

## Sounds Good: Bonheur et Bien-Etre - Batwings begone!

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Thank goodness for the end of summer in Iqaluit. The hot summer weather season where the only women's tops are money savers for designers and manufacturers of women's clothing. You know and I know Yves St Laurent and Reitmans save on the materials when they promote sleeveless looks!

These certainly are not for the average woman in her mid-twenties. After 25 - the Ste Catherine year for bachelorettes - the upper arms show the first signs of bat wings. Unless you devote 2 hours to those triceps in the gym - daily! - like Carla Bruni-Sarkozy and Michelle or eat in Paris along the lines of Isabel Adjani, the turkey neck arms are inevitable.

In today's article, Sounds Good: Bonheur et Bien-Etre offers a few proven upper arm techniques that are slightly off beat. As positive psychology encourages Resilience to promote well-being, the "hello, Helen!" arms serve this added purpose!

Conventional wisdom relies on "tricep dip" and the "tricep kickback" movement exercises to tone the upper arms. In a perfect world, you can watch tv with your weight on your wrists and your hips on the edge of your sofa. Bending your elbows, you "dip" your hips during Coronation Street. Although tricep dips certainly isolates and works on the batwings, it hurts my wrists to perform more than a dozen reps. Upon my mentioning this to Dr Loren Fishman, author of Yoga for Osteoporosis, he winced. His main caution was the effects on the wrists, especially if one has osteopenia. The strain and pressure on the tender joints of the wrist can lead to injury if one is not careful.

Tricep kickbacks don't come with wrist hazards although you might get a crink in your neck watching tv doing these reps. In fact, I am reconsidering multitasking during my workout. Hooping while surfing on my Blackberry tones adds a cardio element, and can keep up with email. But is the sum less than the parts? The most effective trendy exercises these days emphasize focus in order to get results. Gymnastic poles, Pilates, climbing, hooping, and yoga are minimalist with adherents gaining in overall arm

development. Any exercise where you pull yourself up using wrists and other limbs reduces the harm to the wrist.

Another strategy of Busy women is to camouflage it. A set of modified A-line cardigans with long sleeves skimming below the hips are the most versatile "fatigues". If you are the lucky few who can wear a boxy Chanel jacket, you benefit from the classic styling. Inuit amautiqs and parkas, focus on pattern and beading. The Kitikmeot women parkas sport delicious flounces, drawing attention to your splendid figure, not your figure flaws.

Then there is the mantra to "Accept me as I am". You can say "pshaw!" and flaunt your grey hair like Helen Mirren and Tom Jones. Eschew botox like Pierce Brosman, and be proud of your character lines. If your genetic inheritance or disposition allows you to feel good sleeveless regardless of how you look naked, then happily go Gok Wan!

(Janice Seto presente Sounds Good: Bonheur et Bien-Etre sur la radio CFRT 107,3 AFN de Iqaluit)