

DANCE AWAY PERIOD PAIN

A new study confirms a regular exercise regime may help women who experience pain linked to menstruation. Almost 100 women who reported period pain were divided into two groups: the first group undertook Zumba classes twice a week for eight weeks, while the second group did nothing different. Those who did Zumba reported less pain for a shorter duration, suggesting dance-based aerobic classes could be a useful complementary treatment for those monthly cramps.



That's the number of minutes we should spend with Mother Nature each week if we want to stay in the best physical and mental health, say researchers from the University of Exeter. Those minutes can be spent visiting woods, beaches or even a city park, either in a single visit or spread over several shorter trips.



TEACHING BRITAIN'S TEENS TO COOK

If you have a teenager whose 'cooking' skills stretch as far as beans on toast, or one who's already grasped the basics but is looking to expand their repertoire, a new online course could help them gain culinary confidence. Lorna Wing, a chef and food writer with over 30 years' experience, has launched a 12-week cookery programme for

teens. The course can be accessed online and counts towards the skills section of the Duke of Edinburgh Award.

Lorna started her career working with Prue Leith, and her mentor believes she's doing a great job teaching teenagers healthy habits. 'The best way to wean teens off junk food? Teach them to cook. And that's exactly what Lorna is doing,' says Prue. The course costs £150 and members can choose between Introductory and Intermediate levels, with access to videos and articles to support their learning. All the basics are covered, including Great British staples, Mediterranean and Asian dishes, plus vegetarian options. Each week, the teens send photos of their creations via WhatsApp and can call, email, message or Skype Lorna for tips and advice. Visit lornawingcookery.co.uk for further information.

