

*body & bliss

Worship your figure, enjoy your food & look after number one

5 steps to *sexy* CALVES

Want to-die-for definition? We asked Janie Larmour*, yoga instructor and expert trainer, for her top five tone-up tips.

1 Strengthen: Stand on a step on the balls of your feet. Push your heels down for two seconds until they're below the edge, then raise them for three seconds. To intensify, do 10-15 reps on one foot at a time.

2 Tone: When you walk (in flat shoes) or run, try to push off more from your toes. You'll move forward quicker, have an extra spring in your step, and use and tone your calf muscles more effectively.

3 Flex: Circle your foot clockwise ten times and then anti-clockwise. Repeat on the other leg. This clears out congestion from your ankles and gives them more shape.

4 Stretch: For definition and length, stand placing the ball of your right foot on a wall with that heel on the floor. Standing on your left leg, use it to push your hips towards the wall, keeping your right leg straight. This will stretch the right upper calf. Hold for 30 seconds, then slowly bend the right knee. The stretch will move down to the bottom of the calf and the ankle. Repeat on the other side.

5 Know where you're going: A principle of Eastern philosophy is that the calves help propel us forward and so relate to our general direction in life, both mentally and physically. Sitting on the floor, with your legs in front of you and slightly bent, make a clapping action with your lower legs. This will stimulate your calf muscles, ease any tension and give you more clarity of mind and body.



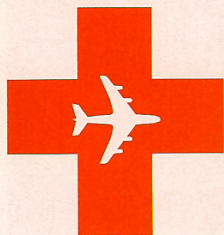
Hate the way your feet slip and slide around in your shoes? Then you'll adore **Foot Petals'** slim, cushioned pads in 'Tip Toes' and 'Heavenly Heelz', **\$9.99** per pair. They'll hold your toes in place, plus reduce calluses and blisters.



OTHER HAPPY-FEET NEWS: If you suffer from sweaty soles, try this clever foot fix: **Rexona for Feet, \$5.59.** It's an anti-perspirant deodorant, that also blitzes eeuw odours.

Spotline: is the phone giving you pimples?

→ Your skincare is scrupulous but you're still breaking out around the mouth, chin and jawline? You could have peri-oral acne, say derms at UT Southwestern Medical Center in Dallas. It's believed to be primarily caused by resting the phone (a.k.a bacteria breeding ground) against the chin. The quick fix? Either order a headset or regularly swab your receiver with disinfectant or alcohol.



New travel vaccine: Vivaxim is a new single shot to protect against hepatitis A and typhoid – it used to be two jabs. Costing \$80-\$110, make sure you see your doctor 14 days before you leave. The hepatitis A component should be boosted with a further dose six months to one year later, giving you at least ten years cover. Vivaxim will cover you against typhoid for three years. – DR KATE BELL

Text Katrina Lawrence. Photography Austral. Still-life photography Maree Homer. *From NHC (No Hippo Crap) Corporate Yoga and White City Yoga