

With Nicola Berry

Fitness and fun

How fit are you and your family? The Tonic is a network of fully qualified trainers who offer group workouts for mums and children. What a great idea, I thought, and rounded up two friends and assorted children for a trial session. Now one would have thought that on a Friday in late August the chances of being able to hold a workout in a park would be fairly good. But oh no. On the Friday in question, monsoon-like conditions over Blackheath meant hastily re-convening to a school hall where, unfazed, Neal and his assistant Amelia hastily adapted their workout to cope with a smaller venue.

I'm not sure I'd taken on board the seriousness of this workout, but Neal managed to turn a rigorous exercise programme into an hour of total enjoyment. Finding myself paired with Neal in the shuttles suddenly bought out competitive instincts I hadn't experienced since school sports' day, and as for the boxing session...well, we'd have been quite happy to have done a session of this on its own.

Meanwhile the children were having a ball. After warm-ups and stretches, they were put in pairs for sprints, hurdles and ball work. Amelia had such an enthusiastic approach that even the most reluctant boys joined in, and by the end of the session the children all wanted to know when they could do it again. This just has to be the best way to get children to exercise, and I reckon I worked harder in this one session than two at the gym. The Tonic charges £15 for one adult and child, with additional children £5 each. The minimum number per session is three adults, and all you need is an open space (parks make perfect venues) and training shoes – The Tonic team will provide the rest. (020 8405 1727 or www.the-tonic.com)

**Win a £500 gym membership**

After a difficult birth Reebok Gym in Canary Wharf was taken over and is now absolutely thriving. Unlike other gyms which chain you to a contract, membership at Reebok starts at £80 with no contract and the atmosphere is smartly professional and friendly – the varied mix of people and abilities mean it is not at all intimidating.

The spectacular 100,000 sq ft sports and health club is now one of the best in London and has hundreds of pieces of cardio equipment, acres of free weights, racks of fixed weights, five studios (with 100 free classes per week), a gorgeous swimming pool, sauna and steam room, a 13m climbing wall, a

computerised golf range and an indoor sports court. To win a six-month membership (worth £500) simply send your name and address to The Guide, 13 Blackheath Village, SE3 9LA or competition@highburylocal.com. Mark your entry 'Reebok' and the first out of the hat after 13 October will win – unfortunately the hard work is then up to you.

*Reebok Gym, Canary Wharf E14
020 7970 0900*

Plus: To try Reebok for FREE simply email membership@reeboksportsclublondon.com and ask for a free day pass (worth £15)!

Smile please

If you missed out on having your teeth straightened as a child, it's now fashionable to have them straightened as an adult (think Tom Cruise). Unfortunately, wearing metal braces for a year isn't much fun, which is why a new invisible system from America is certain to revolutionise the process. Invisalign uses a series of custom-made, nearly undetectable aligners to gradually straighten teeth over a period of 12-18 months. It's ideal for people whose teeth are overcrowded or have space between them, or for those whose teeth have moved after wearing braces as a child. There are no metal wires or brackets, and the aligners can be removed for eating and brushing. If you'd like to find out more, dental surgeon John Ginty & Associates of Eltham is holding an open evening on Thursday, 14 October from 6-8.30pm (19 Glenshiel Road SE9, 020 8850 6448).

Looking good

Good Looks, Blackheath's popular beauty salon, is offering the excellent Decléor Evidence Facial for £40 instead of £49 for the month of September.

Good Looks, 22 Blackheath Village SE3 (020 8852 0651)