

health



## coach class

Having a life coach is handy. Having an online life coach is an even more handy way to get yourself out of your rut, particularly if it's one that can't be solved by best friends bearing cocktails. Noel Posus and Sarah Hue-Williams, who have each spent more than 20 years working as professional life coaches, developed askacoach.com to make coaching and mentoring accessible for busy people. Simply register at the website and indicate whether you would prefer email or telephone coaching. You pay the teensy joining fee and, *voilà*, you have helpful resources, advice, guidance and pertinent questions right at your fingertips. Responses are guaranteed within 72 hours and topics can cover anything from career health and fitness motivation to financial advice or confronting fears. Technophobes may want to opt for telephone coaching.

## the big kick

Consuming more antioxidants, calcium and omega-3 fatty acids is on the must-do list but often gets left undone because changing eating habits can be a hard task. Clever



food companies such as Vaalia however, make it simple. Its new range of yoghurts comes with all the buzzwords to make you feel good – and just in a smug way. Vaalia's Low Fat Berry Splash, for example, contains blueberries, pomegranate, elderberries, cranberries, raspberries and açai berries, probiotic culture and goji berry and green tea extracts as well as vitamins A, C and E, all in the one tub.

# healthdept.

KNOW YOUR BODY AND MIND Words: Chelsea Hunter



## SPREAD THE JOY

We love chocolate, but we could do without the high sugar content. Sweet William chocolate spread has 60 per cent less sugar than its competitors, making it the perfect 3pm snack when spread on a pink lady apple. It doesn't contain dairy products, gluten or nuts, so it can be shared with allergy-prone friends. Find it at major supermarkets.

## crush hour

Eyeing off a potential date while working up a sweat may not sound like the sexiest way to expand your social horizons, yet hundreds of Australians are joining fitness groups to meet potential suitors. Entrepreneur Erica French has launched unique four-week Fit2Date programs in Sydney, Brisbane, Melbourne and the Gold Coast so that health-conscious singles can meet other like-minded, and available, people. In each program 16 singles meet once a week for a one-hour outdoor training session that incorporates teamwork, games and challenges, of which the biggest will surely be choosing who, of the eight guys, will be your motivational crush. Go to [www.fit2date.com.au](http://www.fit2date.com.au) for details.

