



Good Health *it's a lifestyle* July 2009

Good Health

it's a lifestyle

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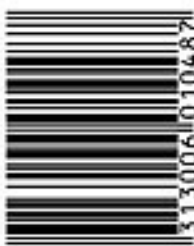
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30 DAYS of health

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Lyndsey Rodrigues

What's Good For You, Channel 9, and the face of 30 Days of Health & Wellbeing

What I wish I'd known when I was younger "That everything in life happens exactly the way it is supposed to and to be less of a control freak."

Best health tip my mother gave me "Typical Mum, it was 'eat your vegetables'. She used to make me eat brussels sprouts!"

My health recipe "Lots of sleep and plenty of time with people I love."

What I always have in my medicine chest "Anti-inflammatory painkillers, a paracetamol lemon drink and a vitamin-enriched energy drink. I get horrible migraines, so there is usually strong pain relief, too."

What I do to take care of myself when I'm sick "I sleep and sook! And I need lots of cuddles."

Home health remedy I swear by "It's always a cup of tea. It must be the British in me, but tea always makes everything seem better."

Charlotte Dawson

Australia's Next Top Model, Fox 8

What I wish I'd known when I was younger "That nutritious food is not boring. Once you have trained your childhood 'treat' tastebuds away from chocolate and fast foods, you really start craving foods that your body responds to, such as

seared salmon and avocado salad with toasted pine nuts, Spanish onion and feta."

Best health tip my mother gave me "Walk everyday. My mother walked everywhere, up until her early 80s - and it kept her healthy and happy."

My health recipe "Buy fresh produce like fruits, vegetables, meat and seafood and use simple recipes to create delicious meals."

What I always have in my medicine chest "Papaw ointment and tea tree oil. I have also just started a skincare system with high-potency vitamin A. The skincare range has been developed by plastic surgeon Dr Michael Miroshnik."

Home health remedy I swear by "To cure a hangover, drink water and take paracetamol before bed! Dehydration is the cause of most of the discomfort. But the best prevention is moderation."



"Drink plenty of water and try to do some cardio exercise at least three to four times a week."

Fuzzy

Video Hits, Network 10

Best health tip my mother gave me "Eat lots of fresh, green vegetables and fish. She always makes tasty vegetable and seafood dishes."

My health recipe "Drink plenty of water, try to do some cardio exercise at least three to four times a week, Pilates once or twice a week, and exercise in the morning."

What I always have in my medicine chest "Vitamins and a cream to relieve any muscular aches and pains."

What I do to take care of myself when I'm sick "Make miso, chicken or vegetable soup, drink loads of warm water, hot lemon and honey and eat loads of fruit, like strawberries and blueberries, which are packed with vitamins. The key is also to get plenty of rest. If I sleep for two to three days and stay positive, I'm good again."

Home health remedy I swear by "A proper night's rest and hitting the hay before midnight make a big difference to my health." ☺