

GET COOKING!

Like the recipes we've got for you this month? Tear them out and store them in one of these pretty binders and put your culinary skills to the test. From £11 each, Paperchase.



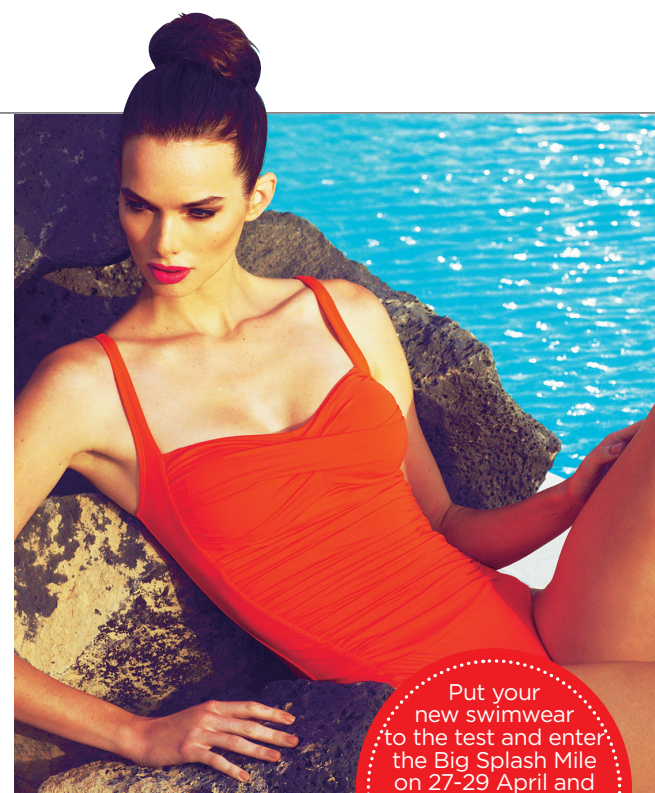
A walk in the park

Tipsy Feet scrunch into a purse-sized pouch that you can stow in your bag or office drawer. Swap your hellish heels for a lunchtime stroll. £10, amazon.co.uk



Q What do junk food and cocaine have in common?

Fatty food eaters and cocaine users release a surge of hormone dopamine, impairing the decision-making area of the brain.



Making a splash!

Swimming eases aches, improves your breathing and works every major muscle. With incentives like that you shouldn't need any encouraging but, in case you do, here's a new flattering tummy-control swimsuit to help you look incredible while you're at it. £29.50, M&S.

Put your new swimwear to the test and enter the Big Splash Mile on 27-29 April and raise money for the Marie Curie cancer fund. swimathon.org

EGG-STRA GOOD!



Diet or not, no one should be deprived of an Easter treat. Research shows 35g of dark chocolate every day can lower blood pressure and improve vision. We see this as a wonderful excuse to try Green & Black's Dark Chocolate Egg with Burnt Toffee and Ginger bars. It comes in at 200 cals per 35g, so don't guzzle it all at once! £10.99, greenandblackdirect.com

TREAT YOURSELF HEALTHY!



FIRE, FIRE!

Spicy food releases endorphins and can boost your metabolism. So splash Walkerswood Hot Jamaican Scotch Bonnet Pepper Sauce into your soup or stew and await that chilli high! £1.39, Tesco.

True or False?

Giving up smoking improves your memory...

True! In a recent study, smokers asked to perform memory tasks scored an average of 59 per cent, while those who had kicked the habit managed a healthy 74 per cent. smokefree.nhs.uk (Source: Open Addiction Journal)



the Hot list!

We've tracked down this month's best new products and latest diet news!

What we're munching...

The team can't get enough of these crunchy Marks & Spencer Apple Clusters with Blackberry snacks. At just 90 cals, they're a fab alternative to sugary granola. £3.49 for five bags.



We love!

CHOC FULL OF GOODNESS

You might have cleared chocolate from your kitchen, but there's no need to bar it from the bathroom! The Body Shop's new Chocomania range is rich in vitamin E which is great for smooth skin. From £2, The Body Shop. It smells fab too!



COMPILED BY JESSICA BASI
PHOTOS: CORBIS, KATE HOCKENHULL

14

(source: Displaysense)

The dress size that's seen the biggest rise in demand from stores when ordering mannequins. 'Real-shaped' shop models have risen by 16 per cent in the last year.

Burning question

When's the best time to exercise?

MORNING

- * You're more likely to form a good habit and stick to it if you do it first thing.
- * You'll raise your heart rate and metabolism, and continue to burn calories throughout the day.
- * Air pollution is at its lowest in the early hours so it's by far the best time to go road running.

VERSUS

EVENING

- * Your body temperature is slightly higher in the evening, giving you better blood flow and more energy.
- * You're less likely to pull a muscle as your joints aren't cold and stiff as you've been active during the day.
- * Your hormone levels spike around mid afternoon, which helps you burn calories faster.



220

The calories burnt on a 30-min skate, so don your leg warmers, hit the park and get gliding! These bargain blades from No Fear are just £24, sportsdirect.com



Our fave!

Drink your fill

This quirky Celia Birtwell flask holds two portions of soup or smoothie - a great way to get your 5-a-day when you're on the go. £16, Heal's.