

## SIMPLE MOOD BOOSTERS

Got the winter blues? Try these pampering ideas for an instant lift

### Take a decadent dip

There's nothing that will put you in a better mood than a nice, hot bath. Add a few drops of bergamot or geranium essential oil for an extra happiness boost.

### Be a faker

A golden glow will make you feel so much better. Start by exfoliating and moisturising to smooth your skin. Apply a light coating of fake tan an hour before bed, so you'll wake up gilded and gorgeous.

### Feast on fruit

Bananas are packed with tryptophan, a type of protein which the body converts into the feel-good hormone serotonin, so upping your intake will improve your mood.

### Give someone a hug

As corny as it sounds, a big hug is a great way to feel instantly happier. Grab your mate, your mum or a hunky man and get hugging.

### Go for the burn

If you're feeling down then the gym may be the last place you would want to head, but exercising is the ultimate way to improve your mood and wellbeing – especially if you go before work as an early morning wake-up.



Don't worry – be happy.

## Shape up like the stars... Kickboxing

### The lowdown on kickboxing

Get a lean, mean physique like **Sarah Michelle Gellar** or **Angelina Jolie** (right) with the help of kickboxing. It's basically a powerful cardiovascular workout, with an emphasis on footwork, body mechanics, kicking, punching and defensive and offensive techniques.

### What can it do for my body?

Angelina took regular kickboxing classes to get her Lara Croft toned curves for the *Tomb Raider* films. Regular kickboxing classes will improve your fitness, give you stronger arms, better co-ordination and tighten your abs.



### What can it do for my mind?

As it's basically a martial art it'll give you more confidence in being able to protect yourself should you ever find yourself in a situation to use it.

### Where can I try kickboxing?

Visit [www.wka.co.uk](http://www.wka.co.uk) or call 0121 382 2995 to find out where your nearest classes are.

We bet that **Brad Pitt** never looks twice at other women.



Eat the treats without the guilt – visit [www.totalrawfood.com](http://www.totalrawfood.com) for chocolate and cakes made from raw chocolate, without all of the fattening extra ingredients