

is more your thing, Jane Sheehan offers foot-reading parties for up to eight people (www.footreading.com).

6 CONTROL YOUR ELECTROSMOG

Love the convenience of WiFi, but can't help wondering what it's doing to your health, especially after the Health Protection Agency announced that it is funding research into exposure to potential risks? Four per cent of the population already say they have developed electrosensitivity, suffering sleep disturbances, headaches, blurred vision and nausea due to electrosmog caused by WiFi networks, mobile phones and other electrical items. If you can't bear to ditch it, the electrosmog pressure group Powerwatch recommends that you only switch it on when you need it, and always turn it off while you sleep.

7 TAKE A WONDER SUPPLEMENT

You already pop vitamin B for energy and vitamin C at the first sign of a cold, but by the end of winter, what you really need is an extra dose of vitamin D, which is mostly made in the body after exposure to sunlight. And by spring, 60% of us are deficient in it. Research has linked low levels to heart disease, cancer and diabetes and, most recently, to the ageing process. Scientists at King's College London found that women who had longer telomeres – strands of DNA that get shorter with age – also had higher levels of vitamin D. "Look for a supplement that provides at least 1,000iu of D3, the most active form of vitamin D," says Shabir Daya, a pharmacist and the owner of Victoria Health (Life Extension Vitamin D3, £14.95 for 250 capsules; www.victoriahealth.com).

8 KEEP FITNESS WITH A CONSCIENCE

Salve your green conscience while you exercise by signing up for the year's hippest charity race, the Tree-athlon. This 5km run is followed by a tree-planting session in London or Leeds in September (register in January at www.tree-athlon.org). Or join the BCTV Green Gym and take part in group exercise sessions that start with warm-up stretches followed by up to three hours of conservation work, such as clearing overgrown paths or planting hedges (www2.bctv.org.uk). If you want to reduce your carbon footprint while you work out, ditch the treadmill for an outdoor session. Geri Halliwell loves Outdoor Extreme, military-inspired training sessions in parks, which are held throughout the southeast and Glasgow (www.optimallifefitness.com), or try Outdoor Active – the circuits will be held in open spaces near selected Virgin Active gyms in January (www.virginactive.co.uk).

9 BUY THE NEW MBTS

First came the MBT, then the FitFlo, but the trainer we'll be queuing up for is the Chung Shi. It mimics the effect of Pilates training by strengthening the core-stability muscles. They come in understated black and white, with a specially angled sole, so only you need know your 20-minute walk to the station is working your deepest postural muscles. At selected sports shops, John Lewis and Harrods, from £129.

10 GET A ZINGY-CLEAN MOUTH

The walk-in approach to mani-pedis and eyebrow threading has transformed British grooming habits. It's set to do the same for teeth, with the first walk-in dental-hygiene bar now open in London. A High Gloss Diamond Polish (£50) at Toothplace, EC3 (www.toothplace.co.uk), will blitz stains, eliminate plaque and banish bad breath. Toothplace plans to open more branches next year. □

THINGS TO COME

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