

BODY MATTERS

WHAT YOU SHOULD KNOW

Tri it

You don't have to be a competitive athlete to enjoy the huge all-round muscle-toning, calorie-burning potential of a triathlon. You could take part in a triathlon workshop, such as the two-day Swim Long, Run Tall triathlon break at Champneys in Tring, where you will learn injury-reducing swimming and running techniques. Or try the week-long Adidas Eyewear Triathlon Training Camp in Sivota, Greece, with the leading triathlon coach Jack Maitland. *Swim Long, Run Tall, May 4-6, £370; 0870 330 0300. Adidas Eyewear Triathlon Training Camp, May 7-14, £819; 0870 333 3356*



Matt Roberts WORKING IT

Keep that six-pack

Even when a man has worked hard to sustain a six-pack, there comes a time when he is vulnerable to the curse of the love handle. The best way to tackle this is by combining fat-burning aerobic exercise with exercises that tone the waist. Try running for 30-45 minutes, four or five times a week, using a mixture of constant-pace training, in which you maintain the same intensity, and interval training, in which you alternate between high and low intensity for the duration (ie running fast for two minutes, then jogging for two minutes). You should also perform the following routine four times per week, after your aerobic training session.

Ball crunch Lie with the middle of your back on a fitness ball, your feet on the floor, your knees bent and your hands resting gently on each side of your head. Slowly raise your upper body halfway off the ball by curling your spine, keeping your feet on the ground and your knees and feet close together, then lower to the start position. **30 reps**
Reverse curl Lie on your back on the floor with your legs pointing straight up in the air. Using your stomach muscles, rock your legs over your body so your feet are above your face, then return to the start position. **20 reps**

Oblique bridge raises Lie on your side, resting on your elbow, and raise your body up, so just the elbow and the outside of one foot remain on the ground. Slowly raise and lower the hips up and down, about 7cm-10cm in each direction. Each repetition should take about one second. **15 reps each side**

Walking lunges with rotation Stand with your feet hip width apart and knees slightly bent. Holding a 3kg medicine ball to your chest, step forwards one stride and bend both knees to 90 degrees. In the same movement, rotate your upper body towards the front leg. Repeat on the other leg. **20 lunges on each side**

Perform three sets of each exercise. Rest for 30 seconds between exercises. □

3kg classic medicine ball, £26, from www.bodycare.co.uk

WHAT YOU SHOULD BUY

Crop science

The trend for knee-length city shorts has extended to the sportswear arena. This dove-grey pair hits a comfortable middle ground between skimpy running shorts and baggy tracksuit bottoms. £49, by RKR Sport; www.rkr.com



WHAT YOU SHOULD BUY

Juiced up

No matter how often you hear the virtues of omega-3 oils extolled, it's still hard to commit to taking a daily supplement. If that sounds like you, you'll be pleased to know that Sparky Brand has a range of foods that contain omega-3 oils (most commonly found in oily fish). These include bread, chicken and fruit juices that boast 20% of the recommended daily allowance of these brain-boosting oils per serving. The great taste is reason enough to buy them — just don't exceed the recommended daily intake.

Juices, from £1.69, from Sainsbury's and Selfridges. Chicken, from £6.89 per kg, and bread, from £1.99 for an 800g loaf, from Selfridges. Sparky Brand: www.sparkybrand.co.uk

Helen Brown



Juice of 10 oranges, blended with Omega 3. That's all, nice and simple.