

DINING OUT

THEN: SUSHI TRAIN
NOW: TAPAS BARS

It has taken a while but the rest of the nation is finally catching on to the small bar scene, a joy formerly exclusive to Melburnian foodies.

Grabbing a quick bite in the city no longer has to mean snapping cold eel off a conveyor belt – the rest of the nation is embracing the tucked-away tapas bar, where moorish morsels (portion controlled, hurrah!) are complemented by carafes of house shiraz.

Order wisely and you can even keep the kJ count down – plus it's a guaranteed good time out on treat night. Sydney's Ash St Cellar; Perth's Fuche and Brisbane's cosiest lounge room, Glass, are great starts to a subtly decadent night out.

VANITY FAIR

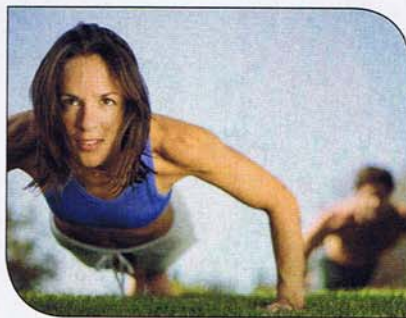
THEN: LIPOSUCTION
NOW: NON-SURGICAL TREATMENTS

The new hype is around cellulite treatments without the scalpel. For the average wobbly-thighed, time-poor lady, science has created a range of beauty boosts you can do in your lunch hour – no anaesthetics, scary stitches or bulgy hospital gowns needed! Take your pick from streamlining body gels to electrotherapy, or try an Ultrashape treatment, which uses ultrasound to break down fat cells on your thighs, tummy or 'love handles'. Starting at \$500 a go, it's not exactly like popping out for a smoothie but with a possible reduction of 5cm off your waistline, it might be worth a go. See www.drmarkkohout.com.au to book an appointment.

WORK IT OUT

THEN: SPIN CLASS
NOW: BOOT CAMP

Why sweat it out in a stuffy room when you can enjoy the great outdoors, make new friends AND get fit, all at the same time? An outdoor group fitness training session is the hippest way to work on your, um, hips. No longer just for prospective Iron Man competitors, boot camps are often organised for groups of friends, co-workers or women only – no expertise needed, just comfy trainers and a willingness to 'drop and give 'em twenty' at the blow of a whistle. Check out www.fitnessfirst.com.au for available courses or sign up for a women-only session at www.bootycamp.com.au



FOOD FLASH

THEN: TASTES OF THE WORLD
NOW: LOCALLY GROWN

At the risk of banging on too much about our carbon footprint, we won't accept any excuses for failing to be familiar with the term 'food miles' this year. The term refers to the distance the food has had to travel from the crop to your plate and indicates how environmentally friendly your meal is. Put simply, by eating fresh, Australian food, you're helping your surroundings in more ways than one while keeping a healthy diet. Way to get your 2 & 5!

FRUGAL FASHION

THEN: FAUX FUR
NOW: CRUELTY-FREE FOOTWEAR

Is it a good sign that balancing style and consciousness is feeling increasingly like a juggling act? Well, in 2009 there are some big names trying to make it easier being green, with Stella McCartney, Natalie Portman and Vivienne Westwood all doing their bit for introducing animal friendly products in shoes. Vegetarian animal activist McCartney's collections are all leather- and fur-free, Portman's vegan-friendly shoes for exclusive label Te Casan will hit stores in the US in February and Westwood's classic Mary Janes are now available in plastic. For a comfy summer slip-on to give party feet a break without cramping your style, try Maseur's new silver sandal, available in pharmacies nationally. Call 02 9997 0355 for more information.

