

fitbits

» burn baby burn

» energy to burn

ONE DOUBLE CHEESEBURGER

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

- Argue for two hours and 32 minutes
- Play lawn bowls for an hour and 48 minutes
- Do 37 minutes of boxing
- Circuit train for 52 minutes
- Play cricket for an hour and 12 minutes

Source: fitness2live.com.au energy balancer



» rrp

\$80

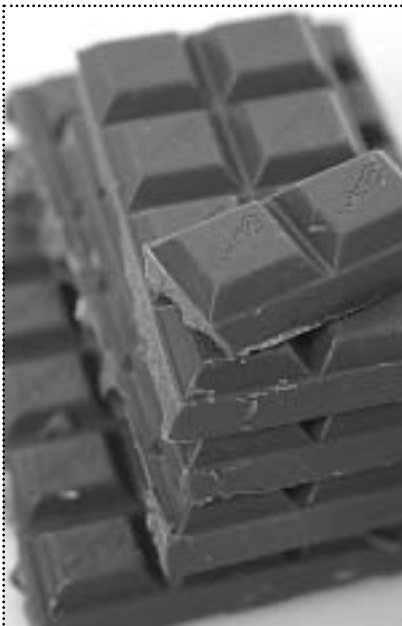
THE cost of entering race two of the Xosize triathlon series.

The main race consists of a 500m swim, a 20km ride and a 5km run.

A shorter race of 200m swim, 10km ride and 2km run is also on offer, the entry for which is \$56.

Online entries close at noon on Thursday, or you can enter at the event on Saturday from 2pm to 4pm and on Sunday from 5.30am.

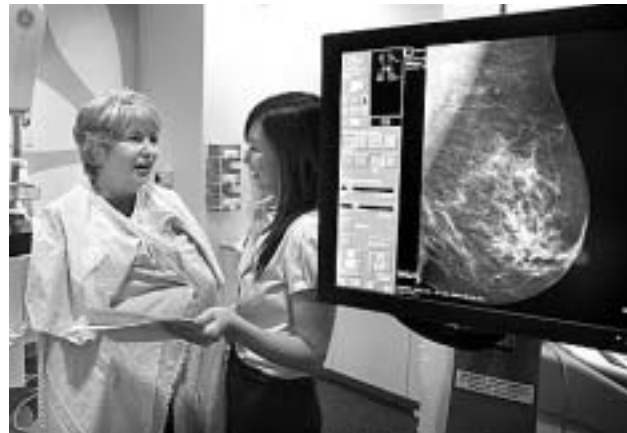
more > www.triseries.com.au



» what is

FLAVONOIDS

FOUND in chocolate, they keep cholesterol from gathering in blood vessels. They also reduce the risk of blood clots and slow the immune responses that lead to clogged arteries.



» this just in

NEW research reveals overly sensitive screening processes for breast cancer may be resulting in unnecessary and sometimes life-changing treatment – mastectomy – for Australian women.

The NSW-based study into the introduction of routine breast screening for older women found about a quarter of Australian women being treated for breast cancer had a tumour growing so slowly that it could have been safely ignored.

The study results correspond with a much higher than anticipated rate of cancer diagnoses.

Dr Stephen Morrell, from the University of Sydney's school of public health, says the rate of new cancers is well over the known background level of breast cancer in the community, even when accounting for rising risk factors such as obesity.

» weekly weight-loss tip

IF YOU have the choice of jogging for 20 minutes at a reasonable pace or walking for 60 minutes, make the smart choice and move those feet – jog.

If you want to lose weight, you need to make sure you're doing enough cardiovascular exercise.

» 1190 The number of kilojoules in one cheeseburger

» 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

AAA MESSAGE 492 Nicholson St, North Fitzroy ☎ 9481-3270 7 days, 10 a.m. - 9 p.m. MAA

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 288 321 Port Melbourne

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

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

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354 Malvern Rd, Prahran 9521 4222, 7 days 10am-9pm

BRAZILIAN MASSAGE

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Chill Out Relaxation Massage

☎ 0432 606 872

DELUXE THAI MASSAGE

Traditional Thai, deep tissue, Relax, rem. foot. Qualified Thai females, 7 days, 13 Chapel St WINDSOR ☎ 9510-6768

EXCLUSIVE RELAX.

by appointment:0447 447 555

FIRST CLASS RELAXATION

11 a.m. - 7 p.m., 7 days Eastern Suburbs ☎ 0401 510 131 ☎

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Excellent Massage, Herbal Footspa Free \$1 per min, \$30 per half hour \$50 1 hr : Open 10am - 7 pm : 6 days. Ladies and Gentleman welcome, ☎ Ph 9687 8153 ☎. Upstairs 104/144 Nicholson St Footscray

FULL BODY CARE, EXCELLENT MASSAGE THERAPY

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7 Days. 10AM- 8PM \$30 FOR 30 MINUTES ☎0430686010 1/78 Patterson Rd Bentleigh

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10:30-8:30pm 7 DAY CALL 0411645432

100 High St Prahan Vic 3181 ☎9877-6838 ☎0432 652 313

Full Body Therapeutic Massage

Appointment only Preston ☎ 9442 3058

FULL BODY MASSAGE

Therapeutic. 66 Highbury Rd, Burwood. ☎ 0439 436 291

HEAVENLY HEALING

Lomi Lomi Massage Amazing Touch ☎ 9563-5962

JASMIN MASSAGE

Massage - East Burwood 9808-9065

JM MESSAGE

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Full body, very relaxing, qual. Visit or outcalls, \$60. Shaun ☎0400 300 652

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Relaxation. Balwyn. 7 Days. ☎ 9857-0314 ☎0423 582 788

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83 Johnston St, Collingwood ☎ 9417 1601

NATURAL PLUS RELAXATION

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Oil, body, deep tissue, remedial, relaxation massage, qualified. Thai females 388 Sydney Rd, Coburg ☎ 9354 6772 ☎

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PING FULL BODY CARE

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

RELAX FULL BODY MASSAGE

219 Ascot Vale Rd, Ascot Vale. 10-9pm 7 Days. ☎9004 1477

RELAXATION MASSAGE

and beauty trmnt. Nth Balwyn. ☎9816-3040/0422 100 888

RELAXATION THERAPY

39 Enfield Ave, Preston, MAA ☎ 0421 884 386 ☎

RELAXATION 204 Barkly St

10 a.m.-8 p.m. Area: Footscray Phone: 9689-0360

RELAXATION MASSAGE

10am - 8pm, Boxhill Area. Please call ☎0432 188 049

RELAXATION THERAPY

39 Enfield Ave, Preston, MAA ☎ 0421 884 386 ☎

REMEDIAL EXOTIC MASSAGE.

721A High St, Thornbury, 10am - 9pm 7 days. ☎0403415065

REMEDIAL STRESS RELIEF

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ROYAL GARDEN BODY CARE

Massage, male/female waxing, Aircon Lux studios.9460-2148 ☎ 9734 - 0764 29 Johnson St, Reservoir royalgardenbodycare.com.au

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0449537978-Yvette or Nokle

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Samui Sunset

Traditional Thai massage 1778 Bridge Rd Richmond *Easy parking at rear* ☎ 9428 6388 184 Bellair st Kensington ☎ 9078 7089 313A Bay st Port Melbourne ☎9645 3323

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Qualified Thai Female & Male masseurs, 7 days 681 Nicholson st, Carlton North Ph ☎9381 2251 www.siamthaimassage.com.au

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1st Floor 177 Swan St Richmond 7 days ☎ 9428 8262

SWEDISH Therapeutic Massage

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New STAFF 537 Warrigall Rd, Ashwood ☎ 0401 915 452

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