



• personal trainer •

with Damien Kelly

Exercises for osteoarthritis and how much is too much?

HIP, HIP HOORAY

Q I'm 53 and have always exercised. The biggest challenge I face now is that I have osteoarthritis in one hip and have to be careful with what I do. I walk approximately three times a week for 30 minutes at a time and do Pilates and light weights three times a week to keep my bone density strong. What exercises do you recommend that won't cause my hip to deteriorate or cause pain?

Rosemary, via email

A You're doing really well. Improving your fitness, endurance, strength and flexibility will all improve your function and decrease joint swelling and pain. Your biggest goal with osteoarthritis is to avoid inactivity and you seem to have this covered. Your training needs to be low to moderate in intensity and progressive in nature. You should avoid stair climbing, jogging and running and include flexibility and joint range of motion, but avoid overstretching and hyper-mobility. From an aerobic point of view, focus on walking, cycling, rowing, swimming, water aerobics and dance. For strength training, focus on free weights or bands using whole-body movements. Stretching should be done once or twice a day. Avoid exercises that leave you sore for more than two hours post-workout.



RUNNING ON EMPTY

Q Is it possible to do too much exercise? I'm 15 years old and am addicted to working out. I can't go a day without it and if I do I feel really bad. Sometimes I think I'm overdoing

it and could be doing myself harm, but that still doesn't stop me. I even exercise when I'm sick. My body mass index (BMI) is 18. Can you please tell me how much is too much and how much I should be doing for my age?

Nikki, Vic

A It seems clear that you are indeed overdoing it and worsening your overall health. But, in saying that, you've done well by making this call for help. One of the keys to exercising properly is rest. When you exercise, you cause stress on your body. For this stress to be turned into a positive you must rest and let your body recover. You're not giving your body a chance to do this. Make sure you have at least two days off a week. If you have to do something on these two days, just go for a slow walk for less than 30 minutes. Your body will thank you. On the days that you do exercise, make the sessions no longer than an hour - any longer than this and you're just wasting your time. You'll be able to make these changes if you keep reminding yourself that exercise is first and foremost about being healthy.

• Damien Kelly is a qualified exercise physiologist. Please email your health and fitness questions to damien@yourpersona.com.au. Due to the large volume of questions Damien cannot respond personally to each question.

try it out

Give it to me STRAIGHT

Fed up with her fly-away locks, Cushla Chauhan tested out a permanent hair-straightening treatment.

P ost wash and blow-dry, my naturally thick and wavy hair looks pleasingly sleek and sophisticated. But give it a few hours and it defaults to the giant puffball of a 1980s Miss Universe contestant. Give it another day and the fly-away fuzzies on top add another dimension to my look.

"Just get your hair straightened," suggested a friend one day post hair-tanty. I had, in fact, already considered the procedure, but having seen another friend's results some time ago - so straight it looked artificial and cheap in a "Kim Craig nee Day" kind of way - I decided against it. "Nowadays the chemicals aren't nearly as harsh," my friend continued. "Just find someone you trust."

Elizabeth Pozoglou is someone I trust. I meet her at Cast Hairdressers in Darlinghurst, Sydney on a rainy afternoon, when my hair is even more delightfully out of control than usual. As the Paul Brown Australian educator, Elizabeth has been working with Paul Brown products for four years and has performed so many hair-straightening treatments she can probably transform an afro to sleek, straight perfection in her sleep.

Elizabeth takes a look at my mop and classifies it as quite thick and coarse - thanks for that - and tells me, "You'll probably need something quite strong to get the results we're looking for."

On the straight and narrow

I'm quick to point out that the result I'm looking for is more natural-looking than ram-rod straight and ironed; I don't want my hair to sit so snugly to my scalp that my ears poke out. Elizabeth assures me that Paul Brown is renowned for its straightening treatments and that to achieve a smooth, natural-looking finish, it's a matter of making sure that the hair isn't over-processed and choosing the correct system for the hair type. Feeling confident and excited, I give her the go-ahead.

Elizabeth selects the Paul Brown Hawaii Relacks relaxer/straightening system for me. Hair that hasn't been washed in a couple of days works best, so I've come prepared, with a suitably greasy head. Unwashed hair prevents scalp irritation because the hair's natural oils coat the scalp and act like a barrier to the chemicals. I also learn that

the system I'm about to have works by straightening and reforming the bonds of the hair, while reconditioning it in the process.

Elizabeth starts by combing my hair free of knots, then sectioning off the top and sides, leaving the very bottom layer loose. Long boards of flexible plastic are then laid beneath combed sections and the hair is painted onto the boards with the formula. I'm prepared for a toxic cloud of chemicals, but there's hardly any smell at all.

The segments of hair are fairly sparse and Elizabeth has to work from back to front in regimented lines, keeping the solution away from my scalp. I imagine that for the novice stylist this process could take forever, but 20 minutes later Elizabeth is done, leaving me resembling a strange Medusa with a head full of snake-like extensions.

Tressed to impress

It's then time to wash out the product, again in sections, from back to front, so the hair treated last is rinsed off last. Several rinses and washes later, I'm led back to the mirror. Already I can see the difference. Usually my wet hair is quite wavy, and now it's dead straight.

Elizabeth gives me a lesson in blow-drying for maximum sleekness and shine. Make sure your hairdryer has a

nozzle, direct the air down the hair shaft and work with a large paddle brush as you go.

I have to admit, the result is stunning. My hair is so shiny I almost have a halo and it's perfectly, but not paintbrush, straight.

I'm told not to wash my hair for another two days, during which time the chemicals are still taking effect. After that I need four to six weeks of after-care treatment, using special products, to replenish my locks. Treated hair remains straight until it grows out, so Elizabeth thinks I would probably need the roots done in about a year's time.

It's now two weeks later and I'm still loving the result. It's a miracle to wake up with hair that actually looks good. As far as my hair's condition goes, I do think it's more fragile and I definitely need to take better care of it. But considering I've kissed the Dynasty do goodbye, this seems like a small price to pay.

• To find a Paul Brown salon near you, call 1300 660 680.



"My hair is so shiny I almost have a halo and it's perfectly, but not paintbrush, straight."

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