

HEALTH HOTLIST

THE LATEST CRAZES, NUTRITIONAL PLANS, PRODUCTS AND REGIMES TO GET YOU LEAN, MEAN AND FIGHTING FIT

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#EWGETSFIT

Constantly moaning there's never enough time to pay your friends or your physique the attention they need? Now you can kill two birds with one big, fun, energising stone courtesy of Physique 57's Barre-ties. Raise the bar by with your girlfriends by booking semi-private barre classes designed to turn your body into the slim, strong, sculptured one of a ballet dancer. Now who doesn't want one of those?

For an outsider looking in, it may not look like the most physically demanding class as the isometric movements – which include lifting and lowering limbs a mere inch or two – are tiny, but the number of small pulsing movements all add up. Believe us, grown men have been known to cry. Physique 57's goal is "strengthen, then lengthen" with each interval designed to make your muscles work to the max. But it's highly rewarding and surprisingly enjoyable. They can even theme classes: who's up for a some squatting like it's hot with Snoop Dog and Jay-Z?

Semi-private classes for two costs Dhs450p/p, for five clients Dhs300 and for six or more Dhs250 p/p. Branches are at Al Thanya Mall (04) 3210577, Citywalk (04) 3448757, visit physique57.com.

PINK POSSE

Early detection is key to preventing breast cancer, the most common type of cancer to affect women. The Pink Caravan Ride has helped provide free screenings to 36,332 women across the UAE since its inception five years ago and is back for more awareness (and fund) raising. The ten-day horse-ride expedition launches March 7 bringing mobile clinics to every emirate for free screenings. Visit pinkcaravan.ae



BREW-TEA-FUL

Unlike other detox programmes, the teatox programme by Boatea was designed to yield results when used in conjunction with a normal, healthy diet. With no starvation or deprivation and the Internet teeming with good reviews, we couldn't wait to try it out. The results are in: clearer skin, better-fitting clothes and a coffee addiction (almost) kicked. Available at Holland and Barrett stores or online at hollandandbarrett.ae for Dhs169 for 14 days.



COCOA LOCO

Being health conscious and having a sweet tooth doesn't have to spell disaster if you can indulge without the guilt. Chocolate & Love's sugar-free dark chocolate bars are available in a range of flavours from orange to mint and now Hershey's and Twizzlers have gotten in on the no sugar bandwagon with their milk chocolate and strawberry ranges. Available at Candylicious, The Dubai Mall.



A NEW LEAF

Another health conscious eating option has landed in Dubai, this time in the form of your favourite, modern Indian cuisine. Mint Leaf of London's updated menu of healthy and wholesome meals caters to everyone's individual dietary preferences, ranging from gluten free and nut free to low fat, organic and vegan. They're even making dreams come true with their zero calorie and protein-packed cocktails! Email reservations@mintleafdubai.com or call (04) 7060900.



GET YOUR ZZZ'S

Apparently, we are the ultimate night owls. The UAE has an average bedtime of 1am – 62 minutes later than worldwide average. Make every hour count with the Sleep Cycle Alarm clock. It monitors your sleeping throughout the night, waking you up gently at the lightest part of the morning's sleep cycle so you wake up feeling fresh and ready for the day, no matter what time you finally managed to nod off.



ONE-STOP SHOP

Whether it's freshly harvested seasonal vegetables, free-range eggs or jars of raw honey, Greenheart Organic Farms has all the organic food your heart desires under one roof. They can even deliver straight to your door so there's no reason to stray. Browse their produce online at greenheartuae.com or visit them in Al Barsha, open 11.30am – 5pm, daily.

3 OF THE BEST... LUXURY FASHION TRAINERS



1. SANTONI GOLD TRAINERS Dhs1,575
2. PUMA ESKIVA BOXING BOOTS FROM Dhs426
3. PIERRE HARDY HIGH-TOPS FROM THEOUTNET.COM Dhs771