

# HEALTH FIRST

## ORAL HEALTH = OPTIMAL HEALTH

You can power up your oral health and help fight tooth decay, with these simple steps:

- 1 Brush your teeth for two minutes twice a day.** It takes at least two minutes to do a good job of brushing your teeth. You should spend 30 seconds brushing each section of your mouth (upper right and left, lower right and left).
- 2 Cleaning between teeth is essential.** Did you know that if you don't floss, you're leaving up to 40 per cent of your tooth surfaces untouched and unclean? It is important to floss in between your teeth daily to get to the areas beyond the reach of your toothbrush.
- 3 Replace your toothbrush every three months.** Studies have shown that a new toothbrush can remove up to 30 per cent more plaque than one that's three months old. You should also change your toothbrush after illness such as a cold or flu.
- 4 Consider using a power toothbrush.** The brushing action of power toothbrushes is very different from ordinary manual toothbrushes as it does the job of brushing for you - just be sure to guide the brush head to all parts of your mouth.
- 5 Visit your dentist regularly** - at least twice a year for a professional clean and examination. Your dentist can also provide expert advice on brushing and flossing.



WIN IT FIRST!

To experience a dentist-clean feeling every time you brush your teeth, we're giving away an Oral-B Triumph with Smart Guide power toothbrush, which uses cutting-edge technology to ensure your teeth always look and feel their best. Valued at \$199.95 each, to enter email 50 words or less before 12 February, to [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au) and tell us why your teeth need this toothbrush! The three most convincing entries will win!



## PUT SOME WOLVERINE ON YOUR FEET

There's been a lot of global talk about footwear that provides energy return while wearing them, and our most recent discovery in this revolution is Wolverine. Established in Rockford, Michigan USA in 1883, today Wolverine make durable footwear for work and outdoors, to handle whatever crosses your path. All Wolverine footwear includes their revolutionary iCS system, which uses a revolutionary wave disk, allowing you to choose the comfort setting that's right for you. Wolverine's customisable technology lets you individually tailor the shoe to your perfect setting for maximum comfort and ultimate control. Wolverine iCS technology can increase energy return, restore natural walking motion, increase stability and maximise shock absorption. Check them out at your nearest stockist (ph: 03 9540 0777).

WIN IT FIRST!

Up for grabs is a pair of men's Wolverine Weston lace ups, valued at \$220 and a pair of women's Wolverine Bella Mary Janes, valued at \$190. To enter, email 50 words or less before 12 February, to [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au) explaining why your feet deserve to be in these shoes and the most convincing entry will win (remember to include whether you want the men's or women's style).

## POWER IN A POWDER

Have you discovered Super Sprout Fruit and Vegetable Powders yet? This revolution in dietary nutrition is 100 per cent pure freeze-dried powder providing all the benefits of fresh produce in a convenient and easy to use micronised powder. The freeze-dried powder is just as good as eating fresh produce, so provides all the amazing health benefits of fresh fruit and vegetables but in a convenient powder form. This means you can cook with it, bake with it, add it as a garnish, or use it in juices. It's just like having fresh produce on hand all the time! For serving suggestions, recipes and full details visit [www.supersprout.com.au](http://www.supersprout.com.au)

**Keep your bits safe, when on the fly!** Thanks to the FLY Active Wrist Pocket you can now stash your key, loose change, membership or credit card in a wristband that comes in four available colours, each made from a lightweight and stretchy fabric that dual-functions as a sweatband, and will survive regular trips through the washing machine. For more details visit [www.flyactive.com.au](http://www.flyactive.com.au)



WIN IT FIRST!

To win your very own FLY Active Wrist Pocket, email [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au) before 12 February, and tell us in 50 words or less why you need one of these little beauties! The 10 most persuasive entries will win!