



Cairns Post
Wednesday 28/10/2009

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CAIRNSEYE
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countdown to
Summer

WE GET YOUR BODY
BIKINI-READY WITH
OUR HEALTH & FITNESS
SPECIAL.

Win
A HEALTHY ESCAPE
PAGE 6

convertible style
THE SMART BIKINI

aaron fa'aso
A RISING STAR

dancesport
THE NEW FIT



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**JUST SIX WEEKS
TO SUMMER ... NO
PROBLEM! CHECK
OUT THESE SIX FREE
GET-FIT ACTIVITIES &
SIX GREAT OUTFITS
TO DO THEM IN**

PHOTOGRAPHY
CHRIS HYDE
STYLING
PIP MILLER
TRAINING TIPS
KAI BRAYSHER

Stockists: Splish Splash Swimwear, Cairns Central, Ph: 4041 1755; Fossil, Shop 70, Cairns Central, Ph: 4041 7409, Lorna Jane, Shop 68, Cairns Central, Ph: 4041 3511; Footlocker, Shop 66, Cairns Central, Ph: 4041 0497; Sunglass Hut, Shop 20, Cairns Central, Ph: 4041 2988; Hardy Brothers Jewellers, 63 Abbott St, Cairns, Ph: 4031 6838; Marlin Coast Cycle Sport, Shop 1/116 Collins Ave, Edge Hill, Ph: 4032 0002; Bella Bali www.Bellabali.com **Model:** Penny D, Lu Lu's Model Management, Ph: 4041 5966 Hair: Melissa Peltzer, art director, Adam & Eva Hairdressers, Ph: 4041 0441 **Make-up:** Ashlynd Wilson, Pip Miller PR, Email: info@pipmillerpr.com.au **Stylist:** Pip Miller, Pip Miller PR, Ph: 0419 681 543, www.pipmillerpr.com.au **Photographer:** Chris Hyde **Location:** The Cairns Esplanade and surrounds and the Mantra Esplanade Cairns, 53-57 The Esplanade, Cairns, Ph: 4046 4141. Special thanks to Scott Horn, general manager of Mantra Esplanade for the use of their gorgeous room and swimming pool and to Steve from Marlin Coast Cycle Sport in Edge Hill for the use of his fantastic bikes and cycling accessories.

 **Fit tips**

Sit-ups strengthen the abdominals and help build a strong core. Correct technique is important to avoid injury. They should be controlled with pressure focused on the abs, breathing in on the way up and out on the way down. Start with three sets. For the first set do 20 repetitions. Increase the repetitions as your fitness increases. Rest for 30 seconds between sets to keep intensity high and the heart rate/calorie burn to a maximum. Stretch while resting by laying on your stomach with your elbows under your shoulders and look upwards to push the stretch further.

 **Fashion**

Penny wears green Shanae crottop \$59.99 and Felix shorts \$39.99 from Lorna Jane; 18 carat white gold diamond encrusted hoops \$14,995, diamond tennis bracelet \$9500 and Bell & Ross white timepiece \$4350 from Hardy Brothers Jewellers. (Opposite) Seafolly one-piece \$129.95, Lizzie hat \$39.95, beach towel \$49.95 from Splish Splash Swimwear; watch \$199.95 from Fossil; 18 carat yellow gold hoops \$765 from Hardy Brothers Jewellers.





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 **Fit tips**

Volleyball, as with most sports, builds confidence, co-ordination and team skills. When played at a higher level, it is very demanding as it requires fast reflexes and hand-eye co-ordination. Matches usually last an hour and consist of two teams of six. To increase intensity, decrease the number of players and keep rest time to a minimum. Two or three games a week is great, but don't replace exercise entirely with sports.

 **Fashion**

Penny wears Bond-Eye floral bikini \$79.95 (top) and \$55 (bottom) from Splish Splash Swimwear; Ray Ban sunnies \$240 from Sunglass Hut; lycra necklaces \$29.50 each from Bella Bali; 18 carat white gold diamond tennis bracelet \$9500 and Bell & Ross white timepiece \$4350 from Hardy Brothers Jewellers; volleyball \$16.95 from Night Owl on Shields St.



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 **Fit tips**

Bike riding builds muscle tone through the legs and increases physical endurance. Riding mostly focuses on the lower half of the body but also extends into the abdomen and arms. For people who prefer to ride indoors, most gyms are equipped with bikes. As your fitness improves you can vary your rides by increasing the duration or riding up hills. If you happen to train in a gym you may choose to do interval training as well.

 **Fashion**

Penny wears Speedo honeycomb tri bikini \$44.95 (top) and \$44.95 (bottom) from Splish Splash Swimwear; Orange Ray Ban sunglasses \$240 from Sunglass Hut; Tracksia sleeveless white hoodie \$69.99 from Loma Jane; Coloured zipper bracelet \$24.95 and matching white earrings \$14.95 from Bella Bali; Vintage bike courtesy Marlin Coast Sport.



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“ *Practising yoga leads to a healthier body, mind and spirit ...* ”



Super-fit fashion stylist Pip Miller, of Pip Miller PR, is a regular visitor to the Cairns Esplanade, making full use of the array of fitness facilities available to the public.

Fit tips

Yoga leads to a healthier mind, body and spirit, not to mention muscle tone, flexibility, strength and stamina. It also reduces stress and tension, boosts self esteem, improves concentration, lowers body fat, stimulates the immune system and creates a sense of wellbeing. Free yoga classes at the Esplanade start at 6.30am every Tuesday (meet at Lagoon Cafe), Walking (inset) is low impact and focuses on cardiovascular fitness. To increase intensity, speed it up by walking up hills or wearing leg weights. Start with three to four times a week for 30 minutes and build up as your fitness improves.

Fashion

Penny wears Lifestyle Mia crop in surf spray \$39.99, Madonna dance wrap top \$39.99 and Caroline yoga pants \$45.99 from Lorna Jane. (Inset) white singlet \$24.95 with tie-die dress \$59.95 from Just Jeans; Purple Dior watch \$73.50 from Hardy Brothers Jewellers; white zipper earrings \$14.95, black-and-white button hip swing bag \$44.95 from Bella Ball; Nike leather hi-tops (not shown) \$119.95 from Foot Locker Cairns Central.



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 **Fit tips**

Swimming is low impact, helping improve cardio respiratory fitness and endurance, providing an all-over body workout and increasing flexibility. Swimming is not an exercise we do every day so start slowly with a rest period between laps. Shorten that period as your fitness increases until you are swimming continuously. For beginners, swim 10 laps in freestyle and breaststroke (five of each) and build up from there.

 **Fashion**

Penny wears Seafolly white one-piece asymmetrical maillot with gold detail \$129.95 from Splish Splash Swimwear.