

The Specialists choice

a Courier advertising feature

How you can eat more healthily

DIFFERENT paths can lead to the same destination and nowhere is that more true than healthy eating.

We're all unique when it comes to the food we love and the time we eat. Weight loss success depends on finding a method that fits lifestyle and preference. The Weight Watchers food plans are flexible so work for anyone.

Through its research Weight Watchers found that there are two approaches to controlling calories. One is based on tracking and controlling how much you eat. The other approach is based on focusing on wholesome food.

The POINTS® Plan means you can eat any food as long as you keep track of the POINTS values. Every food has a POINTS value. The number is based on the calories and saturated fat content of the food. The system encourages people to focus on the bigger picture by building awareness of the food choices they make and eating reasonable portions.

The Core Plan™ controls calories by focusing eating on a core list of nutritious foods without counting. The list comprises foods from all the food

groups: fruit and vegetables; rice, pasta and potatoes; lean meat, fish and poultry; eggs and dairy products. These foods provide eating satisfaction without empty calories. For that occasional treat you can also eat foods outside this list within a 21 POINTS value weekly allowance.

Whatever approach is used there are some fundamental food choices essential for good health and nutrition.

Weight Watchers' daily recommendations are to include at least five servings of fruit and vegetables, a serving of calcium and six to eight glasses of water, and to limit added sugar and alcohol.

The Weight Watchers food plans are designed to achieve a healthy weight loss by empowering the person to make food choices in a way that suits his or her preferences and lifestyle.

There's a great weight loss story in your neighbourhood meeting. To find out more call 08457 123000 or visit www.weightwatchers.co.uk.

Join a meeting today — the best start to your weight loss story.

Water softeners

HARD water is something we are all used to in the south. Although most of us have got used to putting up with it, many do not realise that you can do something about it.

Hard water is also very annoying. It furs up our heating systems, causing breakdowns, makes it more expensive to heat our homes and damages our appliances like the washing machine.

The other problem with hard water is the constant cleaning of showerheads, shower screens and stainless steel sinks. The whole house can suffer where water is concerned. This forces the home owner to buy expensive limescale-related cleaning products.

Hard water aggravates skin problems such as eczema and psoriasis.

With a water softener no hard water will get into the house, which means you will do less cleaning, stop buying limescale-related products, cut washing powder use by up to 75% and have less chance of large bills for potential future problems with your heating system and appliance breakdowns.

If you were to purchase an ordinary softener you would have quite a large machine, which requires you to set clocks and lug around a 25kg bag of salt.

The TwinTec S2 is different. It is small, requires no electricity and uses block salt (like two house bricks) instead of heavy bags.

Harvey Softeners has been manufacturing softeners in this area for more than 25 years and



used to trade under the name Kinetic Ltd. Kevin Goody (UK Water Softeners) is one of Harvey's top TwinTec dealers and was voted number two in the country last year.

Why is Kevin so successful? He puts it down to extensive marketing, having a great plumber with 21 years of experience installing water softeners, good customer satisfaction and recommendations.

Kevin has installed 2,500 water softeners in homes in this area over the last 12 years and arranges everything from initial survey to installation.

If you have an old water softener trade it in for something smaller and more efficient by calling Kevin Goody on 01276 27924 without obligation, email kevingoody@uk-water-softeners.co.uk or visit www.uk-water-softeners.co.uk. Kevin Goody also welcomes trade enquiries.

Experts in fascias and much more

THE Fascia Place Limited is the ultimate source for your trade and DIY needs, specialising in all aspects of improving your home.

It has seven depots, with branches at Camberley, Guildford, Basingstoke, Bridgwater, Ashford, Petersfield and High Wycombe.

All depots are open to the trade and are just as open to the DIY enthusiast.

All the managers have been working in the depots for more than ten years now and will help you with whatever you need to make life easier with regard to supplies for DIY or arranging for a specialist to visit your home to establish what work is needed.

They will discuss any ideas you have concerning almost every aspect of improving or replacing fascias, soffits and guttering to windows, front doors, patio doors and even glass reinforced plastic over-door canopies and carports.

Any work required will be carried out by the

parent company R C Grant and Sons Limited, which is also licensed to remove asbestos.

All products and work are guaranteed for ten years, ensuring you receive a top quality product along with great service.

The vast range of products available in PVC and UPVC is quite amazing.

Most people believe that windows and doors are only available in white, but with modern manufacturing processes there is a multitude of colours that make preparation and repainting a thing of the past.

The company can also supply fencing, cladding, verandahs and balconies with laminate flooring, finished with synthetic turf; ideal for static caravans.

The Fascia Place Group also offers a cutting and taping service for the supply of polycarbonate sheeting, with next day delivery.

So if you are looking for ways to improve your home or need to add a room outside, call 01276 65498 to find out where your nearest depot is and pay a visit to The Fascia Place Limited.

WeightWatchers®



KICKSTART your weight loss

ALDERSHOT

* Connaught Leisure Centre
Tongham Road
Wednesday 6.00pm
* Aldershot Cricket Club
Guildford Road
Monday 10.00am

ASH

* Ash Social Centre
Ash Common Recreation
Ground
Tuesday 10.00am, 5.45pm

BAGSHOT

* Windle Valley Day Centre
Park Street
Monday 6.30pm

BLACKWATER AND HAWLEY

* Blackwater and Hawley
Leisure Centre
Hawley Green
Saturday 9.00am

CAMBERLEY

* Camberley Baptist Church
Hall
Frimley Road
Wednesday 1.30pm,
6.00pm

* St Marys Church Centre
Park Road
Saturday 9.00am

CHURCH CROOKHAM

* Willis Hall
Sandy Lane
Monday 6.45pm

CRAWLEY RIDGE

* St Pauls Church Centre
Crawley Ridge
Monday 7.30pm
Friday 9.30am

CROWTHORNE

* Parish Hall
Heath Hill Road
Monday 6.00pm

ELVETHAM HEATH

* Elvetham Heath
Community Centre
Elvetham Heath, The Key
Saturday 8.50am

FARNBOROUGH

* Oak Farm Community
School
Ballantyne Road
Wednesday 6.30pm
Saturday 9.30am

FARNHAM

* Community Centre
Meudon Avenue
Wednesday 10.00am

FARNHAM

* Manor Junior School
Fernhill Road
Thursday 6.45pm

FARNHAM

* St Marks Church
Alma Lane
Wednesday 10.00am

FARNHAM

* Farnham Leisure Centre
Dogflud Way
Thursday 5.45pm

FINCHAMPSTEAD

* The Maltings
Bridge Square
Thursday 9.45am
* Gorse Ride Infant School
Gorse Ride South
Monday 7.00pm

FLEET

* Harlington Centre
Fleet Road
Wednesday 6.30pm
Thursday 10.00am

FRIMLEY GREEN

* Mychett Primary School
Hamesmoor Road
Tuesday 6.30pm

HEATHERSIDE

* Heatherside Community
Centre
Martindale Avenue
Tuesday 6.15pm

NORTH CAMP

* North Camp Methodist
Church
Lynchford Road
Monday 6.30pm

SANDHURST

* Sandhurst Community
Centre
Memorial park
Tuesday 10.00am, 6.15pm

SANDHURST

* Uplands Primary School
Albion Road
Thursday 6.00pm

WEYBOURNE

* William Cobbett School
Weybourne Road
Tuesday 7.00pm

WINDLESHAM

* St John the Baptist Church
Church Road
Thursday 7.00pm

YATELEY

* Monteagle Community
Centre
Tresham Crescent
Monday 6.30pm

Pick up your
FREE
KICKSTART
kit worth £10
Hurry while
stocks last!

Join your local meeting today
0845 070 4150 weightwatchers.co.uk

REGISTER FREE*

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BRING THIS COUPON TO YOUR FIRST MEETING

LA4147

*Weekly payment applies. Free registration and KickStart kit available until 4th May 2008. Offer applies to meetings in England, Scotland and Wales only. Weight Watchers is a trademark of Weight Watchers Intl Inc and used under its control by Weight Watchers (UK) Ltd

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Mrs Sharron Galbraith AF IDTA

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Recreation Ground, Poyle Road

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For more information contact Kevin Goody on
01276 27924

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