

Health

Paddle and pedal on the river for a healthier body

WATERSPORT

Hop in a kayak to make the most of the Wharf's watery location

Sarah Graham
The Wharf

It's impossible not to have water on the brain working in Canary Wharf. The estate is completely surrounded, filtering its inhabitants over narrow bridges or through tight tunnels at the end of each day.

So imagine a way to escape the shackles of the land and get fit at the same time. Exhibitors at the Tullet Prebon London Boat Show believe kayaking might provide the answer.

A basic beginner's kayak will set you back around £300, with paddles included, according to Bruce Hunter, from Canoe and Kayak Direct.

More advanced, white water kayaks require some training, but beginners can get started in a simple model anywhere there's access to water.

"There are kayaking clubs everywhere," Mr Hunter said. "In London you can just follow the River Thames."

A whole range of accessories can be bought - from fishing rods and backrests, to roof racks for easy transportation - but Mr Hunter advises safety first.



Above, one of Hobie Cat Centre's kayaks, which also feature pedals. Right, the firm's Kris Robertshaw



"You shouldn't go in the water without either a life jacket or buoyancy aid," he said.

Life jackets, which cost around £40-50 have sufficient buoyancy to keep you afloat if unconscious, while buoyancy aids are cheaper, at £25, and are buoyant enough as long as you can swim.

As a work-out, kayaking is great for upper body strength but, while your arms do all the paddling, your legs don't do much work.

Unless, that is, you splash out on a Hobie kayak, with foot pedals, from The Hobie Cat Centre.

These have Mirage Drive, a

TRY IT OUT

■ Docklands Sailing and Watersports Centre in Westferry Road run Kayak Skills Courses for £150 as well as Monday night sessions priced at £15 for non members. Call 020 7537 2626 or go to dswc.org for details.

pedalling system that leaves your hands free, with a handle to steer, although paddles are still supplied.

"For a full work-out, you can use your arms and your legs," said Kris Robertshaw of Hobie Cat Centre.

These kayaks will set you back a bit more, with an average price of around £2,000.

The smallest and cheapest is the Sport, at £1,700 in comparison to what Kris described as the "star of the show" or Tandem Island - a large kayak that combines the propulsion system with paddles and a sail, for a full workout at £4,995.

For fishing fans, the £2,640 Hobie Pro Angler is the "complete fishing model," according to Mr Robertshaw.

Mirage Drive makes it hands free so you can stop and fish, or even lift the seat and stand up.

Cleansing the scourge of poor skincare habits

REVIEW

Kiehl's
Canada Place

My skincare regime, or lack of it, verges on embarrassing. As I edge ever closer to that quarter-of-a-century mark, using just a facial wipe to clean off the day's make-up doesn't really wash. I needed help.

So, on my visit to Kiehl's pop-up shop in Canada Place, it was reassuring to have store manager James Pawson-Stewart outline key products I should be using for the holy trinity of skincare - cleanse, moisturise and tone. The firm offers all customers a complimentary consultation and free samples.

A quick chat was followed by a physical test with sensors on the forehead and cheek. My skin was judged "normal" and I left with two samples, a moisturiser and a cleanser, to try at home. I was impressed. The cleanser made my pores feel tighter and gave my skin a natural glow.

I found the moisturiser effective and nourishing but a little greasy. James had warned that too much might prompt oiliness, so perhaps I was at fault. As for binning my facial wipes and religiously cleansing twice a day, I'm almost sold. Go to kiehls.co.uk.

Beth Allcock

Our verdict

Well worth popping in for a consultation

★★★★☆



James tests a product on Beth's skin at the pop up Kiehl's to open Wharf store Business / Page 50

TOP tips

GETTY



■ **Vary your diet:** Sick of salad? Getting tired of extreme healthy eating is normal come the third week in January. Rather than falling off the wagon introduce some variety into your diet - fill up on comforting, healthy stodge - a jacket potato at lunch and chilli con carne with brown rice for dinner. But watch portion sizes.



FITNESS WITH LAURA WILLIAMS

Get the look: Anne Hathaway

The *Les Miserables* actress went to the extreme for her latest role.

How she did it: Anne had to go to great lengths to drop 25lbs from her already slender frame in order to play the role of a destitute single mum in the film version of the musical.

As well as eating tiny portions of food, on the advice of co-star Hugh Jackman, the actress ran miles on an empty stomach.

Do it for yourself: While much of what Anne did to lose the weight for her role is a little extreme (and unnecessary) for most of us, the science continues to support the case for running on empty if you're looking to lose weight. Traditionally it was bodybuilders

who championed not eating before a workout.

The idea behind this is that if the body has little or no carbohydrate to draw on, it mobilises fat to be used as fuel.

Decades on and many debates later, the science supports this theory - a Belgian study compared two groups of exercisers, one trained on empty, the other ate breakfast.

The non-breakfast eaters lost more weight and became more sensitive to insulin (this is when your cells respond well to insulin).

So, the overall verdict? If you're not prone to lightheadedness and nausea and looking to boost your January shape-up efforts, try skipping the porridge and then hitting the gym.



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Q&A

What's the best class for me to do if I'm looking to lose weight and tone up?

There are many good classes that will help you shape up.

While classes such as BodyPump and other resistance-based programmes will help you build muscle mass, the chances are they won't challenge your fitness sufficiently, so it's good to get a mixture of both.

My personal favourites for time-poor clients are spinning, circuit training and similar boot camp-style classes.

These may not be the sexiest sounding, or the most popular but they tend to tick the most boxes.