

ASK A SPECIALIST

ST advertising feature

Confidence has soared since losing weight



STUDENT Michela dropped three dress sizes and lost four stone in weight with SureSlim. Here is her story.

"I'd had a weight problem since primary school and had probably tried every diet at some point, but always hovered around a size 16 but then it really got bad.

"After a couple of terms of university life, I was a size 20 and 14 stone - too hefty for my 5ft 6in frame!

"Clothes shopping became a complete nightmare and I refused to buy bigger sizes. I became moody, tired and lost confidence. Returning home for Easter holidays both my parents became concerned for my health.

"I found the SureSlim programme very easy to follow despite the many distractions at university and the consultants were always very reassuring.

"During the summer I was able to enjoy two holidays as SureSlim gave me firm guidance on what is good and not so good.

"Needless to say I did over-indulge on the pizza and wine but in the main, I stuck to three square meals each day and guess what? Each time I returned home lighter.

"By late November, my weight was a tad over 10 stone and more importantly I was a dress size 10.

"More than a whole year later, having been on SureSlim's LifeStyle programme, I am still the same weight. I still look great and still fit into all my new clothes.

"Now my confidence has soared, I love clothes shopping and socialising with my mates. Thank you all at SureSlim."

See advertisement for more details.

Beauty treatment offers

ALEXANDER Health & Beauty says that beauty treatments make an ideal gift for any occasion.

A spokesperson said: "And because we feel that you should spoil your mum on Mother's Day, we would like to help you organise a special day or evening for her in their home, your home or hotel room. Treatments are not just about looking and feeling good, but the benefits that your body receives because of them.

"We would like to offer a special discount on some of our treatments when booking between March 1 and 3. Please phone 01483 458193 or e-mail us for details."

You can also book a treatment of your choice, choose from one of Alexander's gift voucher options or even organise a Mother's Day pamper party and make a day of it. Go to www.alexmobilebeauty.co.uk



Above: Michela now and inset before she lost weight.

Wide range of doors, windows, fencing, flooring and cladding

THE range of products available in PVC and PVCu from the Fascia Place is impressive.

This reputable company can also supply fencing, cladding, verandas and balconies with laminate flooring. Welcome to the neat, clean world of Swish PVC boards where dirt, grime and

rot are banished. Swish cellular PVC Roofline boards never need painting and never rot, maintaining their good looks for years. The Fascia Place offers the latest in security combined with style. Sekura is a whole new generation of windows and doors. The firm's head office is in Camberley at 26

Doman Road, York Town Industrial Estate. Telephone 01276 65498 for more information. The Guildford branch of Fascia Place can be found at Unit D, Woodbridge Park Estate, Woodbridge Road.

Find out more by calling 01483 301666.

Nice clean oven



Let Ovensclean do the hard graft.

TREAT yourself to the luxury of someone else doing the hard work and let the specialist in cleaning domestic ovens, hobs, microwaves and extractors take over.

Trained technicians can deal with all types of domestic oven, using the latest equipment and non-caustic cleaning technology to remove heavy grease and burnt-on carbon deposits which are the natural result of constant use.

There is no chemical smell during or after the cleaning process and a fresh solution is used for every clean.

For more details call 01252 834124.

DIRTY OVEN!
DOMESTIC OVEN CLEANING
 by the UK's leading oven cleaning company

OVENCLEAN
£5 OFF PROMOTION OFFER
 Over 500,000 cleans
 Non-caustic, fresh solution every time. Hobs, extractors and microwaves

PHONE 01252 834124
www.ovenclean.com

SureSlim **LOSE WEIGHT IN 2008**
CALL NOW!
01483 511311

Family-run business with the kitchen solution



Above: a kitchen transformed by Re-Nu. Right: how it looked before.

ARE you tired of looking day in, day out at your kitchen but can't face the mess, trauma and expense of a total refit?

We all want value for our hard earned money and hate waste, so why rip out your existing kitchen if the basic units are OK, but the doors are damaged or worn, or are the wrong colour?

Re-Nu Kitchens, a local family-run business, could provide the answer. Re-Nu can completely change a worn out kitchen to



make it look brand new by replacing the doors with new doors from its extensive range, which are made to measure and fitted by craftsmen.

Relative to ripping out your entire kitchen, the Re-Nu method is very quick, involves an absolute minimum of mess and disruption, and costs about 50% of the cost of a totally new kitchen. You don't even have to visit a showroom because a Re-Nu surveyor visits you with an extensive range of samples so you can see what your "new" kitchen will look like in comfort of your own home.

In addition to doors, Re-Nu can fit new work-tops, light pelmets, cornices, skirting boards, gallery units, sinks and appliances; in fact everything necessary to re-model and tailor your kitchen to your exact requirements. A satisfied customer commented: "I would never believe that by having new doors and drawer fronts that my kitchen would look so different."

For more details or a survey and quotation for your kitchen, call freephone 0800 195 8641, or visit www.re-nukitchens.co.uk

The **Fascia** Place Ltd
 Quality Suppliers At Factory Prices!

- * Fascia, Soffit, Cladding *
- * Guttering (All Styles & Colours) *
- * Polycarbonate Cutting Service *
- * Supply Only Or Fully Installed *

01276 65498
www.thefasciplace.com

Don't change your kitchen
Re-Nu it!
 with made to measure replacement doors

Yummi Scrummi's top tips for becoming a ski bunny!

GET yummi and feel scrummi with these top tips for becoming a ski bunny.

Skiing is physically demanding. These exercises at home will strengthen muscles especially those behind the knee, thus making you a stronger skier with reduced risk of injury on the slopes... so all you'll need to worry about is which outfit to wear!

Aerobic

After the all-important warm-up stretches, do something to get the heart pumping for 30 minutes, five times a week such as a brisk walk with hand-weights, a jog in the park or as fitness levels increase, try interval training alternating jogging with sprinting every two minutes.

Squats

Stand feet hip width apart, knees slightly bent, squat down pushing your weight into the back of your heels until your knees are at right angles and push back up to standing without locking your knees. 15 times x three sets with a pause in between.

Lunges

Step forwards about one stride length from the back foot, making sure your leading knee doesn't bend forwards over your toes. Push back off the leading leg to return to the start position. 15 times each leg x three sets with pause

Step-ups

On the stairs at home, or in the park, stand facing a step or stair, step

up with one foot, placing your whole foot on the step, back straight, step up with your other foot so both feet are flat on the step, step down one foot at a time. 15 times x three with pause

Side arm raise

Stand feet hip width apart, knees slightly bent, holding weights with palms facing inwards, slowly raise your arms away from your sides, elbows slightly bent, until your hands are at shoulder level and slowly lower down. 15 times x three sets with pause.

Basic crunch

On your back, knees bent, feet flat on the floor, fingers to temples, tense your abs and slowly curl up keeping your lower back into the floor, breath-

ing out as you lift and in as you lower, with a space the size of an apple under your chin. 15 times x three sets with pause.

Nutrition

Finally, when on the slopes, a good hearty breakfast such as porridge with raisins and a drizzle of honey will keep you fuelled for longer...well...at least until lunch.

Yummi Scrummi is the new name in personal training, deep massage and nutritional advice specifically for women, who want to feel totally energised and seriously fit.

For more information please contact: Philly on 0777 151 3232, or e-mail philly@yummi-scrummi.co.uk or visit www.yummi-scrummi.co.uk

RE-NU SPECIALIST WORKSHOP

- ◆ New doors, worktops, sinks, appliances etc.
- ◆ Save money and mess
- ◆ Fitted in a day or two

Save £££'s on the cost of a new fitted kitchen

Freephone 0800 195 8641
www.re-nukitchens.co.uk