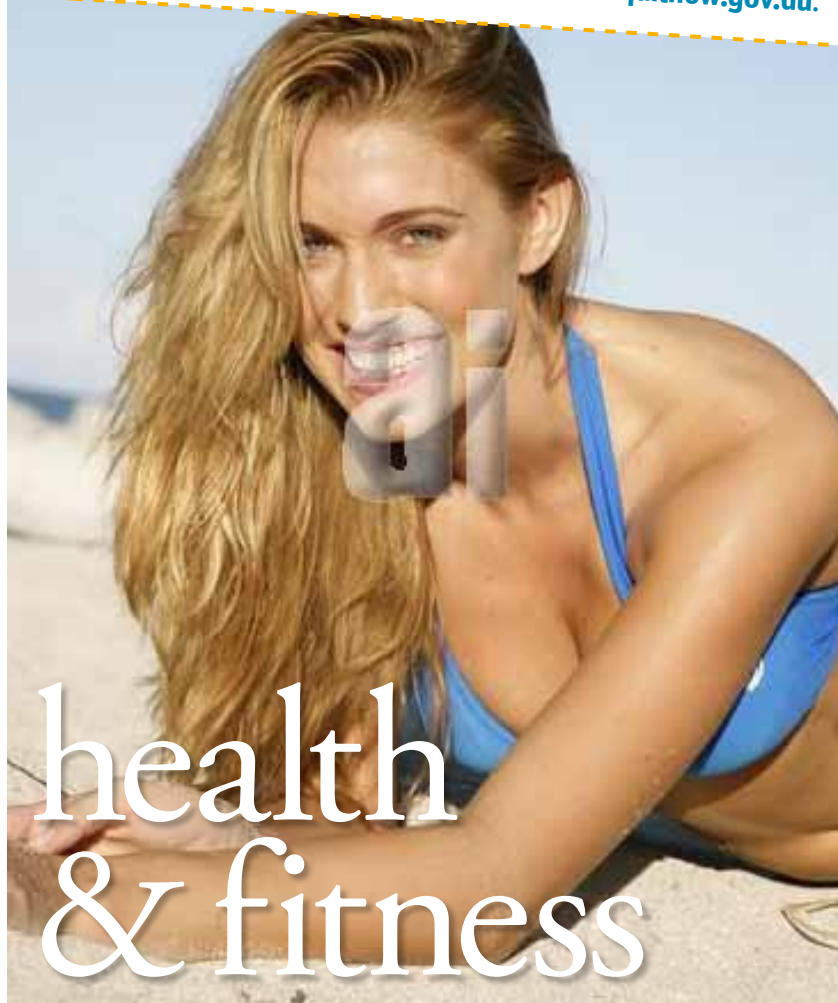


ARE YOU AT RISK?

Need another reason to butt out? A study published in the medical journal *The Lancet* found that women who smoke have a 25 per cent higher risk of developing heart disease compared to their male counterparts – although no-one gets off easily. If you smoke, you're at least twice as likely to have a heart attack and three times as likely to have a stroke. For advice on quitting, visit www.quitnow.gov.au.



health & fitness

step it up

* Want to boost your fitness motivation? It's no secret working out helps with both weight loss and maintenance. Sure, it's not always easy to drag yourself to that early-morning Zumba class, but there's no doubt your body and overall health will benefit.

* Need added incentive? The Weight Watchers **ProPoints Plan** can motivate you to exercise

even more. Now you can set a start goal of earning 14 activity **ProPoints** values a week and, as your fitness improves, build up to between 28 and 42 **ProPoints** values – ideal for maintenance. Turn to page 86 to find out more.

* eTools subscribers can head online for their personalised fitness goal. Just click on www.weightwatchers.com.au/co.nz.

NEW YEAR'S resolutions

Want to get fit in 2012? Read on for your plan of attack.

1 “Plan exercise into your week,” encourages Weight Watchers ambassador and Olympian Melinda Gainsford-Taylor. “Write it into your diary so you have set dates to do it.”

2 If you often bail on evening exercise, try exercising in the morning. “Simplify the process by getting clothes and joggers out the night before,” Gainsford-Taylor adds. “That way, it's not much effort to roll out of bed and get out the door.” But, if lunchtime or night-time fitness works for you, keep it up!

3 According to fitness editor Martha Lourey-Bird, mixing up your exercise regimen throughout 2012 will keep you motivated. “Try a new workout every season,” she suggests. “That's four times a year you can do something different, which is great physically and mentally.”

4 “Reduce the amount of time you spend sitting by standing while talking on the phone, walking rather than driving and taking regular computer breaks,” advises Lourey-Bird. “Your aim should be to sit less and move more.”

5 Last but not least, team up with someone. “A lot of people are thinking, ‘I want to get healthy’, so find a training buddy to stay accountable,” Gainsford-Taylor suggests.

