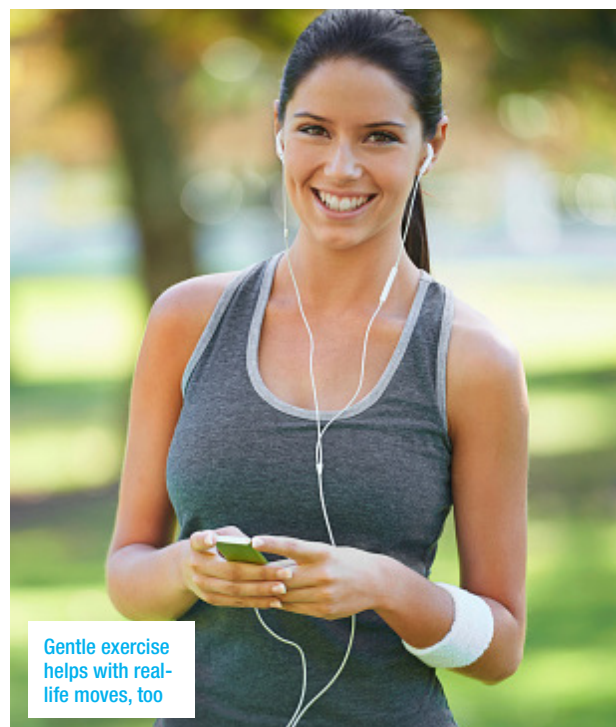


# Easy ways to get stronger

**H**ow about exercise that's not about getting super-toned but helps you lift shopping without going 'oof'? Functional training concentrates on muscles working together as they do in real life, says activity expert Paul Sanderson of Loughborough University. Muscle power wanes at

1% a year after 30, says Sanderson, so we need to relearn seven key moves – squatting, bending, twisting, lunging, pushing and pulling, and walking. Try these ways to stay fit. **● Semi-squat.** Dip your bottom by just 30° instead of level with your knees, then stand up straight, 10 times. Make it harder by raising your hands above your head as you squat. Later, aim to do it while

holding weights. **● Brisker walks.** Use more energy by upping your pace. Studies show that those who stride out at 2.25 miles an hour in their 70s live longer. **● Chair cardio.** Sit on a hard chair, arms crossed, hands on shoulders. Now stand and sit as many times as you can in 30 secs. Once you can do 15, try it from the sofa.



Gentle exercise helps with real-life moves, too



*I keep hearing my heartbeat whooshing in my head. Should I be worried? Is it to do with my ears or my heart?*

This weird feeling has an official name – pulsatile tinnitus (PT) – which is confusing because it's a symptom, not a condition, says Emma Greenwood of support group whooshers.com. It's often caused by disturbed bloodflow and, though it's usually benign, it can also be a sign of something more serious, like an aneurysm, so should definitely be checked out.

Although sounds vary, they're

always in sync with your heartbeat, and it's important to see your GP and stress this. 'Say you hear noises in your head in time with your heartbeat rather than talking about tinnitus,' says audiologist Louise Hart of Action for Hearing Loss. You should be referred to an ENT or neurotology specialist so even if your whooshing's unexplained, you'll be given expert help to deal with it.

## HOW SHE DOES IT!



TV presenter **ANTHEA TURNER, 55**, is the first to admit she's had a bit of help to stay looking good. 'Just tidy up as you go along. I've got no problems with that. How can you say

*you're all natural when everyone knows it's not true at all? Botox is a marvellous thing - put it this way, I can look angry but not furious. Facial expert Eva Fraser's exercises really work too. If they cease to be effective, then I might go a bit further!'*



Try a stress ball if you suffer from cold hands

## Natural tricks to stay toasty

Women really do feel the cold more than men, says physiology professor Mark Tipton: blood flow to our hands and feet shuts down faster. Show this to your other half when he wants to turn the heat down!

**■ De-frost digits** Squeeze stress balls to keep hands warm says the Raynaud's Association. Move every 15 mins, too, to shift blood to extremities.

**■ Go hands-free.** Opt for a shoulder or cross-body bag, because gripping handles restricts circulation in the fingers.

**■ Warm up with herbs.** Chilli and ginger give a short boost but studies suggest that the Swiss-made Tibetan herbal remedy Padma 28 may have longer-lasting results. □

