

## I'll have a blueberry muffin please!

Next time you're stood in the fruit and vegetable section of the supermarket looking for a tasty alternative to your usual apple, why not try a punnet of fresh blueberries? Not only are they juicy and delicious, but new research has suggested that they can also lower cholesterol.

Researchers in the US recently found that an antioxidant compound in the fruit acted as effectively as a commercial drug used to bring down the cholesterol level of rats. Similar antioxidants have also been found in grapes and red wine.

Although the research is in the preliminary stages, it's believed that an ingredient could be developed as a treatment for humans battling against obesity and heart disease.



## Sweat-free exercise

Gyms sometimes aren't the most relaxing places to be. The whirring of the running machines, the chugging of the air-conditioning and the loud dance music can be a little bit headache inducing, especially after a hard day at the office. So if you like your exercise a little more refined, head down to one of the Boda Wellness Centres in Mosman or Double Bay, NSW, for a Boda work out using the latest in assisted-exercise equipment. Combining the principles of pilates and resistance training, the work out is a one hour session facilitated by a trained instructor, using eight individual motorised toning stations, each designed to exercise a specific muscle group. As each major muscle group is gently contracted more than 100 times during the session, the result is a very fast gain in the tone of muscle fibres. For further information visit [www.boda.com.au](http://www.boda.com.au)

## Steamy board games

Need a little something to spice up the sex life? When it comes to board games, Monopoly's just not going to cut it, so why not try your luck at Monogamy, a cheeky board game for two that involves intimate questions, passionate scenarios and steamy dares. As you work your way through the Monogamy cards (intimate, passionate and steamy), the more risqué and down right dirty the questions get and you could be asked to perform an erotic dance or re-inact a scene from a massage parlour. Need we say more! Monogamy is available from good adult shops and selected games stores nationally.

