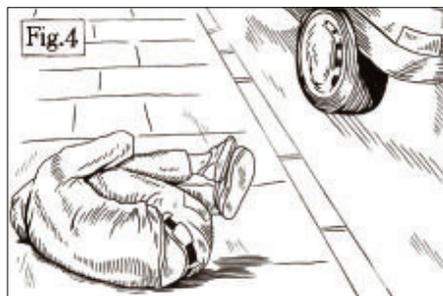


Because you never know

How to jump from a moving car



It's an everyday situation. You pop out to buy a carton of Ribena and the next thing you know you're bundled into the back of a car. There's only one way you're going to make your escape: jump. But how do you do that without turning into a pavement pizza? We asked Riky Ash (Fallingforyou.tv), a film and TV stuntman with over 1,000 stunts to his name.

1 The thing about jumping is that you've got to land somewhere. "Decide on your landing area. You don't want to hit the kerb, a lamppost or roll

into a phone box," says Ash. "And, of course, you don't want to land in front of another vehicle, so you'd generally favour jumping away from the road. You also need to take into account that you keep travelling at the speed of the car when you jump and you'll roll when you hit the ground."

2 Life can smack you in the face. And so can car doors. For that reason it's important to control the door. Ash says: "If you're exiting from the left rear door, put your right hand on the door handle and hold the door frame by the seat with your left."

3 "The next stage is to position your feet," Ash continues. "If the car bonnet is 12 o'clock, you want your feet at 7 o'clock, resting on the sill of the door. This means you're pushing yourself against the direction of the car."

4 Finally comes the moment of truth. "It will hurt," says Ash. "But you can make things less painful. Tuck yourself up into a ball – spherical objects throw the energy back off. Give yourself a gentle push and, if you can, try to land on your upper back or shoulders."

HANG A TV ON A PLASTERBOARD WALL

TV DIY expert Jake Robinson (Buybuybicycles.com) helps banish thoughts of your flatscreen crashing to the floor.



Derren had run out of ideas

A If you want to put your TV on a plasterboard wall, you'll need to attach the TV's wall bracket to the vertical wooden supports (known as 'studs') behind the wall using anchor bolts. For that you'll first need a stud finder. "You can pick these up from any DIY store," says Robinson. "Locate the studs and mark them with a pencil."

B "For an LCD, attach it to at least one stud, using two anchor bolts, top and bottom – and two studs for a plasma TV, again with two anchor bolts for each."

C The Beatles got by with a little help from their friends, and so should you. "It's easier with one person on each side, especially with a heavy plasma," Robinson adds. "Don't try that by yourself."

D Preparation is also the key, according to Robinson. "Check where the power and video inputs are at the back," he adds. "It's then much easier to put the cables in."

How to remember everybody's name

Memory expert Michael Tipper (Michaeltipper.com) gives us total recall.

● Before you meet people, make remembering their names your overriding aim. People concentrate too much on what they're going to say about themselves. And be ready for introductions.

● Once someone's said their name, repeat it back. If they

say: "Hi, I'm Keith," then you say: "Hi Keith, I'm Mike." Or, if it's an unusual name, ask them to clarify it – ask where it's from or how to spell it. You're 'taking ownership' of the name.

● If you want to be more advanced, you may want to try to associate a physical characteristic or another word with them. Tall Paul, for example.

HOW NOT TO GET CRAMP IN THE GYM

No matter how good you look in your gym gear, clutching your leg and squealing when cramp hits won't impress. We recruited top trainer Oliver Harte-Stockwell (Bodyscupturelondon.co.uk) to help us avoid future pain.

"Cramp is caused by muscle contraction or imbalanced electrolytes (minerals like sodium, calcium and potassium)," he says. "Warm-up properly. Start with a low-intensity endurance exercise, such as cycling, for at least four minutes. Then stretch your muscles, holding each one for 10 seconds."

During exercise, breathe in a constant rhythm and drink plenty of water. "When you sweat you lose salt which causes your cells to swell and calcium to stick to them," he explains.

A diet high in potassium also helps. Harte-Stockwell recommends avocados, bananas, potatoes, broccoli and orange juice. "Try to take in quinine too, which is present in tonic water," he adds.



The final was a strange place for Rooney to try the new penalty technique