

health



everybody hertz

What better device for blocking out ambient noise at the gym than an iPod? You might want to turn the volume down a smidge, as hearing experts suggest you listen to music on earbuds at no louder than 85 decibels. Many fans of portable music choose a volume level that may cause long-term damage to their ears: listening to your MP3 player at full volume for five minutes can affect the tiny hairs that line the ears and transfer sound waves to the brain. Using earbuds for 90 minutes a day at 80 per cent volume is considered safe for long-term hearing.

WATER GREAT IDEA

Fancy inspiration when you sip? The Kor One Hydration vessel features a disc that fits into the cap and contains an uplifting quote you can read while drinking. That's not the only nifty feature: the 750 millilitre bottle, \$39, has a mouth wide enough for you to slip in ice cubes (handy for Bikram yoga classes), a one-handed lid hatch system and a hinged no-leak cap, and is made from BPA-free plastic (which means no nasty chemicals leaching into your water). Visit www.culliganwater.com.au.

BYE-BYE DIET

The best diet, according to a study published in the *New England Journal of Medicine*, is no diet at all. Researchers found no significant difference in the amount of weight loss in some 800 participants who were put on diets that focused on either fat, protein or carbohydrate intake. The keys, it seems, are to maintain a low-kilojoule eating plan and to exercise. So forget the latest fad and ensure that what you consume is low in kilojoules and saturated fats and high in wholegrains, fruits and vegetables. Combine this with an exercise plan you can stick to and watch the kilograms fall off.

GO NUTS

Nuts are rich in protein, like meat, contain healthy fats such as those found in fish and avocado, and are a good source of fibre, vitamins, minerals and antioxidants, like fruit and vegetables. Just one handful each day can lower cholesterol and reduce the risk of heart disease.



healthdept.

KNOW YOUR BODY AND MIND Words: Chelsea Hunter

skip the jog

Take a cue from the playground and pull out the old jumping rope. Skipping is a fantastic weight-bearing exercise that will help improve your bone density and spruce up your coordination. It also uses nearly every muscle group and is an efficient cardiovascular exercise that promotes fat loss.



Poolside at Karma Kandara.

The Temple Lounge at Bali's Karma Kandara.



Yoga escape

A midwinter escape to Bali to stretch, refresh and renew could be just what the yoga teacher ordered. At Karma Kandara, a chic resort located on the southern coast of Bali, top Australian yoga instructor Jessie Chapman is available for classes and one-on-one tailored instruction from June 11 to 22, 2009. Held in the Temple Lounge overlooking the Indian ocean, the classes will practise Vinyasa yoga, which focuses on flowing movements, breath work and meditation. The aim is to improve flexibility, inner strength and restore energy levels as well as cultivate inner peace and stillness. Visit www.karmaresorts.com.