

# An advocate for healthy living

Still showing a zest for fitness, former marathon record holder and New Zealand cycling and triathlon great, Allison Roe starts her day with a 30 to 40-minute run along Auckland's North Shore beaches on four days of the week. On the other days her teenage daughter rouses her at 5.45am to make sure they both get to the gym on time.

Although not fanatical, Roe says she and her family – daughter Jordyn (15), son Elliott (12) and husband Alan – like to lead a healthy lifestyle.

"I've always been very health-conscious. Virtually all the women on my mother's side of the family are diabetic, or borderline diabetic, so being genetically in line to get diabetes myself, I'm doing everything I can to prevent it from happening."

As well as keeping active, Roe ensures her family's nutrition includes balanced meals, lean meat, plenty of fruit and vegetables (organic, if possible), pure water and a minimum of processed foods.

A commitment to good health doesn't stop with her own family, however. Roe's concerns about the standard of health in New Zealand have spurred her into becoming a health advocate for the wider community.

"When I was growing up, New Zealand was high in the world health stakes, but coming home after spending a lot of time overseas, I realised the country had spiralled downhill. There seemed to be so much more sickness, more children born



Allison Roe

with defects, and New Zealand now has the highest rate of childhood cancer in the world. We need to do something to address these issues."

After leading what she refers to as "the selfish life of a professional athlete", Roe's passion for improving the nation's health became the impetus for establishing the Allison Roe Trust, which organises the Run2Heal community runs.

"The aim of these events is to help promote a lifestyle that includes regular exercise and good nutrition, which go a long way to preventing lifestyle diseases such as diabetes, heart disease and cancer."

First run as a pilot event in 1996, the events began in earnest in 2003, initially raising money for the New Zealand Breast Cancer Foundation. Roe saw firsthand the effects of breast cancer

when her best friend in the United States was diagnosed with breast cancer and her friend's mother died of the disease.

"I saw the stress and trauma they went through and how it broke the family apart. I also had many friends in New Zealand whose mothers had cancer – in fact, one in every 10 New Zealand women is affected by breast cancer."

Distribution of the Run2Heal funds has since broadened to include a variety of women's health projects, with organisations applying to the trust for funding.

Offering participants the option of running or walking five or 10 km, Run2Heal is targeted mainly at women, who Roe sees as the health gatekeepers for their families.

"There's a saying, that if you teach a woman something, you teach the whole family, which in turn benefits the whole community."

The build-up to the 2006 event has already started, with people entering and starting to follow the Run2Heal nutritional advice and training programme that help participants prepare safely and consistently over the preceding months. Previously held in Auckland and Christchurch, the event extends to Hamilton and Wellington in 2006, and will also feature children's events for the first time.

Demonstrating her ongoing commitment to community health, Roe is a trustee on the Health Sponsorship Council, the North Shore Hospital Foundation, and the Robin Hood Foundation. She is also a consultant for Orbis Lifecare, a holistic health and wellness concept that incorporates both Western and Eastern natural medicine.

"I have a very strong belief that we need a marriage of mainstream and

complementary medicine if New Zealanders are to have the best preventative health services available."

As part of her belief, Roe strongly opposes moves towards the proposed adoption of the Australian-based Trans Tasman Therapeutic Goods Agency (TTTGA).

"This is part of a global movement to restrict consumer access to dietary supplements, by bringing vitamins, herbs and other nutrient supplements under the control of the pharmaceutical umbrella. I believe we shouldn't be buying into that. I believe that in New Zealand we have a wonderful opportunity to show the rest of the world that we can be a sustainable, creative, health economy that others will want to emulate."

Although passionate about health advocacy, Roe sees motherhood as her most significant role.

"Becoming a mum is one of the greatest things I could have wished for in the world. I enjoy being a hands-on mum and have an office at home, which enables me to be there when the children get home from school."

She laughs that if her children aren't doing homework, like many parents she becomes a bit of a taxi driver, but as with every area of her life, Roe believes the results are always worth the effort. **EW**

## Run2Heal 2006

Hamilton – February 26  
Christchurch – March 19  
Wellington – April 2  
Auckland – April 30

Entrants automatically go in the draw to win an Audi A3 Sportback

For more information visit  
[www.run2heal.co.nz](http://www.run2heal.co.nz)



Anne Williamson

## Skincare products bring pleasing results

A year on from when she was first introduced to the Dr Le Winn's Private Formula skincare range, Anne Williamson of Christchurch has never looked back.

"It's just such a great product," says Anne. "I can't recommend it highly enough."

Anne was in the Life Pharmacy in Riccarton last year and talked with a skincare consultant about making a change in her skincare routine. "The products I had been using were fine; I just felt that with all the advances in technology and the research that goes on, perhaps I could find something new."

Now in her 40s, Anne has always looked after her skin, but after seeing obvious improvement, she is very pleased with the results she has had using the Dr Le Winn's range of products.

She started using the day and night creams and began noticing a definite change in her skin tone within the first month. "It started evening out, looking much healthier, with a real glow to it. My skin feels and looks finer and my wrinkles have evened out. Like a lot of people of my generation, I didn't

keep out of the sun when I was young, so I had some sun spots on my face, but these have faded and my skin just looks amazingly different. And it's a really easy range to use, very user-friendly."

Anne also now uses the Cosmetic Lift product (a facelift without surgery treatment) and friends are asking her if she has "had any work done". She applies the Cosmetic Lift once a month, like a mask, which involves mixing a powder with a special liquid that she then paints on to her face with a brush. Anne says it is best to plan to do it when you can rest and relax for the 30 minutes you leave it on; the mixture dries and goes crunchy and tight. It is then removed with a cleanser and a vitamin A cream is applied. "The first thing you notice with the Cosmetic Lift is the tingling sensation of your skin, and afterwards it looks different - smoother and more radiant."

Several of Anne's friends are now using the products after seeing the results on her skin. Anne also uses other parts of the range, such as the revita-nail and self-tanning lotion. "I'm also about to start using their new range of Ultra R4 products and I'm really excited to see how much better my skin will be after that. From what I understand about the new range, it boosts the skin's own collagen. I'll be looking like I'm 19 again at this rate!" **EW**