

SUNNY SWIM

The UK's lakes and rivers are at their warmest at the end of summer, so make the most of this with a 1,500m or 3,000m afternoon swim in Lake Windermere, Cumbria, on 1 September, followed by a bonfire and barbecue. The event aims to raise funds for Cancer Research UK and costs £35. To enter, visit www.outdoorswimming.society.com.



BUZZWORD Vibration

First there was Power Plate and now there's a new gizmo that uses vibration to improve fitness, but in a totally different way – and without the hefty price tag! YouBreathe is the creation of exercise physiologists based at London's South Bank University. It's a hand-held 'breath trainer' that you use for five minutes a day. It replicates high-altitude training using a motorised valve to provide short pulses of resistance to your breathing, stimulating your respiratory muscles. Studies show that it boosts aerobic recovery rates and endurance. Our tester, who used it every day for two weeks, says, 'I noticed that my breathing recovered more quickly after my daily cycling commute, and I felt as if I could push myself more when I ran, without taking as many breaks as usual.' YouBreathe costs £79.99 and is available from www.youbreathe.co.uk.



FITNESS NEWS

SWIM IN THE SUNSHINE; BREATHE YOURSELF FITTER; EXERCISE TO BEAT PMS

Psst! A HEAVY FAMILY SPENDS UP TO £200 MORE ON PETROL PER YEAR THAN A SLIM FAMILY BECAUSE OF THE EXTRA WEIGHT IN THE CAR. ADULT OBESITY RATES HAVE QUADRUPLED IN THE PAST 25 YEARS, WITH THE GOVERNMENT PREDICTING THAT BY 2010, A THIRD OF BRITS WILL BE OBESE.



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20% DISCOUNT ON FIT KIT!

Kit need an update? Or want to reward yourself for sticking to your fitness regime with some gorgeous new gear? This month, Zest readers can claim an exclusive 20% discount on all apparel at Sweatshop stores nationwide. Brands on offer include Nike, Asics, Adidas and USA PRO. Sweatshop recently won the *Runner's World* award for Best Retailer. Go shop!

To claim your exclusive Sweatshop email discount voucher, visit www.sweatshop.co.uk/zestreaders. Use the voucher between 2 August and 3 September 2007 to get 20% off all non-sale items (the discount is 15% if you pay by credit card; timepieces and heart-rate monitors are excluded; not to be used in conjunction with any other offer; not transferable).

“ Filming *Pirates* made me lose weight – I shot fight scenes with a heavy wetsuit underneath a load of corsets, not to mention the heavy equipment I was fighting with. Can you imagine a more advanced cardio workout than that? ”

KEIRA KNIGHTLEY



3 NEW SPORTS TO TRY

If you're finding the gym or running too solitary and think a team game might be the thing for you, there's a whole range of female-friendly sports out there. Here are three new ideas...

→ THE NEW FOOTBALL... TOUCH RUGBY

Played by mixed teams, this six-a-side game is contact and mud free, and attracting increasing numbers of female players all over the world. The rules are similar to traditional rugby, but instead of tackling opposing players, you touch them to gain possession of the ball – and the ball is never kicked. To find out more, visit www.in2touch.com.

→ THE NEW ROUNDERS... BASEBALL

This US sport, a close cousin of rounders, is gaining popularity in the UK. The bats are bigger and you get three goes at hitting the ball. The mixture of fast sprints with the upper-body challenge of batting and throwing makes it an all-over toner. For more information, visit www.baseballsoftballuk.com.

→ THE NEW NETBALL... ULTIMATE FRISBEE

Played on a large rectangular pitch with a Frisbee, this team game offers a great workout as you'll be constantly lunging, sprinting and jumping. Once you've caught it, you have to stop running. For more information, visit www.whatisultimate.com.



ZEST TEST Watersports kit

Eager to try your hand at a new watersport this summer? Whether you fancy a spot of sailing or even signing up for an open-water triathlon, here's what to wear...



THE TOP



THE TRISUIT



THE SHOES

OAKLEY RASH VEST, £24.99 (01462 475400) Essential kit for surfers, 'rashies' (skin-tight T-shirts in quick-drying fabric) can also be worn for any other water-based sport.

TRIGIRL SARAH TRISUIT, £74.90 (www.trigirl.co.uk) This super-flattering trisuit has a slightly padded crotch for protection on long bike rides, and is fully chlorine resistant.

SEBAGO WAVE EXTREME, £65 (0117 9636363) Wear these versatile shoes when windsurfing, sailing or canyoning. They grip well and won't rub when wet.

30 minutes

is the time you need to work out five days a week in order to reduce the symptoms of PMS, such as pain, bloating and fluid retention

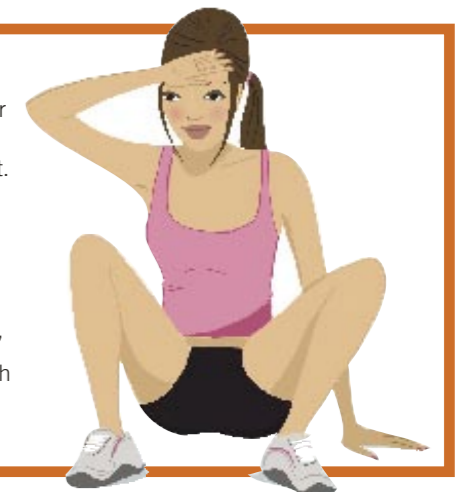
MOVE OF THE MONTH

THE COCORINHA (SQUATTING DUCK)

→ Capoeira is the Brazilian martial-arts/acrobatics/dance hybrid that's proved a hit in the UK. Here we asked capoeira instructor Michael Neves to talk us through a key move that even the less athletically gifted can do. The benefits include increased co-ordination, firmer thighs – and a perkier bottom!

'From a standing position, step back with your left leg, bending it at the knee and swinging your left arm into a block position

in front of your face. From here, bring your left foot forward to jump into a squat with your feet together, on the balls of your feet. As you squat, swing your left arm behind your back on your left side, touching the floor to stabilise you, and bringing your right arm up to touch your forehead (see right). Jump up to the starting position, and repeat on the opposite side.' To see this move, visit YouTube and search for 'cocorinha lesson'. Find Michael at Capoeira UK: www.capoeirauk.co.uk.



Words: Zoë McDonald Photographs: Camera Press, Photolibray, Bigpicturephoto.com