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HEALTH BUZZ

Your guide to the latest news and how to keep fit and healthy.



The Byron at Byron, Byron Bay

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TAKE A BREAK... BLISS OUT IN BYRON

It's that time of year when summer holidays feel like an age ago, and it's still eons before winter travel plans kick into action. Want to break up the monotony? Grab a mate for a girls' weekend away. The Byron at Byron is offering a rejuvenating revamp. The Girls' Getaway package (from \$1,155 for two nights for you and a friend) includes yoga classes and a daily buffet breakfast. Then you can spend the afternoon exploring Byron's famous beaches before being pampered at The Spa and Wellness Centre.

The Byron at Byron; 1300 554 362/
thebyronatbyron.com.au



MY HEALTHY LIFE

Model and beauty maven, **Lindy Klim**, 33, shares her wellness tips.

What's a typical day?

"Early school drop-offs [for Stella, five, and Rocco, two] and the gym, followed by work on my business, Milk Skincare. Then it's pick-ups and dinner."



How do you include fitness into your schedule?

"When your husband is an Olympian, it's just part of life! [Klim is married to swimmer, Michael]. As a family, we are very active. I have a trainer three days a week, and I try to fit in spin, cardio and weights too."

What's your fitness philosophy? "It shouldn't be a chore; find a regimen you enjoy."

Tell us about your diet. "I love food, but moderation is key. I try to eat organic foods, and include lots of fruit, vegetables and wholegrains in our diet."

Any general wellbeing tips? "Smile and laugh often!"

Milk Baby Sleepy Bubs Massage Oil, \$28.95; 03-9682 7793



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HIT THE TRACK

Update your running playlist with these upbeat tunes. The three discs feature songs for: a warm-up ("Jog"), amped-up burn ("Run"), and to push your workout to the max ("Interval").



LITTLE WONDERS

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