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get fit with guy
With Ironman legend Guy Leech

CELEBRITIES GONE WILD

- Angelina Jolie spent three months perfecting bungee ballet in preparation for her role in Lara Croft: Tomb Raider.
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- Matthew McConaughey is rumoured to be making a fitness DVD for men on how to get a surfer's body. Tour de France legend Lance Armstrong may also get involved.

CANINE CROSS
Running with your dog has suddenly become competitive. Canine Cross Country events are big in the UK, but there are only small pockets of interest Down Under. The dog is attached to its owner with a special waist-to-collar harness and they compete over distances of up to 5km. There are many health benefits from walking or running with your dog, including improving cardiovascular health, maintaining and building muscle strength and providing stress relief. Plus it has great psychosocial benefits because you get to meet more people with a dog – they can be great icebreakers for meeting other people. For more information, visit www.canine-cross.co.uk.

POLE OR NORDIC WALKING
You can Nordic Walk anywhere you would normally walk, no snow is required. All you need is a pair of good walking shoes and a set of ski-like poles. Adding the poles to your walk increases your arm workout and burns almost 1650kJ per hour compared with 1176kJ per hour of normal walking. Pole walking groups operate in every state of Australia except the Northern Territory and Tasmania. For more details on joining the Nordic Walk Australia group, visit www.nordicwalkingaustralia.com.au.

Wacky WORKOUTS

IF YOU'RE BORED WITH THE GYM – GIVE THESE WEIRD AND WONDERFUL WORKOUTS A GO

Whenever I've mixed quirky exercises, such as backwards running or underwater swimming, into a workout, it's always drawn curious looks from passers-by. But mixing it up and experimenting with various workouts is an important way of keeping motivated to stay fit and healthy. And some of the less conventional workouts have great health benefits – running and walking backwards is a great way to work your thighs and buttocks, just make sure you're on sand when you try it. That said, I thought I'd heard them all until I came across these odd workouts.

HULA AEROBICS
Yet to hit Australia, this aerobics-meets-hooping craze is sweeping across gyms in the US and UK. A typical class lasts between 30 and 60 minutes and involves dancing with a hula-hoop, which is great for middle-body strength. Expect to burn 400kJ every 10 minutes when you do this really energetic workout. Visit www.hoopandpire.com.

STILETTO FITNESS
It's not for me, but plenty of women across the US and UK have started strutting around in five-inch stilettos to choreographed dance moves. The craze is similar to pole dancing and its inventors talk of huge benefits including leg toning. Personally, I think it's an insurer's nightmare. Thankfully it hasn't hit Australia, yet.

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