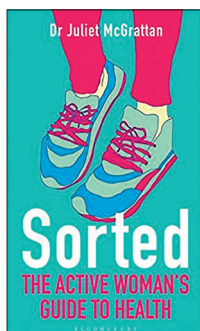


## Sorted: The Active Woman's Guide to Health

Juliet McGrattan

Bloomsbury Sport, 2017, PB, 256pp, £15.29,  
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### A GREAT RESOURCE FOR WOMEN'S EVERYDAY HEALTH ISSUES

Described as 'a friendly, accessible handbook that gives you a top-to-toe MOT', this book does just that. As a reader you are walked through everything you need

for a healthy and happy life as a woman, starting with a chapter called 'Why bother?' (in case your motivation is lacking) before covering women's health topics in chapters ranging from 'Pregnancy' and 'New Mums' to 'Muscles and Joints' and 'Common Injuries'. Each chapter includes useful medical information pitched appropriately for those without a medical background.

A particular strength is that, as well as covering common problems, the book also discusses aspects of women's health and wellbeing that are simple, everyday problems — the kinds of thing that patients frequently ask GPs about but which are not necessarily pathological, and therefore not often covered in medical training. 'How soon after giving birth can you go swimming?' 'What makes breasts sag?' 'What is a stitch?' 'Tips for exercising with hot flushes.' Practical tips are aplenty, encouraging self-help and a proactive attitude, but the presence of 'see your GP if ...' additions ensures that appropriate safety-net advice is provided.

The book is also full of 'specialist opinions' from women from all walks of life who have made inspiring active and sporting achievements despite challenges such as having a newborn baby, or having physical or mental health problems.

The book is well designed, with a cover and colour schemes that in themselves exude energy and encourage a get-up-and-go mentality. Full of cartoons, pictures, case studies, and diagrams, it is one of the most colourful, accessible, and informative books I have picked up in a long time.

This is an excellent resource for all women to encourage them in taking steps towards achieving a more active, healthy life.

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