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STEP OUT IN A GOOD CAUSE

Regular exercise helps reduce the risk of breast cancer, so why not join the 44-kilometre Aviva Walk London on Saturday 8 September to raise funds for Breakthrough, the campaigning breast cancer charity? Every walker has to raise at least £500 in sponsorship to take part: for a free fundraising guide, call 020 7299 4165, or visit breathroughwalklondon.org.uk

Sprayer power boosts concentration

Open-plan offices may be sociable but it can be tricky to concentrate. One woman who compares the tightly-packed desks in her office to a 'noisy battery hen coop' has been liberally spraying co-workers with a flower remedy called Working Harmony Mist. 'One colleague was affronted because she misheard the name as "Work Harder Mist", but funnily enough we do get more done. It seems to make us feel calmer and more able to focus, and helps dissolve team tensions, too.' It might also aid easily distracted teenagers revising for summer exams. Working Harmony Mist by Light Heart Essences, £9.65 for 50ml, from Victoria Health, see right.

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Sarah reads all your e-mails but regrets that she cannot answer them all personally

Illustrations NILA AYE

All products mentioned, unless otherwise specified, are available by mail order from Victoria Health, tel: 0800 3898 195; victoriahealth.com

Small change BIG difference



Find peace in the most stressful day: it takes just one minute to switch from chaos to calm, according to *The One-Moment Master*, a truly helpful book by Martin Boroson (Rider, £6.99).