

Trendy eyewear

Express your individuality with these colourful and funky reading glasses and sunglasses.

Stylist: Rochelle Howard

Photographer: Duane Howard



Louis Vuitton
for ladies, R4 950



Louis Vuitton
for men, R4 950



Louis Vuitton
for ladies, R4 650



Anne et Valentin
from Extreme Eyewear, for men, R4 200



Gucci from Extreme Eyewear,
for ladies, R2 170



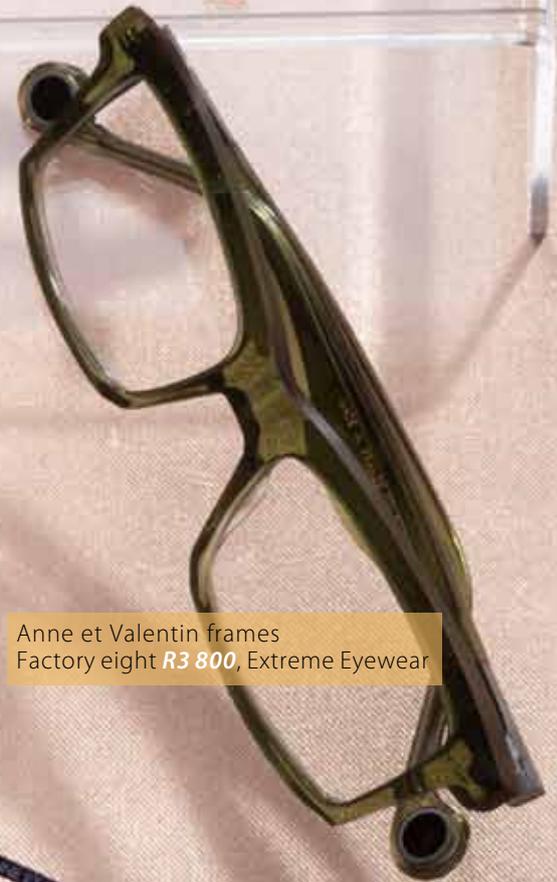
Louis Vuitton
for men, R4 050

Sissy Boy frames,
R899

Anne et Valentin frames,
R4 200, Extreme Eyewear



Anne et Valentin, frames
R3 800, Extreme Eyewear

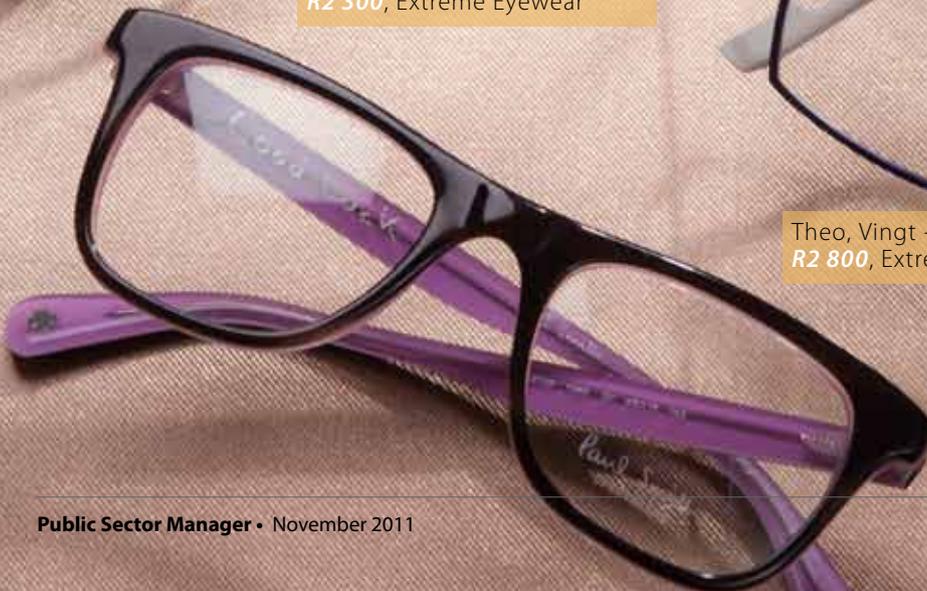


Anne et Valentin frames
Factory eight R3 800, Extreme Eyewear

Paul Smith frames
R2 300, Extreme Eyewear



Theo, Vingt +Trois frames
R2 800, Extreme Eyewear



Running for dear life

Writer: Gloria Naidoo*

Life has become quite demanding. While trying to balance a hectic work and family life, one never gets time to focus on health and fitness.

It also doesn't help that your favourite shopping haunts offer specials on your favourite treats – choc-olates, chips, cookies – on which you then snack in front of the TV, oblivious to the threat of those extra kilos.

Certainly, most people do not have the time to start an exercise programme or head to their local gym.

It can be rather daunting starting something new, but when walking up the stairs at work or at home causes you to collapse in a panting heap, it's a clear sign to swop the choccies and remote control for takkies and the road.

If you are unfit, overweight or have not done any training before, you will need to start slowly. Do the programme three times a week. Stretching, before and after running, is also important.

Tips for jogging and running

Always start with an easy walking or running programme instead of trying to run a full 10 km immediately. Get into a rhythm, using intervals of jogging and walking. Proper footwear is important – make sure your shoes fit well.

Dave Spence, who coached many athletes to success, was a firm believer in the run/walk method, citing the fact that it increased endurance and kilo-joule-burning and decreased risk of injury. He often said that walking did not cause as many injuries as running, so run/walk training should not cause as many either.

Running programme

This programme is suitable for anyone who wants to start running and is medically fit to do so. Running also burns more calories per minute than walking does. It takes a lot of practice, consistent training and appropriate rest. When you feel tired, go for a sports massage. It will help with quick recovery.

Key: J: Jogging **W/J:** Walking/Jogging **Numbers:** Minutes

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	10 W/J	Rest	10 J	Rest	15 W/J	Rest	20 J
Week 2	10 W/J	Rest	12 J	Rest	20 W/J	Rest	25 J
Week 3	10 J	Rest	15 J	Rest	10 J	Rest	30 J
Week 4	12 J	Rest	18 J	Rest	12 J	Rest	30 J
Week 5	15 J	Rest	22 J	Rest	18 J	Rest	35 J
Week 6	18 J	Rest	26 J	Rest	18 J	Rest	40 J
Week 7	20 J	Rest	32 J	Rest	22 J	Rest	45 J
Week 8	20 J	Rest	38 J	Rest	25 J	Rest	50 J
Week 9	20 J	Rest	42 J	Rest	25 J	Rest	55 J
Week 10	20 J	Rest	35 J	Rest	20 J	Rest	60 J



Burning calories will make you look for more, so prepare to put together some treats that will keep hunger pangs at bay and the kilos off. Here are some healthy ideas:

The mind-expander wrap

- Whip up a delicious wrap with these:
- 1 wholewheat wrap
- 150 g smoked mackerel mixed with 1 tbsp low-fat crème fraîche and 1 tbsp horseradish
- Watercress
- Toasted pumpkin seeds
- Slices of beetroot with a dash of balsamic vinegar.

Mackerel is one of the richest sources of omega-3. Pumpkin seeds are rich in omega-6 while folate in the beetroot will boost your memory.

Get some fat

Any time you eat colourful vegetables – whether raw or cooked – have some fat, too. It doesn't have to be an avocado – 30g of cheese, two pats of butter or two tablespoons of Caesar salad dressing will have the same effect.

Kitchen ammo

- Make a sandwich with the following:
- 2 slices sourdough rye bread
- 2 tsp reduced-fat mayonnaise
- 1 tsp chilli paste
- 1 avocado
- Squeezed lime juice
- 100 g cooked turkey
- 3 slices smoked bacon or smoked chicken
- 1 hard-boiled egg, sliced
- 1 medium tomato, sliced
- 1 handful of baby spinach

Low-GI sourdough rye maintains steady energy levels all day. The combined protein power of egg, turkey and bacon (or chicken) fights hunger pangs. Adding chilli to the low-fat mayo perks up your metabolism while the eggs fire up your brain. Avocado lowers cholesterol and increases your absorption of nutrients from the spinach and tomato.

Staying motivated

According to a study published in *Investigative Ophthalmology & Visual Science*, people who ran two to four kilometres a day had a 19% lower risk of developing age-related muscular degeneration, while those who ran more cut their chance by 42 to 54%. Vigorous activity may also decrease the risk of developing cataracts. 🏃

***Gloria Naidoo is a personal trainer and can be reached at gloria.naidoo@virign1on1.co.za or on 083 662 0310**

Could this be the ultimate two-car dream garage?



*Writer: Ashref Ismail**

Picture this for a moment: you've just won R3 million smackeros in the lottery. (Please work with me for a while!) You're totally blown over. It takes you days, even weeks to recover from the major hangover of your incredible windfall. When the dust settles, you realise there's just one condition: you have to spend the money on cars; two cars only, to be precise!

(If you did win that kind of money and wanted some advice, please call me – at a fee, of course).

I'd suggest there are two sets of wheels that would raise no objections in your household.

Mercedes has launched two super cars that encompass passion, style, elegance and unbeatable performance in packages so outrageous, you will be the envy of generations to come. Both cars are destined to be classics; true legends in their time.

The first is a seductive and tantalising two-seater roadster: the SLK, which is now in its third generation. The other is a stupendously powerful off-road machine with the heart of a sports car: the Geländewagen

G55 AMG V8. Both are guaranteed to set your pulse racing and produce that grin of smug delinquency.

G 55 AMG: an off-roader with the heart of a sports car

With this pulse-raiser, there are many audacious numbers to get through, but here are some of the most vitals: powered by a supercharged 5,5-litre V8-engine developing 373 kW and a maximum torque of 700 Nm, this rocket races from 0 to 100 km/h in 5,5 seconds to an electronically limited top speed of 210 km/h. This, for a decidedly



everyday use and top performance with exemplary ecology.

The styling of the compact roadster spells dynamism with a long bonnet and short tail that looks very similar to its bigger brothers: the SL, SLR and SLS.

The large, bold emblem and strong lines accentuate a sense of strength that was missing in previous models, while the ventilation grills on the sides are reminiscent of the SLs of the 1950s.

The SLK also features a novel panoramic vario-roof called Magic Sky Control, which switches to light or dark at the touch of a button. The interior is characterised by sporty refinement, well-thought-out ergonomics and high-quality, authentic materials that have been processed with painstaking attention to detail and skilled craftsmanship.

The new SLKs derive motivation from powerful new 4- and 6-cylinder BlueEFFICIENCY engines that develop 135 and 225 kW respectively. With their superb levels of performance, they are up to 23% more economical than their predecessors.

They also set new standards of environmental friendliness. Given the unique set of safety equipment and a wealth of technical innovations, the SLK is once again the benchmark in its class. 🌱

Price:

SLK 200 BlueEFFICIENCY: R555 700

SLK 350 BlueEFFICIENCY: R734 100

off-road vehicle that weighs more than two tons!

Price: if you have to ask, you can't afford it, darling!

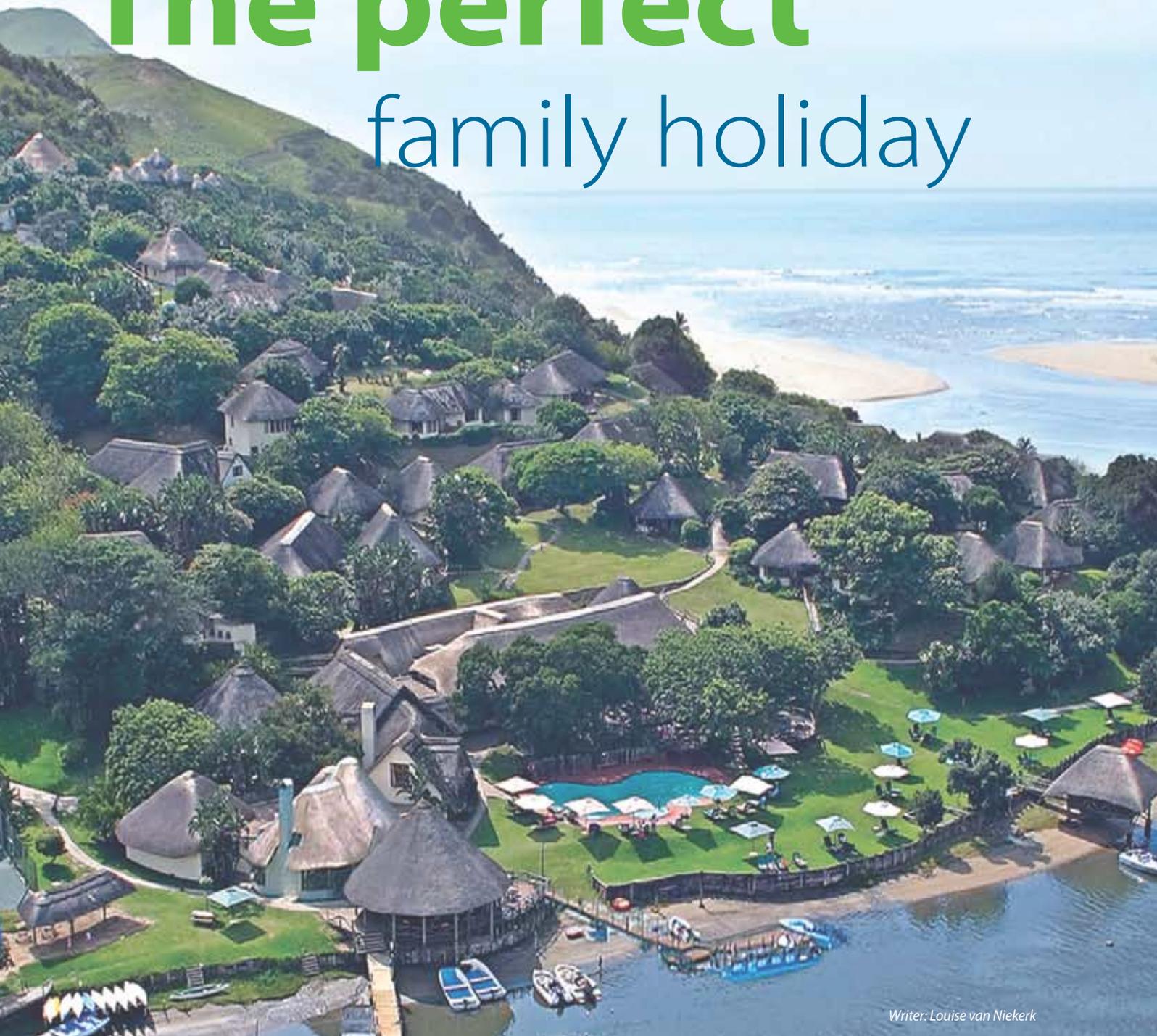
Until next time, keep your eyes on the road, hands on the wheel and plugging away at the lottery!

The new SLK roadster uncompromisingly takes driving pleasure and open-air enjoyment to a new level. It blends light-footed sportiness with stylish comfort, a striking sportscar design with total suitability for



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The perfect family holiday



Writer: Louise van Niekerk

It's that time of year when most of us long for a break from the office and dream about a well-deserved holiday sipping cocktails at sunset, taking long walks on the beach or being pampered at a spa – all while the children are kept busy by friendly and qualified caregivers. At Umngazi River Bungalows and Spa, this dream can be realised.

This award-winning family resort and spa, situated on the spectacular Wild Coast in the heart of Pondoland some 20 km south of Port St Johns, is truly a dream

holiday destination for families. The wide variety of child-friendly facilities and services, including daily children's activities for all ages, make Umngazi unique, flexible and accommodating.

Families can enjoy the breathtaking natural beauty of the Wild Coast with its rocky coastline, indigenous forests, secluded coves and many river mouths. The thatched-roofed bungalows are nestled among indigenous gardens with tranquil views of the area's unspoilt beauty.

While parents relax and savour the soothing surroundings, children can run around bare-foot in the mud, frolic on a slippery slide, sand-board on the dunes, go on a mullet cruise, make holiday mementos

in the creativity corner or build sand castles – all under careful supervision.

Other child-friendly facilities include a kids' club, a babysitting service, a crèche, jungle gym, indoor and outdoor playrooms, sleeping cots, high chairs, kids' meals, toys and books and a swimming pool. The resort offers dedicated caregivers and an enthusiastic entertainment team with plenty of tricks up their sleeves to keep children occupied. Daily activity notice boards located at Reception will keep you informed of the entertainment scheduled for the day.

Knowing that the young ones are taken care of, parents can soak up the sun around the pool or enjoy some pampering at the Umngazi Spa, which has just received the Les Nouvelles Award in the category for the most unique spa concept.



You can also spend idyllic days lounging on secluded beaches with the rhythmic sound of waves to sooth your senses, taking guided walks and exploring the mangrove swamps, canoeing up the river or observing the multitude of birds that inhabit the natural vegetation along the coastline.

Adults can immerse themselves in the surrounding waterways, discover the joys of fly-fishing, indulge in the adrenalin rush of sea fishing or do yoga on the beach.

Mouthwatering cuisine complements the physical activities at Umngazi. Enjoy home cooking in the restaurant or a private dinner at the Green Door Wine Cellar. Wind up the day by sipping cocktails on a Fish Eagle sunset cruise or sampling wine in Basil's Bar.

Parents with children under five years can enjoy a romantic dinner or lunch while the children are kept entertained in a separate dining room under the watchful eye of nannies and the entertainment team.

Umngazi offers 69 bungalows in five different categories namely Garden, River, Sea, Emlonyeni (River Mouth) and honeymoon cottages, as well as exclusive spa suites, Ntabeni, meaning "on the hillside".

Weekly fly-in packages to Umngazi are available Friday to Friday from Durban. Flying at 500 feet above sea level, you can enjoy a bird's eye view of the beautiful coastline – a wonderful way to start your holiday! 🐦

How to get there:

Umngazi is located in the Eastern Cape some 20 km south of Port St Johns. SA Airlink offers direct daily flights from OR Tambo into Mthatha, which is 90 km from Umngazi. Transfers can be arranged.

If you're driving to the Wild Coast from the Western Cape, drive on the N2 North, which runs directly through Mthatha. In central Mthatha, look out for the intersection with a sign for the Port St Johns road (R61); it's hard to miss. You'll drive for 90km until the Umngazi turn-off.

From KwaZulu-Natal, take the Port Edward/Bizana/Flagstaff/Lusikisiki (R61) route and make your way past herds of cattle and friendly locals. Getting to Umngazi is not the cross-Africa odyssey you might imagine it to be – even though once you're there, you will feel miles away from the rest of the world. The GPS coordinates are: S 31 36.680 E 29 25.938.

To find out more about this family holiday destination or to make a booking, call 047 564 1115/6/8/9 or 082 3125841/2, or send an e-mail to stay@umngazi.co.za or visit www.umngazi.co.za.



Xoom

The Motorola Xoom was the first tablet to be sold with Google's Android operating system, version 3.0 (Honeycomb). Does it hold a candle to its competitors or is it a disorganised hive that's better left alone?

Although the Xoom is a bit on the chubby side at 12.9 mm thick and 730 g, it's not outrageously heavy or thick. Naturally, it doesn't compare that well to the Apple iPad 2 (8.8 mm thick, weighing 600 g) or the Samsung Galaxy Tab 10.1 (8.6 mm thick, weighing 570 g).

The back of the Xoom is brushed metal, though the top part of the casing is a hard, matt black plastic. Fingerprints and scuff marks are, for once, not a problem. The plastic part of the casing has two speakers (one on either side), a

5 megapixel camera and dual-LED flash and a power button. The latter is a bit of a deviation from the norm, but it is fairly well placed to be about where your index finger would be when holding the device in a landscape orientation. It's also indented just enough to make it easy to find in the dark.

The front is almost all screen with only a small amount of space around the sides dedicated to the bezel. The bezel has a 2 megapixel camera at the top with a small LED next to it to indicate when it's active, a charging LED at the bottom and a notification LED on the right. Three LEDs, may seem a little over the top – perhaps Motorola just wanted to be thorough.

Hardware

The Motorola Xoom boasts an impressive spec sheet, though in Android tablet terms it's not a particularly differentiating one. It has an NVIDIA Tegra 2 SoC with a dual-core 1GHz CPU, 1GB of RAM and either 16GB, 32GB or 64GB of internal storage space (we had the 32GB model) that's upgradable by up to an additional 32GB via microSD.

Xoom!

Writer: Gerrit Vermeulen

Connectivity-wise it has WiFi a/b/g/n, Bluetooth 2.1 and optional 3G.

Screen and responsiveness

The Xoom has a 10.1 inch screen that's capable of 1280 x 800 resolution and offers up to 10 touch points. In direct sunlight, the Xoom is actually slightly usable – provided that you crank the brightness up to 100%.

Cameras

The 5MP rear-facing camera takes fairly mediocre photos. They aren't bad, but most smartphones will take better, higher quality pictures. Video capture, on the other hand, is surprisingly good, as is audio capture. The Xoom also has a 2 MP camera for video calling.

Audio and video quality

The embedded speakers can handle music or audio for the odd video clip. Video quality is also good.

Battery life

Battery life is acceptable. With medium daily usage and a constant connection through either WiFi or 3G, you could squeeze about three days out of it.

The verdict

In the end, it doesn't rank as king of the tablet or even king of Android because of our (somewhat spoiled) expectations with regard to weight and girth, as well as some buggy software and fairly average battery life. You can expect to pay around R6 599. ☹

*A version of this article first appeared on mybroadband.co.za

