fitbits

burn babv burn

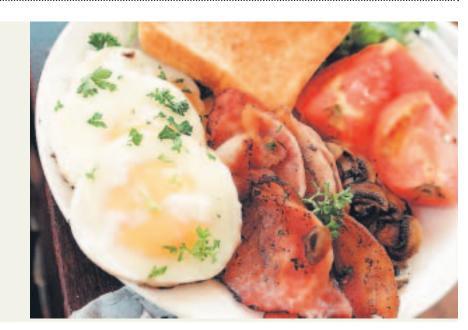
» energy to burn

FRIED BACON AND TWO EGGS

TO BURN off the extra energy the body receives from fried bacon and two eggs, you would need to:

- Play lawn bowls for 47 minutes
- Play table tennis for 40 minutes
- Stretch for 39 minutes
- Play softball for 29 minutes
- Stand still for an hour and 53 minutes

Source: fitness2live.com.au energy balancer



» rrp

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soothe and moisturise the skin.

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» the big event

SUNDAY, January 3, marks the 30th year of the Rip to River fun run at Ocean Grove.

The event features the Classic 10km Run (and Walk) from Point Lonsdale to Ocean Grove, as well as the 5km Run and the 1.5km Nipper Ripper Fun Run.

Entries open tomorrow at www.riptoriver.oceangroveslsc. asn.au

» what is

OSTEITIS PUBIS

AN INFLAMMATION of the joint where the pubic bone meets at the front. Symptoms include pain in the groin when running, doing sit-ups and squatting. It can be mistaken for a muscle strain because pain comes on slowly. Seeing a sports doctor is a good first step. After that, rest is the best treatment.



» this just in

AUSTRALIAN scientists have found a way to extend the time a donated heart can be kept on ice and available for transplant, in a globally significant breakthrough.

Researchers at Sydney's Victor Chang Cardiac Research Institute (VCCRI) have reformulated the protective solution into which a freshly donated heart is packed before it goes on ice.

Prof Peter Macdonald says tests in animals showed the new solution could more than double the time a donor heart remains viable, from only five hours to up to

The development could revolutionise organ transplant processes around the world, allowing more operations to be done with reduced risks and using donor hearts flown from hospitals across the country.

» weekly weight-loss tip

ANDREW JOBLING, HEALTH AND FITNESS EXPERT

Every time I try to get in shape I get a lot of resistance and negative influence from my friends and family. This really makes it difficult for me to get the results I want. Please help.

As if it isn't challenging enough As If it is it conditioning to the strying to get in shape, trying to do it under those circumstances must be really tough, so

I understand your frustration. Overcoming the negative pressure you are facing will take some real strength on your part because you can't change other people. The only person you have

control over is yourself.
The first step is to decide that you are going to get the results you want irrespective of circumstances. This is a strong internal statement by you that says: "No one or nothing will stop me in the pursuit of being a better

The next step is to talk to the people concerned and let them know how you feel, what you are trying to achieve and ask them, if not for their support, at least to refrain from negativity as you move towards your goal.

You will probably find this the most challenging part, but remember, it is your life and wellbeing we are talking about.

This should do the trick, but if you are still getting the same negative reactions, you have to make a real statement for these people to take you seriously.

If you feel you can, I would say something along these lines: "I love you and am very grateful to have you in my life, but since you won't support and encourage me in my desire to be a better and healthier person, I'm afraid I will not be able to see you as much from now on."
If you don't feel you can say that,

just see them less anyway. They'll soon get the point.

In the long run, if they truly love you they will support and encourage you rather than lose

When they know you seriously respect yourself, they will do the same. Good luck.

more > www.andrewjobling. com.au

• To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email extrawell@heraldsun.com.au

» 1237 The number of kilojoules in a herb and garlic focaccia

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