

HEALTH & FITNESS

for all

GUIDE TO HEALTH & BEAUTY

Developing a Healthier Way of Life . . .

"ATTRACTA'S"
 Ballyrogan House Health Centre

BALLYROGAN HOUSE, REDCROSS
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 Highly Skilled Instructors with up-to-date qualifications
 A variety of exercises to music, circuits and weight-training
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SAUNA AND SUNBED
 Phone: Nearer re-opening date for appointment. 0404-47278

Now is the time of year when we should reappraise our personal health and fitness.
 Being fit, healthy and happy is within the grasp of most of us.
 It's a question of having the willpower and dedication (not to mention a certain amount of dogged determination) to see it through.
 Diets, sun, wind, stress, the wrong food, extremes of temperature and lack of sleep, all have a bearing on how we look and feel.



But you can help by giving yourself more time to relax and switch off.

There are no instant ways of making yourself younger, healthier, prettier or more vital. What counts most is making sure you treat yourself sensibly, inside and out.

With the pace of life as it is, it becomes difficult to shrug off the stresses and strains of everyday living.

Exercise helps you stay slim - it's an important part of the weight regulation process.

Exercise uses up energy and the number of calories you burn depends on how rigorous the exercise is. An hour's walking uses about the same number of calories as about half an hour's hard swimming. Some experts believe that regular exercise may help you slim even when you sleep by speeding up the overall rate at which your body burns up calories.

A wide variety of exercises are now available to do away with the need to venture outside when the weather is miserable.



The best way to go about adopting healthier habits . . .

The best way to go about adopting healthier habits is to have a clear idea of your goals and a plan for achieving them. First, make a list of your goals. Try to be as specific as possible. For example, instead of writing "lose weight", write the number of pounds you hope to take off. If you want to shape up, decide what kind of shape you want to be in. Do you want a weight lifter's body, or will you be satisfied when you can walk a mile - or climb a staircase - without huffing and puffing?

Your personal health plan should be tailored to your lifestyle and preferences. Look into programmes (diets, exercise routines or techniques designed by experts, but keep in mind that the expert about your body is you.

Remember, getting healthy is a process. It won't happen overnight but, if you're determined, you can break your bad habits and enjoy all the benefits of a healthy lifestyle. Good luck!

Once you know exactly what your goals are, you can devise a plan for achieving them. To develop a plan that's right for you. And if quitting smoking is your goal, you may find it easier to quit after you've done a little research into the physical effects of smoking.



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PHONE MAIREAD AT 01-877189

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 * SEPTEMBER SPECIALS *
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 Weekly Classes meet as follows:
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 BRAY Royal Hotel, Tuesday, 5pm, 6.30pm & 8.00pm
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 WICKLOW Holy Rosary Convent, Wednesday 8.00pm
 For further information phone: 01-306865 or 01-306511
Weight Watchers Weight

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SATURDAY 1st SEPTEMBER
 All day - 10.00am-6.00pm
 Venue: TONY QUINN HEALTH CENTRE, BRAY 1 Mill Lane (beside Main Bridge), Bray, Co. Wicklow. Tel. 01-868911