



running bags

Need somewhere to stash your phone and keys when on a run?

Nike Sport Armband

This Nike Sport Armband (\$29; nike.com.au) is a nifty addition to your running attire. Simply adjust the stretch strap around your arm and it will keep your iPod protected while you're pounding the pavement.



Asics Running Waist Pouch

This is so not like those beloved '80s bum bags. This Asics Running Waist Pouch (\$14.95; asics.com.au) is very cool and a perfect place to store a few coins and your house keys when you're going for a jog.



FLY Active Wrist Pocket

Next time you decide to get the heart pumping, slip on this Active Wrist Pocket (\$10; flyactive.com.au). If sweat is pouring off your forehead midway through your run (as it should be!), the FLY Active can also be used as a sweatband. And when it's all gross and starting to smell, just chuck it in the washing machine.



Brooks Black Bbbumbag

If you're running home from work and don't want to leave all your valuables in your office desk, this Brooks Black Bbbumbag (\$20; brooksrunning.com.au) is big enough for it all. Twist it around to your back and you won't even notice it.



Obesity has been described by the World Health Organisation as a "world epidemic" and, unfortunately, Australia is leading the charge, says Margaret Morris, professor and head of pharmacology at the University of New South Wales. "The impact of obesity on the health of Australians is of great concern as it is placing an enormous burden on our health resources, and having disastrous effects on quality of life," she says. With 52 percent of women and 67 percent of men overweight or obese in Australia, now is the time to start that health kick. Get on the treadmill, start lifting some weights and skip that afternoon chocolate bar.

say no to
obesity

TONE UP AND LOSE WEIGHT...

WITH SHOES?

Who would have thought that weight loss could come in the form of a shoe? Skechers Shape Ups are designed to **tone your calf and buttock muscles and improve your posture as you walk**. The "active ingredient" is a wedge of modulated polyurethane that simulates a "walking on sand" sensation, causing the wearer to work out while they walk. Celebrities such as Kate Moss, Teri Hatcher, Madonna and Katherine Heigl have all been spotted wearing these trendy shoes. We just love the Fitness Junkie Shape Ups in Silver Hot Pink (\$229.95). Slip them on with black leggings and a fitted singlet for a Saturday morning walk with girlfriends or even wear them to a gym class to burn some serious kilojoules.

