



THE Sun SLIMMERS DIET PLAN

CHANTELLE'S AN OUTDOORS GIRL

CHANTELLE HOUGHTON joined Sun fitness expert NICKI WATERMAN this week for an outdoor workout to help shift those last few pounds.

The reality TV star has lost almost TWO stone since starting her diet and exercise routine.

And exercising outdoors is good for you. As well as burning extra calories, it boosts our mood, reduces stress and bolsters our immune system.

Enjoy the sense of freedom and the psychological lift. And there's no need to pay for expensive training sessions as parks have everything you need.

Below is the exercise programme Chantelle did. Try it.

THE WORKOUT

Many of us struggle to find time to work out, yet all we need to do is throw on our trainers and run out of the front door.

Simply incorporate my 60-second exercises into your walk or run. Here's the ideal combo:

1. Walk or jog for five to ten minutes to warm up.
2. Run or power-walk for three minutes to an open space, then do 60secs of travelling LUNGES. Take a large step and lunge down, keeping your back up and tall and front knee in line with your heel. Step forward with your back leg and repeat for 60 seconds.
3. Run or power-walk for three minutes and find a set of STEPS. Power-walk or run to the top, then walk or jog slowly back down. Keep going for 60 secs.
4. Run or power-walk for three minutes and find a low wall or bench, then place your hands, shoulder width apart, arms straight. With feet on the ground and neck and body in a straight line, bend your arms and push-up like a normal PRESS-UP. Repeat for 30secs, rest for 1min. Repeat for 30secs.
5. Run or power-walk for three minutes to an open space, then either grab a SKIPPING ROPE or simulate a skipping motion by keeping your elbows close to your body. Jump with both feet together for 60secs.
6. Run or power-walk for three minutes and



find another bench, and do TRICEP DIPS. Sitting on the bench, place your hands on either side of your hips with your legs extended forward, knees slightly bent. Slide your bottom forward, supporting yourself with your hands. Bend elbows, bringing your upper arms almost parallel to the ground, then return to starting position. Repeat for 30secs. Rest for 1min. Repeat for 30secs, keeping your lower back close to the bench throughout.

7. Run or power-walk for three minutes and find a playground with a monkey bar or climbing frame. Perform a HANGING CRUNCH by grabbing the bar with both hands. Keeping your arms fully extended, bend your knees and bring them slowly toward your tummy, then slowly release. Do as many as you can, working up to 60secs.

8. Rest, then repeat the whole circuit or cool down and stretch.

BENEFITS OF TRAINING OUTDOORS

CALORIE BURN: Heading outside burns up to 50 per cent more calories than equivalent activities in the gym, according to a University of Essex study. The body has to burn more calories to stay warm, while jogging on uneven ground blitzes around another 20 per cent.

IMPROVES MUSCLE TONE: Unlike pounding on a treadmill, training outdoors forces the body to deal with the unpredictable surfaces so provides all-over toning.

LIFTS YOUR MOOD: Exercising by water with the increased negative ions in the atmosphere there will help you absorb oxygen more quickly, leaving you energised.

STRONGER BONES: Sunlight tops up your vitamin D levels, giving you stronger bones and better protection against osteoarthritis while boosting your immune system.

REDUCES STRESS AND ANGER: Exercising outdoors makes you less grumpy and anxious and will increase your levels of the mood-regulating hormone serotonin.

● Please check with your doctor before starting any exercise programme. And, always carry a mobile phone with you when exercising outdoors in case of emergency.

1. Trainers don't cut it. Use an all-terrain shoe for more tread and support.

2. Layer up, with an under-layer of a "wicking" fabric to draw sweat away and a fleece.

3. Poor weather is not an excuse to skive – wear waterproofs.

4. Keep MP3 volume low. It is vital you can hear what goes on around you.

5. As with any workout, aim for at least three times a week, ideally five.

We rate DIY DNA test kits

SALES ROCKETING BUT ARE THEY A WASTE OF MONEY?

GOING on Jeremy Kyle is not the only way to find out who's the daddy.

By CHRISTINA EARLE

Cheap DNA tests bought online let you check your genes from the comfort of your own home – and business is booming.

Paternity tests are the biggest sellers, but kits which reveal whether you're likely to develop Alzheimer's, diabetes and cancer are also up by 14 per cent a year.

Some tests claim they can catch out cheating partners, others reckon they can predict the sex of a baby as early as seven weeks into a pregnancy.

But experts are concerned about the safety and reliability of these DIY testing kits. GeneWatch UK director Dr Helen Wallace says: "All these tests do is look at the chemical letters in your DNA and match those up to scientific reports. The problem is, different scientific studies will give you different answers."

"These companies are taking one or two pieces of a jigsaw puzzle and telling you it's the whole picture. "If you are worried about an illness that appears to run in your family, speak to your doctor. I wouldn't turn to online testing."

Dr Stephan Menzel, of King's College London, agrees: "For most people, home DNA tests are a waste of money because too little is known about the genetic factors that change the risk for common diseases."

"Also these tests only check a small fraction of important DNA changes." Dr Calum MacKellar, from the Scottish Council of Human Bioethics, believes the general public will not have the knowledge to interpret these tests.

He says: "I'm also concerned by their accuracy. People will

make life-changing decisions based on the results, which could be inaccurate if you use a lab that's not vetted."

Ancestry tests are just as unreliable. Mark Thomas, Professor of Evolutionary Genetics at University College London, explains: "When it comes to working out your ancestry from your genes, it's near impossible."

"My concern is these companies are telling people they are descendants of very sexy things, such as Viking war lords, Zulu chiefs and Celtic princesses – no one appears to be a descendant of a cobbler."

Biology graduate Craig Macpherson has just launched dnatestingchoice – a website allowing you to compare the tests. He spent £9,000 and four years evaluating them following the death of his grandfather from Alzheimer's.

Craig says: "My site rates each test for accuracy, speed of results, price – and if there are any hidden catches."

"Some labs are abroad, others aren't so clear about what happens to your genetic information. Some providers only supply the kit and charge a hidden fee for the testing."

"Cheap isn't always cheerful, and expensive doesn't always mean the best."

Here Craig rates some of the most popular DIY testing kits which are on sale in the UK.

COST £169

Alpha Biolabs Paternity Test

WHAT IT TESTS: Paternity. CRAIG SAYS: "It provides a fast service and is very sensitive to what clients are going through."



CRAIG'S VERDICT: 5/5

COST £99

DNAFit



WHAT IT TESTS: Determines the best fitness regime to help you lose weight and tone up.

CRAIG SAYS: "This will tailor your diet and fitness plan to your genes. Working with personal trainers, this is a must for anyone hoping to achieve sporting excellence."

CRAIG'S VERDICT: 5/5

COST £179

Nimble Diagnostics Prenatal Gender Test



WHAT IT TESTS: The sex of your baby from seven weeks.

CRAIG SAYS: "One of few that can tell you the sex of your baby – and as early as seven weeks into pregnancy. All that's required is a blood sample using a painless finger prick tester device."

CRAIG'S VERDICT: 4/5

COST £60

23andMe



WHAT IT TESTS: Ancestry. CRAIG SAYS: "This is great value for money with more online tools than anywhere else, including a family tree builder and an inheritance calculator. It also has more than 500,000 'genotyped' members – one of the largest databases for finding living relatives."

CRAIG'S VERDICT: 4/5

COST £129

Britain's DNA



WHAT IT TESTS: Ancestry. CRAIG SAYS: "The reports provided by Britain's DNA are beautiful, comprehensive and very easy to understand – these tests are great value for money."

CRAIG'S VERDICT: 5/5

COST £89.99

DNA Worldwide Dog DNA Testing

WHAT IT TESTS: Your dog's breed mix. CRAIG SAYS: "This looks at 300 markers in your dog's DNA to identify the breed mix. It covers 185 British breeds and can even help with your dog's family tree. The information can apparently help you train your dog more effectively."

CRAIG'S VERDICT: 5/5

COST £29.99

Boots Assure DNA Paternity Test



WHAT IT TESTS: Paternity. CRAIG SAYS: "The price on the website is very misleading as it doesn't cover the lab-processing fee – starting at £129. Make sure you set aside some time for what you will receive, as some 17 pages of information come with the kit."

COST £88

That DNA Company Paternity



WHAT IT TESTS: Paternity. CRAIG SAYS: "This is definitely the best in terms of price. It's easy to use and has very little paperwork. You can call the company during the process and there's never any judgment – this provider cares about its customers."

CRAIG'S VERDICT: 4/5

COST £349

International Biosciences Infidelity Testing



WHAT IT TESTS: If your partner is cheating. It tests for DNA on suspicious items such as underwear. CRAIG SAYS: "I can't support this test as the Human Tissues Act 2004 states it is illegal to collect traces of another adult's DNA with the intention of testing it without their consent."

CRAIG'S VERDICT: 0/5

COST £825

Genetic Health Premium Female / Premium Male Gene

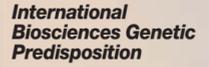


WHAT IT TESTS: Female test looks at risk of breast cancer and osteoporosis. Male one looks at the risk of prostate cancer, osteoporosis, stroke, high blood pressure and obesity. CRAIG SAYS: "Very thorough and includes a consultation with a doctor. Expensive, but the best."

CRAIG'S VERDICT: 5/5

COST £299

International Biosciences Genetic Predisposition

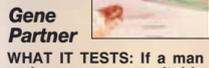


WHAT IT TESTS: Genetic predisposition to 25 problems including breast cancer, coronary disease, migraine, macular degeneration and Alzheimer's. CRAIG SAYS: "A very responsible provider, it explains the test and is clear on its limitations. Results take four weeks."

CRAIG'S VERDICT: 4/5

COST £149

Gene Partner



WHAT IT TESTS: If a man and woman are suitable based on their genes. CRAIG SAYS: "The science is based on you selecting a partner that will allow your kids to have the best developed immune systems. It costs around the same as a two-month online dating subscription."

CRAIG'S VERDICT: 4/5



EXPERT... Biology graduate Craig Macpherson specialises in rating DNA tests



WHAT I'VE DISCOVERED ABOUT ME

SUN writer Laura Stott, 34, found out she had a high risk of heart disease after paying £299 for a DNA test. Here is her story:

On the surface I'm in pretty good nick health-wise so I wasn't too worried about what I might find out. I already know I have high cholesterol so I don't smoke or drink to excess. I go to the gym regularly and while I'll have fish and chips on a Friday I generally do my best to stick to a low fat diet and avoid junk food.

To enable me to compare results I decide to take two separate genetic predisposition tests with different UK companies. The tests from Easy DNA (easydna.co.uk) and International Biosciences (ibdna.com) each cost £299 and use the same method of screening a tiny drop of my blood to get my DNA profile.

This will be scanned to search for any DNA markers that have been linked to specific diseases. And the information will be used to tell me my genetic risk level for 25 health concerns – including heart and lung conditions, several different cancers, immune system disorders and some age-related conditions.

The results will then tell me my estimated lifetime risk level of having any specific diseases and how this compares to the average lifetime risk.

The test itself could not be simpler. A kit is posted to me containing a small instrument called a lancet which I use to prick my finger and make it bleed. Once this is done I press down to make three blood spots on a piece of card which will be used to get my DNA profile – it's completely painless – then post the sample off to the lab for analysis.

I have to wait a while for the results but when they do arrive in my inbox I start to feel nervous. If I discover I am at high risk of developing a condition like Alzheimer's will I be glad to find out or will I wish I had never been told?

It's too late to turn back now so I click on the email which is going to allow me a glimpse into my genes.

Both sets of results are identical and the good news is I am at low risk of 13 conditions including Type 1 diabetes and Alzheimer's.

The bad news is I am at medium risk of 12 conditions including breast cancer, lung cancer and age-related macular degeneration. The really bad news is that my results show a high lifetime risk of coronary heart disease, 45 per cent compared to a normal level of 25 per cent.

While no-one ever wants to hear they have a high risk of having a heart attack I'm not too shocked by this news. In fact I'm mostly stunned by how accurate it is. There is a long family history of coronary heart disease and I am already on medication for inherited high cholesterol.

Other results are more unexpected. Previously I'd never heard of macular degeneration so discovering I have a medium genetic risk of developing blindness in old age is an unwelcome shock. And I'm not thrilled to read I have a medium risk of obesity either.

Overall the results make fascinating reading and are informative. Both companies send me a full report with information about all the conditions tested for and what my personal risk levels mean.

I'm glad I took the test but the bottom line is that no-one can really predict what the future holds.

After all, I could get run over by a bus tomorrow or perhaps I'll live to be 100 – who knows?

I won't be letting my high-risk results hold me back. But perhaps in the future I'll be giving up my fish and chips and tucking into a fruit salad instead.