

New You

FREE

For women
who love life

Inside: Giveaways and
free swim vouchers!

Christine Bleakley

The One
Show
presenter
talks about
life on
television

Top celebs and
their healthy
secrets!
Inside! >>>>





**SWINE FLU
INFORMATION**

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www.nhs.uk

www.direct.gov.uk/swineflu

Germs. Out in a second, around for hours.

When you cough or sneeze, your germs go everywhere. Fast. And once they've hit a surface, they can survive for hours. Covering your mouth and nose with your hand won't stop them. But a tissue will. Catch the sneeze, then bin the tissue and wash your hands with soap and water as soon as possible to kill the germs. The current swine flu alert increases the importance of this.

Catch it. Bin it. Kill it.



Calls to this number are free from UK landlines and most mobiles.

New You

For women who love life

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David Fitzgerald, Belfast Telegraph – photo of Claire McCollum.
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Welcome to New You magazine!

New You is packed with lots of great ideas to help you manage your life.

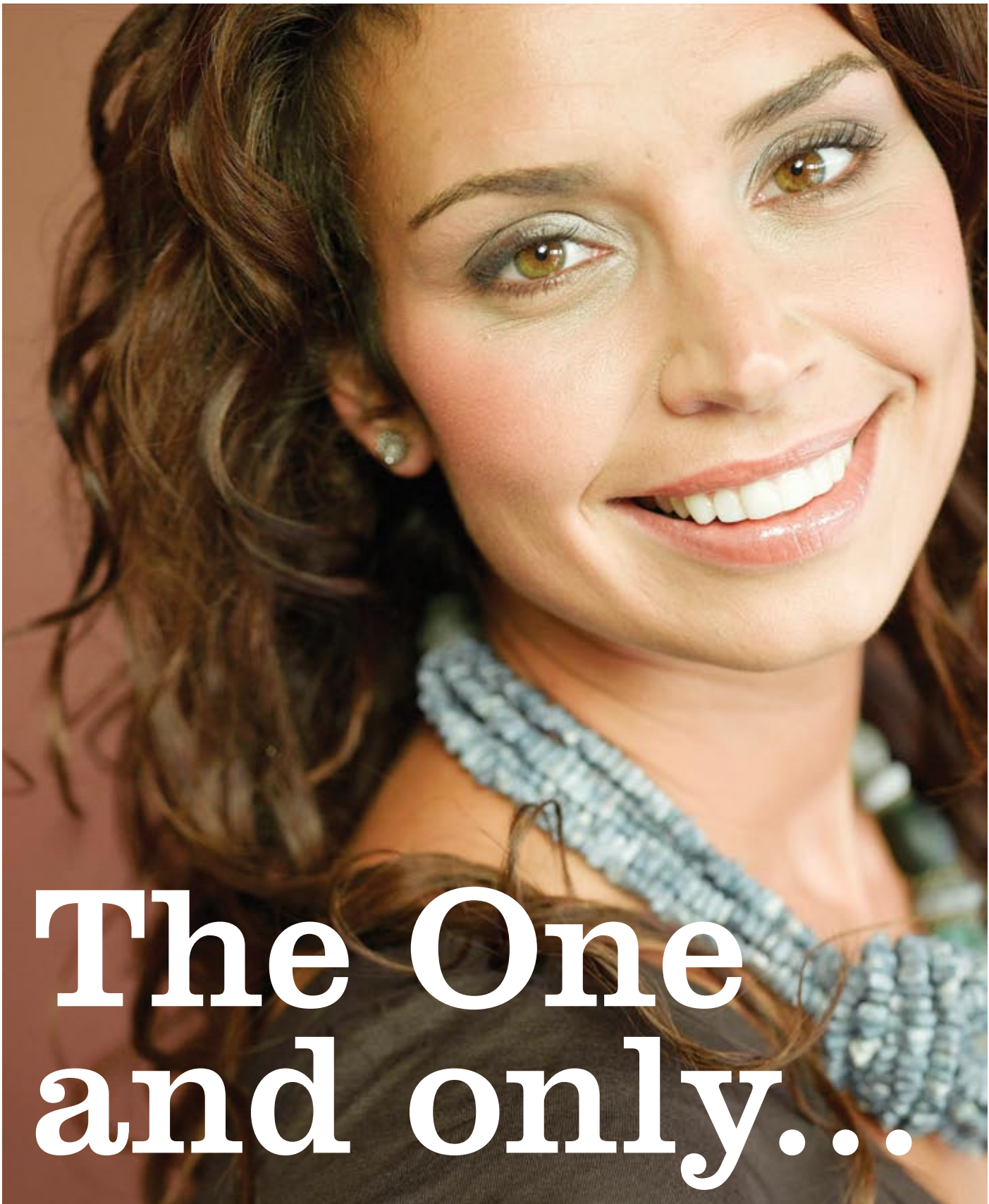
Check out our interviews with celebrity mums, who give us their take on having children and how they juggle all aspects of their lives. Also, business guru Duncan Bannatyne tells us why even he puts health before wealth.

Our selection of tasty but healthy recipes should prove to be a hit with all the family, and find out how you can be more active (at least 30 minutes most days for adults and 60 minutes every day for kids is crucial for good health) without changing your lifestyle too much.

Relax and enjoy your read, it's time for a new you!

PS: Don't miss out on any of the fab giveaways!





The One and only...

It's been a very busy time for Christine Bleakley recently. She has gone from working on local television in Belfast to being launched onto the national network, starring in the recent series of 'Strictly Come Dancing' and presenting the daily BBC programme 'The One Show'.

Speaking about her time on 'Strictly', Christine said: "I was so excited to have been asked to do Strictly Come Dancing. I couldn't believe it when I got the call! It was tough though, definitely one of my most difficult and petrifying challenges."

As Christine was the only contestant to be working full time throughout the show it meant she had less time than the others to learn the dance routines. She would have a few hours rehearsal in the morning and then head off to 'The One Show' to get organised for the programme in the evening.

It is 'The One Show' that has made Christine a household name. It all came about as a matter of fate. Christine said: "It was never actually my ambition to be in front of the camera. I trained as a floor manager in the BBC in Belfast and was more than happy working behind the scenes. I'm really quite a shy person so never thought that presenting would be for me. It was only after two years of my boss trying to talk me into giving it a go that I finally decided to explore it as an option."

“ It was never actually my ambition to be in front of the camera. I trained as a floor manager in the BBC in Belfast and was more than happy working behind the scenes. ”

As it happened she was a natural in front of the camera and she hasn't looked back since. After working for years at home in Northern Ireland she went to London to do what was to be a short stint on 'The One Show' presenting for 10 days covering for Mylene Klass!

Reflecting on 'Strictly' Christine said: "I was completely out of my comfort zone. I am not an actress so I found the performing part quite difficult. To be a good dancer, I think you need to be a bit of an actress." Never having danced or done anything remotely close to this, the show was a million miles away from anything she was familiar with. She continued: "There was no stage school, no ballet classes as a little girl, nothing, so I was an absolute beginner. There were thousands of things to remember and then there was the performance element. You really had to let your inhibitions go!"



For Christine it was more the mental tiredness than the physical exertion that she found challenging. She is a very active person anyway and had been training for the marathon until she broke her toe. She was physically fit and so enjoyed the energetic element of the dance routines, but the mental tiredness was the most draining part. She said: "You were constantly learning new routines and it wasn't just about how you moved your feet, it was the way you moved your entire body and remembering an entirely new routine in a short space of time."

Despite having to juggle demanding dance routines and her daily presenting role on 'The One Show' she managed to stay in the competition until the eleventh round, going out in sparkling style and with veteran presenter Bruce Forsythe declaring that she was one of his favourites of the show and ours.





Allotment life

Ever dreamt of growing your own fruit, vegetables and flowers, but your garden is too small? Or maybe you want a way to get the kids out in the fresh air – or find some space to get away from it all! If this sounds familiar, then an allotment could be just the ticket!



Having an allotment is no longer about flat caps and thermos flasks. Nowadays allotments are the preserve of Jamie Oliver just as much as Arthur Fowler. The last few years has seen a real upsurge in the number of people who want to get an allotment – a whole generation of twenty-somethings and young families are rolling up their sleeves and picking up a trowel!

“ Allotments are a good way of producing healthy delicious fruit and vegetables at a relatively low cost and you can grow them organically if you want to. ”

Allotments are a great way to relax and unwind from the stresses of modern living. They are a good way of producing healthy delicious fruit and vegetables at a relatively low cost and you can grow them organically if you want to. Allotments are an effective way to make friends with people who share your interest in gardening. You will also be doing your bit for the environment by reducing the pollution associated with the transportation and packaging of shop bought food.

Allotments are usually run by local councils, and plots come in a variety of sizes to suit all requirements. Rental costs for an allotment are very modest and concessions are usually available for those who are in receipt



Allotment fun for everyone! Katie Wilson and Rae McGeown enjoy their afternoon at Eden Allotments. Opposite: Anastasia Widlake enjoys her greens.

of a state pension, unemployed or registered disabled.

The Eden Allotment Gardens (run by Carrickfergus Borough Council) is a great example of an allotment site. Opened in April 2008, the site was welcomed with a flood of interest from Borough residents. All 98 plots were snapped up within weeks of opening.

Alderman May Beattie, Chairperson of the Borough Parks Committee said: “Call it a new ‘Dig For Victory’, but rising food prices, concern regarding the distance food travels and television programmes such as ‘Jamie at Home’ have increased demand for allotments UK wide.

“Allotment gardening can provide a number of benefits to individuals, such as the opportunity to produce a wide range of relatively inexpensive healthy vegetables, while at the same time providing physical exercise

in the outdoors. It can create the opportunity to make new friends and provide the chance to socialise with others who enjoy a similar rewarding pastime.”

Eden organise regular ‘best kept allotment’ competitions and family fun days – a great way to get the kids involved.

If you want to get green and get active at the same time, get in touch with your local council and ask about their allotment provision!





Denise Van Outen has never felt better. Getting her priorities right has not only changed her outlook on life but revamped her health too.

“I wish I’d listened years ago when people said exercise was the best-possible energy booster,” says Denise. “These days I jump out of bed in the morning because I’ve got so much more get-up-and-go. It’s really changed my life.”

At 34, Denise is on top form. Gone is the tiredness she said was a result of co-hosting her early morning breakfast show on ‘Capital Radio’, combined with TV work and late nights waiting up for her other half, Lee Mead, 27, to return from his starring role in ‘Joseph’. Now, we have a bouncy, raucous, Denise,

whose career we’ve followed from breakfast TV to Broadway triumphs and judging stints on a number of shows such as ‘Any Dream Will Do’.

Denise says: “Now, come rain or shine I go running. Last week it was pouring down and I went out on the heath. I got home soaked and was worried I would catch a cold but I’ve managed to boost my immune system and haven’t felt ill for ages.”

When asked what motivated her to get fit she said: “I think it is partly an age

thing. I just decided I wanted to start looking after myself more so I started to go for a short run which initially was just so I could have a bit more of ‘me time’ away from work. But I really got into it and now I feel so much better. I also used to have trouble sleeping because I am a worrier, but my sleep has improved a lot and I feel so much more alive.

Most women have concerns over their body shape, but what about Denise? “Well, I’m pretty happy with it. I’ve never really had a flat toned tummy

which is something I've been working on. I feel lucky that I've got quite good legs and quite a firm bottom – it's just my stomach area. But I know how to dress so that it's not too much of an issue! I tend to watch what I eat but I don't deprive myself of anything. I usually start the day with porridge or a poached egg on toast. And I have switched to decaf coffee, as I kept getting headaches. It's made a real difference – I don't feel so jittery."

Denise is busy juggling career and relationship so does she often feel stressed? "Yes, because the older you get, the more responsibilities you have, I'm not at the stage where I'm totally chilled about everything yet, but I'm working towards it. Running is the best thing for stress-busting though!"

life balance now? "Oh yes. But I think it's a problem a lot of women have. If you have a career you have to make sacrifices for your relationship to work, or because of family commitments. We tend to forget there's more to life than just making money and being successful. Sometimes you have to hold your hands up and admit you can't do it all."

So, how does Denise relax? "Well, I've always got candles burning. After my run, I'll have a bath, light a few candles and just chill out. I'm quite lucky in the evening now because I can have a bit of time on my own until Lee gets home."

When asked if yoga is something Denise is interested in she says: "I don't know about yoga because I'm not very good at silence. All that, 'Now hold this for 20 seconds' would just make me sleepy. I

n "I just decided I wanted to start looking after myself more so I started to go for a short run which initially was just so I could have a bit more of 'me time' away from work."

about!

"I knew when I took the job at 'Capital Radio' it was going to be difficult and to be honest I found the hours a real struggle. Although I was OK for the first few weeks getting up every day at 4.15am takes its toll. Then I realised I had taken on too much. I was losing weight through stress and my body clock was completely thrown out. So, in the end something had to give and I felt the show could go on without me. It was a hard decision because I don't normally quit things, but happiness and wellbeing are more important." Does she feel she has a better work/

can't meditate either. Whenever there's silence I just get giggly."

Does she have a remedy for feeling stressed or emotional? "I really think you need to have a good cry sometimes. When I'm hormonal I get very teary indeed. Almost anything can set me off – even 'The X Factor'! I'm a great believer in listening to sad songs, anything that gets you to that place to let it all out quicker."

Denise comes across as a very confident person, however she admits that in terms of her job she is confident in



what she does but if she goes to a party at a friend's house she holds back not wanting people to think she is being showy or cocky, so can be quite reserved.

Finally, Denise seems very happy in herself so when asked if she has ever been depressed she says: "No, I don't think so. And I've never had therapy. I understand the purpose behind it, why people use it and I can see it does good but I actually think I've got such a great mix of friends in a strange way we are all therapy for each other."

Sarah Travers: *my balancing act!*

BBC Newsline favourite Sarah Travers has been a regular presence on our screens for almost ten years now, and the Portstewart born woman manages to combine a busy job with raising a young family – while looking great doing it! We had a chat to find out her secret:



First of all, can I ask how many children you have and their ages?

Two, Jack, 12, and Evie, 6.

You have a very busy schedule with BBC and your home life, how do you manage to keep the balance?

Without a doubt it's all down to my partner Stephen and my parents who constantly run around after me with a safety net. They're always there when I can't be, when perhaps one of the kids is sick or they've forgotten their lunchbox. Stephen does most of the shopping and cooking too which is fantastic, especially on days when I'm not home until late.

You have a great figure – are you lucky enough to be able to eat what you want or are you like most of us and have to have some self control?

Thank you, though I beg to differ! I think running around all the time and keeping busy stops me reaching for the biscuits. Sometimes during the week I forget to eat during the day but then at weekends I tend to make up for it – big time. I really enjoy food – especially fresh, healthy food with lots of fish and veg. However, unfortunately I've also developed a really sweet tooth in recent years – I think it's working the early mornings and needing the sugar kick to see me through until I finish at lunchtime – but it's true when you get to 35 you just can't get away with eating the bad things anymore, unless it's an occasional treat.

Do you get much time to be active and if so what do you do?

No, I have to admit I don't have very much 'me time' or opportunities to keep fit at the minute but I do try and get a good walk on the beach at Portstewart where I live a couple of times a week. I'm not into the gym and after a ten or twelve hour day at work I just want to get home to the kids – so therefore I really don't do as much exercise as I should. Like many others I'm sure, full of good intentions but lacking in action! However now that we're coming into the summer and the evenings are longer – I plan to get out for more fresh air and I might even add another walk to my week!

Do you ever get stressed out – if so what do you do to relax and restore the calm?

I'd love to say "of course not" but my close friends and family would know I

wasn't telling the truth! The job can be quite stressful with deadlines to meet and the constant rush of daily news and it does take its toll sometimes. But I suppose the adrenalin is probably one of the things that makes people want to work in the media in the first place. To chill out though, when I can, I love just spending time with friends and family – out in the fresh air – it's a great way to relax. But for a real treat I love to try to squeeze in a nice massage and facial every couple of months! Bliss!

“ I love just spending time with friends and family – out in the fresh air – it's a great way to relax. ”

What would make the perfect weekend for you?

Well we've just come back from a pretty perfect weekend on an island in Donegal. The weather was amazing and we were either on the beach or exploring round the place with the kids – messing about in the water with a spot of kayaking. It brought me back to reading Enid Blyton's Famous Five books! It was topped off by a gorgeous meal in a lovely restaurant in Burtonport on Saturday night including a nice big glass of white wine! Heaven. I wish we were going again this weekend!

A new way to bus to school

'Walking buses' are a fun way to make the journey to school healthier and hopefully a bit more social too!

A 'walking bus' is basically a walking group to school, and the group will pick up children along the way – a bit like bus stops.

In autumn of 2007 two local primary schools in Londonderry, Eglinton and Broadbridge, joined together to set up a 'walking bus'. Children could join the 'walking bus' at various stages along its route, which was shared for most of the journey before separating towards the different schools at the end. The bus ran for four weeks of the autumn term, five days a week before stopping over the winter period.

The scheme was a great success with wide support from parents, pupils and teachers. Pupils were encouraged to participate by being given a record book which was stamped each morning when they arrived at school. On completing a full week children were entered into a prize draw which created a lot of excitement.

Lauren, a mother of two children attending Eglinton Primary School urges other parents to approach their children's schools to create similar schemes, she said: "Parents really enjoyed meeting up with each other on the way to school and some of them even continued on for a longer walk after they left their children off at the school gates. The children were able to get straight into their schoolwork at the start of the day as they had already had a good chat on the way in to school!"



Trot gossip!

Being a mum to very young children can make it difficult to get out and about and be active – but walking groups across Northern Ireland are making great strides in improving this situation!

Dympna Eaton is the leader of Mums On The Move, a walking group in the greater Shankill area of Belfast. Dympna works with some mothers who have post-natal depression and she finds that being able to refer them to the walking group works very well. She said: "Walking is very non-threatening compared to saying 'go to the gym'.

"Walking provides a great opportunity for people to get together in an informal and relaxed setting. People who are under pressure tend to 'close themselves in', but when out walking they can relax."

Another group is the Dunadry Walking Club, which was established in May 2007. The group originally organised a led walk on Tuesday evenings and then went on to offer an additional walk on Wednesday morning due to popular demand.

The Wednesday morning walk attracts a wide range of people and has the support of local 'mums and tots', who encourage their toddlers to walk at least some of the time. Most walks are around the local area but during the winter months walks are held in the Templepatrick and Antrim areas where good footpaths and street lighting make for a safer walk.

Walking for health programmes originally began in England, but since starting in Northern Ireland over 100 new

walking groups have been established. Walking For Health aims to promote walking as a means of benefiting our health and supports the training of walk leaders and setting up of new groups.

If you would like to find out about local walking groups in your area visit
www.getalifegetactive.com



A routine test saved my life!



The news has been dominated recently with the sad story of Jade Goody and her battle with, and death from, cervical cancer.

The tragedy of this terrible disease is that it is largely preventable by a simple vaccination, which is now being offered to school girls across Northern Ireland, and can be detected by regular cervical screening.

One person strongly advocating both the HPV vaccine and cervical screening is cervical cancer survivor Claire Warden. Claire, 28 from Belfast, was diagnosed with cervical cancer after a routine smear test.

"I was just going for my regular smear test which I had every three years, so this was all very unexpected," said Claire. "I had contacted my doctor for my results and they still hadn't come back so I assumed everything was ok. I didn't think I had any reason to be worried.

However I was then contacted by the hospital who wanted me to come in to see a doctor swiftly and it was then that I got the news that everything was not normal.

"I was told that I would need to go to a colposcopy clinic for further tests and one week later I was diagnosed with cervical cancer. I was absolutely shocked and very frightened."

‘
...one week later I was diagnosed with cervical cancer. I was absolutely shocked and very frightened.

From then things moved very quickly for Claire. "I was brought in for an investigative procedure which showed that I had a tumor. As a result I had to have more invasive treatment. I was told there would be the possibility of a hysterectomy but thankfully the tumor was small and I was able to have a operation which removed the cervix without having to undergo either radiotherapy or chemotherapy."

As screening caught the cancer early Claire's treatment was successful, and she can have children if she chooses to.

Claire added: "I'd recommend that any girl offered the vaccine take the opportunity, it can save a lot of worry further down the line and it's a very simple procedure."

Help protect yourself

In Northern Ireland between 30 and 40 women die from cervical cancer every year. A smear test can spot abnormal cells, which, if left untreated, may develop into cervical cancer.

Smear tests can prevent about 8 out of 10 cervical cancers developing and women aged between 20 and 64 in Northern Ireland, registered with a GP, are invited for a smear test every 3 to 5 years.

From 2008, the HPV vaccine has routinely been offered to girls in year 9 (aged 12–13). The vaccine reduces the risk of cervical cancer by 70%. However smear tests will continue to be essential to detect changes in the cervix caused by the types of HPV that this vaccine does not protect against.

Find out more at www.cancerscreening.n-i.nhs and www.helpprotectyourself.info

Breakfast matters to your waistline

The old saying tells us that breakfast is the most important meal of the day – but this is much more than an old wives tale.

The truth is that those who eat breakfast are more likely to have a better overall diet, with higher daily intakes of fibre, vitamins and minerals such as calcium and iron.

To ensure you have a healthy breakfast, choose high fibre, low sugar cereals such as Weetabix, Ready Brek, or Shredded Wheat. These help prevent those mid-morning hunger pangs as they fill you up without too many calories. Toast, bagels, fruit bread, soda and scones are all good sources of energy too, or why not start the day with a vitamin boost by having a glass of fruit juice or a smoothie? If time isn't on your side, grab a slice of toast and a piece of fruit and eat it on the go.

If you fancy a cooked breakfast as a weekend treat, grill sausages or bacon rather than frying them, add some tomato, mushrooms and beans, and poach or scramble the egg. Scrambled, poached or boiled egg with toast is a good option if you want something hot but don't want to max out on fat or calories.

Yummy goodness!



Hot pork and bean salad

Serves: 4 • Marinating time: 2 hours •
Cooking time: 15 minutes

Ingredients

350g (12oz) pork fillet	salt and black pepper
2 tablespoons unsaturated oil, eg olive, rapeseed or sunflower oil	2 tomatoes, roughly chopped
1 clove garlic, chopped	1 bunch spring onions (scallions), thinly sliced
2 tablespoons vinegar	25g (1oz) walnut pieces
2 oranges, grated rind and juice	225g (8oz) French beans, trimmed

Method

- 1 Trim pork fillet, cut across into very thin slices and place in a shallow dish.
- 2 Mix 1 tablespoon oil with the garlic, vinegar, orange rind and juice and seasoning. Pour mixture over the pork, cover and leave to marinate for 2 hours.
- 3 Place tomatoes, spring onions and walnuts in a salad bowl.
- 4 Drain pork, reserving marinade.
- 5 Heat the remaining oil in a pan and cook pork for 2–3 minutes until each side is golden.
- 6 Cook French beans in boiling salted water for 3 minutes until tender, then drain.
- 7 Transfer pork and beans to salad bowl.
- 8 Add reserve marinade to pan and boil briskly for 1–2 minutes, pour over salad and toss.
Serve with crusty bread.



Spicy chickpea couscous

Serves: 4 • Cooking time: 15 minutes

Ingredients

225g (8oz) couscous	eg rapeseed, sunflower or corn oil
2 garlic cloves	½ teaspoon ground turmeric
1 small onion	pinch cayenne pepper
3 ripe tomatoes	1 tablespoon lemon juice
¼ cucumber	50g (2oz) sultanas
4 spring onions (scallions)	3 tablespoons fresh coriander (optional)
410g can chickpeas	black pepper
1 teaspoon ground cinnamon	spring onion (scallion) to garnish (optional)
2 teaspoons cumin seeds	
2 teaspoons coriander seeds	
2 tablespoons unsaturated oil,	

Method

- 1 Cook the couscous according to the packet instructions but do not add any butter.
- 2 Peel and crush or finely chop the garlic, peel and finely chop the onion, wash and chop the tomatoes, cucumber and spring onions (scallions). Drain and rinse the chickpeas. Wash and finely chop the coriander (if using).
- 3 Heat a small saucepan and add the coriander seeds and cumin seeds. Cover then roast over a high heat until the seeds begin to pop. Be careful not to let the spices burn.
- 4 Remove from the heat, add the cinnamon and allow to cool. Place the spices in a food bag and wrap in a tea towel. With a rolling pin, crush the spices until they form a fine powder.
- 5 Heat the oil in a frying pan and add the onion. Cook over a low heat for 7–8 minutes until softened and lightly browned.
- 6 Add the garlic and cook for a further minute. Stir in the roasted and crushed spices, turmeric and cayenne pepper, and cook for a further minute.
- 7 Remove from the heat and stir in the lemon juice.
- 8 Add this mixture to the couscous and mix well together, ensuring that all the grains are well coated.
- 9 Add the sultanas, tomatoes, cucumber, scallions, chickpeas, onion and chopped coriander. Season with pepper and mix well. Allow to cool and serve garnished with spring onion.



Stir-fry

Serves: 4 • Approximate cooking time: 15-30 minutes (varies with type of rice used)

Ingredients

1 clove of garlic	350g (12oz) pork escalopes or chicken
¼ white cabbage	225-350g (8-12oz) uncooked brown or white rice
1 head broccoli	1 tablespoon unsaturated oil eg rapeseed, sunflower or corn oil
1 pepper or mixture	1 tablespoon soy sauce
2 large carrots	3 tablespoons boiling water
5 mushrooms (optional)	
100g (4oz) beansprouts	

Method

- 1 Prepare all ingredients before beginning to cook. Peel and crush the garlic, cut the cabbage into fine strips and wash thoroughly, cut the broccoli into florets then wash well, wash, deseed and slice the pepper, peel the carrots and cut into sticks, wash and slice the mushrooms, wash the beansprouts. Cut the pork or chicken into thin strips or bite size pieces.
- 2 Check the rice packet for the cooking time and boil it following the instructions on the packet (12-30 minutes).
- 3 Thirteen minutes before the rice is ready, begin to cook the stir-fry. Add the oil to a wok or large saucepan and heat. When the oil is really hot, add the garlic and pork or chicken and cook, stirring all the time, for 8 minutes.
- 4 Add all the vegetables and stir-fry for a further 3 minutes.
- 5 Add the soy sauce and water and cook for about 2 minutes.
- 6 Drain the rice and rinse with boiling water. Serve the stir-fry immediately, with the boiled rice.



Summer fruit fool

Serves: 4

Ingredients

225g (8oz) mixture of berries or other soft fruit (fresh or frozen and thawed)	1 small tub (about 300ml) low fat crème fraiche
	1 dessertspoon sugar

Method

- 1 Wash the fruit in a sieve.
- 2 Place in a bowl, add the sugar and mash to a smooth consistency.
- 3 Gently mix the crème fraiche with the mashed fruit, leaving some streaks.
- 4 Pour the mixture into four glasses, cover and refrigerate before serving garnished with mint leaves.

Eating well is one of the most important things we can do for our health. For further tried and tested tasty recipes, nutrition information and help with your eating habits visit www.enjoyhealthyeating.info

Man on a

mission!



Encouraging your children to be active has many important benefits. Active children tend to do better at school, and activity is good for their mental health, helping them to deal with stress better. Children also need to be active so that they can grow and develop properly with strong muscles and bones.

Children need at least 60 minutes of moderate to vigorous physical activity every day (unlike adults who require a minimum of 30 minutes) and this can be broken up into chunks of 10 minutes or more throughout the day.

A new road show, Energy Fitness, has been visiting schools across Northern Ireland to help children increase their levels of activity. This road show involves a series of games, exercises, dance routines and aerobics and is tailored for all ages and abilities.

Freddie Kinnersley runs Energy Fitness. He considers it to be his mission to get children of all ages to be more active, and, more importantly, to make them like it! Approximately 18,000 children participated in Energy Fitness last year.

Pupils and teachers alike can join in with a range of fun activities and are encouraged to do the class at home at least three times a week to experience the positive health benefits. The length of each class varies depending on the year group, ranging from 35 minutes for Year 1 to Year 3 to 45 minutes for Year 4 and above. Energy Fitness staff

have been trained to provide exercise for young people of various abilities, including those with special needs.

Freddie's enthusiasm for his project is infectious, and stems from his own highly active background. Freddie took up martial arts after quitting motocross at the age of 22. He represented Northern Ireland in the Ulster Championships twice, achieved second place in the European championships for Tae Kwon Do and won the World Championships.

Energy Fitness also offers an after schools dance training programme for 12 –17 year olds and regularly runs competitions to motivate and encourage pupils to be physically active. In addition, Energy Fitness provides sponsorship forms for children who are participating in the class to collect money for school funds or specific charities such as Cancer Research and Help the Aged.

For more information on how to get involved visit www.energy-fitness.co.uk



Pictured above and opposite: Children from Harberton School enjoying Energy Fitness.

The Teenage Kicks project

The Teenage Kicks project was developed by Energy Fitness and implemented in primary and post-primary schools across Belfast in 2006. Post-primary school students are taught two fitness dance routines for a period of six weeks. Students who have successfully completed the programme then visit primary schools and teach the routines to Year 6 and Year 7 students. Both the post-primary and primary school students perform the routines learned throughout the duration of the project in a grand finale. Last year this was held at the Waterfront Hall.

In 2008, De La Salle College were the first boy's school to participate in the Teenage Kicks project alongside students from St. Genevieve's and Girls Model. The boys choreographed the dance routines and then took up the challenge of teaching the routines to students at Holy Child Primary School. According to De La Salle College, the boys who participated in the project developed their confidence, motor skills, team work and leadership skills in an area outside the usual curriculum.

Freddie said: "It has been an honour to have worked with the Teenage Kicks project for another year and to have introduced boys to the programme and also children with special educational needs. Seeing the achievement on the teenagers' faces and the effort they have put in over the last few months has made my job worthwhile."

This year, four post-primary schools from Belfast are participating in the project and the students will teach the dance routines to four primary schools and one school for pupils with special educational needs. The music employed to teach the routines in the Teenage Kicks project reflect the tastes of the young people involved to ensure the experience is fully enjoyed by all. The 200 students taking part in the project this year will finish the project with a performance at the Ulster Hall.

The Eastern Physical Activity Coordination Group (EPACG) and Belfast City Council are supporting Teenage Kicks for the third consecutive year.

Finding time for you



Sarah from Belfast was devastated 18 months ago when she received the shocking news that her youngest son had leukaemia.

While thankfully he has responded well to treatment, the diagnosis meant she had to give up her full-time job to care for him. Sarah said this was a very hard time for her: "Having to give up my job and become a full-time carer has been very difficult, I put on weight and felt very down."

However, things began to change when she heard about a keep fit

class held during school hours and organised by 'Women in Sport and Physical Activity' (WISPA). When her son was well enough to go back to school following a good response to his treatment, Sarah was able to go along to the class.

Sarah continued: "The class was a great opportunity to get out of the house and has helped me so much. Now I feel better about myself, I have

lost some weight and my increased fitness gives me the energy I need to look after my children. Since joining the keep fit class I have also taken up an evening gym class and a walking group. All of this has encouraged me to become more active and gives me more confidence.

“Before I felt lonely and isolated but now I have met so many good friends and have gained so much support from them.”

“Before I felt lonely and isolated but now I have met so many good friends and have gained so much support from them. This has been an opportunity to do something for myself and I would encourage anyone, especially if they are caring for someone, to make time for themselves and to be active if at all possible.”

WISPA was established in 1998 by representatives of women's groups and organisations within the greater Shankill area of Belfast. WISPA encourages, empowers and educates women to become involved in enjoyable, fun, physical activity programmes of their choice, to improve their broader health and wellbeing.

For more information on WISPA contact Audrey Barr on 028 9050 4540

Charlotte Church takes up a new role

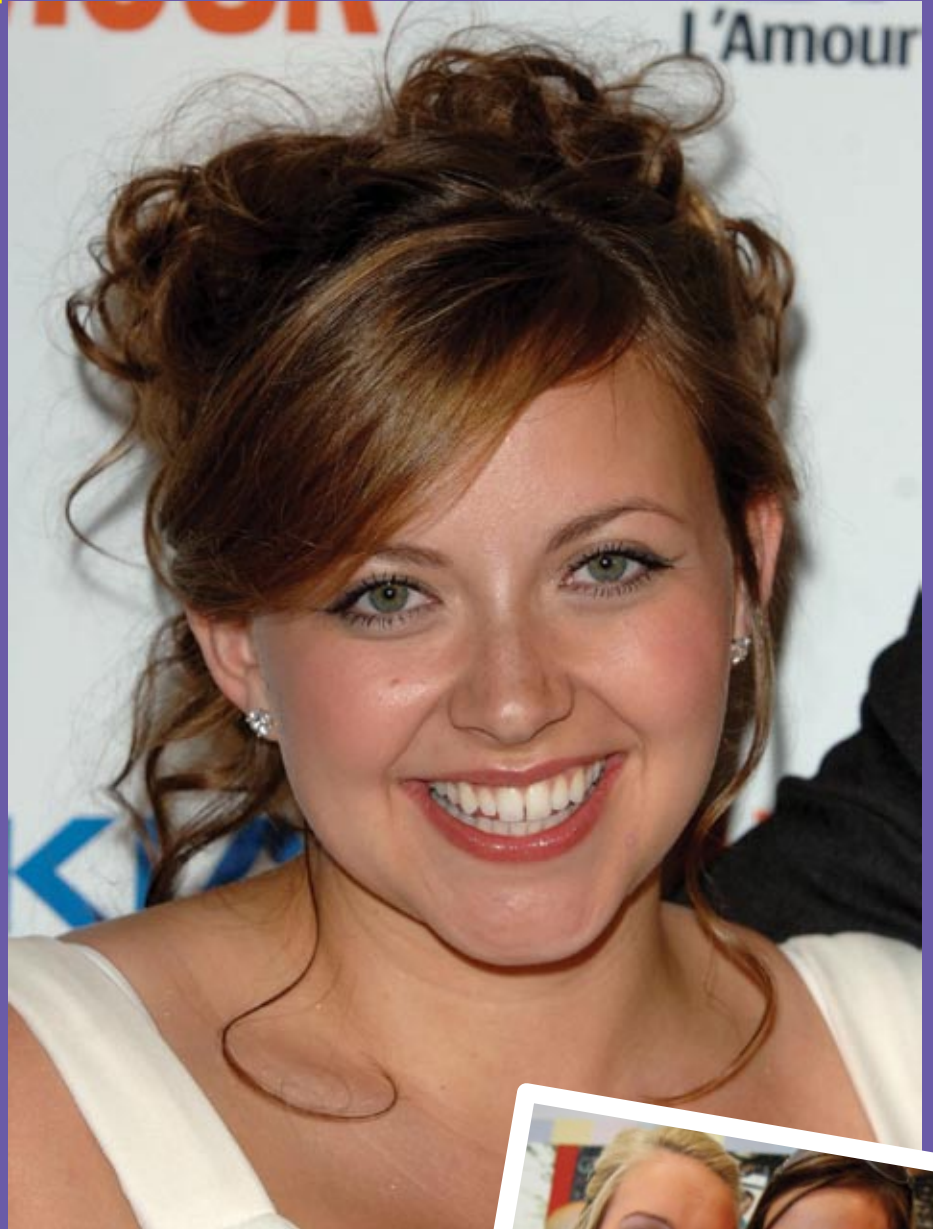
Charlotte Church is quite the showbiz butterfly, transforming herself over the years from a female Aled Jones impersonator into a lary laddette and then on to comedy chat show host.

She's never far from the headlines (for good or ill) and has become a firm TV favourite.

Through all this Charlotte has found time to become mum to Ruby in 2007 and Dexter in 2009.

Charlotte has successfully combined being a mum with her high profile career, and is a big supporter of breastfeeding. Charlotte firmly believes that breast is best and has strongly promoted it to young mums. She said: "It is really reassuring knowing that my baby has extra protection from chest, ear and stomach infections as well as diabetes and allergies. It's cheaper, it's clean, it's at the right temperature and it's such a completely natural process."

Charlotte added: "Breastfeeding has been a good experience and I would definitely recommend other mums



to try it. I don't know why so few young mums choose to breastfeed. It's important they hear from real mums like me and have all the information they need to make their mind up."

For more information on breastfeeding visit
www.breastfedbabies.org



Dragons' Den tycoon vows to suspend children's trust fund!

Duncan Bannatyne is an entrepreneur, philanthropist, best-selling author and former actor. However he is most famous for his role as an angel on the BBC programme Dragons' Den.

His wealth was estimated at £310 million by the Sunday Times Rich List in 2009, making him the 167th richest person in Great Britain. After an early naval career in his teens, Bannatyne started his business career when he bought an ice cream van for £450, which he eventually sold as a business for £28,000 and then founded a nursing home business, which he sold for £46 million in 1996.

He then expanded into health clubs, bars, hotels and property. His latest venture, Sensory Spa, is a chain of luxury health and wellbeing spas. Bannatyne now owns the largest independent chain of health clubs in the UK.

Bannatyne's first TV appearance was in October 2003 on the BBC documentary 'Mind of a Millionaire'. He went on to present 23 episodes of 'Mind Your Own Business' for the BBC – helping to turn around failing businesses – before he became involved with 'Dragons' Den'.

The self-made multi-millionaire, who quit smoking 30 years ago, has become a renowned anti-smoking campaigner. He has said he will disinherit any of his children who take up smoking and vowed to suspend his children's trust fund if he finds them smoking. In January 2009 Bannatyne revealed that he had stopped one daughter's £400 a month allowance after catching her smoking.

He is committed to smoking cessation and is President of the charity No Smoking Day, which helps and supports smokers who want to stop smoking.

"My views on smoking are well known. I feel that No Smoking Day is the perfect vehicle to push the smoke-free message in a non-judgmental way - I'm proud to be a supporter."

In July 2008 Bannatyne presented the BBC documentary 'Bannatyne takes on big tobacco', looking at smoking and marketing practices in Malawi, Nigeria and Mauritius, where



the number of smoking-related deaths is expected to double in the next 20 years.

In a re-enactment of the TV series 'Dragon's Den', Bannatyne challenged 7–16 year olds in the UK to "switch ash for cash" by coming up with imaginative ways they could use money spent on cigarettes to benefit their family. Three finalists met the Dragon on No Smoking Day (11 March 2009) to present their ideas on how children could encourage parents to quit. The winner received a £2,111 donation for their school and £250 worth of gift tokens for their family.

Want to stop smoking?

To maximise your chances visit:

www.want2stop.info

or call the

smokers' helpline

0800 85 85 85

Smokers who access support are more likely to be successful.

Want 2 stop!

Claire McCollum give breastfeeding a go!

Broadcaster and journalist Claire McCollum left UTV to concentrate on her children and pursue a freelance career. Claire shares her experience of breastfeeding:



What age are your children now?

Samuel is two years and four months and Rosa is four months old.

Did you plan before the birth to breastfeed?

I planned to breastfeed Rosa because it had gone so well with Samuel. It wasn't easy at first because Samuel found it hard to 'latch on' but I was determined for us both to master it.

Were you given any information about breastfeeding before having the baby?

At the antenatal classes we were given information about both methods of feeding. My sister also breastfed both

her children so she was and still is a great support and guide.

What were the first feeds like?

As I mentioned earlier Samuel found it hard to latch on and it was very frustrating. But he was only learning and patience was the thing that got us both through it! With Rosa it wasn't straightforward either. She was sleepy and didn't seem to have the energy to latch on. But again after a few weeks of perseverance we mastered it.

What are the best bits of breastfeeding for you?

Breastfeeding for me has many advantages. I love the closeness. I also

know my baby feels cosy and is getting great comfort too. Of course breastmilk is nutritionally great for baby and it's reassuring they're getting 'good stuff'.

How long did you breastfeed for?

With Samuel I fed for 11 months (expressing when I went back to work). I'm still feeding Rosa – I hope to continue until she's at least six months.

Would you recommend it to other mums?

I would absolutely recommend it to other mums. I'd certainly say give it a really good go, but the most important thing is to have a happy mum and happy baby!

Down the right path!

Using your local cycle paths and walkways is a great way to get out of the house and get moving.

Belfast mum Mary-Clare and her three children (pictured) regularly use their local path, the Comber Greenway, for walking, cycling and roller-blading.

Mary-Clare said: "It's a haven for me – we love looking at the plants and seeing the changing of the seasons. The children really enjoy the challenge of exploring further down the path each time."

The children also regularly use the route to cycle to school and the family has got involved, through sustainable transport charity Sustrans, in tree planting, and litter collection along the route.

Find out about your local pathways by visiting the Sustrans website at www.sustrans.org.uk



Ready to take the plunge?



When was the last time you went for a swim? Swimming is a great form of aerobic exercise and is useful in treating lower back pain by providing a low impact workout.

Learning to swim is a very important life skill – don't deny this to your child! Why not visit your local leisure centre to arrange a class? There'll no doubt also be classes for the one in five adults who can't swim!

Children quickly gain confidence when in the water and the sooner they are introduced the better. Obviously close adult supervision is essential, and especially while on holiday where lifeguards may not be present.

Remember to keep things fun and playing games such as water polo is a great way to up the intensity.

So get out there and support your local pool by actually using it!

No need to splash out!

New You has teamed up with local councils* across Northern Ireland to help you and the kids get swimming for less.



Cut out this voucher and bring it along to your local council swimming pool and you'll be given a free children's pass for every paying adult.

Beat the credit crunch and help your kids achieve their 60 minutes at the same time – it all adds up!

*Participating councils: Antrim, Armagh, Ballymena, Ballymoney, Belfast, Carrickfergus, Castlereagh, Coleraine, Cookstown, Larne, Limavady, Lisburn, Magherafelt, Newry and Mourne, Omagh, Newtownabbey, Strabane.

Valid until 31/12/2009

Count your steps and **manage** your middle!

We all know that carrying excess weight is bad for our health, but did you know that where you put on weight is important too? If you've been known to complain about putting on weight on your hips or thighs, then chances are you're what is known as 'pear shaped'. Of course any weight gain can have negative effects on our health, but it's people who carry their excess weight around their middles – 'apple shaped' – who are at greater risk of serious illness. Storing fat round our tummies increases our risk of Type 2 diabetes, hormonal cancers such as breast cancer and ovulatory dysfunction.

There's a simple test which you can do to measure your middle to make sure that you're not in the danger zone. To find out if you're storing too much fat round your middle, check your waist measurement. This is usually around your belly button, between the bottom of your ribs and the top of your hips. If you're at all worried about your weight, talk to your GP or practice nurse.

Waist measurement	Increased risk	High risk
Women	80 cm (32 inches)	88 cm (35 inches)
Men	94 cm (37 inches)	102 cm (40 inches)

You can manage your weight by eating healthily and getting regular physical activity – 30 minutes on most days of the week for adults and 60 minutes every day for children. Walking is a good way to build some physical activity into your routine. Wearing a step counter will let you see how many steps you're doing every day. This handy little gadget simply clips on to your belt or waistband and counts the number of steps you take – 10,000 steps each day is the target to aim for as this is the amount associated with good health. For the first week just stick to your normal routine, so you can see what your average daily step count is. If it's less than 10,000, then over the course of a few weeks try to increase your daily average by 500 or 1,000 steps until you reach the 10,000 step target.



Step counter and tape measure giveaway!

For a chance to win a 'Get a life, get active' step counter and a tape measure specially designed to measure your waist answer the questions below and return the completed form to: Public Health Agency, Ormeau Avenue Unit, 18 Ormeau Avenue, Belfast BT2 8HS.

The first 100 correct answers will receive a step counter and a tape measure. It's really easy, because the answers can be found in this magazine!

Terms and conditions:

This competition is open only to residents of Northern Ireland. One application only per individual/household. Any personal information provided for this competition will be processed in accordance with the Data Protection Act 1998. Step counters and tape measures will be issued by post. Please note that submitting an application does not guarantee you will receive anything. These terms and conditions apply to the step counter and tape measure giveaway featured in New You magazine 2009 and the website www.getalifegetactive.com

Get a life, get active giveaway

How many minutes of physical activity do adults need on most days of the week?

Answer:

How many minutes of physical activity do children need every day?

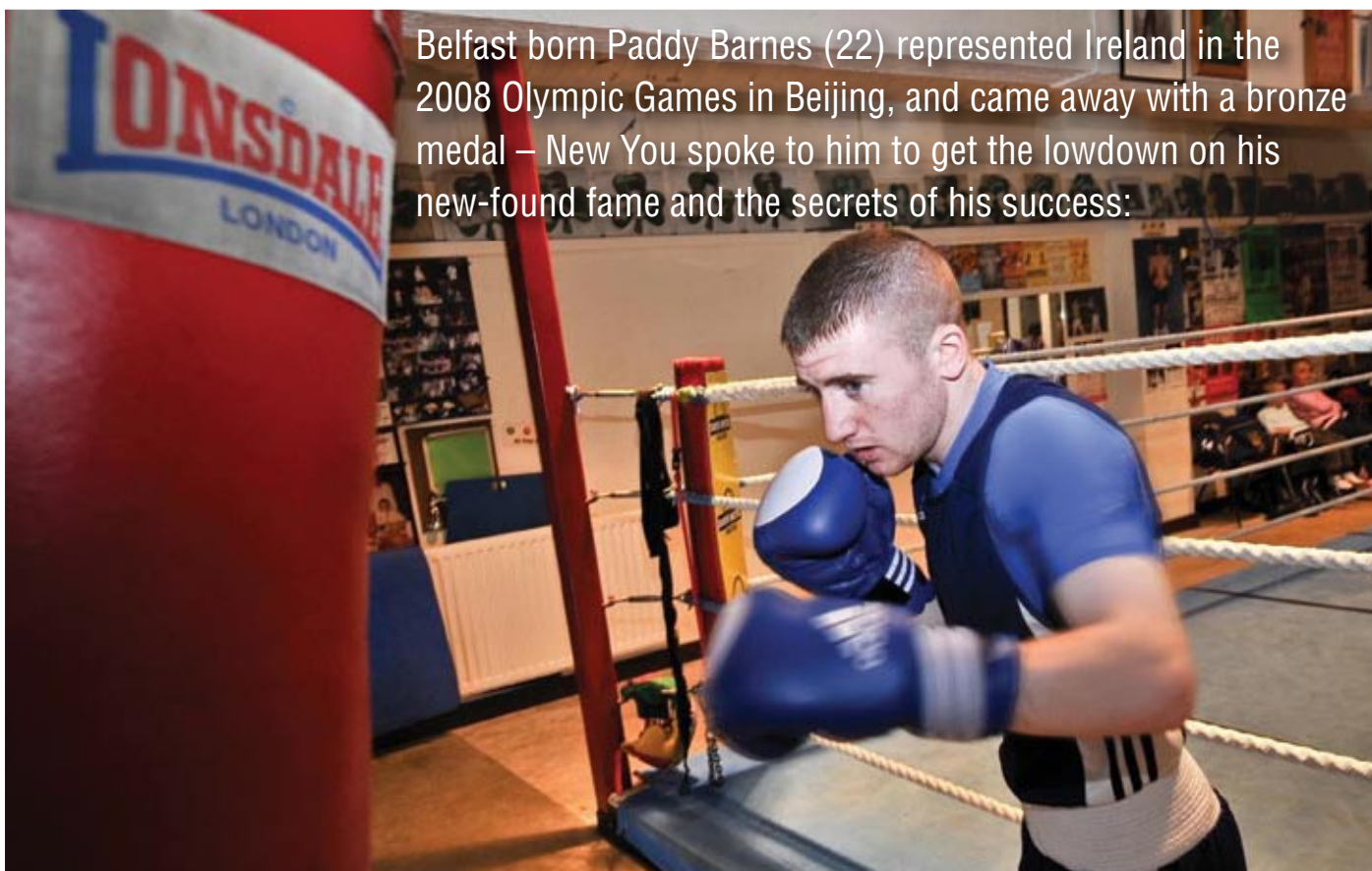
Answer:

Name:

Address:

Postcode:

Paddy Barnes – *fighting fit!*



Belfast born Paddy Barnes (22) represented Ireland in the 2008 Olympic Games in Beijing, and came away with a bronze medal – New You spoke to him to get the lowdown on his new-found fame and the secrets of his success:

I know you first got into boxing at 11 years old, why was this sport so interesting to you?

I didn't really know much about boxing when I started. A few of my friends boxed as did my cousins so I thought one night that I'd give it a go.

How long was it before you had your first fight and can you remember it vividly?

I remember I went to the boxing club for the first time ever on a Wednesday and I had my first fight that Sunday. I remember it because the guy that beat me is still boxing and would still give me stick about it!

Was it tougher than you thought it would be at first or did you take to it instantly?

Not so much tough, more nerve-wracking, but once you get into the ring and the bell goes all the nerves fade away. But it was tough enough. I didn't take to it instantly, I was losing regularly. It took me a good while to get my first win.

You had won so much before you got to the Olympics and then you claimed the bronze medal there, what was that like?

Winning the bronze medal was a dream come true, as

was just getting to the Olympics. But the way in which I qualified was good also as I finished fifth place in the World Championships. Before winning the bronze medal I won a gold medal at the Commonwealth Championships and I thought it couldn't get any better until I won that Olympic bronze.

I imagine your training regime is very intense – is there anything you have to avoid when you are training for a big championship?

Before any fight or major competitions I'm usually at a training camp. These camps are really tough with high intensity training. In the build up to fights I have to maintain my weight, I would normally weigh around 53kg but have to cut out foods like sweets, crisps, chocolate and fizzy drinks and eat more fruit, vegetables and other low calorie foods in order to get down to my fighting weight, which is 48kg.

Did you find it good socially to be involved in sport?

I find it very good socially to be involved in sport, any kind of sport. Not only does it keep you fit and healthy but it helps you meet new people and can help you get to places you never thought you would be able to get to. What is also very good is that it brings the community together from all sides.

We get 10 of our 60 minutes playing football

10
MINUTES

Kids need at least 60 minutes
of physical activity every day.

Physical activity. It all adds up.
www.getalifegetactive.com



Improve your child's basic movement skills



It may sound strange when you're chasing energetic youngsters around the house, but many kids today lack the opportunity to learn basic movement skills.

That's where projects like the Wildcats multi-skills club come in. Wildcats is a ground-breaking sports scheme for children, designed by Coleraine and Ballymoney Borough Council's Sports Development Teams. The club has been running for a few years now and takes place during term time – 10 weeks before Christmas and 10 weeks afterwards.

Wildcat's is an activity class designed to enhance children's running, jumping and throwing skills, to improve agility, balance and coordination, and increase speed, power and endurance and all whilst having lots of fun! Parents are enthusiastic: "My boy's not overly sporty, but he loves Wildcats and has picked up all the skills."

Another young mother said: "I've noticed my child's confidence with other children has improved, she wants to play more games and has great imagination."

For more information about the Wildcats programme contact Roger Downey, Sports Development Officer, on 028 7034 7234.



Have a sporty summer

Summertime is great but it can be difficult for parents to find new ways to keep the kids amused. It can be all too easy to let them spend their time in front of the TV or computer.

Now help is here as the Belfast Community Sports Development Network has developed the Summer Mobile Sports Team (SMST).

The SMST now delivers over 300 sports sessions and provides health information to more than 30 community organisations each summer, culminating in a multi-sports festival at the Mary Peters Athletics Track.

To find out how to get your kids involved, contact Emma on 9029 7661, email info@bcstdn.org or visit www.sportops.com

Your questions answered

Our experts offer advice on your health and lifestyle concerns.

Q *I'm worried about my boyfriend as he has been really down over the past few months. He gets irritated very easily, he doesn't seem to have much energy to do anything and he is finding it increasingly difficult to concentrate at work and sleep at night. He is just not his usual self. I have tried to cheer him up but nothing seems to be working and I don't know what's wrong with him or how to help.*



It is not unusual for men to bottle up their problems and find difficulty talking about things that are on their mind. It is important that you try to encourage him to talk about what is going on in his life that is causing him to have problems at work and keeping him awake at night.

If he won't talk to you, you could try to get him to visit the www.mindingyourhead.info website which includes information on a range of issues which can have an impact on mental health and a directory of services for sources of help and support. You should also suggest that he speaks to his GP to explain how he has been feeling and the impact this is having on his life as he may need to access professional help and support to help him get through this difficult patch.

Q *I had a baby two years ago and put on a lot of weight. I have tried really hard to eat healthily and I exercise regularly however I am really struggling to lose the baby weight. I am only 5ft 4in and weigh 12st and 11lb and I know I am carrying too much weight. Will slimming pills help?*

Unfortunately slimming pills don't offer a magic solution to weight loss! The best chance of long-term success with weight loss is to eat more healthily and be more active.

Before you think about trying slimming pills, I'd recommend that you have another look at what you eat – try keeping a food diary for three days – two days during the week and one day at the weekend. That way you get a really good idea of what you're eating and can pick up on any problem areas such as snacking in the evening when you are winding down after a busy day.

If you would like to try weight loss medication, seek advice from your GP or pharmacist. Remember that these are more effective when they are combined with healthy eating and an active lifestyle.

You can find more information at www.enjoyhealthyeating.info and www.getalifegetactive.com

Q *I've cancelled my lunch-time gym membership to save cash but don't really have time to exercise after work as I am spending time with the kids.*

One of the best ways to increase your physical activity is to incorporate a minimum of 30 minutes activity into your daily routine by dividing it into smaller chunks of at least 10 minutes. You could try to increase your step count by wearing a pedometer and aiming to accumulate up to 10,000 steps per day. This could be achieved by taking a walk during your lunch break, using the stairs instead of the lift, parking your car further away from your destination or getting off the bus a few stops early.

You could also try doing fun activities with your children such as swimming or going to the park that will get you more active but allow you to have some family time with the kids. For further ideas visit www.getalifegetactive.com

Q *My wife enjoys a glass of wine or two most evenings to help her unwind after a long day running around after the kids. Should I be worried?*



After a long day, whether in the office or looking after your family, it's natural to want to treat yourself.

The sensible drinking guidelines for a woman are no more than 2–3 units in a single day. If your wife is drinking more than this she is putting her long-term health at risk of a range of illnesses, including cancer, a heart attack or a brain haemorrhage. There are nine units in the average bottle of wine, so if one bottle lasts your wife three or four days then her drinking is low risk.

If she's drinking more than that, then you could suggest she goes to the website www.knowyourlimits.info which explains the specific risks to women from drinking above the guidelines – this will help her make an informed choice about her future drinking.

You could also ask her to think of other treats which would help her unwind at the end of her day – sometimes we just drink from habit and she may feel more relaxed after an exercise class with a friend, or reading a magazine while you prepare supper. A treat should be something that makes you feel good and does you good!



Alcohol
could
increase
your risk
of breast
cancer

Reduce your drinking,
reduce your risk.



www.knowyourlimits.info

Produced by the Public Health Agency
www.publichealth.hscni.net