

Bodyfit promotion

Fitness Focus

Health and exercise ideas to try this month...



MAGIC MANGO

If you're looking to perfect your bikini body this summer, then why not get a head start with African mango? This seed extract is shown to inhibit the development of new fat cells and to assist in cholesterol control and weight loss. HealthSpark African Mango is priced at £18.99, but *Bodyfit* readers can receive 20 percent off their order. Just use the coupon code: Mango2011 at healthspark.co.uk or call **0800 112 3614**.



BERRY BOOST

Drink your way to better health with a glass of vitamin-rich Montmorency cherry juice. This superfruit is packed with potent antioxidants, assisting healthy sleep patterns, immune system and cardiovascular support but, its key benefit is the anti-inflammatory effect which speeds up muscle and joint recovery after exercise. Try Silvertown Health Pure Cherry Boost Capsules, which are made up of 100 per cent pure freeze-dried montmorency cherries, that are produced in the UK. Cherry Boost Capsules are priced at £16.97, for 60. For further details go to silvertownhealth.co.uk



SHAPE UP FOR SUMMER

Blast off those unwanted lbs with Fatshredders. It's a new, all-natural weight management product made right here in the UK. It includes top thermogenic ingredients in one handy capsule and includes bitter orange, caffeine, green tea and guarana. It's the ideal supplement to support your weight loss and fitness goals. *Bodyfit* readers can receive 10 percent off when you enter the discount code: BF10. They're £17.99 for a month's supply and postage is free. To order online click on fatshredders.co.uk



FRESH FITNESS

No matter how tough your workout, the Lavilin underarm, cream deodorant helps to eliminate perspiration odour for up to seven days! It contains antibacterial arnica, calendula, and chamomile plus, it's alcohol and chemical-free. The deodorant is also available in a deo stick and roll-on, perfect for keeping in your kit bag. For more information about the antiperspirant call **0207 372 8146** or visit vitahealthcare.com



NATURAL NUTRITION

Fuel up after a sweaty session with these tasty, time-saving meals. Natural Sports Nutrition provide convenient meals that support active lifestyles, whether you're a fitness fanatic or simply want to eat well without any hassle. They've created some new performance meals that are high in protein – ideal post-workout. The ingredients are sealed into air and watertight pouches prior to cooking, that locks in all the important nutrients. Plus, they're free of artificial preservatives, flavours or additives. Visit performancemeals.co.uk to see the full range.

