



GYM-TASTIC: Exercise while you work...

Office work-out

WITH staff layoffs and P45s a sign of the current economic times, office staff are now working longer and harder than ever to assure their job security.

But amid such career pressures, professionals often cannot fit regular work outs into their demanding schedules.

Now Slimtree.com aims to change all that. It provides free access to The Broadband Gym offering more than 100 online instructional exercise videos across a range of disciplines: yoga, pilates, cardio and weight training.

"With just an internet-enabled computer and the motivation, health-seekers can spurn those coffee and cigarette breaks in favour of

a quick work out in their office, cubicle, break room, lounge, locker room, or anywhere else," said Jas Singh, founder and CEO of Slimtree.com.

"Because our videos may be viewed online absolutely free of charge, those pinching pennies amid the rising cost of living can get fit, with expert instruction, with zero impact to their budget – even enabling them to cancel that costly health club membership, which all too often goes unused."

For just £1.49 per 10 or 20-minute programme, consumers may download a wide array of fitness videos that may be viewed an unlimited number of times for 30-days, at which time they will auto-expire.

Lightning



fact file

- The Lightning Process has around 85 to 90 per cent success rate and helps around 1500 people each year.
- ME is also known as myalgic encephalomyelitis, also called chronic fatigue syndrome, which affects around 250,000 people in the UK.
- It can affect children as young as five. Around 25,000 children are sufferers.

■ **BETTER IN A FLASH:** Donna Paris suffered with ME for 10 years but was cured in four hours by a Lightning Process training programme



LOSE WEIGHT?



STOP SMOKING?



STRESSED?



PHOBIAS?

Want to **lose weight** without **dieting**??

Need **help** to **stop smoking**?

Want to **break free** from **phobias & fears**?

Need **help** to **calm your nerves**?

HALO

Hypnotherapy, Coaching & Counselling

Andrea is a fully qualified clinical hypnotherapist, counsellor and life coach. Call 01202 269247, email andrea@halohypnotherapy.com or log onto www.halohypnotherapy.com

Tourists warned to check health

BRITISH tourists travelling to Europe are being urged to check whether they are still covered for basic medical care should they fall ill or have an accident. The European Health Insurance Card (EHIC) replaced the E111 form

three years ago and 28 million Britons have one. But now the Department of Health is warning that three million of the cards expire in the next six months. Recent research by the department found more than half of British people

did not realise that the cards have a shelf life, putting travellers in danger of being unable to access reduced cost or free state healthcare while abroad. The EHIC can be used in EU countries* plus Switzerland, Iceland and

Liechtenstein. Paul Siddell, overseas healthcare programme manager at the Department of Health said: "Many Brits are putting themselves at unnecessary risk by not checking their EHIC expiry date. If you're travelling in Europe it's