

Health, beauty & fitness

Ask the pharmacist... water retention

FEELING bloated? Boots' pharmacist Angela Chalmers answers your health queries.

What causes it? Water retention is a common condition that can occur in healthy adults. Levels of water retention vary, depending on diet or lifestyle factors such as dehydration. When the body is dehydrated it will retain whatever water it has and this can cause swelling in the affected areas. Too much sodium (salt) in the diet can also cause retention.

What can I do? If you have a mild case, try some simple techniques such as reducing

your salt intake. Ready meals and canned goods often contain high levels of salt so check the label (eat no more than six grams a day). Eat natural foods with less salt, for example vegetables and rice. Drinking eight to 10 glasses daily will help keep you hydrated. However, water retention can be a symptom of underlying health problems so see your GP.



Products to consider: Boots Alternatives Water Relief (£3.79 for 60 tablets) can be used for the relief of water retention.

Brecon Carreg Natural Still Mineral Water (£0.95 for 1 litre) meets the high standards required for natural mineral water. Aquaban Tablets (£3.59 for 30 tablets) can help eliminate water retention and relieve the puffiness and tenderness associated with PMS.

HAD ENOUGH OF YOUR USUAL

On the run with a speedy guide...

BY ANTONIA KANCZULA

CENTRAL London is surprisingly runner-friendly, but mustering the confidence and map skills to pound the pavements can be a challenge — especially if you're on your own. Enter City Jogging Tours, launched last month by Hope Sioły, a keen marathon runner and even keener Londoner who spotted a niche. The idea is simple — a portfolio of guided routes, led by experienced runners or athletes. So, while you burn calories you can also garner knowledge of the capital.

It's apparently part of a new fitness trend called "sightjogging" — but could admiring the views really take your mind off your burning thighs? Here's how I got on...

Tour start

CJT can customise any length or content of route and has six set themed tours at two speeds — gentle and recreational. The "Royal London" route is the most popular but, no offence to the Windsors, it's a stunning

morning and to take advantage of clear panoramic views, I opt for the 7k "Riverside" route. At our Tower of London meeting spot, I'm relieved to find my fellow sightjoggers are locals, not tourists brandishing oversized cameras and rucksacks.

In the shadow of Traitor's Gate, alongside a few ravens and a gaggle of Beefeaters, we limber up. And while our guide Hope leads us through a few warm-up and loosening postures, she imparts some taster trivia on the Tower. This is multifunction fitness at its best — as well as boosting my running ability, I'm expanding my pub quiz knowledge.

Cross that bridge

AFTER gauging our running experience, Hope leads us off at a steady pace and we head for the river. There's something liberating about running past and around

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LOOP AROUND THE PARK? TRY A LANDMARK JOGGING TOUR



What a view: Antonia, in the blue top, crosses the river with a City Jogging Tour group

the iconic sites that ordinarily you'd only peer at through a bus or cab window. It's infinitely more interesting than the treadmill or laps of the park. London is rich in fascinating nooks and crannies you can only see if you really get among them.

And get among them we do. Past eerie Dead Man's Hole and across Tower Bridge before arriving at City Hall. The pace is manageable — Hope isn't too out of breath to keep feeding facts and advice on dealing with the many challenges posed by the urban terrain.

Wide appeal

THIS trainer-clad approach to touring is perfect for active people who are new to London or staying for a few days — but as Hope says: "It's also a great way to encourage more Londoners to run."

At the very least, it shows you how compact and navigable the city is. Still retaining the capacity to talk, as we run towards Southwark, Hope and I discuss how running tours have limitless boundaries. From music to ghosts, Dickens, Shakespeare and Roman London — there are loads of themes to test fitness and feed curious minds.

Stunning views

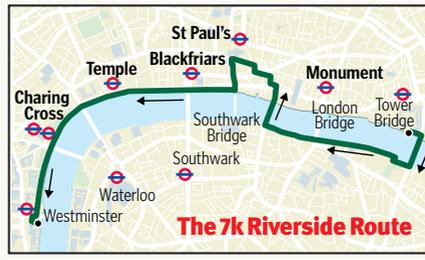
MY LEGS may be starting to tire, but the scenery is enough to occupy my mind. We run via Hay's Galleria towards London Bridge, cross back over the river at Southwark Bridge and meander through the narrow walkways to St Paul's before seeing one of London's best vistas — the view of Tate Modern across the Millennium Bridge.

The final strait

WE SAIL past the traffic of Blackfriars Bridge, down the Embankment and up the stairs to Charing Cross footbridge. We pass Somerset House and Cleopatra's Needle before the end point — the Palace Of Westminster — emerges.

Warm-up and cool-down included, it's taken around an hour and has forced me to run at a pace a notch higher than my usual. I've seen some of London's finest sights and gained the impetus to tackle more city-centric runs.

● **Tours start at £26, including T-shirt, pics of your run and a Runners Need discount card. Book at cityjoggingtours.co.uk or call 0845 544 0433**



What's in my fridge?

INTERIOR designer Kelly Hoppen, 50, lives in Notting Hill.



"I SOAK oats overnight, then in the morning I have that with rice milk and fruit, or I'll have an omelette made from one egg and four egg whites, plus toasted rye bread because I have a wheat allergy. I drink a lot of water throughout the day, dandelion coffee and only the occasional tea. Lunch is usually grilled tuna with quinoa and steamed vegetables, which I make at home and take to the office. For dinner it's steak or fish with vegetables. When I snack it's wheat-free crackers with a bit of peanut butter, or if I'm feeling naughty I'll eat cake — it has to be wheat-free. I have a personal trainer who comes over every day between 7am and 8am. I don't drink wine, I have vodka on the rocks — three and I'm on the floor. In the fridge I always have fruit, tofu, vegetables, ginger, quinoa, rye bread, and smoked haddock pâté."



Nutritionist Fiona Hunter says:

"KELLY is clearly very disciplined about her diet and her fitness regimen so I imagine she takes a whole host of supplements but if she doesn't she should start to take a multivitamin and mineral supplement because her current regimen doesn't provide enough calcium to keep her bones healthy. Almonds are a good source of calcium, so Kelly should swap peanut for almond butter and have a handful of almonds as a snack. Kelly's diet is also low in iron, which will put her at risk of anaemia, so she could swap quinoa for some puy lentils."



● **Kelly is currently working with Hotpoint to give kitchens a stylish makeover. See hotpoint.co.uk/hotstyle**

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