

GET FIT NEWS

BY KHOO BEE KHIM

how to treat A BLISTER

Don't let blisters ruin your run or hike. Here's some DIY aid from Wilderness First Aid, Singapore, a company that teaches outdoor survival and first aid skills. After disinfecting your hands and the area around the blister, do the following:

- 1. Make a small puncture** with a sterile needle at the base of the blister at 12 o'clock and 6 o'clock. Leave the roof of the blister on so it can continue to protect the skin.
- 2. Use a gloved finger**, or a piece of clean or sterile gauze to gently push the fluid out.
- 3. Apply a small amount** of antibiotic ointment to a piece of gauze and cover the wound. Avoid drying products such as alcohol.



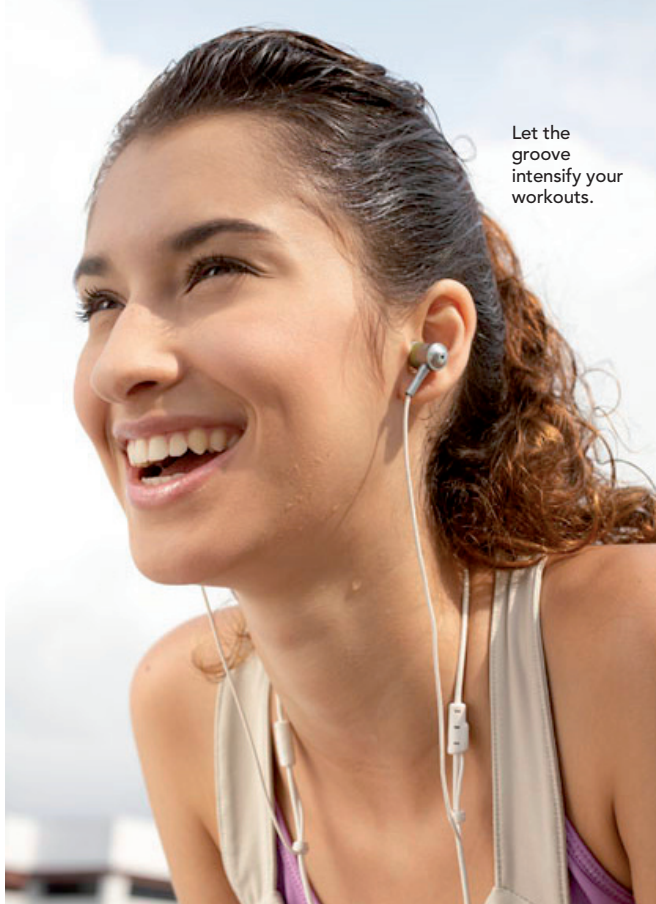
TIP Prevention is better than cure. Blist-O-Ban are uniquely shaped sterile plasters that conform and stick (even through adventure races!) to blister-proof your feet. They can also double up to protect broken blisters. Available through Wilderness First Aid, Singapore, at www.wild1st-aid.com or info@wild1st-aid.com.

free! running clinics for women

Adidas has partnered kinesiologist Tan Swee Kheng to offer free counselling and coaching sessions to women runners. The Adidas Running Clinic for Women will take place once a month, 8am, at these dates and Adidas stores:
30 September & 25 November – Suntec City
28 October & 16 December – Vivo City
For enquires or to register, email info@fifthray.com.



SUCK IT UP The next time you're going somewhere where the water source is dodgy, pack the iStraw with you. About the size of a permanent marker, it is fitted with a membrane which the manufacturers say filters off nearly 100 per cent of diarrhoea-causing microbes in the water or ice. No need for water-disinfecting tablets that leave an aftertaste. Log onto www.istraw.co.uk for more information.



Let the groove intensify your workouts.

REV UP your workout

Increase the calorie burn and make any cardio workout more fun with these easy kick-up-the-intensity ideas.

* Push it with your songlist

Speed up every time you hear a song's chorus.

* Get more out of TV time

If you're watching a news channel, sprint for 30 seconds every time you hear a politician's name. If you're watching a sitcom or talk show, take it up a notch during the commercials.

* Drop and give yourself 10

Every 5 minutes, stop (pause the machine if you're on one) and do five push-ups and five crunches.

* Go car spotting

Running or walking outside? When a red car passes you, sprint for 10 seconds; a black car, 20 seconds; and a white one, 30 seconds. Or make up your own system based on the models or colours of cars.