

Healthy choices

THE LATEST HEALTHY NEWS AND GOODIES. WORDS: JOANNA KNIGHT



A BREAK WITH A DIFFERENCE

If you want some intensive triathlon training, why not book onto the infamous adidas eyewear and Neilson Travel triathlon training programme? Held at a beautiful resort on the Greek island of Lesbos, it offers more than idyllic surroundings for triathletes of all levels to develop their skills.

With coaching in all three disciplines, plus an emphasis on diet, preparation and transitions, you'll really benefit from training with world-class athletes and coaches. 16-23 May 2009, £930 per triathlete (includes bike carriage on flights). Call 0870 333 3356 or visit www.neilson.co.uk

SAY IT WITH A SLOGAN

These T-shirts from cult LA fashion label Junk Food are great for the fashion and eco-savvy. Show off your green credentials when out and about in this Think Green T-shirt, as adorned by celebs like Paris Hilton and Victoria Beckham. £35, available from Selfridges, 0800 123 400.



GREAT FOOD

Next time you're in London head to Tibits for some healthy food and drink. This hugely successful Swiss import is the brainchild of three brothers who know an awful lot about veggie food. Choose from 35 cold dishes and 12 hot



seasonal meals from around the world, all of which are GM-free and freshly prepared. Enjoy your meal with anything from a freshly squeezed

apple, fennel and lemon juice to an organic lager. A real veggie haven. 12-14 Heddon Street, London, W1B 4DA, www.tibits.co.uk



did you know?

47% of 16-64-year-olds suffer from dry and irritated eyes Source: blink

FOOT THERAPY

Keep your toes warm this winter in Keen's Betty Boots. As well as setting you apart in the style stakes, they use KEEN.WARM, a lightweight antimicrobial insulation that uses naturally sustainable charcoal bamboo to keep the cold out and the warm in. They are also waterproof but breathable so your feet don't get sweaty. £80, 01572 772 500 or www.keeneurope.eu

THE EYES HAVE IT

With nearly 50 per cent of us suffering from dry and irritable eyes, these protective eye drops from blink will provide you with long-lasting relief when you're out running and cycling! They have an advanced viscosity-enhanced formula that can hold moisture in the eye for over 60 minutes, providing longer lasting protection when you're on the go. £4.99, for more details visit www.amo-eyecare.com



TRY HYPNOSIS



If you need to change the way you think about weight-loss to achieve your goals then a hypnotherapy CD may be the answer. Tricia Woolfrey's approach to weight-loss is to

tap into your mind and help you work out what you really want to achieve. There are no quick-fix scams here; just tried-and-tested techniques that will help you get motivated. £15 plus £1.95 p&p, www.pw-hypnotherapy.co.uk