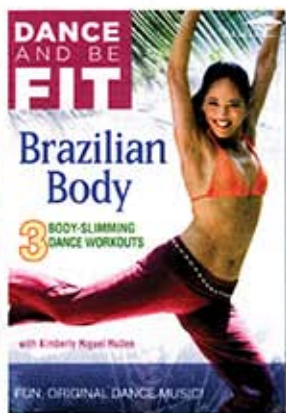


**REAL PEOPLE**  
**Pilates**  
 for over 50s

**BEST FOR...**  
**all-round weight loss and fitness**  
**EXERCISE YOURSELF THIN**

**Joanna Hall**  
 Billed as "Your one-stop guide to a beautiful body," this paperback by fitness expert and *Saga* contributor, Joanna Hall, is packed with enjoyable ideas on how to get active in a safe and sensible manner.

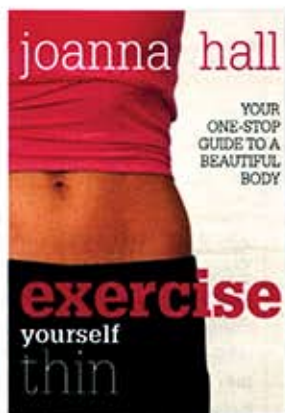
Hall's approach is reassuring, with an emphasis on incorporating exercise into daily life rather than setting rigid, difficult-to-sustain plans. She suggests walking as the foundation of your programme and includes practical information on exercises for individual body shapes. With chapters on injury prevention, and ideas such as "workout wedges" – short bouts of exercise fitted into spare-time slots – plus three action plans geared to weight loss, this book could help turn those New Year's resolutions into reality. Other books in the same series, at the same price, include *Eat yourself thin* and *Keep yourself thin*. (Available from bookshops, Kyle Cathie, £6.99)

**BEST FOR...**  
**improving mobility**  
**REAL PEOPLE PILATES FOR OVER 50S**

**Elizabeth Chandler**  
 Have you been inactive for a while? Do you have difficulty with mobility or are you recovering from medical problems or injuries?

This DVD, devised by Liz Chandler, who has pioneered Pilates for older people with the aid of a physiotherapist and osteopath, could help get you moving. It contains a selection of gentle standing and floor-based exercises to stabilise core muscles and improve posture, stability, breathing and stamina.

The exercises are demonstrated by Janet, 62, Derek, 68, and Sylvia, 70, from Liz's West Country class. I found the pace rather slow, as each exercise is explained in such detail. However, if you are unaccustomed to exercise or need



## Shaping up with the experts

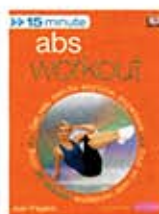
At this time of year store shelves are groaning with get-fit books and DVDs designed to stimulate our desire for a healthy new start. **Patsy Westcott** chooses the pick of the bunch

a reference for your Pilates class, this is an excellent introduction. (Available from 01373 455 674 or online from [www.realpeoplepilates.co.uk](http://www.realpeoplepilates.co.uk), £16.99)

**BEST FOR...**  
**mind, body and spirit**  
**T'AI CHI BEGINNER'S WORKOUT**  
**David-Dorian Ross**

If you've ever wondered what T'ai chi is all about, this DVD/workout kit explains it all. Filmed in the Joshua Tree National Park in the USA, the tanned and sculpted presenter and martial arts expert, David-Dorian Ross, guides you through elegant, flowing exercises with wonderfully poetic names like "Holding up heaven like a pillar", "Embracing the moon" and "The white crane spreads its wings", using the small weighted Chi ball included in the kit.

Chi is the Chinese word for energy and, as Ross explains, "The mind moves the Chi, the Chi moves the body and the body moves the ball." More prosaically, the DVD provides a comprehensive light resistance workout, which gently exercises and tones upper and lower body, and calms and relaxes the body and mind. Each exercise is clearly demonstrated from several angles,



**BEST FOR...**  
**a flabby tummy**  
**15-MINUTE ABS WORKOUT**  
**Joan Pagano**  
 There is plenty you can do to firm and tone sagging muscles. This DVD/book package, by New York trainer Pagano, contains four simple routines to target the stomach. (Available from bookshops and DVD stores, Dorling Kindersley, £13.99)

and the pace is slow enough to follow but not so turgid as to put you to sleep. (Available from sports shops, bookshops and DVD stores and online from [www.habdirect.co.uk](http://www.habdirect.co.uk), Gaiam, £15.99)

**BEST FOR...**  
**cardiovascular health**  
**DANCE AND BE FIT: BRAZILIAN BODY**  
**Kimberly Miguel Mullen**

The fast-paced, strenuous, dance-based workouts on this DVD will get those limbs moving again. Stunningly filmed, it features three high-energy workouts based on Brazilian dances to get your heart pumping, tone and trim your torso and help strengthen bones.

The enthusiasm of the presenter and the lithe young man and woman who help demonstrate the moves is infectious. Each routine begins with a gentle warm-up, followed by a heart-pumping dance sequence rounded off with a cool-down. Although it claims to be aimed at all fitness levels, if you are unfit, unused to exercise or have never done aerobics, you should go at your own pace – but this was definitely the most fun of all the DVDs. (Available from Amazon and other book and DVD stores, Acacia UK, £12.99)