

YOUR BEST YEAR YET

Make 2010 the year that changes everything. From makeovers to meeting people, hobbies to health, take action with our tips to be a better you

I WILL... MAKE A FRESH START

As the global economy starts to show signs of recovery, things are looking up for all of us. Whether you are trying to re-enter the workforce, embark on a career change or just make that New Year's resolution stick, Nicola Falconer, certified coaching consultant, shares her tips for a successful 2010.

CLEAR YOUR MIND

Get a new outlook on life and truly believe that this is your year! Put the past behind you and concentrate on having a fantastic, fruitful and successful 2010.

WHEEL OF LIFE

Ever heard that life is what happens while you are making other plans? Try this: draw a circle, divide it into segments and label them after the areas of your life such as career, family, relationship, finances or fitness. Give each a rating for your happiness level within that part of your life, 0 being the lowest and ten being the highest. Which areas of your life are you scoring low in? What can you do to improve this?

BE SELFISH

Take time for yourself every now and then. Dedicate at least one hour a week to doing something that makes you happy; something just for you.

SET SMART GOALS

SMART goals are Specific, Measurable, Achievable, Realistic and Timely. Setting a goal like 'I want to be a millionaire is not a SMART goal, this is an outcome of a goal. A SMART goal like 'I will join a health club and work out three times a week' is a specific goal, and ensures that you can measure your achievement, set realistic time frames and eventually achieve your goal.

STAY FOCUSED

Distractions come in many shapes and forms, whether is constant emails, Facebook and Twitter updates, or the friend who is constantly in crisis and 'needs' your help. In 2010, limit the amount of time you spend attending to distractions and ad hoc tasks, focus on the important things and achieve your goals.

VISION BOARDS

Get a pin board and cut out pictures or words from magazines of things that you want to do and achieve. If you want to travel to a country, cut out a picture of that place. Put the board where it will be a constant reminder.

WHY WAIT?

If you say you want to go on holiday to Thailand you will probably always 'want' to go to and never actually make it. Act as if it is already booked and say 'I am going to Thailand in December'. It will keep you focused and you will make it happen.



REMAIN POSITIVE

It might not happen immediately, but it will happen. Achieving your goals is a lot of hard work. Sometimes it might seem as though it doesn't matter how hard we work, things just aren't falling into place. Take a step back and break down your goals into small, achievable steps to keep you positive throughout 2010.

FIND SOMEONE THAT DOES WHAT YOU WANT TO DO AND FOLLOW THEIR STRATEGY

Learn from the best. Take the step towards continuous learning, and ask them for pointers. Chances are they will be flattered, and you will be closer to getting to your destination.

Nicola Falconer is a professionally certified coach and an associate at Matrix Coaching Consultants. Contact her to find out more about how to make 2010 your year. Tel: (050) 1439648, Nicola@matrix-training.com, www.matrix-training.com.

I WILL... BECOME FIT AND HEALTHY

Need a gym but not sure which one? We've done the legwork to get all your questions answered



	FITNESS FIRST	CORE DIRECTION	HAYYA!	SHAPE EXPRESS	BODYLINES HEALTH CLUB
WHERE IS IT?	There are 11 clubs across Dubai. See the website.	The Waves Tower by Damac, Dubai Marina.	The Lakes, The Meadows, Springs and Al Manzil.	Bur Dubai, Jumeirah and Sharjah.	On the ground floor of Beach Rotana Hotel.
MIXED OR SINGLE SEX?	Most are mixed but ladies-only clubs and facilities are available. There is also a male-only facility in Sharjah.	Mixed.	Mixed, but Hayya! Meadows Club & Hayya! Town Centre have ladies-only gym facilities.	It is a women's gym with a 30 minute circuit training programme.	Mixed, although some of the classes – such as belly dancing – are female only.
IS THERE A JOINING FEE?	Depends on membership package.	Dhs200 one time joining fee.	No.	Yes, starting from Dhs199.	No.
HOW MUCH IS MONTHLY MEMBERSHIP?	Most people pay in the region of Dhs375 per month.	Dhs300.	Single membership costs Dhs2,900, couples Dhs4,375 and family Dhs5,800 for six months.	Monthly fees start from Dhs375.	For six months it costs Dhs6,400 for men, Dhs4,900 for women and Dhs10,200 for couples.
WHEN DO I PAY?	Upfront or monthly.	Monthly.	When you join.	Either monthly or in a lump sum.	Upfront.
IS THIS NEGOTIABLE?	Basically, yes.	No.	No.	It depends on the package.	No.
WHAT CLASSES DO I GET?	Unlimited free Les Mills, freestyle and Adidas classes.	Unlimited access to a huge range of indoor and outdoor classes.	Group exercise classes are not included but members get a reduced rate.	Circuit training session every day of the week.	Members pay Dhs35 per lesson for a wide range of classes.
ARE TOWELS AND LOCKERS EXTRA? HOW MUCH?	Both are free.	Lockers are free. Towels can be rented for Dhs5.	Both free.	Both free.	Both free.
IS THERE A POOL?	A number of clubs have pools.	No.	All clubs have outdoor pools.	No.	Two, including one for children.
ANY GOOD OTHER EXTRAS?	Personal training sessions, discount book and use of other Fitness First gyms (except Media City).	Core Slimmer's programme and free fitness tests.	Tennis and squash courts, table tennis, pool tables, steam rooms, whirlpool, playground for kids.	Nutritional consultation, body fat analysis, weight-loss assessments.	Squash courts, tennis courts, crèche, pool bar, beach service, water sports and a scuba diving centre.
OPENING HOURS?	6am to 11pm, Fri and holidays 7am to 9pm.	6:30am to 10pm, 9am to 12:30pm (Fri) and 8am to 9pm (Sat).	6am to 10pm.	Sun to Thurs 7am to 9pm, Fri 8am to 2pm, Sat 8am to 8pm.	The health club is open from 6am to 11pm. The pool is open 7am to 10pm.
CONTACT DETAILS?	800 FITNESS (3486377), www.fitnessfirst-me.com	Head office (04) 3626385, Core Studio (055) 6930s668/9. www.coredirection.com	800 Hayya (42992). www.hayya.ae	Jumeirah (04) 3499066 Bur Dubai (04) 3516141 Sharjah (06) 5530630.	Tel: (02) 6979032

WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN! WIN!

WIN! MEMBERSHIP AT FITNESS FIRST

Win a six-month membership to Fitness First 'Platinum' in Dubai Media City, which allows entry into any of the Fitness First gyms in the Middle East and access to a touch screen computer lounge with complimentary internet access, plus free tea, coffee and juice.

Which of the following classes does Fitness First not offer?

1. Body Pump
2. Body Balance
3. Cross-stitching

SHAPE EXPRESS

Shape Express is offering ten *What's On* readers a free body fat analysis, a circuit training session and a 10 per cent discount on all membership packages.

Of the below shapes, which is not recognised in mathematics?

1. Rectangle
2. Hexagon
3. Zebra-shape

Visit www.motivatepublishing.com/competitions for a chance to win

Ten tips for keeping that fitness resolution from the Aviation Club's Health & Fitness Manager Simon Brown

- 1** Train with a partner, ideally a friend who is the same level of fitness or a little bit fitter.
- 2** Wear a heart rate monitor. It's a tracking tool and something measurable. Anything you can measure, you can improve, which will give you extra motivation.
- 3** Make sure your health and fitness goals are committed to writing and not just talked about. If you have a solid plan you're more likely to achieve your goals. Fail to plan, plan to fail.
- 4** Join a group exercise class. Ninety per cent of people prefer to exercise in groups.
- 5** Join a health club. It has been shown that people who do have a higher rate of success than those who start out on their own.
- 6** Mix it up. Cross training is always good.
- 7** Sign up for an event, like a 10k run or a bike ride.
- 8** Invest in the apparel. A good pair of running shoes, etc. Look the part.
- 9** It takes 21 repetitions to form a habit, it only takes one time to break it.
- 10** Keep a food and exercise diary.

The Aviation Club, Garhoud, Dubai, 6am to 11pm, Dhs435 to Dhs520 per month. Tel: (04) 2824122. www.aviationclub.ae



I WILL... MAKE SPIRITUAL CHANGES

Shivani Adalja is a holistic and Feng Shui consultant, here she shares her tips on aura cleansing which can help you reduce your stress levels and achieve some much-needed balance in 2010.

An aura is a field of subtle, luminous radiation surrounding a person or an object. It is made up of colours from the spectrum, which forms the subtle energy body. Seven major chakras or energy centres, also understood as wheels of light, are generally believed to exist within this subtle energy body. Your aura reflects your personalised colours and carries information about yourself. Colours and intensity of the aura, especially around and above the head, have very special meanings. Aura is our spiritual signature.

Aura cleansing is a must, as it helps you to maintain that vital balance between your personal, professional and spiritual life. It reduces stress levels and teaches you to maintain good health. The after effects of aura cleansing are felt immediately, and you will feel relaxed or sleepy.

HOW TO CLEANSE YOUR AURA SWIM IN THE OCEAN

The healing qualities of sea salt are many and it cleanses your aura by washing away any negativity from your thoughts. You can start your weekend by taking a dip in the ocean and get rid of the stress accumulated over the working week.

SOAK YOUR BODY IN A SALT WATER BATH

If you don't have time to swim, run a warm bath in the evening and add some bathing salts to help you relax. Light scented candles and play some soft music to help you achieve the same relaxation as lying on the beach.

PRACTICE BREATHING EXERCISES

Your breath determines how stressed you are. Longer breaths help you calm your mind and keep you focused. Sit in a relaxed position, breathe in at the count of eight, hold your breath for a few seconds and breathe out at the count of 16. This exercise will improve your focus and eliminate recurring headaches.



AROMATHERAPY

Light soothing scented oil or candles in your room or desk and feel the change instantly. You can choose the scent that relaxes you most and use it on a regular basis. This technique can be practiced at work and in your home.

MEDITATION

It is not necessary to sit with your legs crossed on the floor to meditate. You can pick a relaxing position and close your eyes. Start breathing in slowly and deeply. Visualize beautiful golden, white light passing through your body as all your thoughts and feelings are washed away.

COLOUR THERAPY

Each chakra within our body denotes a specific colour and these colours make up the aura. These colours represent a specific area of life and, depending on your situation, the colours are bright or dull. Red can be used for boosting energy, orange can be used for clarity, yellow can be used for focus, green can be used for love, blue can be used for communication, indigo can be used for willpower and violet can be used for spiritual growth.

Shivani Adalja is a Holistic and Feng Shui consultant based in Abu Dhabi and has a consultancy company, Pathwood, that deals in aura reading workshops and Feng Shui consultations. She conducts personalised sessions for clients across the globe and visits world-renowned spas like Chivasom on a regular basis. To learn how to balance your aura and energy in your surroundings in the upcoming year, contact Shivani. Tel: (050) 6811728, shivani@pathwood.com. www.pathwood.com



I WILL... LEARN A NEW SKILL

As we all know too well, it's alarmingly easy to fall into a routine of work, dinner, boxset and bed with a bit of pool action at the weekend. Make 2010 the year you break out, learn something, meet new people and generally become a bit more interesting (sorry).

SWING SWING

It's useful for impressing the boss and makes you easy to buy birthday presents for. Golf is a hobby for life. Get up to Arabian Ranches and sign up for the Mirador Programme where you get ten 30-minute lessons, digital swing analysis and an hour lesson on the par three, nine-hole course. Dhs1,825 for adults. Arabian Ranches, Dubai. Tel: (04) 3663000. www.arabianranchesgolfDubai.com

GO LOCAL

It's about time you stopped talking about learning Arabic and started taking action. Great for the CV and extra falafel sandwiches at Al Mallah, this is a skill that will take you places. Eton College offers 15

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beginner classes (30 hours) for Dhs1,350. Eton Institute of Languages, Knowledge Village, Dubai. Tel: (04) 3658483. www.eton.ac

EXPRESS YOURSELF

We simply don't have room to list all the artistic classes and courses available across the UAE. With evening and weekend sessions, from mosaics, acrylics and life drawing to dance, drama and comedy, there's no excuse for your inner artist to remain repressed. ADACH, Al Hasn Fort, Abu Dhabi. Tel: (02) 6195257

DUCTAC, Mall of the Emirates, Dubai. Tel: (04) 3414777. www.ductac.org

DIAC, Street 75b, off Beach Road, Jumeirah, Dubai. Tel: (04) 3444395. www.artdubai.com

LORD OF THE DANCE

JJ Shaban is Abu Dhabi's undisputed king of Latino dancing. Almost every night of the week he runs classes where he transforms the rhythmically challenged into twinkle-toed salsa legends. And not only are his classes a lot of fun, they're also a chance to start the

year by making some new friends over a mistimed cha cha step or two. Abu Dhabi Country Club, Saada (19th) Street, Sat and Sun 7.30pm, Tues 7.30pm, Wed and Thurs 8.30pm; Etoiles, Emirates Palace, Mon 8pm to 10pm. Tel: (050) 6923421. Email: j.shaban@gmail.com

HIT THE DUNES

Got a 4X4 but haven't tackled the desert yet? Yup, us too. Make 2010 the year you put that motor to good use. Don't be too gung-ho though, you'll need some expert help first. The pros at Desert Rangers can help, with a four-hour driving experience that teaches you everything from technique to tyre deflation for Dhs1,000 in your car or Dhs1,500 in one of their vehicles. See you in the sand. Tel: (04) 2222808. www.desertrangers.com

JEWEL IN THE CROWN

If you're a bit skint after your festive season splurges, but need some new jewellery, head to one of Zeus Shakira's classes with five friends. She's an artisan jewellery maker who's been running classes for more than ten years. You have to pay for the beads, but as they cost as little as ten fils, even the most miserly are catered for.

Al Bateen Street, near Al Wadha Mall, varying times, Dhs150 per class. Tel: (050) 6914692

I WILL... NETWORK MORE

Yes, we know 'networking' is a fairly horrible word and, indeed, concept, but it's necessary. From work contacts to new pals, you probably do it all time without even realising it. Whether you're after a new job, want to further your career or just meet new people it's time to master the skill and get out there at our pick of the events. Business cards and approachable smiles at the ready folks...

EQUILIBRIUM

By ladies, for ladies, Equilibrium is a new group that meets every month. It aims to show Dubai's women that balance can be achieved in their busy lives and focuses on a different aspect each quarter, with talks by experts in various fields. In addition to discussions, prize draws (bring business cards to enter), drinks deals and discounts for members, there is also time to meet like-minded women. January's event will be held at Dubai's Yacht Club and look at 'Mind & Body Matters' with an image consultant,

fitness pro and yoga instructor all sharing their expertise, plus a free makeover from Areej if you get there quick. If you're interested, register by emailing equilibrium.dubai@gmail.com. Sessions costs Dhs100 for members and Dhs110 for non-members and this includes free valet parking, free flowing soft drinks all evening, one glass of wine and a 'buy one get one free' offer on your second glass.

Equilibrium, Tuesday, 12 Dec, 7pm to 10pm, Conference Room, Yacht Club, Dubai Marina, Dubai.

BRITISH BUSINESS GROUP

Not the 'old boys network' you might expect, this group formed in 1987 and combines luncheons, dinners and informal drinks across Dubai to enable professionals to meet. With over 700 members (businesses and individuals) across Dubai and the Northern

Emirates, it's also a hotbed for the latest insider news. To be eligible to join you must have a business registered in the UAE with interest in developing locally and in the UK, or be an individual with a UK or UAE passport. See [online for joining and memberships costs](http://online.britbiz-uae.com). It's not cheap, but see it as an investment – many attendees are major decision makers and now's a good time to meet them.

British Business Group. Tel: (04) 3970303. www.online.britbiz-uae.com

ABU DHABI NETWORKING GROUP

A group of professionals who meet up once a month at various locations to make friends and do business. It was founded in June 2008 and within 18 months it's notched up 1,200 members. The group also raises a lot for charity, with Ethiopiad – which supports underprivileged children in Ethiopia – being the current good cause. Earlier this year, ADNG organised a masquerade ball that was attended by cricket and football stars, and raised an impressive Dhs300,000 for the charity. Just remember to bring lots of business cards. Abu Dhabi Networking Group, meets first of the month, 7pm, various locations. www.adngcharity.com

2010

I WILL... REVAMP MY IMAGE

As little orphan Annie wisely told us, you're never fully dressed without a smile. Sadly, some of us need a bit more help than that. If you've had the same haircut since you were 11, wear three T-shirts in rotation, or just want to dress for the job you want, not the one you have, then it's time to call in the experts.

WARDROBE OVERHAUL RANA SAAB

Rana Saab has a licence to shop. As the Ambassador for the Association of Image Consultants International in the Middle East, she is qualified to help you out from assessment to grooming. Rana checks out your current style (or lack of), provides a shopping guide after analysing your body shape and the colours that complement you, and then audits your wardrobe to separate your belongings into wearable, bearable and unbearable. Of course, you'll need to replace all those old clothes, so it's time to hit the shops. A personal shopping session can last as long as you want – or need – with Rana pre-selecting outfits to make the process as pain-free as possible. She can also assist in the finishing touches of hair and make-up to complete your new look. Costs depend on the services you require and individual packages can be devised.

Tel: (050) 4744037. info@ranasaab.com
www.ranasaab.com

BEAUTY REVOLUTION GO FUCHSIA

If you need help from head to toe (highlights to pedicure) and everything in between, then Go Fuchsia is your go-to studio. In the massive treatment menu you'll find hair colouring and straightening, massage, waxing, hair and eyelash extensions, bridal services, men's grooming, manicures and more. It's basically a one-stop shop for all your beauty needs. And if you can't make it to the studio, the mobile service means that the therapists can come to you.

Go Fuchsia, Marina Terrace Tower, Dubai Marina, Dubai. Tel: (04) 4224345



GUY'S GROOMING NIVEA HAUS

When the male *What's On* follicles need some attention, it's Abed at Nivea Haus we have on speed dial. This super snipper is the mac daddy of men's hair and a cut costs Dhs100. We trust him implicitly for everything from makeover to maintaining. Word of warning though – the facial threading is a little eye-watering. While you're there, you might as well address your skin with free facial analysis and treatments. Rest assured gents, Nivea Haus isn't a girly haven – this place means business. Nivea Haus, Dubai Mall, Dubai. Tel: (04) 4340777. www.nivea-me.com

MAKE-UP MAGIC BOBBI BROWN AT HARVEY NICHOLS

We've all done it (just talking to the ladies here lads), innocently approached a make-up counter and been coerced into a free makeover, only to look like the uglier of the ugly sisters. Well, things are a little different at Bobbi Brown. They actually listen to what you want, have a palette of wearable shades and the staff are utterly charming. For Dhs500 (which is redeemable against purchases) you can have a makeover and full 45-minute lesson that covers everything from skincare and technique to the colours and products you should be choosing. And with late opening hours at Harvey Nichols, you can swing by before a night out. Not that we've ever done that. Ahem. Bobbi Brown at Harvey Nichols, Mall of the Emirates, Dubai. Tel: (04) 4098888

WIN! A GO FUCHSIA MAKEOVER

Go Fuchsia are offering one reader an Image Makeover worth Dhs900. The experience includes hair colour, cut and nourishing masque plus day make-up, manicure and pedicure.

What colour is fuchsia?

1. Hot pink
2. Grey
3. Green

Visit www.motivatepublishing.com/competitions for a chance to win

HERE ARE THREE TOP TIPS FROM THE BOBBI BROWN BEAUTY COUNTER FOR GETTING A NEW LOOK FOR 2010

1 Reach for concealer first. A good concealer can make the most immediate and dramatic difference to how you look. It lightens up dark circles, brightens up your face, and makes you look well rested. Look for a creamy formula that's yellow-based and one shade lighter than your skin tone.

2 Choose two shades of blush – one that's the colour of your cheeks when they're naturally flushed, and one that's brighter for a pop of colour. Smile and use a blush brush to dust it on the apples of cheeks, blending up towards the hairline, then downwards to soften colour.

3 Swipe Bobbi's new Rich Color Gloss. It gives the full coverage of a lipstick, the soft shine of a gloss and the softening feel of a balm, ideal for the dehydrated lips of the UAE.