

JUMP TO IT

JUMP SQUATS are good for building power, will tone legs and butts, help netball and basketball players develop jumping prowess and are a great cardio workout.

Don't attempt this unless you have a reasonable level of fitness and are comfortable doing normal squats.

- Start in a squat position. With knees bent, push your hips back, keep your back straight and don't let your knees come over your toes.
- Jump into the air, swinging your arms forwards above your head.
- Land softly, bending the knees and repeat. Try doing as many jumps as you can manage, eventually aiming to do them continuously for 60 seconds.



KEEP YOUR COOL

If you're fed up with drinking warm water from plastic drinking bottles, check out the Australian-owned Cheeki insulated bottles and the CamelBak Stainless Steel Better Bottle. The Cheeki bottles cost \$28.95 for a 600ml bottle or \$34.95 for a one-litre bottle, while the CamelBak is \$39.95 for a 750ml bottle. Visit www.cheeki.net.au or www.CamelBak.com.au.

Attack the snacks

Fancy a snack? Then make sure it's worth working off. Here's what you need to do to eliminate the following:



One slice of pepperoni pizza (deep pan), 830kJ

20 minutes of vigorous swimming (50m per minute)



One choc-chip muffin (medium), 1350kJ

27 minutes of running



Potato chips (flavoured, 80g), 1736kJ

44 minutes of cycling



Ham and cheese toastie, 1830kJ

90 minutes of netball



Vanilla ice-cream (one cup), 776kJ

25 minutes of aerobics

Back Magic Sometimes a product is so useful, we don't even bother putting it away. The Back Magic back stretcher is one such device. It's a solid plastic arch that can be adjusted to different heights, and aims to relieve back pain (and we reckon can also prevent it) by releasing tight muscles and improving spinal alignment. All you do is lie back over the arch and relax for five minutes. We've used it after cycling, weight training, bushwalking, tennis and golf – and even after a long session sitting at the computer – and find it fantastic for easing tension and cramps. The Back Magic costs \$69.95. Visit www.badbacks.com.au to order.

