

Publication: Woman's Way

Media Cost (€): 8,852

Date: Monday, October 26, 2020

Reach 20,762



Page: 50,51

Size (Sq. Cm) 10

# Health news

YOUR WEEKLY ROUND-UP OF ALL THINGS HEALTHY

## Ask the expert: Why quit smoking?

Martina Blake is the National Lead of the HSE Tobacco Free Ireland Programme.

We all know that smoking is bad for your health. In fact, most people who smoke want to quit. As we head into winter with COVID-19, it's never been more important.

Research shows that smoking is a risk factor for all types of acute respiratory infections like flu and coronavirus. Just like flu, a coronavirus infection may be more severe in people who smoke. Smoking with other people, sharing cigarettes and touching your face and mouth help spread infections. Cigarette smoke damages the natural barriers in your airways and lungs, dampens down your immunity and affects your breathing and circulation in a way that makes you vulnerable to severe illness and complications of infection.

The good news is that quitting smoking helps build up your natural resistance to all types of infections including coronavirus. When you stop, the natural hairs in your airways (cilia) begin to work again. Within one to two days, the oxygen levels in your body will improve. Your blood pressure and pulse reduces, which in turn decreases the overall stress on your body. All these things are good defences against coronavirus.

Why not take a moment to write down your reasons for quitting? Stick them on your fridge as a reminder. Consider changing your routine – do you normally have a cigarette with a coffee or tea? Have a cup of water instead or hold your cup in the other hand. Keep an eye on cravings which peak at three to five minutes and will pass if you deal with it. Have you heard of the four Ds?

1. Delay at least three to five minutes and the urge will pass.
2. Drink a glass of water or fruit juice.
3. Distract yourself, move away from the situation.
4. Deep breathe – breathe slowly and deeply.

Quitting smoking can seem overwhelming so focusing on a shorter-term goal can help. October is Quit Month and we want everyone to know that if you can stop smoking for 28 days, you are five times more likely to quit for good. Our advice is to use stop smoking medication and speak to a stop smoking advisor for support.

For more information log on to [www.quit.ie](http://www.quit.ie)

## QUIT

IF YOU STOP SMOKING FOR 28 DAYS YOU'RE 5 TIMES MORE LIKELY TO



QUIT FOR GOOD

## HOME GYM

Get fit in the comfort of your own home with Fit on Sky Q. Sky Q is the only TV platform in the UK and Ireland to offer an integrated fitness app, and customers can now enjoy over 600 on-demand fitness classes in areas such as strength conditioning, cardio, yoga and more. 24 free Fit classes are available to all Sky Q customers now (there's also an opt-in for a subscription to Fit) and Sky VIP customers can try the full experience for free for 30 days. For more information log on to [www.sky.com/ireland](http://www.sky.com/ireland)



## And exhale

There's nothing we love more than a good yoga mat and the latest range from Irish company HOLDEReight are stunning. Combining style with solid functionality, these mats have been specifically designed to complement your yoga practice. Made from 100 per cent naturally friendly, come in a variety of prints and are 4mm thick to offer extra comfort as you flow. We love them! €89 from [www.holdereight.com](http://www.holdereight.com)

## Boost your sleep

We're huge fans of the Sleepy range in Lush, and we're delighted to see it expand with the addition of the new Beauty Sleep face and body mask (from €16). A decadent mask composed of sleep-inducing verbena, valerian root and more, it gently polishes and moisturises skin, while helping you to relax and unwind. The result is gorgeous skin and less tension as you drift off. We'll take four please!



By Amy Wolf

## GET HELP FROM THE HSE QUIT SERVICE

There are many different ways to get help to quit from the HSE Quit Service:

- A free Quit Kit to help you prepare a personalised Quit plan
- Freephone Quitline: Phone 1800 201 203 or live chat with a Stop Smoking Advisor on [www.quit.ie](http://www.quit.ie)
- Weekly phone support for the first six weeks from a Stop Smoking Advisor
- Advice on Nicotine Replacement Therapy and stop smoking medication
- Daily tips and support from people who have quit and who are trying to quit on the 'You Can Quit' Facebook page.

## Get grilling

George Foreman has just launched a new Fit Grill Collection designed to make it easier to create healthy dishes at home. Small, light and easy to clean, the Fit Grill evenly distributes heat, offering precise grilling every time (as well as helping to reduce fat thanks to its angled-grilling plates). Available in three sizes, prices start from €24.99 for a small grill. The George Foreman range is available from independent electrical retailers nationwide



## New range

Life Style Sports has just announced its new plus size range. Available online at [www.lifestylesports.com](http://www.lifestylesports.com) the new inclusive range sees sizing in the store running from UK size 6-34. New bra sizes will also now range from 32A-44F, meaning it's even easier to find the right fit for you. The range includes 34 styles across brands like Nike and Adidas and is made up of everything you need to work out in style. The best part? This is just the first instalment in the range. Another 20 pieces will be added for Winter 2020 featuring warmer items and there are plans to expand the range even further from next year.

For more information see [www.lifestylesports.com/ie/womens-plus-size](http://www.lifestylesports.com/ie/womens-plus-size)



## DATE FOR YOUR DIARY - #WearAHatDay 2020

Brain Tumour Ireland (BTI) is calling on people to put on their favourite hat in support of its annual fundraising campaign. #WearAHatDay 2020 will take place on Friday, October 23. The annual campaign raises funds for BTI's essential support and information services for people diagnosed with brain tumours and their families. This year, the campaign will shine a light on paediatric brain tumours and the impact that they can have. If you'd like to get involved and help raise some essential funds, you can do so by earning your favourite hat on the day and donating €4 by texting BTI to 50300.

For more information log on to <https://braintumourireland.com/news/brain-tumour-awareness-week>



## Wellness in Wexford

Seanóg Wellness is a new Wexford-based business launching this month. Founded by Martina McShane, Seanóg Wellness offers a bespoke stress-busting session that combines reflexology and Cognitive Behavioural Therapy. Designed to tackle anxiety, these sessions can help clients to reconnect with themselves fully and experience harmony of body and mind.

*For more information log on to [www.seanogwellness.com](http://www.seanogwellness.com)*