

WELL SAID

The next time someone asks after your health, take a moment to consider your answer. A recent survey commissioned by a major Australian health fund suggests that most Australians have a poor understanding of what constitutes good health. Eighty-four per cent of research respondents rated their health as being average or above average, yet tests revealed more than half had either high blood pressure or high cholesterol. The findings have prompted the fund to coin the term "un-sick" to describe people who think they are healthy because they display no physical symptoms of major illnesses. "We are concerned that un-sick is becoming the new measure of wellness," says Amanda Hagan, group executive of Australian Unity Health, which commissioned the survey. "Good health and wellness is about so much more than not being sick."

Better than un-sick

1. Check blood pressure, as hypertension can lead to heart attack, heart failure, stroke or kidney disease.
2. Take a blood glucose test, to check for diabetes.
3. Monitor cholesterol, a major risk factor for coronary heart disease as well as certain types of stroke.
4. Give up smoking.
5. Eat a healthy diet.
6. Exercise for 30 minutes on five or more days per week.
7. Drink alcohol only in moderation.

health dept.

KNOW YOUR BODY AND MIND
WORDS: CHELSEA HUNTER

VOGUE LOVES ...

Sleep Sanctuary's Cashmere Eye Cocoon. Sisters Tara and Danielle Sutton have created a snooze-inducing range of treats, including Egyptian cotton sleepwear, \$165, and a face mask infused with essential oils, \$40. Visit www.sleepsanctuary.com.au

Sleep Sanctuary Cashmere
Eye Cocoon, \$40.

I-RUN

Finally, a legitimate reason to work up a sweat while watching *Entourage*. The new T9e treadmill, \$12,899, from Life Fitness comes with a touch-screen LCD so you can watch TV on the run. For more direct motivation, the T9e comes with 16 standard workouts plus 13 customizable routines to keep you on track. Gym versions come with video iPod loading docks. See www.lifefitness.com for details.



DRINK ME

Researchers have found that a daily glass of pomegranate juice can deliver a high antioxidant effect to your body — more so than green tea, red wine or berries. Now, thanks to Found pomegranate juice, you'll also be doing the Earth a favour when you sip one of its carbon-neutral range. It's practically an act of environmental goodwill.



THE GOOD OIL

No time to relax between end-of-year parties? Dim the lights, light a candle and pour a few drops of Endota's Calm essential oil blend, \$25, in the burner or bathtub to help ease the adrenaline rush. Need a pick-me-up? Try the Clarify blend with zesty notes of orange, lemon and mandarin to get the brain firing again. There's also thewite to boost a lagging immune system. Dream for a good night's sleep. Spirit for meditation, and Perspective to create balance and harmony. Tel 1300 737 330 or visit www.endota.com.au