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pages of
MOTIVATION

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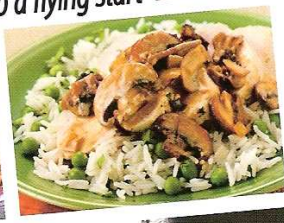
Nicola Furnivall is our
Slimmer of the Year

OVER 9 STONE LOST!

20
SLIMMERS
LOSE OVER
142
STONE

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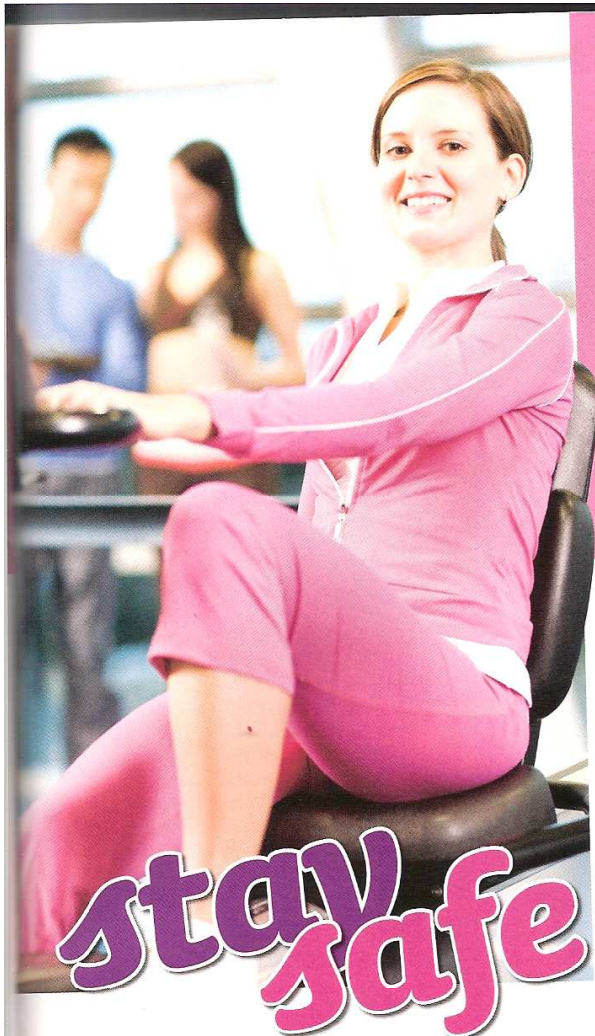
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p91 Exclusive Boost! reader offer

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stay safe

Exercising can help to achieve and maintain a **healthy body weight**, **boost energy** and **enhance mood** – but it's important to exercise safely. Slimtree.com offers **10 fundamental fitness tips...**

- 1 Don't overdo it.** Exercise in moderation and consult your doctor first to ensure the workout activities are safe and appropriate for you.
- 2 Wear proper attire.** Choose well-fitting shoes and clothes that are appropriate for the activity and environment.
- 3 Always warm up before stretching.**
- 4 Stretch cautiously.** Perform stretches slowly and carefully – never stretch to the point of pain, always maintain control, never 'bounce' the stretch.
- 5 Drink lots of water.**
- 6 Don't push it.** Take a rest when you feel fatigued, dizzy, short of breath or experience soreness or pain.
- 7 Cool down.** Slow down and lessen the intensity of your movements for at least ten minutes before you stop exercising completely.
- 8 Schedule 'off days'.** Rest days will allow the muscles, tendons and joints in your body to recuperate and prepare for future workouts.
- 9 Don't consider exercise a chore.**
- 10 Set yourself attainable, yet challenging, goals.**



Beat the winter
BLUES



GO NATURAL

Do you ever worry about the amount of potentially harmful chemicals you are applying to your skin every day by using non-natural skin and hair care products?

The Organic Surge collection of shampoos, conditioners and intensive hair treatments has no nasty chemicals – in fact, Organic Surge Products are up to 99% natural. And with every Organic Surge product sold, the company makes a donation which goes towards helping charities which support vulnerable children in Africa.

Organic Surge is available at Sainsbury's, John Lewis and selected quality independents nationwide and at www.organicurge.com

In the winter months, do you find yourself tempted by stodgy, high-Calorie comfort foods? This may be because your body is in need of vitamin D, which largely comes from sunshine. "Studies have shown that lack of vitamin D may be responsible for feelings of 'low mood' during the winter," said Boots Nutritionist, Vicky Pennington.

Why not boost your body's natural supply of vitamin D by taking **Boots High Strength Vitamin D Capsules** (£2.99)?



When in Rome...

Equilibra, Italy's major skin care brand, is often credited for being the reason so many Italian women have such wonderful skin. And, following the launch of this high quality yet affordable range in the UK, British women can now experience the benefits of Equilibra, too!

Equilibra products, which include **make-up remover wipes** (£2.99), **anti-ageing face cream** (£8.99) and **body cream** (£5.99), all contain a high percentage of aloe vera, which is excellent for the skin. Available at pharmacies nationwide.



GET FUNKY!

Get ready to pop and glide your way to fitness with the latest Nike Rock Star Workout! The all-new Nike 'Nu Soul' Rock Star Workout is inspired by a unique blend of Soul, Funk, R&B and Hip Hop, providing a fun, funky dance workout.

Nike's Nu Soul Rock Star Workout is available at Virgin Gyms and select independent gyms. **BT**