

Fitness news

FROM THE INS AND OUTS OF GOLF AND WHAT TO WEAR WHEN YOU'RE WORKING OUT, TO YOGA MOVES AND PILATES VIDEOS, HERE'S EVERYTHING YOU NEED TO KEEP FIT THIS MONTH



Wake up!

Now for a double-whammy: if you want to get fit and sleep better, try setting your alarm clock an hour earlier. New research from the US found that doing exercises in the morning can help improve the quality of your sleep by 70 per cent. Even gentle stretching could help you sleep up to 30 per cent better. Exercising in the evenings is likely to disrupt your sleep patterns though, by raising your endorphins and energy levels.



MOVE OF THE MONTH

'Strengthen your upper and lower back with the locust position,'

says our yoga expert Howard Napper. 'Lie face down with your forehead on the mat, your arms alongside your body and your palms facing upwards. Breathe out and bring your chest and shoulders off the mat. Then, push your shoulder blades down towards your waist to open your chest. Stay in this position for as long as you can, then return to the start position and rest.'

DID YOU KNOW?

Just 39 per cent of women feel they get enough exercise in their daily lives. (Research by Mintel)



Top gear

Be comfy in your yoga class with these loose-fitting tracksuit trousers (£49). The elasticated waist allows you to move easily. Team

them with the tracksuit zip top (£55) with elegant bell-shaped sleeves and the pretty camisole (£35). All are available in a range of colours. Call 020 7792 8909 or visit www.asquith.ltd.uk

Just the tonic Does your workout feel stale? Or do you need someone to help you get off the sofa? If you're lacking motivation, you could benefit from a personal trainer. The Tonic is a new nationwide network of fitness coaches who can provide all the expert advice you need and will fit around your lifestyle. Visit www.the-tonic.com or call 020 8405 1727.

PERFECT PILATES

With a beginners' section and a range of workouts, *Everyday Pilates* (£14.99/DVD; £12.99 VHS) by expert Lynne Robinson and TV presenter Fern Britton is a great way to tone up. Call 0870 909 0256 for stockists.

WIN! We have five DVDs to give away. Send your details on a postcard to: *Here's Health/Pilates Giveaway*, Greater London House, Hampstead Road, London NW1 7EJ by March 31 2004.



WORKOUT OF THE MONTH – GOLF

It's not just for the lads; golf is a great stress-buster as well as a good all-round exercise

Why?

You may see golf as a hobby, but it's actually great exercise, too. You walk miles to complete a round, it's good for balance and posture, and the swinging tones your arms and waist. And if you carry your own clubs, you burn around 325 calories an hour. Anyone can play – it isn't too cardio-based and you can go at your own pace.

Where?

Visit www.uk-golfguide.com to find a club in your area. Most offer tuition for beginners or you can practise your swing on a driving range. Some require membership fees before you use their course, so call in advance to find out if you have to join. Many will let you have a taster session before you decide to sign on the dotted line.

Kit?

Sensible shoes are a must, and some clubs have a dress code. Look the part with the new golf clothes from Marks & Spencer. The Multi Stripe Polo Shirt (£25) is smart but casual, and the Flat Front Chino Trousers (£35) have zip pockets so you can keep your valuables safe when you're out on the green. Call 0845 302 1234 for stockists.

