



CHIC
HEALTH
NEWS

UPDATES TO HELP KEEP YOURSELF IN FINE FETTLE

◆ If you're taking part in the Flora Mini-Marathon on Monday, June 7 be sure your assets are supported! Over the course of the 10km, the average female runners' breasts could travel up to 600 metres in bounce! Thankfully the shock absorber bra reduces bounce by up to 78 per cent when scientifically tested. They're available for €47.50 from Debenhams, Arnotts, Clerys, Champion Sports and Elvery Sports as well as selected independent retailers nationwide.

◆ Almost half of Irish adults don't go to the dentist regularly, according to research carried out recently for a Dublin dental practice, The **Seapoint Clinic** in Blackrock. It also revealed that over one in three Irish adults only visit a dentist when something is wrong. To avoid problems later in life, dentists recommend a visit every six months to a year.

◆ A new survey has shown that 42 per cent of Irish teenage girls and 23 per cent of boys don't get enough calcium.

Reduce the percentage by encouraging kids to drink milk and eat cheese or tofu. Sardines, yoghurt and green leafy veg like spinach are also high in calcium. To find out more, mums are encouraged to join the Dairy Den at www.dairyden.ie.

