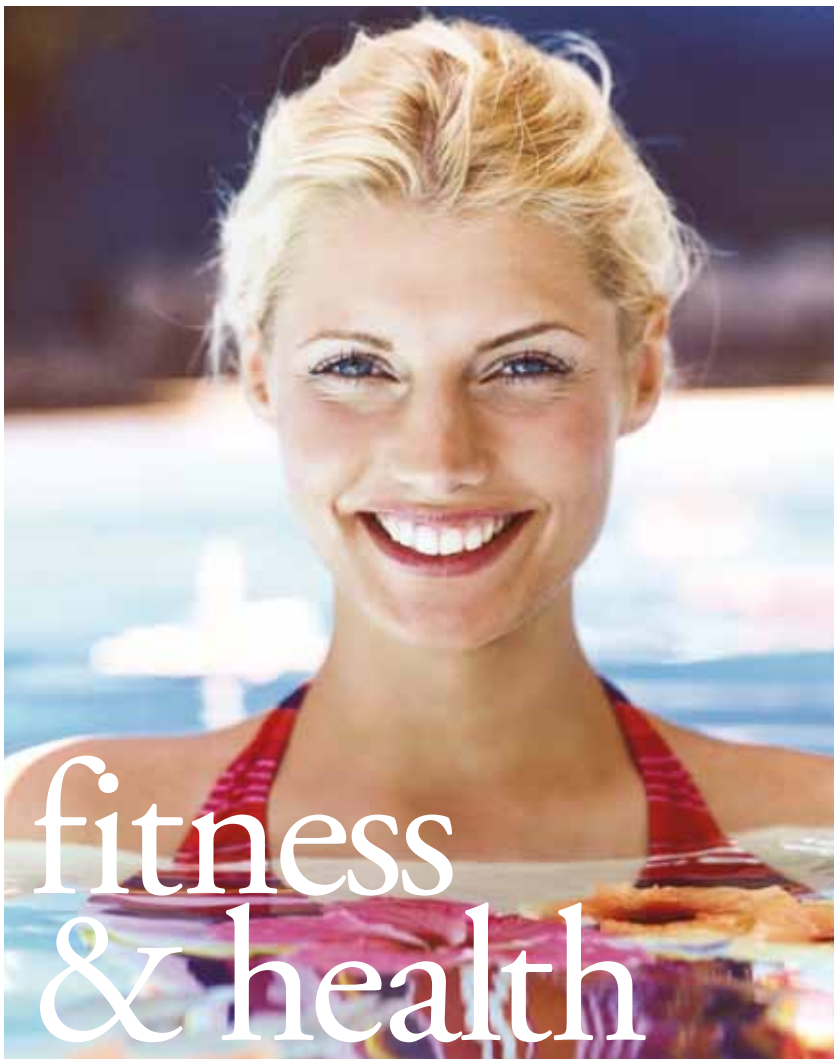


Let's talk about sex

It's no secret that work pressures and stress can decrease your sex life but for some people, the major culprit is their weight. Obesity is linked with reduced sexual activity and poorer sexual health, according to a French National Institute of Health and Medical Research (INSERM) study of more than 12,000 men and women. The research also showed obese women were less likely to ask for contraceptive advice.



ADD IT UP

Having trouble squeezing in your 30 minutes of moderate to intense exercise each day? Rack up your half an hour by doing shorter sessions of 10 to 15 minutes instead. Easy.

YES, YOU CAN!

Need an instant lift? Repeat these affirmations until you feel like a broken record.

"I'm an energetic and confident woman."

"I choose to work out regularly and enjoy it."

"I can handle anything today throws at me."

BACK INTO IT

Physiotherapist Melissa Lever gives us the lowdown on all things posture-related.

THE MOST COMMON TYPE OF POOR POSTURE is when weight is pushed onto one leg, with the hip jutted to the side and shoulders rounded. Practise bringing your feet together, about hip-width apart, and always aim to keep your weight evenly distributed.

WHILE IT'S IMPORTANT TO STRAIGHTEN UP, try to do this by switching on your core muscles (deep below where the 'six pack' sits), not by trying to simply sit up straight which can over-use muscles and also cause pain.

ASK A PHYSIOTHERAPIST OR PILATES INSTRUCTOR for tips on core strengthening. Over time, improved posture should become effortless. In the meantime, check in during the day to make sure you're not straining your neck or upper and lower back area.