

HEALTH BUZZ

Your guide to the latest news and how to keep fit and healthy.



The fully-serviced Chateau Robert in South West France.

TRES CHIC RELAXATION

For the *crème de la crème* of healthy escapes, check out Radiance Retreats, run by yoga teacher and author Jessie Chapman. For the France Luxury Yoga and Pyrenees Hiking escape, guests stay at an 18th-century *chateau* (above) between Biarritz and Bordeaux. The seven-day package includes two daily yoga sessions, hikes through the breathtaking mountains, gourmet vegetarian meals and time to explore the surrounding historical villages. 02-6685 9015/radianceretreats.com



EASY YOGA

"After a long day, rest with legs up against a wall, for deep relaxation."

—Jessie Chapman



PRICKLY PRANA

It may look uncomfy but this mat, designed to stimulate blood flow and lymph circulation, is actually relaxing.

Pranamats, \$138; begenki.com.au

MY HEALTHY LIFE

A positive attitude keeps TV presenter **Georgie Gardner**, in peak form.

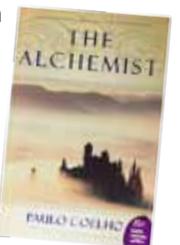


What's a typical day? "It starts early! During the week, I'm at work by 4AM and on-air with *Today* [Nine Network] from 5:30 to 9AM. I'm home by 10AM, then mummy duties kick-in [for Bronte, five, and Angus, three]. On Friday and Saturday nights, I read the 6PM news, so I cherish Sundays as our only full family day."

Are fitness and health a part of your life? "Very much. Each day with the children involves activity, like playing at the park or a bike ride, and we eat healthily. I'm conscious of helping my kids have a positive attitude about their bodies."

What kind of exercise do you do? "I do two one-hour sessions at the gym per week—cardio, weights, and boxing. And then as much walking as I can in between."

Do you have any favourite reads? "*The Alchemist*. It's about having the courage to follow your dreams."



The Alchemist by Paulo Coelho (HarperOne, \$24.99)

FOOD STARS

There's no replacing the real thing, but this supplement promises to help increase your intake of antioxidants, omega-3s and plant nutrients.



Phytologic Mediterranean Dietary Supplement, \$49.95; 1800 181 323