

INDULGE

q & a

sisters in sync

By CRAIG LAWSON

SISTERS, synchronised swimmers, Caitlin, 16, and Kirstin Anderson, 20, are a winning duo after they won the duet section in the national synchronised swimming championships in 2008. They are part of the Southland Phoenix team heading to the nationals, which start on September 25 in Wellington. To see them in action, the team will be holding a dress rehearsal at Splash Palace on Sunday at 7pm.

Q Kirstin opens up about her sport, being fashionable and her shopping habits.
Q Do you like to shop? What are your favourite labels?
A Yes I love to shop! If I was to pick a few of my favourite shops, I would say Amazon, Portmans, Glassons, Max and Glowing Sky.
Q Why synchronised swimming? Is it harder than it looks?
A It's definitely harder than it looks. A lot of people think it's just floating and dancing in the water. Trust me, you can't float that high. Some of the skills required are swimming, dance, flexibility and overall body strength.
Q What is it like to compete with your sister?
A It's actually really good to be able to compete with my sister. We both have the same goals and get along quite well.
Q What are your goals?
A We hope to get a placing in the nationals, as it's part of the criteria we need to get selected for Commonwealth Games next year. We are both hoping to qualify for Prague in December and the Oceania Games, which will be held in Samoa next year. And Caitlin is trying for junior worlds held in the United States next year.
Q How are you feeling about the nationals?
A We are feeling quite positive about the nationals, so we are hoping for great results.
Q What's your idea of a girls' night out?
A Good music, great food.
Q Your worst fashion disaster?
A When I was younger and wearing my brother's hand-me-down clothes (and they weren't unisex).
Q Your favourite place you have travelled to in the world?
A My favourite place in the world is Rome! I was there for the world championships in July and I just loved it. Rome has amazing history and is just beautiful with fantastic shopping.
Q What is your favourite way to indulge?
A To just chill out or go shopping.



Dazzling duo: Caitlin, left, and Kirstin Anderson are aiming to win gold for the second time.

trend alert

Fashion reporter **Craig Lawson** brings his best-of-the-best trend alerts.



Crowd pleaser: A model wears a design from Karen Walker. Her shows are always a crowd favourite at Fashion Week.

Fashion Week is fast approaching and I can get you a view from the front row. Lock in the dates September 21 to September 26 and don't forget your fashion passport. But the great thing is you don't need to get on a plane to see all the action. Just log on to nzfashionweek.com and you can view the shows shortly after they happen. This event has grown into an international frock-fest and is the highlight on the New Zealand fashion calendar. This is the best opportunity to view what will be hot in the coming season. All the glitz and glamour of this event must not be missed - see you in the front row.

sneaky food

what to avoid



There are some foods that seem healthy, and we believe they are healthy, but they really aren't. **Nora Norback**, a California-based registered dietician, spills the beans on some common diet-busters that masquerade as guilt-free foods.

- HERE are five sneaky treats that could be sabotaging your goals:
- 1. Smoothies:** A peach-apple-orange-mango smoothie ordered at a smoothie shop may sound healthy, but Ms Norback warns that you could be overloading yourself with sugar. Plus, most people who order smoothies order too large a serving size.
Better choice: A homemade fruit smoothie with fat-free milk and fat-free vanilla yoghurt.
 - 2. Muffins:** "Muffins are loaded with fat and sugar and most of them are too big," Norback says. "We tend to eat the whole muffin and that's way too much."
Better choice: If you don't want to look like a
 - 3. Prepared salads (pasta salad, macaroni salad, etc):** Just because it has the word "salad" in the title doesn't mean it's healthy. "The word salad means a lot of different things," Norback says. A store-bought prepared egg salad can have sinful amounts of mayo in it while a macaroni salad can be packed with empty kilojoules.
Better choice: Make your own salad with wholegrain rice and pastas and throw in some extra veggies like peppers and celery.
 - 4. Fat-free frozen yoghurt:** The label says it's fat free, so that means it's healthy, and you can eat all you want, right? Nope. A fat-free dessert, especially a dense, heavy frozen yoghurt, can have about 13 to 21 grams of sugar per half-cup serving.
Better choice: Norback says just because it touts itself as healthy, doesn't mean you can go for the largest size available. A half cup should be fine. Also, she adds, the fat-free desserts that are the best are ones that are airy and icy, such as Popsicles.
 - 5. Bagels:** Even a large, plain bagel packs a serious kilojoule punch. Depending on the size, one bagel can equal up to five slices of bread. Then you lather on cream cheese and you're done for in the diet department.
Better choice: Norback suggests just half of a whole grain bagel for a snack. For a larger meal, add salmon or egg, tomato and onion to the bagel, which add more protein.



High end: A model wearing a design from Trelise Cooper. Her designs have helped her to become a leader in the New Zealand fashion industry.

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