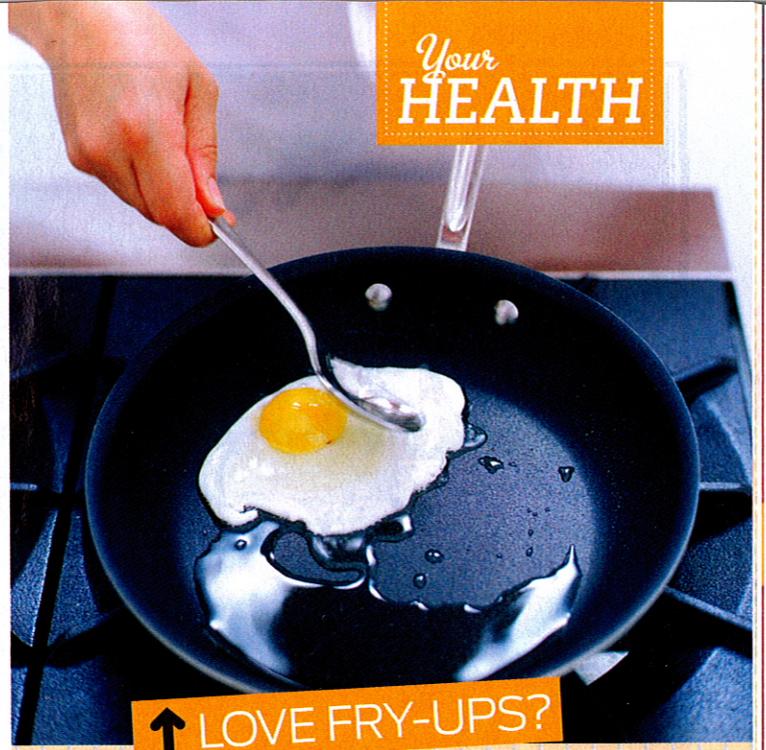




NOW HEAR THIS

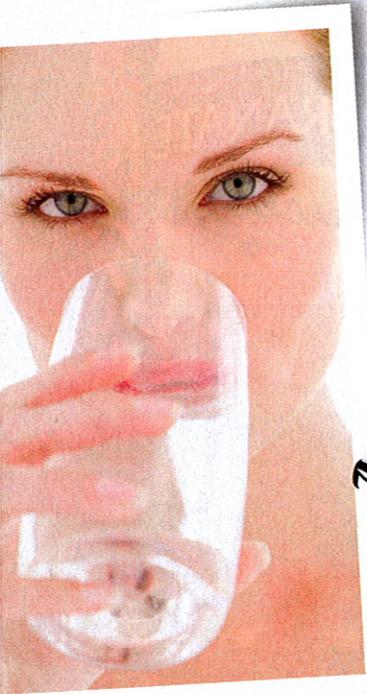
NEXT TIME YOU'RE OUT WALKING, DITCH THE TUNES AND TAKE IN THE SOUND OF BIRDS INSTEAD. THE NUMBER OF PEDESTRIANS INJURED OR KILLED WHILE WEARING HEADPHONES

MORE THAN TRIPLED IN THE PAST SIX YEARS, ACCORDING TO A STUDY AT THE UNIVERSITY OF MARYLAND. ONE THIRD OF CARS REPORTED THEY HAD SOUNDED THEIR HORN PRIOR TO THE ACCIDENT.



↑ LOVE FRY-UPS?

You can still enjoy them, as long as you use healthy oils. Researchers at Madrid's Autonomous University looked at 41,000 adults who followed a traditional Spanish Mediterranean diet and found there was no connection between how much fried food they ate, and heart disease and death rates. "Frying with olive or sunflower oil is not associated with a higher risk of coronary heart disease," the authors concluded.



↑ HEAD ABOVE WATER

Cranky? Tired? Can't concentrate? Reach for a glass of water, says a new study published in *The Journal Of Nutrition*, which found that even moderate dehydration had a negative effect on women's mood, energy levels and ability to focus.

Health insider

This week's must-read news and advice

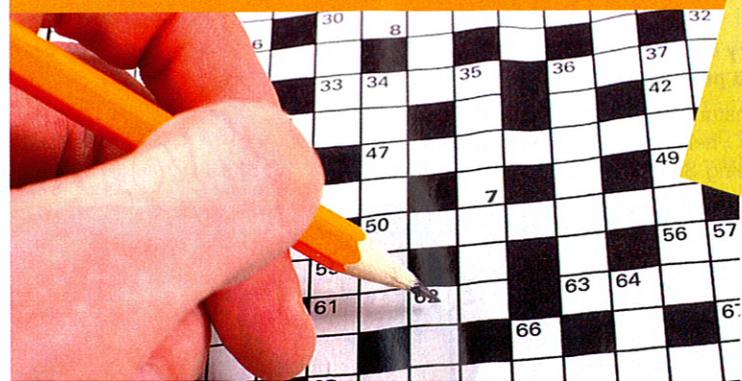


DID YOU KNOW?

Just one teaspoon of Nature's Own Omega Delight provides the recommended daily intake of Omega-3 fatty acids for kids. Omega Delight is available at Coles and pharmacies, rrp \$21.95.

↓ GET THE KIDS CROSS-TRAINING

We've all heard doing the *Woman's Day* crossword may help ward off dementia, but did you know the crucial age to engage your brain is between six and 40? Researchers at the University of California surveyed 65 adults with an average age of 76 and found that those who had regularly done crosswords and the like, particularly between six and 40, had lower levels of a protein associated with Alzheimer's.



FAST FACT

40%

of Australians are in the healthy weight range. So why not join them starting today.\*

\*Source: Deakin University, Geelong Osteoporosis Study, 2012.