

# health+ fitness

EVERY TUESDAY  
AUGUST – OCTOBER 2017



EVERY  
TUESDAY IN  
The West Australian

## SEPTEMBER

### SEPTEMBER 5

#### All about legs

- Great leg workouts and great leggings to match.



### SEPTEMBER 12

#### From weights to weight loss

- How lifting weights can help you drop weight.

### SEPTEMBER 19

#### Should I do a detox?

- The pros and cons of starting a detox diet.



### SEPTEMBER 26

#### Learning to surf

- Can anyone do it? We look at the best places to try.



### OCTOBER 3

#### Stop cravings

- How you can cut out cravings for caffeine, sugar, salt and refined carbs.



## OCTOBER



### OCTOBER 10

#### Six pack for summer

- We look at the right foods, exercise and general goal setting tips.

### OCTOBER 17

#### Walk the walk

- How much walking is needed for health benefits and weight loss? We look into the best walking tips and the best trainers and shoes to wear.

### OCTOBER 24

#### Are your kids exercising enough?

- Experts talk us through how much kids should be doing each day plus great tips to get children moving.



### OCTOBER 31

#### The beginner's guide to CrossFit

- What it really involves, what to expect and who it suits.



For more information and bookings contact:

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