purple, colours that exude elegance and sophistication. There was plenty of black to be seen on all the runways and generally mixed in with dazzling jewel colours. Of course, there are plenty of browns, camel, burgundies and cream for those of you who prefer more classic colours.

* Fabrics will be tweeds, tartan, leather, silk, lace and brocade - I noticed Kate Middleton wore brocade to Zara's wedding recently.

* Chokers will be the style adornment for the neck, as well as demure strands of pearls.

* Cuff for the wrist, a must have!

* Pleats will be everywhere this coming season, and they can be seen in all the high street stores. Knife pleats are in and they will stay around and influence next year's trends also.

* Long skirts will also be evident everywhere, midi is the new mini! If you're not a fan of long skirts, then opt for the knee length.

* Fur is staying. Dig out that faux jacket again and throw on those pearls for a real style statement.

* Tunics with trousers. This elegant chic combination is a wonderful trend for all us ladies who have surrendered waists to age, overeating and menopause...loving this. It is a flattering silhouette that covers a multiple of sins while at the same time looks glamorous.

* Shoes are very feminine with lots of colour blocking; there will be oodles of fur adorning boots and shoes as well as lace detailing.

Well, there you have it. The runway style is always way over the top but thankfully it's well-diluted by the time it reaches the high street. Hope you can find something to take your fancy this season...enjoy!

—Maggie Gibbons
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Peacock bag and fashion ring from Marks & Spencer. Red trouser from River Island.

It's time to prime!

Are you familiar with face primers or are they just as confusing to you as serums, mineral make-up, etc? Gone is the day when you bought yourself a jar of cream and it served every purpose under the sun. Now the buzz word is primer so here is what it does!

Primers are becoming more common in the makeup marketplace. They are a wonderful addition to your make-up routine as they keep your foundation in place all day as well as giving you a flawless complexion, and who'd argue with that!

They work by evening out skin tone and large pores to promote a healthy glow. Applied over your regular moisturiser and under your make-up, they fill in fine lines to give the illusion of flawless skin. To me, it feels like velvet on my skin. Like every product on the market, there is a mind-numbing range out there so I've tested a few and these were excellent.

YOUNG BLOOD MINERAL PRIMER

THIS colourless base helps enhance the performance of make-up throughout the day. The lightweight, silky formula smoothes the appearance of fine lines and pores, creating an even surface for foundation

Packed with minerals and vitamins to

protect skin from environmental damage. RRP 30ml €41.00

For stockist information: Call Pretty Woman Beauty Supplies (01) 834 3930/(087) 242 7510.

SMASHBOX PHOTO FINISH PRIMER

THIS primer is great for creating a silky smooth base for any foundation. Reputedly one of the best primers on the market, it comes with a bit of a hefty price tag, though, at €38.

FUSCHIA

THIS multi award-winning Irish make-up company opened in 2005 at Scotch Hall Shopping Centre, Drogheda, and, since then, have never looked back. A real Irish success story, they carry an excellent array of products catering for the modern woman.

And their primer is both excellent value and price. I've been using it for a while now and love the way it glides on smoothly and fills in all fine lines and wrinkles. A small amount goes a long way. Will keep your make-up looking



perfect all day. Cost €22.00. Tel: (041) 980 1563 or email gillian@fuschia.ie

There are lots more, of course, and if it's a product you think you'd like to use, I suggest you check out your local pharmacy where they may well have a sample for you to try. I always think this is essential before I purchase.

It really is a lovely product, probably a bit of a treat but, sure, aren't you worth it! —Maggie Gibbons
maggiegibbons@iol.ie

Running to the extreme

Autumn time sees some of Ireland's most popular triathlon and marathon events taking place. Claire Maguire asks what kind of effect long-distant training can have on the body

Just this week, I was asked if the body can cope with running two marathons back-to-back, in this case, the Dublin and New York marathons.

Like anything in life, if it is a labour of love and makes you happy, who is to say whether two marathons in a row shouldn't be taken on? To take on big marathons or triathlons like Gaelforce and New York, the person would have to be in a healthy state of mind and in good physical shape. From posting the application to passing the finishing line comes with it a positive mental power and the belief it can be achieved.

It can take up to 50,000 steps to run a marathon. Every time the foot hits the ground, a stress three to four times the body weight is absorbed by the ankles, knees, hips and lower back and that is just the surface effects. The organs, too, take on added stress and pressure from running continuously for such an extraordinary length of time.

I have been practicing Ashtanga yoga for over a decade and while it is no doubt one of the most physically challenging practices there is, it brings with it acute body awareness. By using the breath and easing the body over time into some very complex poses, the body responds with ease and gentleness, so trauma or damage to the body is minimal. It is therapeutic and stands the test of time. I ran a marathon once. I wouldn't do it again.

Injuries go hand-in-hand with sports like running and weight training. Low impact sports like swimming have a quiet respect for the body just like yoga, which is why I often see people come to me towards the end of their running life or when an injury keeps on reoccurring through physical sport. A simple forward bend using deep breathing for an athlete can bring enormous relief to their body.

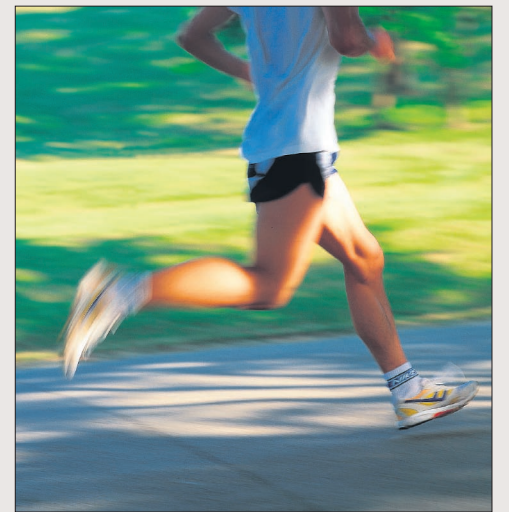
David Murphy from All Sports Injuries in Navan has had to refer many patients from his clinic in Johnstown to orthopaedic consultants. "I think partaking in back-to-back marathons is very unwise as the impact on corresponding joints can have many long-lasting consequences," he says. David doesn't believe that high-impact sports are healthy. "It may have certain cardiovascular benefits, but the repeat damage to joints far outweighs the benefits over long periods of time."

Darren Kelly, physical therapist at Base2Race, says the most common injuries treated post marathon/triathlon are muscle fatigue from the stresses and strains involved in the event.

Triathlon coach Eanna at Base2Race adds: "Athletes frequently wish to race triathlons on back-to-back weekends. If the athlete is well-conditioned and biomechanically sound, this can be a feasible option. It is not always an ideal practice."

She adds: "One other element the athlete should ponder when making the decision to race on back-to-back weekends would be the effect it has on their performance. If an athlete is racing on consecutive weekends, ironically, they are at risk of losing fitness; hence their race performances will not be as good."

To learn more about Claire, visit www.yoga-meath.ie



It can take up to 50,000 steps to run a marathon.

Seeing is believing with gastric hypnotic band option

MICHELLE O'KEEFFE

AN increasing number of women in Ireland battling the bulge are getting hypnotised to believe they have had a gastric band fitted.

People trying to lose weight are turning their backs on crash diets and are instead getting a gastric hypnotic band inserted in a bid to shed the pounds. They are convinced they have undergone gastric band surgery and so believe their stomach is physically smaller and eat less.

Weight Loss Clinic specialist Karl Curtis said the amount of people getting gastric hypnotic bands has increased steadily since he started offering the service in Ireland. He added:

"The gastric hypnotic band procedure is a new thing in Ireland. People here who



After gastric band hypnotism, participants feel that their stomachs are smaller, which leads to eating smaller meals.

wanted the procedure done use to have to travel to Spain. Since I have started offering the service here last November, the demand for the pro-

cedure has grown steadily. "I have seen people lose between four and 22 stone after their subconscious mind has been convinced

that gastric band surgery has taken place."

Mary, 33, from Meath, who lost three stone in four months after being convinced she had a gastric band fitted under hypnosis, said she previously tried lots of diets, including Atkins and the cabbage soup diet and nothing ever worked until now. She revealed that after the imaginary gastric band was fitted, she felt her stomach was physically smaller and she was unable to eat as much. She said:

"I was 14 stone 10lb, which is the heaviest I have ever been. I was planning to have gastric band surgery, had been to a consultation and had a date booked for the operation. I was researching it on the internet when I came across the gastric hypnotic band and decided to try this instead. I wanted to try everything be-

fore going down the surgery route due to the side effects.

"I had tried every diet under the sun and even though I would lose weight the pounds always piled back on. But since I have been hypnotised to believe I have had a gastric band fitted I am fuller quicker and am steadily losing weight," she added.

She said that while she was hypnotised, there was a tape playing with the sounds of a hospital and when the surgery was being carried out, she said she could hear clanging instruments and felt the procedure happening step by step.

"It was really surreal - like it was really happening. After the procedure, I felt a physical tightening in my tummy and I am eating a lot less as I am fuller quicker," Mary added.

"I am now 11 stone 11lb and I am steadily losing weight every week."

Karl Curtis said 90 per cent of the people who come to him for a gastric hypnotic band are women and only 10 per cent are men. He added:

"Our market for gastric hypnotic bands is big - there are many people who have been refused surgery, can't afford it, or are wary of the side effects and our service is their last hope.

"The service is getting more and more popular here and we are very busy in our clinics in Portlaoise, Wexford, Navan, Drogheda, Sligo, Dundalk, Enniskillen, Wexford, Kilkenny, Bray, Cork, Dublin and Clare. The demand is so great we are opening clinics in Kerry and Carlow next month."

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