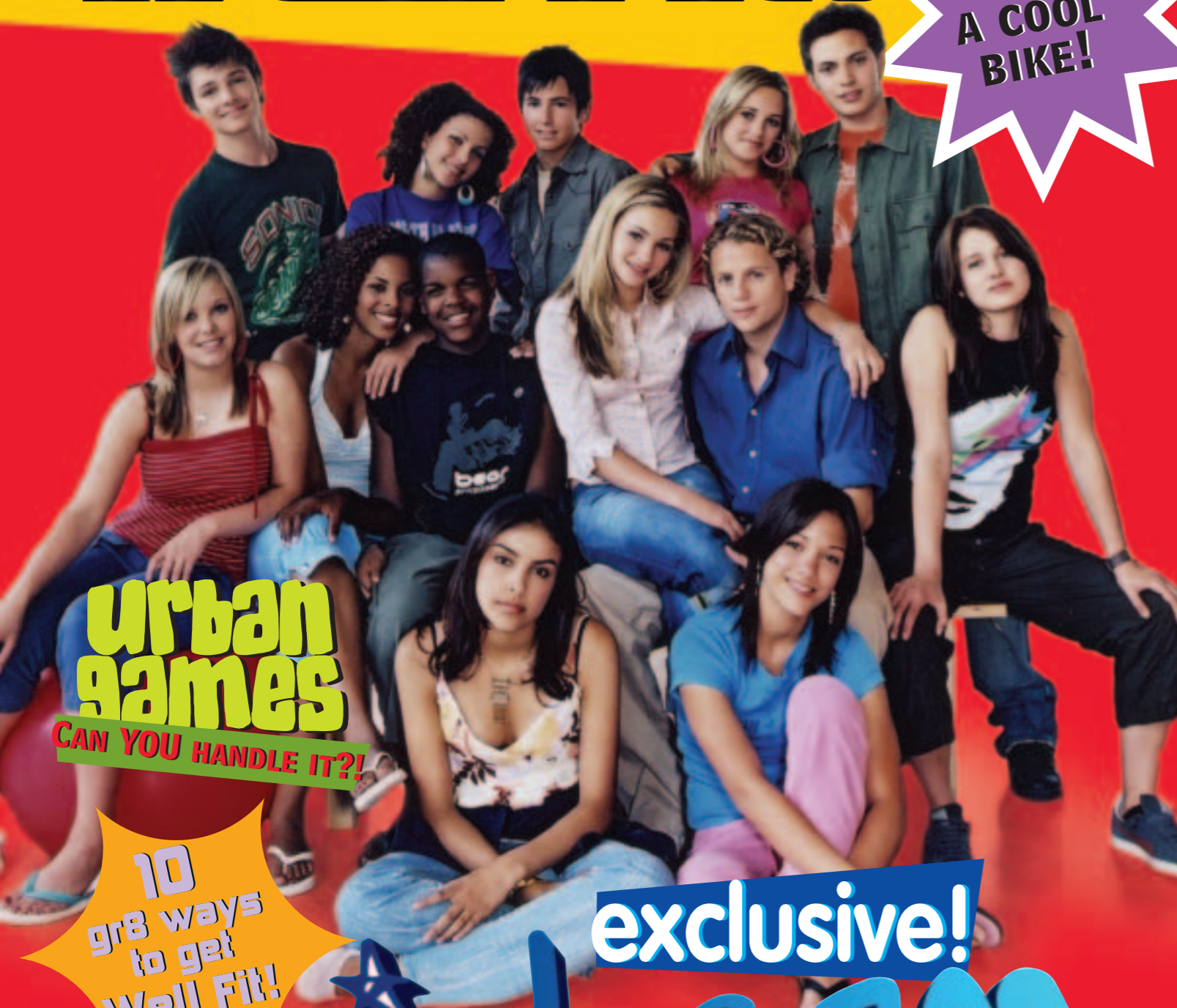


Well Fit!

Win!
A COOL
BIKE!



Urban
Games

CAN YOU HANDLE IT?!

10
gr8 ways
to get
Well Fit!

exclusive!

i dream
get you fit to rock!

★ GIRLS ALOUD ★ BLAZIN' SQUAD ★ JONNY WILKINSON ★ ABS



British Heart
Foundation

Well Fit! contents

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“

Jenny Frost

Any PE memories from your school days?
I played netball for the county right through high school, which was great, but I was banned from hockey in the third year – less said the better.

Do you like learning new dance routines?

I love it! We have the best teacher ever – Paul Roberts – he is one of my best friends and has an amazing bum, so it's always fun to watch him.



Celebrity Goss!



Liz McClarnon

What's the best thing about being famous?
When you get spotted in the street and the person who spots you has the hugest smile on their face! OR people screaming for you on stage, it's an amazing feeling!

Any sporting achievements or memories from your school days?

When I was 15, I ran the 100m in 12.9 seconds!

Complete this sentence, 'If I was 11 again I would ...'

... love it! Because when you grow up you don't get the chance to see your friends every day at school and I really miss that.



Tim Kash

Who is your sporting hero and why?

Thierry Henry – this needs no explanation!!! It's all about the Arsenal!!!

Any sporting achievements?

I've always been really in to my sport. With my job, I don't get to play so much nowadays, which is a shame – but I still manage to get to the park pretty much every Sunday for a kick around.

Rachel Stevens

When it comes to being healthy, my motto is 'everything in moderation'. I don't actually enjoy junk foods and feel much better mentally and physically if my diet is balanced. With work I dance a lot and that helps to keep me toned. On tour I notice a real difference in my stamina and the way I look.



Danny (McFly)

Do you burn lots of energy on stage?

Yes! We run all over the stage when we're performing.

Apart from all that running around – what sports do you enjoy doing in your spare time?

Football, volleyball, table tennis, basketball. (WF: blimey – where does he find the time?)

Did you win any sporting trophies?

Yes – I won a lot of trophies for football and running.

”

Well Fit! Abs

After a morning being smothered in baked beans while filming 'Best of Friends', CBBC's Abs talked about being Well Fit!

The Well Fit! CD-Rom is packed full of fun quizzes, tips and activities to help you get, and stay, fit and active. There is a great chance to win a bike in our competition and there are three fantastic games to try. To use the CD-Rom, you will need a PC with Windows 98 or higher.

WF Any tips for staying fit?

Abs Choose something you enjoy, whether it's running, walking, whatever. I bought a mountain bike this summer and Jake (Humphrey – fellow CBBC presenter) and I go cycling.

WF And in the winter?

Abs I'll be out in November playing hockey every Saturday for Hounslow and Ealing. Come along and watch, and if you like it then get involved. Team games are good for your social life too. You hook up with people after matches and have some fun.

WF Do you interview sports personalities?

Abs It's mainly music stars, bands like Busted and Girls Aloud – they're a really nice bunch; one of them even offered to wax my legs! I know, it's a tough job...

WF Any cringey moments?

Abs Letting one go in a lift last week just as someone else got in. Oh, sorry, you meant sporting moments... (Back to the baked beans, Ed)

WF Is the tomato sauce getting sticky?

Abs It's okay thanks, I've had a shower so I'm not as skanky now.

WF What do you remember about starting secondary school?

Abs GIRLS! It was my first mixed school and they were a major distraction. I did a lot of showing off. Also sport – I spent loads of time playing cricket and hockey.

WF Hockey – cold, muddy and bashed ankles? WHY do it?

Abs Yeah, I can remember swinging my arms round like a helicopter trying to keep warm, but if you get in to it and run around you soon warm up. I love sport. I am Michael 'competitive' Absalom.

WF What's your top sporting achievement?

Abs Playing hockey for the England under 18s. Standing on the pitch opposite the Germans listening to our national anthem was quite special. And qualifying as a skiing instructor.

WF What's the deal with extreme sports?

Abs White water rafting was seriously scary. The boat flipped over and it felt like we were drowning in the rapids. Total panic but I'd do it again. I've done parachuting and a bungee jump too. Sometimes I think, "What am I doing?" but you get an adrenaline buzz and it's an incredible experience. That's just me. I have to try things.

If you want to be in the know this autumn, get to know...

I dance a LOT! I put music on at home and dance in the living room and I dance for I Dream so I'm always on the go. I used to be into cross-country running but I don't do that any more. I make sure I have salad with every meal but I think if you eat a little bit of everything in moderation you'll be fine.



ROCHELLE

I regularly run and walk, eat three meals a day and don't snack in between so I think I'm quite sensible about looking after myself. I was chosen at school to run for my year so I've always been fairly fit.



HANNAH

When I dance to energetic tracks I keep fit and stay happy, so it works for me. I don't deprive myself of chocolate but I don't overdo it and I make sure I have lots of fruit and vegetables. I used to play a lot of softball at school - I loved playing as part of a team and going into competitions.



AARON

I go to the gym three times a week and exercise on the treadmill and the bike. I really like swimming too, so I try and vary things. Eating healthily is something I take quite seriously and I try and stick to a balanced diet.



LORNA plays NATALIE

I Dream

I recently joined a gym and have signed up to do Pilates classes but I've only really been more aware of keeping fit recently. Since we came back from filming in Barcelona I've been doing our dance warm-up to get myself fit and I've picked up on the Spanish diet of fish, rice and vegetables.



RACHEL plays AMY

I've always been quite into sport and played a lot of football and basketball at school. I still play football at the weekends. I'm a big fan of pasta and carbs and I'd like to think I am quite healthy.



MATT plays FELIX

If you walk instead of getting the bus and do something you enjoy like dancing then it all helps to keep you fit and healthy. I did a week's dance course which really got my energy levels up and I really enjoyed it. I sometimes eat crisps and chocolate but all in moderation - so long as you eat good foods more than you do bad foods, then you're OK.



FRANKIE

I Dream is a brand new musical TV drama on CBBC1 featuring 13 young hopefuls who sign up to a magical academy of the performing arts for a summer holiday they'll never forget.

Life is lived in big, bold, technicolour with the volume knob on the soundtrack cranked right up to 11. Everything is a few degrees off normal and weird and wonderful things happen every day... All the time... Right when you least expect it!

The I Dream cast have been working hard during the series but we've been lucky enough to catch up with them in between filming to see how they manage to keep Well Fit! and healthy despite their hectic schedule. Here's the low down...

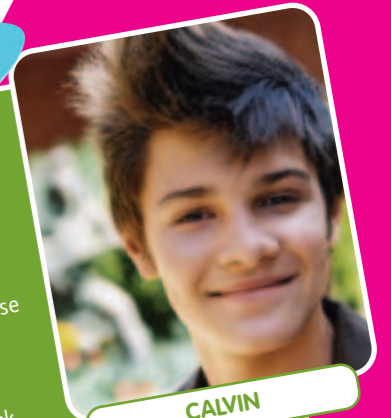
I'm a salad queen! I love salads. I also dance a couple of times a week and do sit ups in my room. It's much easier to keep fit if you find an activity that you enjoy like dancing.



HELEN plays KHUSH

Phew, aren't they Well Fit! Catch what they're all up to in the next episode of I Dream, CBBC1.

I do sit ups and press ups every day before breakfast and I like running. Eating healthily helps you to get up in the morning and affects your body more than you realise - it definitely helps your mental state! It's good to exercise and keep your energy levels up. When it comes to eating well, I've heard some nasty stories about fast food so I try to stick to what I know is good for me!



CALVIN

I do cardiovascular exercise at the gym and with work I do a lot of dancing. My mum makes me eat salad or vegetables with every meal and I eat a lot of fruit in between meals if I'm hungry so I'm fairly good with my eating habits. I play a lot of football too which keeps my stamina up.



JAY

My sister and I go jogging together - I prefer to go with someone, it's more fun and it's safer. Trampolining is brilliant too - you don't have to run long distances with that and it's good for you. I have the occasional hamburger or fast food meal but mainly I eat proper meals with plenty of veggies and fruit.



DAISY

I played for Millwall soccer school when I was younger so I was quite fit without really thinking about it. I've kept up my exercise and go jogging regularly because I enjoy it and if you're healthy you can get around and do things you want to in life much more easily.



GEORGE plays OLLIE

I don't watch what I eat but I always try and choose healthy options as it's better for you all round really.



STACEY

10 great

ways to get Well Fit!



The thought of exercise may not make you jump for joy but the good news is that to get Well Fit! all you have to do is move your body for 60 minutes a day!



That's 20 minutes in the morning, 20 minutes at lunch time and 20 minutes after school – or 60 minutes in one go at the weekends! What's more there are literally hundreds of fun, get fit things you can do at home, with friends and with your family that all count as exercise. Give one of the following a go and really see what getting fit can do for your mind and body.

Dancing

How to do it: Ideal exercise as you can do it in the privacy of your own room and to music you love. Work out with friends and/or to a dance fitness video.

Body Benefits: Gives you a lean, mean, working machine body as it boosts your heart and lung-power and trims and tones your arms, legs and stomach.

Loved by:
♥ Emma Bunton

Cycling

How to do it: Instead of relying on momentum to get you around, go at a steady pace, focusing on using your legs to power you up and down hills and along flat roads.

Body Benefits: This strengthens and tones the wobbly parts of your body – think tummy and inner thighs.

Loved by:
♥ Leonardo Di Caprio

Swimming

How to do it: Don't try to be an Olympic racer and give up after one length, take slow, full strokes and swim for a full 10 or 15 minutes without stopping.

Don't forget to take an apple for that after swimming snack attack!
Body Benefits: Boys can get strong muscular shoulders from swimming and girls a long lean body, and everyone gets strong legs. A real winner!

Loved by:
♥ Will Young

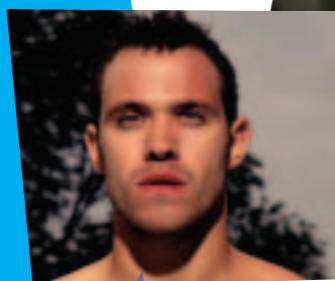


Photo: The FA

Skipping

How to do it: An amazingly easy power fitness tool used by boxers that can be done anywhere. Aim for ten continuous minutes.

Body Benefits: This will get your lungs so healthy you could probably run a marathon.
Loved by:
♥ Dermot O'Leary

Power walking

How to do it: Hit the streets making sure you walk as briskly as you can, pumping your arms up and down for more power.

Body Benefits: This works your buns and also helps burn off any junk food you've eaten.
Loved by:
♥ Davina McCall

Park games

How to do it: Frisbee-throwing, rounders, and even catching a ball all count but make sure you keep the games speedy to get a good workout.

Body Benefits: Lead to super powerful cardio strength, and a toned and trim body.

Loved by:
♥ Tobey Maguire (Spiderman)

Skateboarding

How to do it: Finding your stance on a board requires muscle strength, balance and stability as well as guts. Once you get the hang of it, it's excellent for cardiovascular strength too.

Body Benefits: Think buff, toned and honed.
Loved by:
♥ Avril Lavigne



Football

How to do it: Join an after school boys' or girls' football team, or simply grab a ball and head to the park with your mates. Better still join your school team.

Body Benefits: Hones, tones and firms your legs and bottom.

Loved by:
♥ Robbie Williams and Keira Knightley

Rollerblading

How to do it: Balance and core stomach strength are key with rollerblading but once you get going it's the perfect fun way to get in shape.

Body Benefits: Gives you strong lungs and powerful legs.

Loved by:
♥ Lindsay Lohan

Alternative sports

How to do it: Take a new class in Judo, boxing, basketball, ice skating or yoga, the list is endless – look for your nearest class on the internet.

Body Benefits: Builds masses of confidence, makes you fearless and trims all the wobbly bits off your bod.

Loved by:
♥ Will Smith (basketball and boxing)



Leave a trail Blazin' behind you ...

Blazin' Squad are currently working on some new tracks for their next album, but Reepa and Strider had time 4 a quick chat....

Reepa told Well Fit! that running the London mini-marathon was a good experience, 'but it was cream crackering (knackering)! I used to go to a running club, Orion Harriers, a couple of times a week.'

Strider told us a sporty secret! 'I've been a fast runner since I was in primary school – I used to run for the borough (we guess that's why he's called Strider!).'

Did you know Blazin' Squad are still Well Fit! – especially Strider – 'whenever I get a bit of time I will try and exercise. My dad bought a set of weights, a running machine and a rowing machine for my room ... so that's really handy!'



What's your activity type?

Are you a team player like Will Young and rounders-player Emma Watson (Hermione Granger), or do you want to set your own sporting challenges like power-walker Davina McCall and cyclist Leonardo Di Caprio, or is non-competitive activity like dancing and drama more your thing? Whatever you're into, try the What's your activity type? quiz on the CD-Rom and see what you could be doing!



Key fact!
To get the most out of any activity you need to exercise at a moderate intensity – that's where you feel quite puffed but can still speak, as this indicates that you're giving your heart and lungs a workout.

Urban Games

23-25 JULY 2004



skateboarding
Lingo

tick-tack
This refers to moving the nose of the board back and forth by applying pressure to back wheels. The trick is to learn to balance on the back wheels as you move the nose from side to side.

the ollie
Jumping with the board. Place your back foot on the tail of the board and your front foot around the area where the bolts are. The trick is to smack the tail down really hard as you're moving, then slide your front foot up and this will 'pop' the board into the air. Keep your feet central on the board in the air and land with your feet spread wide and knees bent.

road rash
Any scrapes, gashes or injuries incurred from wiping out.



Don't forget, everyone always needs to wear protective gear at all times!

The sky's the limit at the annual Urban Games in London thanks to the sensational stunts of the international competitors who demonstrate the best action you can have with BMX bikes, skateboards and break-dancing.

Too scared to skateboard, or too wobbly on a bike? No need to worry – the annual 'Have A Go Friday' has top athletes teaching beginners the skills of riding a board and a BMX bike. Best of all, urban sports are not just for the

boys thanks to the Powerpuff Girls Sk8 Academy, which is on site to show girls how to ride a board. For those movers out there check out the break-dancing and resident DJs and learn how to spin, lock and pop your way to local fame.

For more information go to the CD-Rom and check out your local telephone directory for skate parks and locations where you can give any of the above a try.

breakdancing
Lingo

bounce step
Get down on both knees and spin around once or twice on both knees. Stop and get into the push-up position and put your right leg behind the left leg and hop and land with the left leg on the ground and the right leg pointing straight out.

PLUS!
WIN YOUR OWN COOL BIKE
One for boys and one for girls – and start practising those moves. Check out the competition page on yheart.net/wellfit now!



LOOK WHO'S GIVING IT A GO!

CALLUM, 10
How long have you been skateboarding?
I started when my mum bought me a skateboard and it went from there, now I skate three times a week in my local skate park.
What's your fave move?
A 'cannonball over the spine'.
Most embarrassing moment?
It was during a competition, when I fell over and split my jeans.
How do you stay Well Fit!?
I drink lots of water and am a vegetarian.

RACHAEL, 13
What's your favourite part of the games?
My friend Danielle and I are learning how to skate at the Powerpuff Girls Sk8 Academy. It's fun and really good and it's made us both want to start skating.
Most embarrassing moment?
We've both fallen over.
How do you stay Well Fit!?
I come from a healthy family, and we all take part in lots of sports. I also love karate and I'm going to take part in the 5k Flora run soon.

MATT, 16
How long have you been skateboarding?
I started skating when I received a board for a Christmas present and now skating is my life.
Where do you skate?
I skate every day in my local skate park and my favourite move is a 'front side flip'.
How do you stay Well Fit!?
I drink lots of water especially before I go skating.

CAMERON, 16
How long have you been riding?
I've been a BMXer for two years. My family are into bikes and it went from there.
Where do you ride?
I practise in my local skate park and ride every day.
Most embarrassing moment?
Ripping my trousers.
How do you stay Well Fit!?
BMXing makes you fit and tough. I took a nasty fall earlier, which is why it's important to wear the right protective gear.

FOR MORE, PLUS VIDEOS SEE THE CD-ROM!



BMX Lingo



Ariel
Ride up the quarter/half-pipe ramp from its horizontal base to its vertical lip and thrust the bike into the air, turning it through 180 degrees and landing the bike on the vertical lip of the ramp and riding back down.

ROCK WALK
Pivot the bike on the front wheel through 180 degrees and use the momentum to pivot on the back wheel through another 180 degrees, completing a full 360 degree turn.

CELEBRITY

FRIDGES

What's in your fridge?

Is it in top condition, junk-ridden or semi-okay? We take a look in some celebrity fridges and break down the health ratings of their shopping choices.

Full-fat milk and cheese

Milk is essential for healthy, strong teeth and bones. Semi-skimmed milk is better for you than full-fat or 'whole' milk. It has exactly the same amount of calcium but with far less fat. Cottage and low fat soft cheeses have less saturated fat, so you should really opt for those more often than hard cheeses like cheddar. Saturated fat is not good news for your body as it's linked with high cholesterol levels which in turn can lead to a higher risk of heart disease.

Health rating 2/5



Surprise your parents and lend a hand with the shopping so you can help choose healthier options for the fridge and lunch box. Check out the CD-Rom for some healthy, tasty lunch suggestions.

Chocolate

The good news is that you can eat chocolate in moderation as part of a balanced diet. Eating too much of it is where the trouble starts! Be careful as your favourite chocolate bars are packed full of sugar, artificial additives and fat, so don't eat them very often - and never instead of a meal!

Health rating 1/5



Ready-made chicken meal

Chicken without the skin and lean meats are a good source of protein and are low in fats and calories. Be careful though because most ready-meals and convenience foods have high levels of fat, sugar and salt. Read the list of ingredients on the labels before you buy a meal like this. Really it's much better to roast the chicken yourself, bake a potato and eat it with green vegetables like peas or a salad.

Health rating 3/5



Fruit and veg

Eating at least five portions of fruit and vegetables a day reduces your risk of getting heart disease and some cancers. Fruit and vegetables are virtually fat free, are crammed full of the vitamins and minerals your body needs and also have a lot of healthy fibre in them to help keep your digestion in good shape. Many shops now stock snack-sized portions of fruit and vegetables.

Health rating 5/5



Fish

Fish is good news especially if it is one of the oil-rich fish such as salmon, tuna or mackerel. These are high in an oil containing Omega 3 fatty acids, which although they don't sound great, are fantastically good for you. The stuff covered in batter and accompanied by chips doesn't count - far too high in all the wrong types of fat!

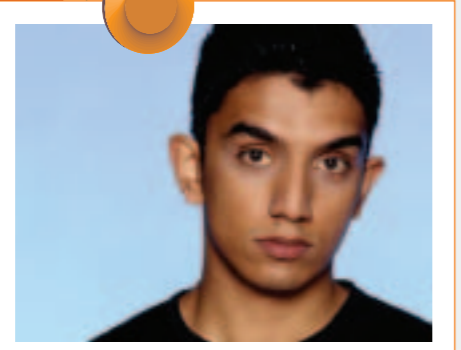
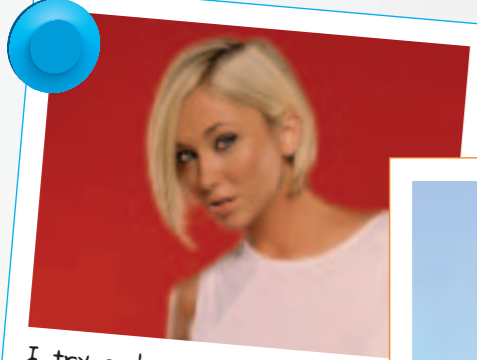
Health rating 5/5



Fizzy drinks

These are full of sugar - as much as eight teaspoons in one can - not good news at all! Don't be fooled by the 'diet' versions as these are still high in additives and artificial sweeteners.

Health rating 0/5



Bottled water

Health experts recommend that we drink around 1.5 litres of water a day - that's about eight glasses. Bottled water is fine to drink but tap water in this country is just as good for you - it's just a matter of taste.

Health rating 5/5



What's in your food?

These days you have to be a private eye to work out whether the food you're eating is as 'good for you' as the label promises.

To discover the truth beneath the claims here's what to look for...

Lite/Light

They say: The law doesn't say what these terms should mean, so in reality lite could mean the texture of the product is whipped to taste lighter. To find out the truth check the lite label against the label on the non-lite version.

No added sugar

They say: Sorry this doesn't mean sugar-free, but no sugar has been added to the sugar content that already exists within the product.

25% less fat

They say: This has 25% less fat than the original product but it may still be high in fat. Check the label to see the exact amount.

Low fat

They say: The fat content is lower than the original product, but be careful because this doesn't mean the product is low in calories as food companies often add sugar to replace the fat. Don't forget to check. As a guide 3g per 100g (1g of saturated fat) is low in fat.

Low in sugar

They say: For a product to be low in sugar look for a label that says less than 2g per 100g.

Added fibre

They say: The product should have more than 6g of fibre per 100g.

Reduced salt

They say: The product should have less than 0.25g salt (0.1g sodium) per 100g.

Make sure you are sussing out those labels.

Girls Aloud

The busiest girls in pop
stop for a quick chat



With such busy schedules how do you make time and find the willpower to exercise?

'To be honest it's hard to find the time to exercise so we have to do what we can when we can. But the best thing about what we do is that we dance a lot when we perform so we get exercise during rehearsals.'

Sarah

What kind of workout do you do every day and for how long - gym, running, dancing etc?

'It varies from day to day, sometimes we don't get to do anything as there isn't the time, other days I could do sit ups in the morning and then spend half a day dancing in a rehearsal studio.'

Are you all healthy eaters and what do you eat?

'We all are apart from Nicola, she eats burgers all day long. We have tried diets but find that doesn't actually work. We all eat healthy meals regularly. It's really important for us to

have three meals during the day as we work really hard and need our energy levels up. Obviously we all love our chocolate as well but we make sure we try and eat our five portions of fruit and veg a day.'

What's your favourite song to dance to?

'Right now it would have to be Usher's *Yeah*.'

What's the best thing about being a popstar?

'Definitely performing in front of fans on stage. You get such a buzz seeing fans singing along to your songs. And you're in a world of your own when you're on stage.'

Who are your role models and why?

'Personally we look up to our mums as role models and professionally we would say people like Beyoncé and Madonna who are amazing all-round entertainers.'

What are you doing next? Tell us about your latest single/tour.

'We're going to be releasing our new album at the end of November and will have a single out for Christmas called *I'll Stand By You*. It's a cover of a song by a group called The Pretenders. It's the first time we've released a ballad as a single so we're quite excited about that. We should be going on tour in the first half of 2005 as well.'

Nadine

What do you miss most about being 11?

'Not having a care in the world. Going to school and having a great time. Everything was done for us at that age.'

Kimberley

Problem page

Your
problems
Sorted!

Worried about my mum

My mum's GP recently told her she was overweight and in danger of heart disease and was told to get healthy. She's gone on a diet and has lost weight but my brother and I are worried because she takes the car everywhere and never walks. Should she be doing some exercise as well?

Jack, 12

All adults need to do at least 30 minutes of physical activity a day (more if they need to lose weight) so you're right to be concerned

about your mum's lack of activity. The good news is studies show that people who are physically active can reduce their risk of developing major diseases, such as coronary heart disease, strokes and type 2 diabetes by up to 50%. To help her get healthy, combine efforts with your brother and encourage your mum to get active with brisk walks to the shops together (without the car) or taking up a family activity such as swimming.

No girls fancy me

I am very skinny and even though I'd love a girlfriend no girls fancy me because I don't have a perfect body or look like David Beckham. I asked a girl out a few weeks ago and ended up backing out before she even answered me because I couldn't bear her to say no. How can I make girls fancy me?

Tom, 14

There is no such thing as the perfect man or for that matter the perfect girl. While lots of us fancy people like David Beckham and Cameron

Diaz, the reality is we aren't looking for someone who scores a perfect ten. To boost your self-esteem, stop thinking about what you're not and start thinking about who you are. What makes you stand out from the crowd? What do your friends say is your best quality? To boost your self-confidence why not join a local sports or drama club where you can get active and meet new friends. Above all don't think 'I'm not good enough' and start telling yourself that someone should be glad to have you, because you're perfect as you are.

Desperate to lose weight

I am desperate to lose weight and have tried everything. I have vegetables or fruit about three times a week (even though I don't like them). I only have a chocolate bar and a packet of crisps about once a day and then ordinary meals but am still two stone overweight. Help!

Sammi, 13

You're on the right track but you need to rev-up your actions for it to really work properly. For starters, the recommended daily allowance for fruit and vegetables is five portions a day.

If you eat this allowance you'll naturally be full and therefore less tempted to go down your daily crisp and chocolate path, which adds around 400-500 calories and 25g of fat a day to your diet. Cut out these snacks and you'll easily lose a pound a week. Also, don't forget to exercise for about an hour a day - this just needs to be enough to get you puffed and can be broken down into shorter bouts of activity such as brisk walking or swimming. Overall the weight loss equation is simpler than you think, eat less junk and use up more energy and you'll soon be back to your normal weight.

If you can relate to any of the problems here or often help mates with different issues, why don't you look at the Worryzone on yheart.net and share your experience with others.

The truth about what smoking really does to your body

Brain

Carbon monoxide from smoking joins onto the red protein of the blood cells making it less able to carry oxygen to the heart and other parts of the body

Eyes

Constant smoking can give you wrinkles around your eyes

Nose

The 4,000 chemicals in cigarette smoke also destroy your sense of smell plus they make you snore like a pig by causing the tissues in the nose to swell

Lips

Constantly puffing will give you deep creases around your mouth

Mouth

Nicotine dries out the membranes inside your mouth that produce saliva, and without saliva you're asking for stinky breath

Teeth

Nicotine will stain your teeth a yellowy-brown and gives you gum disease

Skin

Smoking reduces the amount of blood reaching the skin and can prematurely age your skin

Hands

Nicotine will give you permanently yellow stained hands and fingers

Heart

Smoking clogs up your arteries, and if you smoke and are under the age of 40, you are five times more likely to have a heart attack than a non-smoker under 40, and much more likely to die from heart disease or have a stroke

Lungs

Tar from smoking coats your lungs – a 20-a-day smoker breathes in a full cup of tar a year

Smoking causes emphysema (where you have difficulty breathing) and 90% of all cases of lung cancer

Fertility

The chemicals in cigarettes reduce fertility in women and give men a low sperm count

Stomach

Smoking will increase your risk of stomach, throat and bladder cancer and give you digestive problems

Feet

Just 20-a-day for your adult life could give you a disease called peripheral vascular disease, which reduces the blood flow to the feet and could lead to amputation of limbs



For more information on smoking and giving up go to yheart.net



What's your excuse?

Are you a couch potato avoiding exercise with one of the following excuses? If so, you're about to get busted!



I'm too tired

You need 8–10 hours sleep a night. If you're getting that and you're still tired, then the chances are you're unfit and you're not eating the right food to fuel your body. Start thinking about what exercise you currently do and what you eat on a daily basis – you should be doing everything in moderation. Complete the Well Fit! diary on the CD-Rom to give you a head start.



I have no willpower

If you can queue for hours for the new Harry Potter book, or painstakingly download games from the net, you have willpower. If, however, you can't find the willpower to exercise, the chances are you're overwhelming yourself with the thought. Trick your mind into action – literally stop thinking and just do it.

I'm overweight and too unfit

Time to change the record and dump those outdated beliefs about yourself. Anyone can exercise no matter what his or her age and/or shape (take a look around you to see this is true). Use the Well Fit! diary on the CD-Rom to help motivate you.

I'm not sporty

Thankfully exercising is not about winning sports races or getting picked for teams but about getting fit and feeling good. If PE turns you off then search for the activity that gets you personally fired up. Log on to yheart.net for more ideas.

It's not cool

Tell that to Wayne Rooney, Venus Williams and Michael Jordan! Remember cool is as cool does – don't be a sheep, be a leader. Find a sport that suits your personality and you won't be worrying about what everyone else thinks. Try the What's your activity type? quiz on the CD-Rom for more help.

I hate exercise

Do you love going shopping with your friends for new clothes, dancing at someone's birthday or swimming and playing in the sea when you're on holiday? If so, you like exercise. Getting fit is about more than sport – it's about getting active any way you can. Print out a personalised invitation from the CD-Rom and invite a friend to get Well Fit! with you or log on to yheart.net for more ideas on what to do.

I have special needs


There's something for everyone no matter what your strengths and weaknesses – just check out the Paralympics to see this. To choose a sport that best suits your abilities, check out the leisure centre facilities in your area. For ideas, and more advice, contact Disability Sport England on 020 8801 4466, Scottish Disability Sport on 0131 317 1130, Disability Sport NI on 02890 508255 or Disability Sport Cymru on 01244 815064.




Photo: TriGolf

Touch down with rugby hero Jonny Wilkinson


What was your first day of secondary school like?

 A little nerve wracking but I went to a very sport-oriented school where my older brother was already firmly established and I could not wait to get there.


How did you spend your school lunch break?

 Mostly running and practising my kicking. In the summer I used to spend most of the time in the cricket nets.


Any memorable PE stories you're willing to share ... (good or bad)?

 When first introduced to the game of hockey, which I later thoroughly enjoyed, I found it a little tricky when the whistle kept being blown whenever the ball got to me until I realised I should not be stopping it with my foot!


When did you discover your outstanding rugby talent?

 I first started playing rugby at the age of four and have always really loved the game and relished the satisfaction of being a part of a team.


What is your typical day's training schedule?

 Gym work followed by team training on the field and then my own personal kicking practice.

What sports (other than rugby of course!) do you enjoy?

 I enjoy playing tennis, basketball and cricket and like to try my hand at most sports.

Any advice for budding rugby players?

 Keep fit, eat well, take the advice of your coaches and, above all, enjoy the game - it's special.



yheart.net

Worried about your weight, junk food diet or the lack of exercise in your life but stuck for where to go for advice and information?

Help is now at hand with yheart.net - the brand new website from the British Heart Foundation that is just for YOU! There's all you need to know about healthy eating, how to get fit and you can share your problems. Plus, there are FREE downloads, interactive games and competitions where you can win fantastic prizes, teenage profiles to help inspire you to get moving and a list of events happening in a location near you.

Log on and find out more!
yheart.net



Just for you - use the password **fit4it** to enter your own special Well Fit! zone on **yheart.net/wellfit**