

fitbits

» burn baby burn

» energy to burn

ONE CHEESEBURGER

TO BURN off the extra energy the body receives from a cheeseburger, you would need to:

- Play 26 minutes of basketball
- Play 25 minutes of hockey
- Play 23 minutes of football
- Go inline skating for 36 minutes
- Go skateboarding for 43 minutes

Source: fitness2live.com.au energy balancer



» expert

ANDREW JOBLING, AUTHOR

Q I've tried and looked at so many different diets and eating plans and I'm really confused. What would you suggest for someone who is wanting to be leaner, healthier and have more energy?

A Yes, it can be extraordinarily confusing. It seems every day there is a new product, theory, book, diet or some other magical formula for being lean, healthy and energised.

My suggestion is simple: stop looking for a new way. There is one way that works and has done so for centuries and centuries.

The perceived problem with this approach is that there is no short cut. It will take some time for you to get the results you want.

What would you rather: continuing to look for quick easy ways that will not give you the long-term results you want, or taking the time to create habits that you can maintain, you can enjoy and will continue to bring you all the things you want for the rest of your life?

Take control of your eating and the results you get. Getting incredible results through food is not difficult and it's not new.

Here are five simple steps to nutritional bliss and getting the results you've always wanted:

- 1. Eat foods in or as close as possible to their natural state.**
 - 2. Eat a variety of whole grains, fruit and vegetables and quality proteins.**
 - 3. Eat breakfast within 30 minutes of getting up and eat a small snack or meal every two hours.**
 - 4. Drink at least two litres of purified water a day.**
 - 5. Indulge in moderation.**
- Follow the plan, be consistent, be patient, focus on health, energy and enjoyment and the rest will take care of itself.

■ Andrew Jobling is an author with a background in health and wellbeing. Visit www.andrewjobling.com.au To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email extrawell@heraldsun.com.au



» what is

PATELLA TENDINITIS

THE shinbone is connected to the kneecap by the patella tendon. An extremely strong tendon, it allows the quadriceps to straighten the leg.

People who put pressure on the tendon — by jumping or running — can be in danger of contracting patella tendinitis.

Symptoms to look out for include aching and stiffness after exercise; feeling pain at the bottom of the kneecap and front, particularly when pressing it; the affected tendon perhaps appearing larger than the unaffected side; and some weakness in your calf.

The best treatment for a grade-one strain is massage, rest and icing. For a grade-two strain, condition training needs to be modified and more massage is required.

Grade-three strains demand complete rest, and grade four can lead to surgery.

» this just in

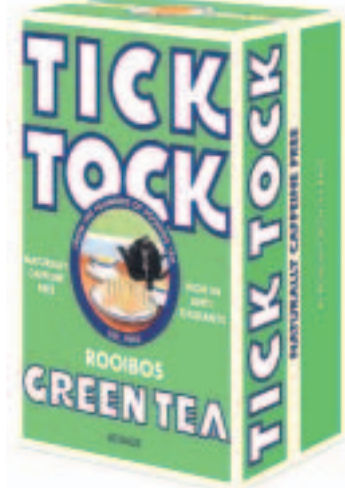
DO YOU want your children to eat less? Then let them serve themselves. They probably won't serve a super-size portion on their own.

Or pour drinks into tall, narrow glasses rather than short, wide ones. They'll think they're getting more (so will you).

With Australians spending billions of dollars a year on fat-loss techniques ranging from celebrity diets to stomach-stapling surgery, the relatively new field of behavioural nutrition examines more down-to-earth questions.

Can you reduce the attraction of sweets? Can you super-size fruit and vegetables? In both cases, yes, though it depends on the child.

It's a matter of asking: what are children experiencing and how are those experiences shaping their eating?



» rrp

TICK TOCK GREEN TEA, \$4

IF YOU like to drink a lot of tea, green tea is a wise choice. Full of antioxidants, it's reported to help everything from cancer to cardiovascular disease.

Tick Tock green tea is available at selected Woolworths stores nationally.

» 25 October 25 is the date of this year's Great Day, Great Strides Walkathon. Visit www.cfv.org.au

» extrawell - directory

FITNESS

Used Gym Equipment
● Crosstrainers, Treadmills
● Strength Equipment, Bikes
● Spin Cycles, Reebok Steps
● Multi Stations
Contact Westgate Health Club
9369-6622 or 0416 139 792

HEALTH

AFFORDABLE MASSAGE
76 Madden Grove, Richmond
7 Days 10am-9pm
☎ 9428 6269

A LIFESTYLE RELAXATION
Body and soul relax, sports, massage and remedial therapies
Michelle: 0432 236 160

AMAZING TOUCH
Full Body Relaxation Massage
Appointment only, 7 Days
0424 268 321 Port Melbourne

Awesome Thai Massage
Great staff Thai massage and Relaxation 221 Clarendon St, Sth Melb. Ph: 9690-4888

BEST OF HUMAN TOUCH
Massage, Near Doncaster Shopping Town, 0403 748 649

BEST RELAXATION
11 a.m. - 7 p.m., 7 days, Eastern Suburbs ☎ 0401510131 ☎

BODY LIGHTNESS
Is all you need in proper full body massage: hot stones & hot oil. 9.30 - 7 p.m. 9663-4347

CAMBERWELL THERAPY
Full body care, Deep tissue relaxation, 10am - 8pm, 7 days
1316 Toorak Rd ☎ 9889 118

EXCLUSIVE RELAX.
by appointment: 0447 447 555

FULL BODY CARE, EXCELLENT
Massage therapy, 6 days, 10 a.m. - 7 p.m., 104A/144 Nicholson St, Footscray ☎ 9687 - 8153, 78 Moore St, Footscray 7 days ☎ 9689 - 5720

FULL BODY MASSAGE
Free sauna, 4/25 Prospect St, Box Hill, 10 am - 10 pm
..... 7 days 9898-6689

FULL BODY MASSAGE
Therapeutic 10am - 8pm 7 Days
Call 0411 645 432
100 High St Prahran

GENTLE Deep Tissue massage
COBURG ☎ 0432 606 872

HAIR REMOVAL MACHINES
For sale, service and courses avail.
☎ Sam 0418 611 074.

HAWAIIAN Lomi Lomi Massage
by male masseur, Southbank
Call Mark on: 0431 457 589

HEAVENLY HEALING
Lomi Lomi Massage
Amazing Touch ☎ 9563-5962

IMPOTENCE 0412 742 432
www.hongxiahealing.com.au

JASMIN MASSAGE
- Massage -
9808-9065 East Burwood

JP MASSAGE 60 Marianne Way,
Mt Waverley ☎ 9886 7365

Lillian Massage
Open 7 days, 10 a.m. - 8 p.m.
By appointment: 0432 123 779

MALE MASSEUR \$50 - 1 Hour,
Lunch & coffee ☎ 0425 880 837

MASSAGE CHINESE ACUP
343 Lt Collins St 9642-5889
495 South Rd, Bnt. 9553-6801

MASSAGE JAPANESE
New Staff, Hands on healing art,
\$40 - 30 mins, 7 days, 191
Springvale Rd, Nunawading,
☎ 9877-6838 ☎ 0432 652 313

MASSAGE THERAPY
Relaxation, Balwyn, 7 Days,
☎ 9857-0314 ☎ 0423 582 788

NATURAL PLUS RELAXATION
5 City Place, Sunshine, 3020
☎ 9311-0198, 10-10pm 7 days

NEW THAI MASSAGE
7 days 10a.m.-10pm 184 Bellair
St, Kensington, 9078-7089

PING FULL BODY CARE
Prof massage \$30 half hr \$50 hr
☎ 9421 2109 3658 Victoria St
Abbotsford or ☎ 9326 5599
362 Victoria St Nth Melb

PING FULL BODY CARE
Prof massage \$30 half hr \$50 hr
City Shop 19/103 Lt Bourke St
☎ 9663 - 1366 ☎

RELAX MASSAGE, Body bath
and wash, ☎ 0401 579 928

RELAX MASSAGE \$55 ph,
Coffee, lunch, 0423 639 601

RELAXATION MASSAGE
Camberwell 7 day, 10 am - 9 pm
☎ 0402 305 286 ☎

RELAXATION MASSAGE
and beauty trmnt, Nth Balwyn,
☎ 9816-3040/0422 100 888

RELAXATION MASSAGE
7 Days 10am-8pm Box Hill area
☎ 0432 188 049

RELAXATION 204 Barkly St
10 a.m.-8 p.m. Area: Footscray
Phone: 9689-0360

ROYAL GARDEN BODY CARE
Massage, male/female waxing,
Warm Lux studios, 9460-2148
29 Johnson St, Reservoir
royalgardenbodycare.com.au

ROYAL THAI MASSAGE
☎ 0449 537 978 - Star

SG MASSAGE Shop 2/134,
Pascoe Vale Rd Rd, Moonee
Ponds ☎ 0421 952 123

SHANGHAI SAUNA MASSAGE
83 Johnston St, Collingwood
☎ 9417 1601
Open 7 Days from 10am - 8pm

SIAM THAI MASSAGE
Prahran, Carlton, Collingwood
☎ 1800 842 462 ☎

SUPER STRESS RELIEF new
wash and bath ☎ 0402 233 515

TERRIFIC THERAPY
East Brighton, 7 Days Massage
0402 606 347

TRANQUIL MASSAGE
Immerse yourself in a realm of
serenity and rejuvenation,
CBD location, ☎ 0432 548 862

HYPNOTHERAPY

Simply Aware Clinic
Ms. Dayle Walker
ESSENDON 9379-5282
Smoking, Anxiety, Weight,
Gambling, Phobias, Fertility

NUTRITION

WHEY PROTEINS
Concentrates, Isolates
Aust-wide 20kg bags
9598-0711
www.rogersfoods.com.au

REMEDIAL HEALTH CARE

DELUXE THAI MASSAGE
Traditional Thai, deep tissue
Relax, rem, foot, Qualified Thai
females, 7 days, 13 Chapel St
WINDSOR 9510-6768

NURTURING THERAPY
APPOINTMENT ONLY
AUSSIE THERAPY
Doncaster: ☎ 0433 522 286

RELAXATION THERAPY
39 Enfield Ave, Preston
☎ 0421 884 386 ☎

RELAXING MESSAGES 7 DAYS
492 Victoria Pde
East Melbourne ☎ 9486-0938

SAMUI SUNSET
Traditional Thai Massage
313A Bay St Pt, Melbourne
☎ 9645-3323
www.samuisunset.com.au

SEPTEMBER SAVERS
Swedish Massage 1 Hour
\$65 saving \$30, South Yarra
Book now: ☎ 9826 0966 ☎

SPORT MASSAGE 7 Days,
591 High St, Northcote,
Ph: 9486-3588

Traditional Thai Massage
1778 Bridge Rd Richmond
☎ 9428 6388
* Easy Parking at Rear *

Are you in the Health/Fitness/Beauty Industry?

The Herald Sun Health and Fitness Directory is the essential guide to getting into gear and on track to a healthier lifestyle and positive living. Every day more and more people are becoming health conscious as everyone wants to look and feel good.

But where do they start?

Advertise your business in the Herald Sun, Health and Fitness section on a Monday.

With 1.5 million readers daily, you won't want to miss out! *

Contact: (03) 8804 7015 for further information or email: gold@hwt.com.au

*Roy Morgan, Sept 2006

F B 1 2 3 C M Y K DHS 7-SEP-2009 PAGE 36 FIRST