

1 AIR-DRY NEAR A WINDOW

Odour-causing germs thrive in damp environments. After a workout, leave your trainers in a cool, windy place to air-dry for four to five hours. The best time is late morning or early afternoon. Keep them away from direct sunlight as they could shrink.

2 DEHUMIDIFY

The best moisture-zapper for your closet is actually good ol' charcoal. Unlike other products, it won't liquefy or cause stains with spills. Leave the lids of your shoeboxes open, as poor ventilation promotes fungal growth.

Charcoal deodoriser
(\$9.90, Colorwash)

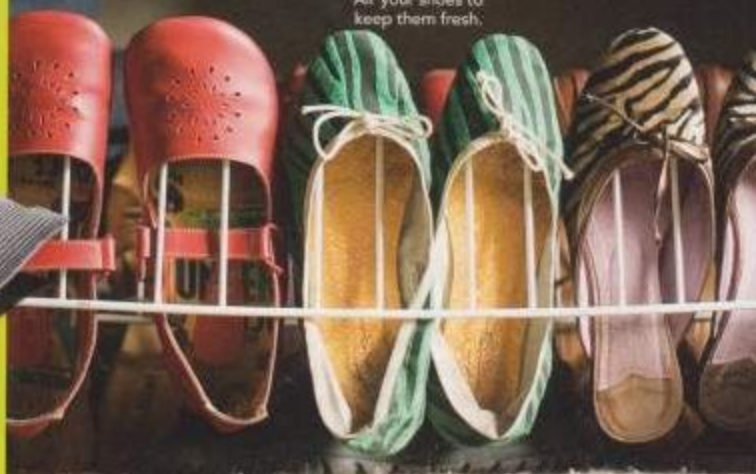
3 STUFF THEM

Place balls of newspaper in your shoes to help maintain their shape while keeping them dry. Wrap balls in tracing paper or tissue to avoid marking light-coloured insoles.

4 KEEP CLEAN

Always dust footwear after use, as microorganisms lurking in dirt and grime can eat away at rubber outsoles. A quick rinse in mild, soapy water can help, but never soak your shoes. Only 100 per cent polyester footwear can get wet. If you're unsure, bring them to a drycleaner who can restore your gear without damaging them.

Air your shoes to keep them fresh.



« SAVE YOUR SOLES

KEEP YOUR SHOES IN TIP-TOP CONDITION WITH THESE TIPS FROM GEMMA GIL, FOUNDER OF COLORWASH, A BAG AND SHOE CLEANING COMPANY.

MORE FAT, LESS SAFE SEX?

Staying lean and keeping a positive body image boost your health – even between the sheets. A new French study reveals some shocking findings: **obese women are less likely to use effective contraception**, and experience more unintended pregnancies and abortions than their slimmer counterparts. They are also five times more likely to have met their partners on the Internet. The study's authors believe that social stigma and low self-esteem may explain this phenomenon, calling for more research in this area. Fear of weight gain could also be a critical reason for stopping the pill, they add.

Be healthy and sexually confident by keeping trim.

