

FITNESS FIRST

WE ADVISE YOU

SALT REMEDY FOR ASTHMA and allergy sufferers, help could be at hand from a new hi-tech and therapeutic clinic in Wandsworth, London. The Salt Cave (below), which has a thick layer of natural sea salt from the Red



Sea on its floor, walls and ceiling, can help alleviate and eradicate conditions, including asthma, pneumonia, hay fever, bronchitis, eczema, cystic fibrosis, sinusitis and psoriasis.

After moving to London, Australia Sevens player Tom Couper became a convert. "I began to suffer from multiple allergies," he explains. "I found the Salt Cave amazing. My sinuses cleared up over the course of five sessions and after 15 sessions I'm feeling great. The biggest benefit for me was the increased function of my respiratory system." See saltcave.co.uk






TRIED & TESTED

925 ENERGY SHOT

AS it says on the bottle, drink these booster shots if you want to work all day (hence the name nine to five) and party all night. They're easily stomachable, and give you a noticeable kick - ideal for drinking before a workout to help you keep going for longer. They cost £1.49 each, at thedrinkshop.com. **RWRATING** ★★★★★



NEW PRODUCT

1 slice of Christmas cake (70g) =  249 calories/8g fat	Cheese and biscuits =  394 calories/27g fat	Mixed nuts (40g) =  243 calories/22g fat	1 glass of mulled wine =  245 calories/0g fat	1 mince pie and cream =  368 calories/25g fat
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Christmas is coming!

Avoid putting on extra weight instead of having to face losing it, says Roz Kadir



THE Christmas season fills some of us with dread. The endless drinks parties and hours of snacking on 'empty', albeit tasty, food can leave us with extra unwanted fat when it's all over. The words Christmas and New Year are synonymous with excess eating and drinking. It's far better to not put this extra weight on than have to struggle to lose it after the holidays.

There's a useful website, drinkaware.co.uk, that enables you to calculate

how many units and calories you're consuming as alcohol. My search also turned up getdrunknotfat.com. I certainly don't recommend getting drunk, but this site does have some useful numbers on it to enlighten you.

If you aren't doing rugby training over this period, do make sure that you keep the exercise up - try to combine some cardiovascular exercise with weight training.

When you do go out, try to find the better options to eat. For example, carrot sticks in hummus

are far better than high-fat pastry canapés, while fruit and chicken pieces are better choices than chocolates and deep-fried meat parcels.

Another tip is to eat something before you go out, so you don't arrive at the venue so hungry that you could eat your own legs, making you vulnerable to tucking into lots of junk food. If you aren't hungry, you're less likely to overindulge.

The average Christmas dinner with all the trimmings comes to about 1,000 calories, of which

some 48 grams is fat - far more than most of us consume at one sitting. Add to this the extras (above) and you can see how easy it is to gain weight over this period.

TO STAY IN SHAPE...

- Remove the skin from the turkey
- Fill up on green veg
- Cut potatoes into bigger chunks to cook - they'll absorb less fat
- Stay well hydrated - it helps staves off hunger pangs. Drink water/juice
- Snack on unsalted nuts or fruit, not sweet things



OUR EXPERTS

Edited by Bea Asprey

WEIGHT BUSTERS

Mince pies are killers! If all the festive treats prove too tempting despite our tips and you put on a few extra pounds, here's a programme to help you shed that unwanted weight...



TREADMILL INTERVALS

Running on roads is neither appealing nor necessary if you wish to build running into your fat-burning programme. An inclining treadmill for run/walk sessions is safer on the body, and you can regulate your heart rate.

- Start walking on an incline at 6kmh, moving from 2°-8° over 10 mins
- Work in sequences of two mins running on 2°/one min walking on 4°
- Keep your heart rate in the 60-80% zone - 155 running, 130 walking

REPS AND SETS

REPS - TWO MINS RUN/ONE MIN WALK	SETS - TEN
INCLINE - 2° RUN/4° WALK	HEART RATE - 60-80%

BIKE AND CROSS-TRAINER

There's only one way to burn off those extra pounds and that is by doing cardiovascular exercise. Simple hard work, on aerobic machines such as the bike and cross-trainer, will help you get back into shape.

- Target the necessary heart rate intensity for maximum effect
- Quantity is important in this kind of training - you need to do enough!
- High/low-level intervals is a good way to complete 12-15 mins each

REPS AND SETS

REPS - 30 SECONDS/ONE MINUTE	SETS - TOTAL 15 MINUTES
REST - EQUAL WORK-REST	HEART RATE - 60-80%



SKILLS CIRCUIT

You can incorporate a rugby ball into a cardio-skills routine, either indoors or outdoors, with a circuit-type sequence of different drills. Be heart rate conscious though - you need to keep it up there in your 'zone'!

- Complete rapid repetitions of passes from different positions
- Either mix up the passes or do a number of sets of the same pass
- Jog, walk or skip between sets to keep your heart rate at 60-80%

REPS AND SETS

REPS - 20-30 SECONDS	SETS - 12-15
REST - MOVING RECOVERY	HEART RATE - 60-80%

NUTRITION AND FLUIDS

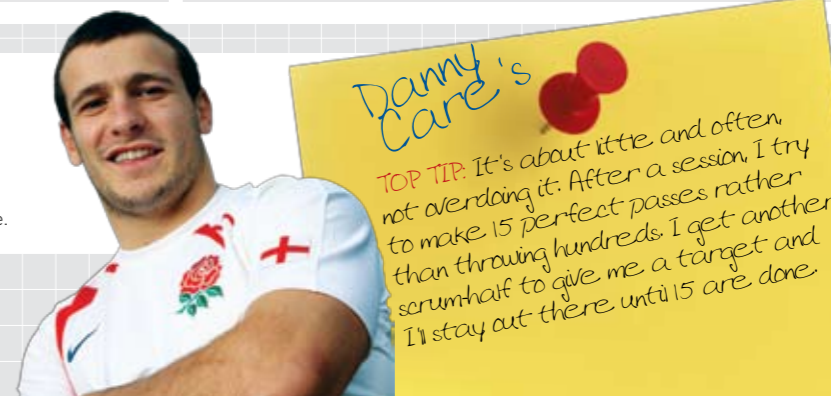
Your nutrition and fluid intake needs to be sensible if you're to achieve your target weight. Water is a massive influence - drink at least three litres a day, and use a low-calorie protein supplement.

- Don't get dehydrated - you'll retain body fluid, which also weighs!
- Drink water throughout the day, not just when you're exercising
- Protein supplements replace vitamins and minerals, and snacks!

REPS AND SETS

WATER - 3 LITRES A DAY	CALORIES - MAX 2,500 A DAY
GOOD - POTATOES/RICE	BAD - BREAD/PASTA

REMEMBER Rugby World recommends that all players seek guidance from a suitably qualified expert before taking any supplement. All players with queries should visit www.rfu.com/antidoping or www.informed-sport.com to assess the need and risk of supplements. Anyone with an injury should take immediate medical advice. No rehab programme should ever be undertaken without medical supervision and the advice in these pages is designed to supplement a medically supervised rehab programme. Always consult your doctor before taking any exercise.



Danny Care's
TOP TIP: It's about little and often not overdoing it. After a session I try to make 15 perfect passes rather than throwing hundreds. I get another scrumhalf to give me a target and I stay out there until 15 are done.