

"THE CR-V IS A VERSATILE CAR AND SUITS URBAN LIVING AS WELL AS TAKING THE WHOLE FAMILY AWAY FOR THE WEEKEND. IT HAS PLENTY OF ROOM TO LOAD IT FULL OF GEAR."

Lou James, physiotherapist



Lou James' boy: Mac (above) and Will (right).



PERFECT MATCH



A HIGHLY ACTIVE FAMILY PUT A HONDA CR-V SPORT THROUGH ITS PACES AND FIND THE CAR THEY'VE BEEN DREAMING OF.

Photography by Mark Smith

SOME PEOPLE SPEND THEIR LIVES trying to find ways to make an impact on the world. Others just get on and do it.

At 32, Lou James has packed enough into her life that – be warned – even reading about her is enough to make you feel the need for a nap. She's a former champion triathlete, a working physiotherapist, a successful businesswoman, a pilates expert, a tireless fund-raiser, a mother of two boys under four and a magazine fitness columnist, plus she's found the time to design, launch and teach a nationwide charity health programme that will benefit thousands of New Zealand women each year.

The programme, called Pink Pilates, focuses on the physical and mental well-being of breast cancer survivors. It blends pilates, physiotherapy, massage, stretching and breathing techniques and is supported by top breast cancer specialist Dr Belinda Scott as well as the Breast Cancer Foundation.

"There's huge evidence to show that individualised exercise programmes help rebuild physical strength and enhance recovery from breast cancer surgery," says Lou. "Exercise can help improve energy levels, limit weight gain from chemotherapy, ease cancer treatment side-effects and reduce the onset of lymphoedema.

"And by adding in massage, physiotherapy, stretching and breathing techniques, we can address the emotional side-effects of breast cancer as well as the physical."

She says the results are almost immediate: "Women stand taller, they feel better, their self-confidence improves. They are doing something positive."

Pink Pilates was launched in Auckland three years ago and is being offered by specially trained physiotherapists throughout the country. It's suitable after any type of breast surgery or cancer treatment and accommodates all fitness levels. Sessions, for women within two years of their breast cancer diagnosis, are partly subsidised through Lou's charity, the Pink Pilates Trust.

"It was always my intention that Pink Pilates would be available to all New Zealand women," says Lou, who personally trained 21 physiotherapists around the country so they can offer the scheme – from their own physiotherapy studios – to women in their area.

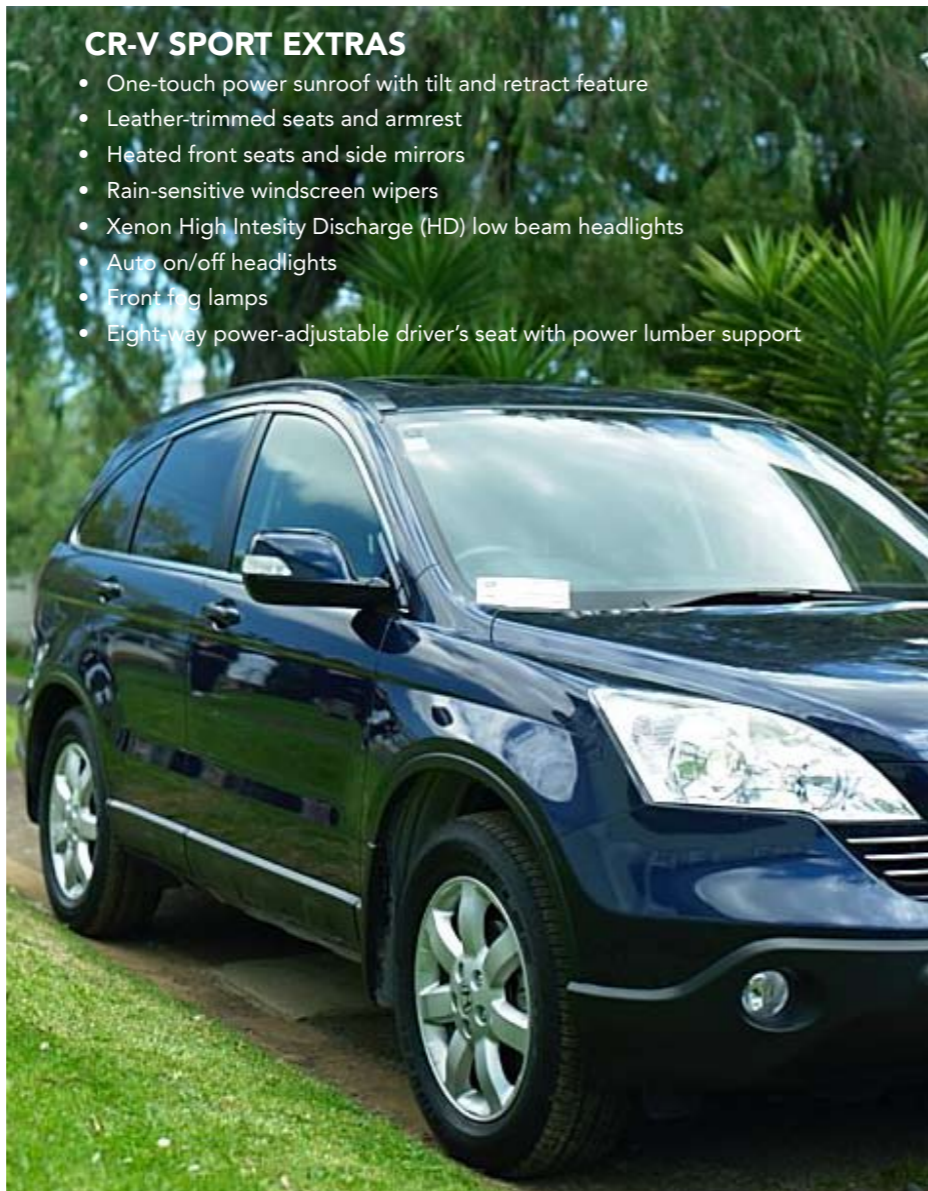
But if you think all this work on behalf of others would prevent her from having a family life, think again. Lou is the partner of former professional rugby player Steve Devine, the All Black halfback forced into retirement earlier this year because of the



Cuba the dog

CR-V SPORT EXTRAS

- One-touch power sunroof with tilt and retract feature
- Leather-trimmed seats and armrest
- Heated front seats and side mirrors
- Rain-sensitive windscreen wipers
- Xenon High Intensity Discharge (HD) low beam headlights
- Auto on/off headlights
- Front fog lamps
- Eight-way power-adjustable driver's seat with power lumbar support



Lou, Will, Steve and Mac

LIFE IS BUSY, ADMITS LOU, WHO HAS JUST SOLD HER PHYSIOTHERAPY BUSINESS, RE:AB, SO SHE CAN SPEND MORE TIME ON BUILDING PINK PILATES. WHEN SHE'S NOT WORKING, SHE'S WITH HER FAMILY – "CHASING AROUND AFTER BOYS".

lingering effects of too many concussions. Devine, who started playing rugby at 13, was part of a recent public awareness campaign for Brain Injury Awareness Week. He's now building a career in television.

The couple got together more than 10 years ago and live with their two sons – Mac, who's 14 months, and Will, three and a half – in a house with a large garden beside a park in Auckland's Sandringham.

Life is busy, admits Lou, who has just sold her physiotherapy business, Re:Ab, so she can spend more time on building Pink Pilates. When she's not working, she's with her family – "chasing around after boys".

"When I'm not working, I'm in boy mode," she says. "I guess my job is very female-oriented so when I'm at home I try to spend a lot of time outside with the boys where I'm either riding bikes, kicking a ball around with Will and Cuba [the chocolate lab], or in the vege garden.

"Will and I are mad-keen gardeners. Will is especially fond of worms – we have a worm farm – and every new worm found in the garden has to have a name. He's particularly fond of 'Steve Irwin'. Or if it's a particularly gorgeous worm, it's called 'Rosie'. Then there's 'Wiggly' or 'Chop' – for the ones I've accidentally cut in half with the spade!"

One of five children (she has four brothers), Lou grew up in the country, which might explain her love of the outdoors.

"We had a farm at the back of Te Puke. Everyone asks me whether my brothers spoiled me. You'd think so being the only girl, but they didn't. I was also the only one Mum could get to do anything around the house."

Life, now that Re:Ab is sold, will be about wrestling back some balance.

"The changes we've made will help that. And I'm keeping an eye on Christmas. Six weeks at the beach with the whole family – I'm really looking forward to that.")

From city streets to country lanes, the CR-V Sport provides impressive versatility. We handed over the latest model to our highly active couple, Lou James and Steve Devine, to see how it would fit into their busy lifestyle. Here's what they thought.

SHE SAYS

"I think this a great car. I like the fact that it isn't a huge people-mover-type of family vehicle. It's smaller (although not on the inside), sportier, spacious and zippy. And it didn't cost the earth to run. I under-estimated just how good it is for travelling in the city with kids. It wasn't too large but it was big enough to pack the kids and their bikes and dog in to go to the park. It was very easy to drive and I liked the visibility I got from being up a bit higher.

"As a parent, I appreciated how the back seats recline so that when the kids fell asleep on the long trip to our bach, their heads didn't slump forward in an awkward position.

"The CR-V is a versatile car and suits urban living as well as taking the whole family away for the weekend. It has plenty of room to load it full of gear. I thought the boot was great with its different levels for storage. I also found the radio and cruise-control buttons on the steering wheel very handy.

"I've never been a car fanatic – and have had a series of older cars which I've driven nearly into the ground – but I really liked the Honda CR-V and would definitely look at a Honda when it comes to upgrading."

HE SAYS

"This is a car that offers heaps of different options for us – on long trips away or just running around town. The big boot allows for lots of luggage, bikes and even the dog. The 4WD is ideal for towing and launching my boat. This car can do it all. It sits nice and high, which I like when driving. It also had more than enough power when it was needed.

"We were able to have everything we wanted in one car. It's not too big or small. It's big enough to take the family away yet small enough for around town and it felt like I was driving a car not a truck.

"The doors open to about 90 degrees, which is great for getting the kids in and out and for fitting in their car seats. The boot space was huge and the dual air conditioning a hit.

"The CR-V looks great and drives well. It combines a big car's space and a small car's handling. This makes it extremely versatile. From a trip to the supermarket for groceries to mountain-biking or a long trip away on holiday, it does it all very well.

"I've always seen Hondas as cars that are very reliable. You see a lot of older ones on the road, so you know that they'll just keep going.

"I think that because of its ability to do everything we want, well, this could be our next family car. It looks fantastic and is perfect for my family's requirements."