

# THE SUNDAY REVIEW



Health Special ✚

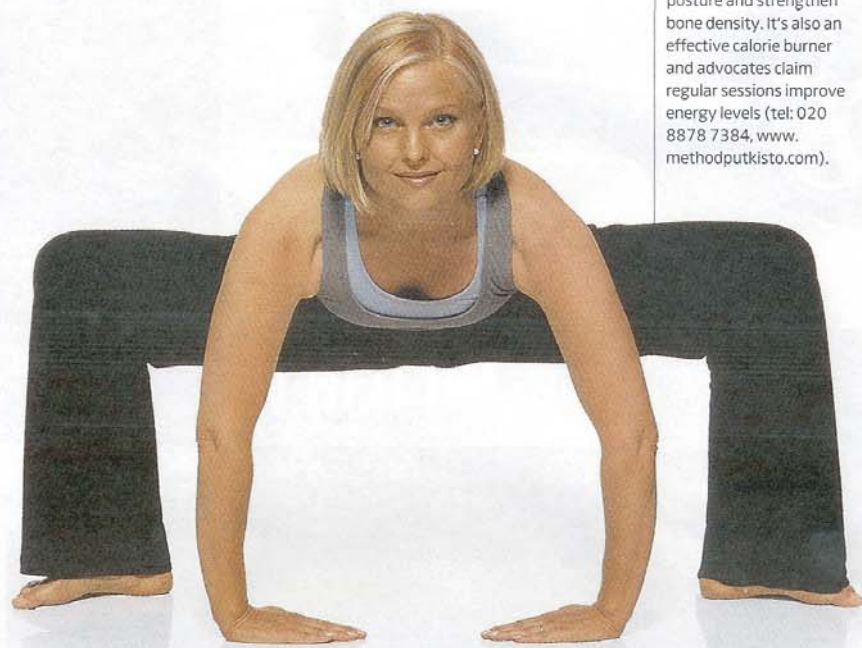
## The ultimate makeover

Nose job. Hair transplant.  
Teeth whitening.  
Eye surgery. You name it –  
our writers have done it

  
THE  
INDEPENDENT  
ON SUNDAY  
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2006

# 50 ways to get fit

Whether it's boot-camp pilates or space-age trainers, text-message workouts or trendy Roman spas, our experts pick the exercise essentials for 2006



## 10 hot workouts

### Get high

Nothing beats training in thin air for improving aerobic capacity. London's Altitude Centre (right) offers simulated mountain training from the comfort of a chair. "Intermittent hypoxic training" (IHT) involves breathing lower-oxygen air via a mask. The best part is, the less fit you are, the more you'll benefit (tel: 0870 950 4479, [www.altitudecentre.com](http://www.altitudecentre.com)).

### Run for it

Fashions come and go but, for basic cardiovascular fitness, few things are better than training with your local athletics club. A regime planned by a knowledgeable coach will also prevent injury. Most clubs run both midweek and weekend sessions ([www.ukathletics.net](http://www.ukathletics.net)).

### Better Finnish

Method Putkisto (left) was developed by a Finnish yoga teacher, and is a series of deep-stretching and breathing exercises designed to improve the posture and strengthen bone density. It's also an effective calorie burner and advocates claim regular sessions improve energy levels (tel: 020 8878 7384, [www.methodputkisto.com](http://www.methodputkisto.com)).



"skate" on your side. Workshops take place throughout the year and around the country (tel: 0800 389 9913, [www.totalimmersion.co.uk](http://www.totalimmersion.co.uk)).

### Let's get personal

A personal trainer is the ultimate accessory for any self-respecting gym bunny. Prices start from around £15 per hour and using the National Registry of Personal Trainers ensures instructors have relevant qualifications, insurance and a first aid certificate ([www.nrpt.co.uk](http://www.nrpt.co.uk)).

### Work your booty

Boot camp pilates is the latest craze from the US, and boasts Liz Hurley and Nicole Kidman as fans. It is a gentler form of the many military-style exercise classes available, and combines pilates stretches with a series of interval training drills (tel: 020 7524 7510, [www.beautycamppilates.co.uk](http://www.beautycamppilates.co.uk)).  
*Mark MacKenzie*

### Le kick, c'est chic

Savate (below), also known as French kickboxing, is an elegant European martial art that emphasises grace and technique over impact. Excellent for developing flexibility and muscle tone, it draws on both fencing and ballet and as a result,

Mountaineering Council can find you a suitable club in your area (tel: 0870 010 4878, [www.thebmc.co.uk](http://www.thebmc.co.uk)).

### Pump up the volume

Body pump, a studio-based, non-impact workout, uses adjustable weights to improve muscle tone and endurance. Sessions last from 45 to 60 minutes, and come complete with a booming soundtrack and barking instructors. Fitness First (tel: 0870 898 80 80; [www.fitnessfirst.co.uk](http://www.fitnessfirst.co.uk)) and Holmes Place (020 7786 7300; [www.holmesplace.co.uk](http://www.holmesplace.co.uk)) both offer classes.



bouts resemble elaborate dances as much as punches ([www.savate.org](http://www.savate.org)).

### Fit as the Norse

By using poles to work the arms and upper body as well as the legs, Nordic walking is said to engage 90 per cent of the skeletal muscles (running uses 70, swimming 35) and burns much more calories than normal walking. Classes are available nationwide ([www.nordicwalking.co.uk](http://www.nordicwalking.co.uk)).

### Swim like a fish

Total Immersion (below) has been teaching people the art of "fishlike" swimming for nearly 20 years. The patented range of techniques promises to give you better stroke efficiency in just a few hours, speeding up the process by concentrating on three skills: swimming "downhill", swimming "taller" and learning to

## 10 best bits of kit

### Tri harder

If your goal in 2005 was to do a 10km run or half-marathon, maybe in 2006 you should try a triathlon. Most people find the swim the hardest stage, but an Aquaman Metal Cell Triathlon Wetsuit will help. Lightweight and flexible, it absorbs hardly any water and the neoprene helps buoyancy, keeping you flatter and faster. But the main reason to wear one? It keeps you warm (£299, from [www.wiggle.co.uk](http://www.wiggle.co.uk)).



### Climbing the walls

For working major muscle groups and reducing body fat, rock climbing is as effective as it is demanding. Supervised indoor climbing walls are an excellent way to learn the basics with less risks. Clubs cater for all abilities and most offer cheap gear hire. The British

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