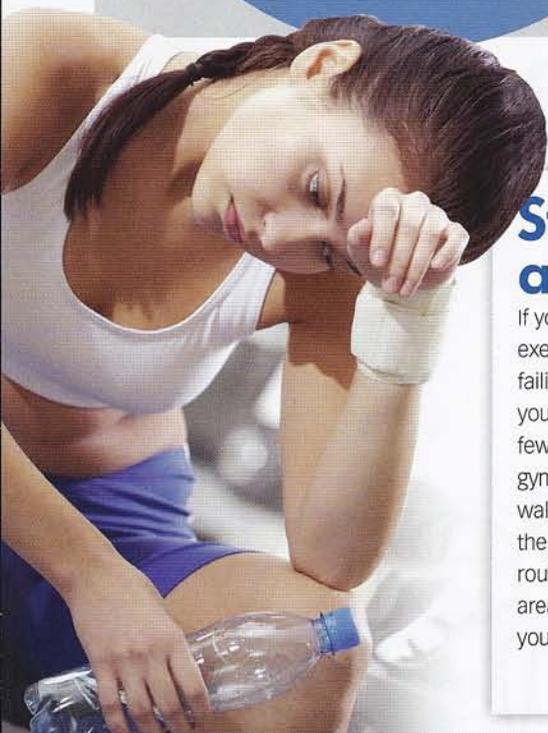


## Light as an Adizero feather

Top tennis players Fernando Verdasco, Jo-Wilfried Tsonga and Ana Ivanovic have all recently been spotted in a new design of footwear. Word on the court is that the adizero Feather tennis shoe is as light as, well, you can guess the rest. With tip and heel cushioning for extra abrasion resistance they're comfortable too. If you like to spend long hours practicing your serve, then this could be the shoe for you.



## Stuck in a rut?

If you've reached an exercise plateau and are failing to see results, mix up your routine. Try adding a few different classes at the gym or replacing jogs for walking at a high incline on the treadmill. Changing your routine will target different areas of the body and help you see results faster.

**19km**

The extra amount we would need to walk each day to match the activity levels of our ancestors.



## Q&A



with  
**Personal trainer  
Bernadette Abraham**

**Q:** Does oxygenated water improve athletic performance?

**A:** Claims for these products state that the body absorbs the extra oxygen, which results in better performance. Don't believe any of these claims unless you're a fish!

The extra oxygen in water is useless to humans since we do not have gills to extract the oxygen from the water. The lungs are the only organs capable of delivering oxygen to the bloodstream through the air that we breathe. Also, the claim that oxygen is absorbed through the digestive tract is false because water does not get broken down into hydrogen and oxygen; it is absorbed and excreted as water.

Clearly, oxygenated water is just another sports scam. To date, there is no scientific evidence to suggest that drinking oxygenated water can help with exercise performance. Any potential benefits of oxygenated water would undoubtedly be attributed to the placebo effect. My recommendation is to save your money and keep well hydrated with good old fashion water!