

CO-M-P-A-N-Y

magazine

APRIL 2009

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health...

Lifestyle tips to make you (even more) fabulous

STRICTLY GO DANCING

The bad boy of the ballroom, Brendan Cole, shares his dancing tips to firm up your flabby bits...



1 SAMBA YOUR WAY TO A FLAT TUMMY

The fast Latin dances like the samba or cha-cha involve lots of movement below the waist, so your lower abdominals are constantly engaged.

Dance-a-like exercise:

Work your abs by lying on your back and raising your legs. Try to touch your toes, lifting your shoulders off the floor. Hold for a second and repeat. Do three sets of 20.

2 RUMBA YOUR WAY TO TONED ARMS

The passionate rumba involves lots of controlled, above-the-head arm movements – great for toning up biceps and triceps, and your back and shoulders.

Dance-a-like exercise:

Hold a dumbbell above your head by the weighted bit. Lower it behind your head, with elbows facing forward and arms close together. Lift again and repeat. Try 15 reps.

3 WALTZ YOUR WAY TO A PERT BUM

Because there's lots of slow lowering and rising, the waltz gives you buns and thighs of steel. It's like doing lots of squats and lunges – gracefully!

Dance-a-like exercise:

Holding dumbbells with straight arms and standing shoulder-width apart, bend the knees, and squat down, keeping the back straight. Try doing three sets of 15.

HEALTHY & FABULOUS!



DITCH:

A month of Friday-lunch pub grub and drink (4 x £9)



BUY:

These gorgeous shoes (£35, www.asos.com)

CLICK TO FIT YOUR LBD

Right, you've got a couple of weeks to squeeze into your fabulous party dress, but can't afford the gym – what's a girl to do? Log on to www.feelfit.tv. It gives you your own training schedule and, each week, you get a feelfit points target. Do something healthy, like walk to work, and you get points. Do something unhealthy, you lose points (damn that extra glass of wine).



I'M A CELEBRITY... MAKE ME BETTER



Actress Ali Bastian, 25, who stars in *The Bill*, suffers from eczema.

"It flares up when I'm stressed – and particularly in the winter. Is there anything I can do to prevent it?"

Dr Robert Jacobs, from the Society of Complimentary Medicine, says: "Topical steroid and emollient creams are still the most commonly prescribed eczema treatments, as they moisturise the skin, help reduce inflammation and accelerate the healing process. In Ali's case, stress is a key trigger, so she *must* look at ways of proactively managing emotional strain to prevent further attacks. Meditation, relaxing exercise and a healthy diet can all help. Taking supplements, such as Holy Basil, may also prove effective." For more information, visit www.scmhealth.com.

OH, THE SHAME!

Q *I've recently developed really bad breath, even though I brush my teeth loads, and I don't want to miss out on any mistletoe action... Help!*

A "Bad breath is more likely to be caused by hunger, dehydration or bad digestion, not a dental problem," says nutritionist Hannah Richards (www.hannahrichards.co.uk). "Eat small, regular meals and drink plenty of water. Have a glass 20 mins before every meal to prepare the stomach for digestion. Aid digestion further by increasing your intake of enzyme-rich raw vegetables and oily fish. Remember – alcohol dries the mouth out as well, so don't rely on alcohol-based mouth washes as they will exacerbate the problem. **B**"



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health...



Our special guest editor, Kirsty Gallacher, reveals her tips for feeling fabulous

MOTIVATE YOURSELF

Being on TV is a pretty good motivation to keep fit. But, as most of us haven't got an audience to spur us on, here are a few other ways to get you going...

1 KEEP YOUR MIND INTERESTED... Doing the same routine day after day is the pits. So really put in the effort to find something you like – alternating yoga and body-pump classes during the week is enough to keep fit without getting bored.

2 ...AND YOUR BODY! Interval training is more interesting and has been proven to be super effective! Rather than one long jog, I'll do 20 minutes of sprints – one minute of sprinting, followed by two minutes of rest. It means your body doesn't get bored of the same thing.

3 MAKE IT YOUR LIFESTYLE. Top up your training sessions with little adjustments, like walking that extra bus stop or a weekend activity. The more active you are, the easier you'll find doing the bigger sessions – and the better you'll feel.

FIT LIKE ME...

If you're more lounge-lover than gym bunny, check out my new fitness range at www.argos.co.uk. Getting toned while I catch-up on *Corrie*? I love it! Check out www.kirstyfitness.co.uk for more information.



HEALTHY & FABULOUS!

DITCH:
That fortnightly cocktail binge (2x £30)

BUY:
This gorgeous clutch bag (£49, Fornarina)



GLADIATORS READY!

Presenting on *Gladiators*, I see some scarily fit bods. But with the help of personal trainer, Hannah Richards*, you can work out *Gladiators*-style at home. Contenders ready?

DUEL Stand facing a partner, holding a Swiss ball – you with your hands on each side, your partner with hands on top and bottom. Try pulling the ball from each other for four sets of 30 seconds. Great for strength, balance and working your core.

HANG TOUGH To strengthen your upper body, rest your shins on a Swiss ball, with your hands on the ground. With one leg still on the ball, bend the other leg out to the side, bringing your knee towards your elbow. Return and do the other leg. Work up to three sets of 20.

THE ELIMINATOR Set up your own circuit session in the park. Vary exercises, like skipping, lunges, star jumps and leg thrusts, to work every muscle in your body. Finish up with an uphill sprint. **B**

'I'M A CELEBRITY... MAKE ME BETTER'



"Last year, I was diagnosed with an overactive thyroid. I was lucky as it settled down by itself, but I do worry it could return. Is that possible?"

"Hyperthyroidism (an overactive thyroid) is when the thyroid gland produces an excess of thyroid hormones," explains Janis Hickey from the British Thyroid Foundation. "It occurs in one in 50 women, and makes the body's functions speed up, which leads to symptoms like tremors, weight loss, restlessness and muscle weakness. Kirsty, in your case, the condition was brought on by pregnancy, and this is usually a passing phase, but you should still have regular checks, just to be on the safe side."

● For more info, go to www.btf-thyroid.org

Worin: Kaire Mulvey. Photographs: Getty Images. The National Magazine Company, Studio 31. Prices correct and items available at time of going to press. *www.hannahrichards.co.uk

health...

Lifestyle tips to get you feeling (even more) fabulous



YOUR TV TONE-UP

So, you're feeling guilty for watching *Gossip Girl* rather than going to the gym... Well, goodbye guilt, hello ad break. Fit a mini-workout in each one to give yourself an all-over body sesh.

"A time-led fitness regime makes you work harder, so you gain results without interfering with your schedule," explains personal trainer Andrew Colley (www.purusactivehealth.co.uk). Try these ad-break exercises, doing as many reps as you can in 30 seconds, and repeating three times.

AD BREAK 1

Press-ups for a toned upper body

- Start on all fours, knees under your hips.
- Imagine a straight line between your index fingers and place your hands just beyond shoulder-width apart
- Dip your head and shoulders, so your chin stays on the imaginary line.
- Halfway, go back to the start position.
- Do a three-quarter press-up – as above – with knees further back; then a full press-up, with knees off the floor.

AD BREAK 2

Skater squats for a trim bum and hips

- Stand with feet shoulder-width apart.

- Raise one leg behind you, so you're mimicking the position of a speed skater and then bend your supporting leg.
- Return to start; repeat on other side.

AD BREAK 3

Scissors for a flat tum and toned legs

- Lie on your back, with legs as straight as possible at a 90° angle, arms by your sides, palms down for support. Raise upper body slightly, as if doing a crunch.
- Take one leg down to the floor, leaving a gap of two inches between your heel and the floor.
- Hold for a second, return, then repeat on the other leg.



HEALTHY & FABULOUS!

DITCH:

That 'oh-just-one-more' final drink of the night (£40 a month)



BUY:

Bangles, £43.70 each, www.treasurebox.co.uk

SAY WHAT?

More than nine million people suffer from hearing damage due to excessive exposure to noise. So clubbing mecca Ministry of Sound has put its name to these revolutionary ear plugs (£14.99, www.ministryofsound.com), specially designed for clubbers and endorsed by international DJs.



NOT-SO-GUILTY PLEASURES

There's nothing better than the high of giving in to a chocolate craving. But it's usually followed by guilt and more cravings. "If you replace it with a healthier alternative, you'll get the high without the comedown – or the calories," says holistic nutritionist Hannah Richards (www.hannahrichards.co.uk). Here's her advice.

Chocolate: You may be craving sugar and magnesium. Try berries and nuts to give you a steady source, plus protein and fibre to keep you full.

Crisps: Surprisingly, craving fatty foods like crisps and chips could mean you're lacking calcium. Try filling up on green vegetable sticks, like broccoli and celery, dipped in cottage cheese.

Burger: You might be craving the iron in red meat – go for a lean steak with asparagus instead.

Cheese: This could be about calcium, protein or fat. Replace with brazil nuts, oily fish or avocado.

Fry-up: You're craving fat and salt, which are essential to the body. Replace with grilled organic bacon or a salmon steak and a boiled egg.

Pasta: You're craving starchy carbs. Get a fix from cauliflower or broccoli with protein like lean chicken.



OH THE SHAME!

Q: I've recently noticed that when I exercise, I leak a bit of wee. Help!

A: "Although bladder weakness is unusual in young women who haven't had children, don't feel ashamed," says GP Sophie Galloway. "It occurs when pelvic-floor muscles are weakened, so exercise like running can exacerbate the problem. Visit your GP for an abdominal examination, and have your urine checked. Most importantly, strengthen your pelvic muscles. Your doctor can advise how to do them. In the meantime, wear discreet pads for weak bladders.

For more info, go to www.tena.co.uk/women." ■



health...

Lifestyle tips to get you feeling (even more) fabulous



For luscious lashes, make sure you replace your mascara every three months

IT'S BREAK-UP TIME

Sometimes, no matter how brilliant something used to be, it's just not good for you anymore. So be brave and know when to get rid – and we're not talking people, but make-up, condoms, toiletries...

1 SUN CREAM

Replace every year. It can last two-and-a-half years, but the heat of your sun-jolly, and bacteria, mean you should replace it every 12 months.

2 TOOTHBRUSH

Change every three to six months, unless the bristles wear down. Replace it after a mouth or throat infection as bacteria can live on bristles.

3 MASCARA

Lasts three months. Dark and moist, it's a bacterial breeding ground. Ditch it if the odour or consistency changes, and never share.

4 CONDOMS

All reputable condoms (with the BSI Kitemark® and CE mark) have an expiry date. Keep away from heat and replace regularly.

5 TRAINERS

Between 400-600 miles. Running three miles, three times a week, is 468 miles. So a gym bunny should change her trainers every year.

6 LIP BALM

Replace after two years, or sooner if it has an SPF. Avoid sharing or letting anyone with grubby fingers put their germ-riddled paws near it.



ETHICAL FITNESS

A big gold star goes to Nuffield Health, Fitness & Wellbeing Centres (www.nuffieldhealth.com) who, since buying out Cannons Health & Fitness, have removed sunbeds from their premises (something *Company* campaigned for last summer). They also offer a free health assessment, to check everything from BMI to cholesterol levels. Well done them.

HEALTHY & FABULOUS!



DITCH:

That Sunday-night-blues bottle of wine for a month (£4 x £6)



BUY:

This cool dress (£25, Topshop)

BIG UP YOUR BREAKFAST

Breakfast is the most important meal of the day. So, a) always eat it, and b) make it good (none of this coffee and croissant nonsense!). Here, nutritionist Hannah Richards gives us the best breakfasts for...

- 1. Feeling full:** The protein in a two-egg omelette, with mushrooms and Gruyère cheese, followed by rye bread with sugar-free peanut butter, will kill off cravings.
- 2. A morning business meeting:** Boost your brain with the Omega 3 in grilled salmon on wilted spinach, topped with poached egg and almonds.
- 3. Post-workout:** An open sandwich of grilled chicken fillet, with half an avocado on a slice of sprouted-grain, wheat-free bread (available from health-food stores) will replenish your energy and your muscles.
- 4. A hangover:** A high-protein, high-fat, low-carb combo is needed: Two rashers of bacon and two poached eggs, followed by a pear and a cup of fresh ginger tea to get your digestive system moving and eliminate toxins.

● Hannah is a holistic nutritional advisor at the Kingyo Therapy Suites in London (www.kingyotherapy.com)



OH THE SHAME

Q I've got quite big boobs and have developed an itchy red rash beneath them. What is it?

A "This could either be eczema, an allergic reaction to the under-wiring in your bra, or intertrigo, a fungal infection," explains GP Dr Sophie Galloway. "Your GP can diagnose which it is. Intertrigo is quite common in bigger-breasted women, as breasts can droop and provide a dark, sweaty area for bacteria. It can be easily treated with anti-fungal cream, but most of all, it's important to get a good bra that lifts your breasts so there are no folds of flesh, in which the bacteria can breed." B



health...

Lifestyle tips to get you feeling (even more) fabulous

THE ALL-NEW F-PLAN!

When the gym's the last thing on your mind, grab your man and head back to bed to try *Company's* under-the-duvet diet:

1 EAT THIS: Loads of get-in-the-mood foods have amazing health benefits, so much on libido-boosting superfoods. Try asparagus, which can help detox the body, pumpkin seeds, which are packed with zinc for your sex drive, and Omega-3 fatty acids for your skin, hair and nails. Also, eat grapes – they contain loads of healthy antioxidants. They're even better dipped in antioxidant-rich, dark chocolate (and so is *be* for that matter).

2 DO THIS: An average sex session will burn up to 100 calories – which means that getting some three times a week for a year is the equivalent to jogging 75 miles. And we know which one's more fun. Tensing your tummy muscles during sex (in the missionary or doggy position) will give you greater sensation and amazing abs, and you can work your thighs by going on top in a squat position.

3 ADDED EXTRAS: Having sex once or twice a week has been linked with higher levels of an antibody called IgA, which can protect you from getting colds and other infections. A bit of the good loving has also been proven to help you sleep better, reduce stress levels and help with PMS symptoms.



A bit of mouth-to-mouth action is guaranteed to stop you stuffing your face

HEALTHY & FABULOUS!

DITCH: Three packs of cigarettes per week for a month (4 x £18)



BUY: These gorgeous shoes (£70, Faith ☺)



THE NEW STI CHECKOUT CHECK-UP

Maybe it's because of all the mistletoe (and booze), but it's a fact that STI rates soar after the silly season. So Boots are now offering the Clamelle Chlamydia Service, which means you can get a test kit (£25) and, if necessary, the antibiotics to treat the infection over the counter.



I'M A CELEBRITY... MAKE ME BETTER



TV presenter Konnie Huq, 33, suffers from sore throats.

"I get persistent sore throats and a specialist told me I have 'soft nodules'. Now I know this, is there a way to prevent them in future?"

Ear, nose and throat surgeon, Mr Michael Papesch from The London Independent Hospital, says: "Sore throats are most commonly caused by viral infections. The body's response to throat infection is swelling of lymph nodes in the neck – 'soft nodules' refers to these enlarged lymph nodes. Prevention is best achieved by maintaining good oral hygiene, drinking plenty of water, using salt water gargles, reducing alcohol intake and not smoking. As a TV presenter, Konnie uses her voice all the time and she may benefit from referral to a speech therapist, as voice over-use – or incorrect use – may be causing throat strain." For more information, visit www.entcare.co.uk.

OH THE SHAME

Q *I'm mortified to admit this, but I do really smelly farts. I need to stop!*

A Nutritionist Hannah Richards (www.hannahrichards.co.uk) says: "Flatulence is a sign that something is out of balance in your body, so you need to look at your diet and lifestyle. You may have an allergy to certain foods or they may just be wrong for you (we all have different metabolic types). Don't over-cook your food and chew it slowly. Take a high quality probiotic to help digestion and exercise regularly to help move the food through your body. **B**



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