

## 5 WAYS TO HEALTHY EYES

About 500,000 Australians have impaired vision or are blind, but about 75 per cent of eye problems are preventable or treatable, according to Vision 2020 Australia.

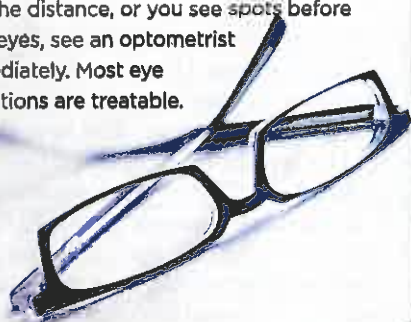
**1 HAVE YOUR EYES TESTED** The Royal Australian and New Zealand College of Ophthalmologists recommends we have our eyes checked every two years.

**2 WEAR GLASSES IF YOU NEED THEM** More of us are becoming short-sighted because of TV and computer screens. If you're prescribed glasses or lenses, wear them.

**3 STOP SMOKING** Smoking damages vessels in the eyes and increases the risk of age-related macular degeneration (AMD) - which affects your ability to read and see fine detail. UV rays also cause AMD so wear sunnies.

**4 EAT YOUR GREENS** The lutein in green, leafy vegetables - like broccoli, cabbage and brussels sprouts - helps prevent degeneration of eye tissue. So have an extra serve of greens today!

**5 NOTICE CHANGES IN YOUR VISION** If your vision becomes blurred, it becomes harder to read small print or to see into the distance, or you see spots before your eyes, see an optometrist immediately. Most eye conditions are treatable.



## BEAT THE WINTER BUGS



### Help your child fight infections

In an average year children get eight viral infections, mostly during cold weather. But there's no need to panic, says associate professor Adam Jaffe, head of the respiratory department at Sydney Children's Hospital.

The most common winter virus is rhinovirus, which is spread through sneezing. Symptoms include a snotty nose, fever, coughing and wheezing. Reduce its impact by using tissues to blow your nose, covering your mouth when coughing and sneezing, and washing hands regularly.

'Keep the fever down, make sure children have plenty of fluids but don't worry about antibiotics because their body will fight the infection,' says Adam.

The influenza virus has similar symptoms and children under the age of two are also prone to RSV - respiratory syncytial virus.

Cigarette smoke increases susceptibility to viral infections so don't smoke near children. Also kids with asthma should be on a preventer during winter.

*If you only do one thing this week*

### GO FOR A BRISK WALK

A lively walk burns about 21 kilojoules a minute and an hour's walk is the equivalent of a half-hour run. And the best thing is that walking is kinder to your joints than jogging.



### YOU'RE ONLY AS OLD AS YOU FEEL

Ever wondered how your lifestyle is affecting your health? Or do you have days when you feel older than you really are? The BioAge health check can provide you with some answers.

This comprehensive health and fitness assessment will detail how your lifestyle choices are having an impact on your body and health. Using the results of the BioAge assessment, trained fitness experts can then tailor an exercise and nutrition plan to help you lose weight and get fitter. The BioAge test is available at Contours gyms. Go to [www.contours.net.au](http://www.contours.net.au) to find out more.



## HOW TO DO BICEP HAMMER CURLS

Build perfect biceps with this easy variation of the usual dumbbell curl

**1** Stand with your feet shoulder-width apart. With a dumbbell in each hand, stand with your arms relaxed by your side. Have your palms facing towards your body. Grip firmly.

**2** Tense your abdominal muscles and hold dumbbells firmly as you raise arms. Stop when you reach a point where your forearms are parallel with the floor (ie your elbows are at a 90-degree angle).

**3** Pause, squeeze your bicep muscles harder and then slowly lower your arms to the starting position at the side of your body, keeping your elbows close to your body at all times. Repeat 10 times.