

# Body Sculpting Classes

Shape Up Now

6 Week body shaping programme suitable for all age groups ..Nationwide

**T**his course is a unique approach to weight loss, shaping up and achieving fitness. Our unique combination of stretching, posture improvement and muscle-toning exercises will reshape problem areas - tummy, hips, thighs, bust etc..

We have distilled the knowledge and skills developed over 20 years of shaping up and fitness training to bring you the essential Body Sculpting Programme. Let it work for you. Our nutrition plan will show you how to lose fat, firm up and look great. Successful dieting has never been easier.

**Y**ou will find the course gets you the results you are looking for. This course is truly a unique approach to weight loss, shaping up and achieving fitness. Our classes will feature:

**EXERCISE**  
A unique combination of stretching, posture improvements and muscle-toning exercises will reshape problem areas, tummy, hips, thighs, bust etc. The workout, while thorough is not exhausting and is suitable for all age groups.

**NUTRITION**  
Our nutrition plan will show you how to lose fat, firm up and look great but without starving or feeling deprived.

**MOTIVATIONAL**  
You can rely on our instructors to give you every encouragement you need and as we include relaxation and learning to use your mind positively the motivation will come on strong like never before.

**ENJOYMENT**  
A key ingredient in any successful class is the enjoyment factor. The Body Sculpting classes are very enjoyable from day one and even more so when the results become apparent very quickly.

The Body Sculpting course is run over a period of 6 weeks and costs £30.00 (payable on enrolment)



## Body Sculpting Class Venues Nationwide

**ARMAGH**  
11 Upr. English St.  
0861-525742 for details

**BRAV**  
9 Quinsboro Rd.  
Wednesday 27 Apr  
(1) 6.00pm - 7.30pm  
(2) 7.45pm - 9.15pm  
01-286-9311

**DUNDALK**  
18 Jocelyn Street  
(1) Tuesday 26 Apr  
7.30pm - 9.00pm  
(2) Wednesday 27 Apr  
10.00am - 11.30am  
042-38097

**WATERFORD**  
25 Catherine Street  
(beside Kelly's Garage) 1st floor  
Thursday 28 Apr  
7.30pm - 9.00pm  
051-76279

**LIMERICK**  
Heavenly Bodies  
6 Thomas Street  
(over Krank's Korner)  
Tuesday 26 Apr  
8.30pm - 10.00pm  
061-227092, 01-830-4998

**ENNIS**  
Queen's Hotel  
Wednesday 27 Apr  
7.30pm - 9.00pm  
061-227092, 01-830-4998

**GALWAY**  
St Nicholas' Parochial Hall  
Wood Quay  
Monday 25 Apr  
8.00pm - 9.30pm  
091-753114/01-830-4998

**CORK CITY**  
Connolly Hall  
Wednesday 4 May  
7.30pm - 9.00pm  
021-276364

**BALLINLOUGH (Cork)**  
Final Touch Beauty Clinic  
6 Cogan's Cottages  
Ballinlough Road  
Tuesday 3 May  
7.30pm - 9.00pm  
Wednesday 4 May  
10.30am - 12.00noon  
021-293452

**FERMOY**  
Holy Family Centre  
Pres. Entrance  
College Road  
Tuesday 26 Apr  
8.00pm - 9.30pm  
025-31320



Dympna before

## A New Shape For A New Year

In January 1993 Dympna O'Brien decided on her New Year's resolution... to get in shape. With the Body Sculpting Programme she achieved her goals in winning form placing first in Miss Health Culture 1993.



Dympna after

# Sprouting Health

In just three to seven days you can grow a crop of delicious organic vegetables indoors anytime with little effort or fuss.

**E**ven if you have no garden, you can practise a little organic gardening at home by growing seed sprouts in the hot press or on the kitchen window sill. Sprouts are tasty and nutritious, simple to grow and are a good way of involving children in learning about food and where it comes from.

As a seed germinates it rapidly multiplies its amount of enzymes, vitamins, minerals and nucleic acids, sometimes by a

suitable for eating than others. Most people will be familiar with Chinese bean sprouts or Mung beans but there is also Alfalfa (rich in vitamins B and C) Fenugreek (curry flavoured) and the common Radish (hot and peppery). Or field crops such as Wheat, Barley and Rye and legumes such as Adzuki bean, Chick pea, Lentil or Soya bean. And for something a little exotic how about sprouted Sunflower seed?

The most common fault in sprouting seeds is to start with a lot of enthusiasm, put the seeds to sprout in a dark cupboard and then forget them until a strange smell - and there is no smell worse than a jar of mouldy Mung beans - brings an unpleasant reminder. The next most common mistake is to wait too long before harvesting - an inch of sprout on large seeds is enough.

## Bottoms up

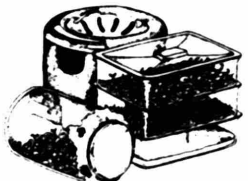
There are two methods of sprouting - the jamjar method



Sprouts make a tasty addition to salads and vegetable dishes

and the tray method. Wash the seed thoroughly, removing any damaged ones and leave to soak overnight. Drain and put about an inch of seed in the bottom of the jamjar. Cover with a porous cloth (piece of tights, J-cloth or similar) and secure this with an elastic band.

Leave the jar to drain by lying it on its side and raising the bottom with a piece of wood. In this position, it is put back in the hot press where the temperature will cause the seeds to germinate. This operation is



Sprouts can be grown in a jar or in a special sprouting tray.

easier and less likely to make a mess if the jamjar is kept, tilted bottom-up, on a plate or in a bowl. Take the jar out twice a day and rinse the sprouts in cold

'not freezing' water and return to the cupboard to drain. It would be a good idea to make this part of a daily routine - brush your teeth, rinse the sprouts. In three to seven days you will have a juicy harvest for salads or stir-frying.

Some sprouts are kept in the dark and will be white and crisp; others are brought out into the light after a day or two and will be green and soft. Alfalfa, Radish, Fenugreek and Buckwheat are suitable for "greening" and are the easiest to grow. The pulses and Sunflowers require absolute darkness or else they will produce leaves which are tough on the palate. If your hot-press is not light-proof, cover your sprouts with a black plastic bag.

## High-rise sprouts

The tray method of sprouting is equally simple. Cover the bottom of a seed tray, margarine tub or similar container (which has been pierced with a few drainage holes) with a couple of layers of absorbent material - paper towel, blotting paper, J-cloth or similar. Scatter the seeds over the wet surface and cover with another sheet of paper. Put the lot in a plastic bag and place in the hot press until the seed germinates. The procedure is the same as with the jamjar method, rinsing gently twice a day, but it is best to harvest your crop by cutting the seedlings off at the base with

a scissors so that you don't end up eating blotting paper. Unfortunately you will lose some of the nutrition by this method. Mustard and Brass are particularly suitable for growing by the tray method.

Now that you have developed a taste for sprouts and sprouting, you might like to try and



Get the kids involved in sprouting

compete with those giant Chinese beansprouts. Special techniques are needed but the secret is in putting weights on the seed. You can try with a weight, such as a saucer or plate, and see if the sprouts will rise, literally to the challenge.

**Article by Fergus Brogan**, editor of Organic Matters magazine and author of The Green Gardener, a guide to organic gardening.



factor of 20. This together with the freshness and taste of sprouts is what makes them such an ideal part of a healthy diet.

Nearly all vegetable seeds can be sprouted but some are more