

FEAR OF FLYING

One of the most dreaded yet common air travel nightmares that affects almost one in six people is the very real fear of flying. The crippling phobia can interfere with busy lives by not only keeping you out of the air but can get in the way of job promotions, relationships with family and friends, and adventures. People often develop this fear following a bad experience during a flight such as severe turbulence, a mechanical incident or an inflight event. The fear can get worse the more you fly (e.g., with any noise, or unexpected movements creating 'discomfort anxiety'). Fortunately it's a curable condition, so psychologists have teamed up with airline pilots to develop courses designed to get you flying happily again.

www.flightexperience.com.au and www.betterhealth.vic.gov.au

**STRETCH THAT BODY ▼**

Ever left a group exercise class during the stretches? Do you forget to or just couldn't be bothered stretching after a run? Stretching is often the first thing to go, but it's actually one of the most important things to do. This is because it helps lengthen and warm up the muscles, preparing them for exercise. After your workout, stretching is equally as valuable as it helps the cardiovascular system settle back to normal, and by slowing your pace and stretching, it helps the blood flow back to the heart, preventing any blood pooling in the legs. For improving flexibility and stretching out kinks in the body, try BODYBALANCE®, Pilates, yoga or even a core class. www.pennywalshpersonaltraining.com.au

**▲ COLD AND FLU SEASON**

It's no surprise that 94 per cent of Australians claim to suffer a cold, cough or flu at least two to three times a year, which normally lasts around five to seven days. If you're ditching the flu shot this year then remember to boost your immune system by minimising stress, eating right, exercising and clocking up at least eight hours of sleep. Just as important is to fight germs by washing hands and keeping a hand sanitiser close. www.vicks.com.au

**◀ BAD FINANCIAL HEALTH CONTRIBUTES TO STRESS**

Did you know that one in five Australians exhibit signs of anxiety and stress due to money concerns? A nationwide survey of 4,966 Australians reveals that those aged under 40 were most affected, admitting to a range of stress symptoms including headaches, loss of sleep and relationship troubles. A lack of financial knowledge and literacy is limiting the happiness and life choices of many thousands of Australians and the BT Australian Financial Health Index reveals that those people with a low financial fitness score have a poor knowledge of the bare basics when it comes to money with only 57 per cent understanding how interest works and just 39 per cent considering themselves financially educated.

www.btfinance.com.au