

ASK A SPECIALIST

ST advertising feature

# Tips for a healthy lifestyle in 2008

GET "yummi and feel scrummi" with these top tips for a happy and healthy lifestyle.

● **Exercise.** A hot date, a summer holiday, a wedding. Whatever the occasion, exercise will shape, tone and sculpt curves in all the right places as well as injecting life and energy into your body.

● **Nutrition.** Healthy eating and keeping hydrated will boost energy levels and give us girls gorgeous glowing hair, skin and nails. Keep that body a lean, mean, well-oiled machine.

● **Sleep.** We all need our beauty sleep and eight hours a day

should do the trick. Not only will you wake feeling refreshed and revitalised, but you'll be ready to take on the day ahead.

● **Fresh air.** Instead of driving why not walk?

● **Get outside.** feel the wind in your hair, take a few deep breaths and blow those cobwebs away, leaving you feeling clear minded and focussed.

● **Me time.** We all lead such busy lives. In between work, seeing friends, being a girlfriend, wife, mother, even grandmother, make sure you get some important "me time".

● **Smile.** We are drawn to people who smile. Smiley people appear more confident, light up the room and can even change moods of others! Do something today that makes you smile.

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 contact Philly on 0777 151 3232. E-mail: philly@yummi-scrummi.co.uk

Website: www.yummi-scrummi.co.uk



You can be sure of a warm welcome and a great course to play on at Puttenham Golf Club.

## Tee off at Puttenham

IF your 2008 new year's resolution was to take more exercise and get fitter, why not do it in an enjoyable way by joining Puttenham Golf Club.

Playing golf is a great way to take gentle exercise in beautiful surroundings as well as being sociable and, if you want it to be, competitive sport.

After your game you can then enjoy a drink and some delicious food in the Puttenham Clubhouse without feeling too guilty.

Puttenham Golf Club is a very friendly members club and, as a member, you can usually be assured of a game by just turning up at certain times and meeting a group of like-minded golfers.

Don't worry if you are not a reg-

ular golfer, Puttenham's two PGA professionals can help you with your game and have some good value lesson programmes to choose from. Puttenham caters for all ages and abilities and has strong ladies, mens, seniors and junior sections as well as a full and varied programme of competitions and matches for everyone to enjoy.

The club also holds a number of very popular social events such as bingo and quiz nights, a mid-summer party as well as ladies and gents dinners - all offering great food and entertainment to members and their guests.

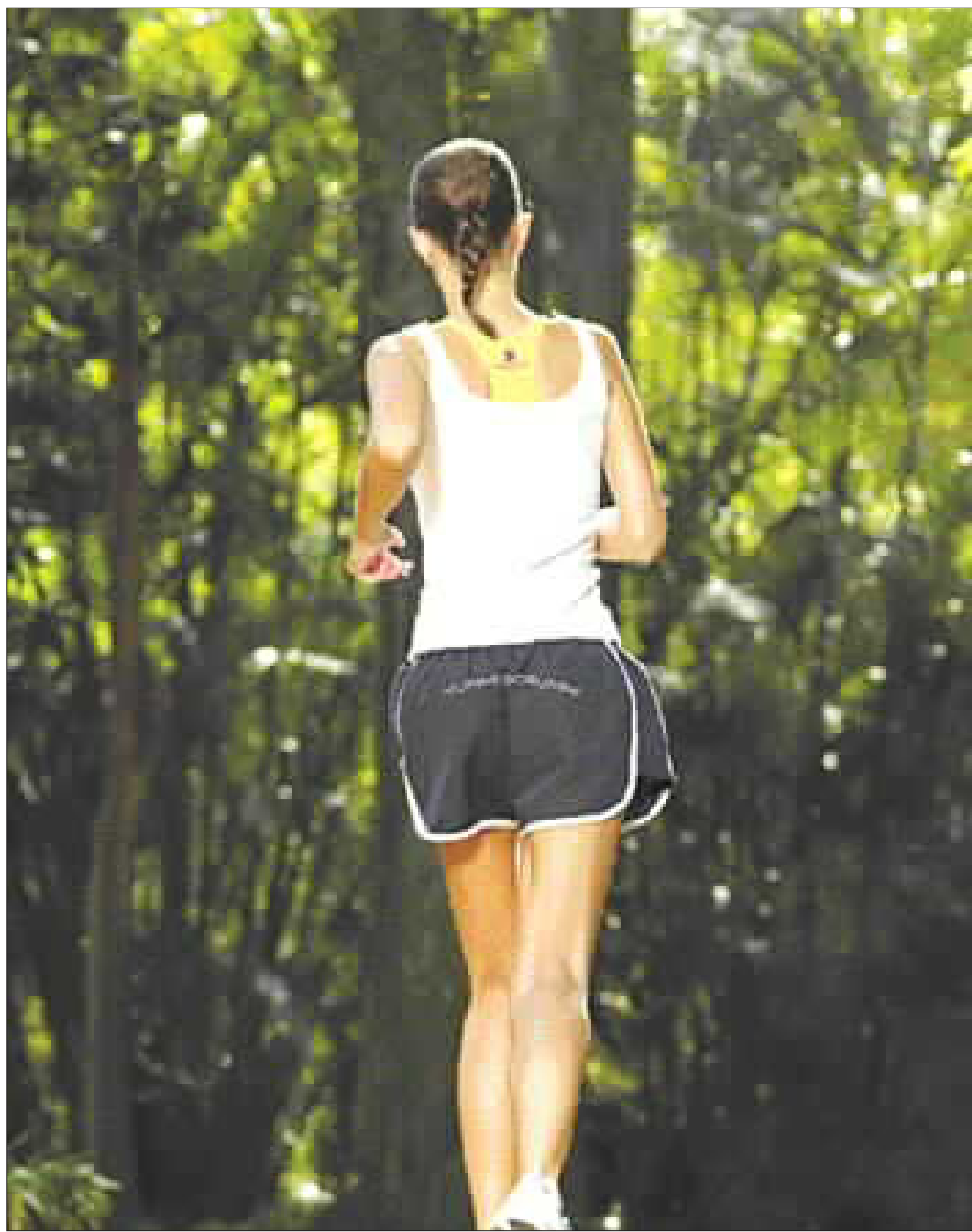
Puttenham Golf Club is one of Surrey's best-kept secrets, nestling in the foothills of the picturesque Hog's Back between

Farnham and Guildford, and offering an 18 hole, 6220 yard, tree lined golf course dating back to 1894. The club currently has a limited number of membership opportunities and offers reduced fees for those up to the age of 29.

If you are considering taking up golf or joining a club, why not look into becoming part of Puttenham.

If you mention this advertisement when booking, you can also go along to try the course for half the price of the normal green fee (valid until February 29).

For more information on Puttenham visit the website at www.puttenhamgolfclub.co.uk or contact Gary Simmons, Julie Matthews or Jackie Beveridge on 01483 810498.



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

## Just the place for windows and doors

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.

**PUTTENHAM GOLF CLUB**

- Superb 18-Hole Members' Club
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- Good Value Golf Society Packages

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**Limited Memberships available**  
**Book a weekday green fee, mention this advertisement and receive a 50% discount**  
(Valid until 29.02.08)

**01483 810498**  
[www.puttenhamgolfclub.co.uk](http://www.puttenhamgolfclub.co.uk)

## Home improvements with style



Replacement windows in a bargate stone cottage.

HAVE you ever thought you would like the efficiency of double glazing in your home but simply could not bare those thick white frames in your house?

Surrey is full of beautiful character houses and The Milford Window Company specialises in replacement double glazing which is sympathetic to your home.

A spokesperson said: "We are able to do this by offering a wide range of products enabling us to match your existing windows as near as possible.

"The replacement of windows in this pretty bargate stone cottage (see photo left) shows that with a little bit of careful thought and planning what can be

achieved with modern materials.

"We give the same amount of thought when designing your bespoke conservatory, taking care to design a structure which blends in and gives the impression of always being there.

"All of our work is covered by insurance backed guarantees and we are a registered member of FENSA and the UK Trades Confederation as well as being on the preferred list of Waverley Borough Council.

"We employ our own friendly efficient staff. The materials we use are of the highest quality.

"So why not give Georgina in the office a ring on 01483 426141 and see what we can do for your home."

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