

Healthy *Woman*

Your Health, Fitness and Wellbeing

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JULY 2012

FIERCE & FUN

Stay fit and
make friends
at boot camp

Perfect pins
TONED, SVELTE
LEGS IN NO TIME

7

OF THE
WORLD'S
HEALTHIEST
FOODS

BACK
ON THE
DATING
SCENE?
ACE THAT
FIRST DATE

OFF TO
THE GYM?

The new etiquette rules

Too young
for arthritis?

TWO WOMEN REVEAL
THEIR FIGHT WITH
JOINT DISEASE

PLUS

EAT YOUR
WAY TO
A FLAT
TUMMY
DELICIOUS
SALADS
TO KEEP
YOU TRIM

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CEO, JSK ETIQUETTE CONSORTIUM
JANET ADETU

GUIDE TO... **PART 1** *Gym etiquette*

1 TOWEL - YOURS OR THEIRS?

Try to take your own personal towel and, preferably, your own bottle of water. Some hotel gyms provide fresh towels, but this is not so common in private gyms. If towels are provided, ensure you take one for your personal usage. Once you use a towel, remember to dispose of it by placing it in the used towels basket. Never leave it on the training equipment or lying on the floor.

2 SWEAT ATTACK

Personally, I prefer gyms that don't have air conditioning. That way, you're not breathing-in artificial air. A good work-out involves a raised pulse and heart rate, during exercise you are bound to sweat, this is a good sign as it shows your exercise routine is working. Some people, however, perspire profusely, resulting in beads of moisture falling on the machine. Wipe your sweat regularly while exercising. After the work-out, it is always important that you spend a few extra seconds wiping down sweaty areas on the equipment you just used. Some people don't mind using their towels but a good gym might provide disposable tissues with a spray sanitizer.

3 YOUR FAVOURITE MACHINE

Some women find that they are more comfortable on a specific machine and therefore won't bother to try anything else. Whichever it is, be careful how much you hog it, and time your usage with consideration for other gym-

goers. Most gyms that are busy during peak hours will peg the usage time at 20 minutes maximum per user.

4 USE AND REPLACE

My favourite gym time is in an aerobics class that involves everything from dance to body basics, step aerobics and abdominal exercises. In the course of the class we often bring out the steps and mats for the final cooling down exercises. It really beats me when class ends and some women simply leave their steps and mats on the floor. It's a safety hazard, and it's discourteous to everyone else in the class, too.

5 CELL PHONE MANIA

It is interesting how some women are attached to their phones, but the truth is if you miss a call or a text, life still goes on. When you decide to engage in healthy exercise for the day consider this 'me time'. Entertain no interruptions until you are done. The other day I was in the gym when a young lady on the next cross trainer received a phone call. She allowed her phone to ring for longer than necessary considering where she was, and this, in itself was a huge disturbance. Before we knew it, her hello was so loud we all automatically turned in her direction. Not minding any of us or the privacy of her conversation she maintained her loud tone of voice throughout the phone call - a total disregard for her fellow gym users.



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