

Health and Wellbeing *checklist* ✓

Your body is precious and it pays to look after yourself.
Here are a variety of ideas to be – and stay – healthy

The Slender way to reduce cravings and help you lose weight

PROTEIN WORLD HAVE BEEN DRIVING the weight loss and muscle revolution for over five years now, bringing out a wide range of high quality products to help you achieve those fitness ambitions.

The Slender Blend is a low-calorie, low-sugar, high-protein shake that can be used as a meal replacement to support weight loss goals, a

nutritious snack in between meals or a post-workout recovery shake. A serving of The Slender Blend contains 23g of protein from grass-fed cows, which helps to aid muscle recovery after exercise, and also helps you to feel fuller for longer.

Boasting a range of health benefits, the formula includes 26 vitamins and minerals, alongside digestive enzymes, pre and probiotics to promote a healthy gut and reduce food cravings.

The Slender Blend also comes in seven delicious flavours including white chocolate, raspberry,



chocolate mint and salted caramel, so there is choice for everyone to find their favourite taste.

From Monday to Friday you'll follow the Slender Plan with tasty, calorie controlled options for breakfast, lunch and an afternoon snack. With our weight loss and recipe guide you'll then have the freedom to make your own healthy food choices for dinner and on the weekend.

To help you kickstart your health and fitness goals, Protein World are offering readers 40% off your first order on any product using code CHECKLIST at proteinworld.com

Protein World



When blisters strike, carry on with Compeed®

ALMOST A QUARTER (22%) OF BRITS aged 18-65 suffer from blisters each year and with characteristic pain and discomfort, they can literally stop you in your tracks.

Compeed is the must-have blister plaster to help you quickly get back on your feet, without letting an irritating blister get in the way. Compeed



Compeed Blister Plaster Medium is £5.49 for five (RRP). The range also includes a Small size, plus variants for High Heels, Sports and a Mix pack.

Available in major supermarkets and pharmacies nationwide. So whatever path you're on, Compeed keeps you on track. Visit compeed.co.uk for more information.

Compeed

Knee pain sufferers unite with Neo G

SUFFERING FROM ACHES AND PAINS in the knee is a common issue for many people in the UK. It's important not to neglect your muscles and joints as the smallest of injuries can sometimes lead to sprains, strains and instability, hindering the simplest of everyday tasks and movements.

By using a support such as the Neo G Stabilized Open Knee Support whilst walking or exercising, you can help to prevent injuries, as well as reduce the possibility of worsening existing ones.

Neo G offers a range of medical grade orthopaedic and sports supports, designed by qualified orthopaedic engineers for all ages and body types.



The Stabilized Open Knee Support and wider Neo G range is available at Boots instore and at boots.com/neo-g. For more information, visit neo-g.co.uk or call 01423 507 309.

Love, safe sex and expectations

DUREX BELIEVES IT'S everyone's human right to feel good about the sex they have. That's why they've launched the campaign 'Change your #SexExpectations': with the aim to help Gen Z navigate the world of modern relationships, connections and intimacy. The campaign explodes myths about body image, sexual performance and relationship fears, and information on everything from avoiding STIs and unwanted pregnancies to spicing things up in the bedroom.

Visit durex.co.uk for more information.

durex



Treat your swallowing and reflux problems

MANY PEOPLE SUFFER FROM SWALLOWING difficulties – dysphagia – or acid reflux, snoring and sleep apnoea. These problems can affect anyone, and at any age. A new neuromuscular treatment, IQoro®, trains the slack internal musculature and allows people to regain their former quality of life.

Dysphagia brings with it swallowing problems, facial or throat paralysis and speech difficulties. Hiatus hernia is accompanied by acid reflux (GORD), heartburn, nausea or a sensation of a lump in the throat or chest. Snoring and apnoea disturb sleep and bring daytime tiredness.

IQoro addresses all these issues simply, effectively and without surgery. IQoro is a hand-held and self-administered neuromuscular training device that strengthens the affected muscles and encourages the relevant nerve systems to and from the brain to improve, rebuild and regain control over all



these functions. Training takes just 30 seconds three times per day and can be performed at home or wherever you find yourself.

This revolutionary method is underpinned by a series of peer-reviewed, internationally-published clinical studies and has helped over 14,000 people to date. IQoro is a CE-marked Class 1 Medical Product recognised by the National Institute for Health and Care Excellence (NICE) as "the only device available for treating hiatus hernia with oral neuromuscular training and the intended place in therapy is as an alternative to long-term proton pump inhibitor medication, or to laparoscopic fundoplication surgery".

For free shipping use code CHECKLIST at iqoro.com. Email info@iqoro.com or call 0203 966 0723 for more information.

IQoro



Why protein should be top of your priority list

IS PROTEIN ON YOUR HEALTH

AGENDA? It should be. Protein is the sadly often-forgotten key building-block for trillions of cells in your body. Without it, you couldn't exist. In fact, the only material more common in the body than protein is water. Yet did you know protein can't be stored by the body, and the lifespan of most protein is less than two days? This means you need to be constantly topping up your protein to maintain effective functioning.

UPBEAT can help you get your protein boost in an easy, tasty way. They've developed a nutritious yet delicious protein water – real fruit, zero sugar and protein rich.

UPBEAT's passion is to create great tasting healthy protein and vitamins are high in protein and vitamins, yet contain no sugar so you can stay energised, strong and focused, ready to smash life's moments. They're for people who want to up their game and be at their best, those who want more out of life at work, in the gym or living their dreams.

They also use only the finest gold-standard whey protein isolate to give you the most



effective, fast-acting protein possible.

Flavoured with real fruit juice for tasty and refreshing hydration. UPBEAT is suitable for vegetarians. Get the essential protein and vitamins you need to stay strong, feel energised and

support mental performance. All the benefits of a protein shake without the milky, powdery taste.

UPBEAT

Grab an UPBEAT today at: WHSmith travel, Sainsbury's, fine independents and online at Amazon and Musclefood. Find out more about UPBEAT Drinks at upbeatdrinks.com

Making iron better...

IRON IS ESSENTIAL TO LIFE. It contributes to the reduction of tiredness and fatigue and also plays an important role in normal energy metabolism, oxygen transport, cognitive function, immune function and formation of red blood cells and haemoglobin.

Active Iron's ground-breaking protein formula is specially formulated by scientists to help prevent constipation and reduce gut

irritation from iron. It's kind even on an empty stomach and clinically proven to give twice the absorption.

Monthly periods are the most common cause of iron loss worldwide. Research shows that women of childbearing age need



2-3 times more iron than men. Active Iron is also suitable for vegetarians – although a vegetarian diet will be high in iron rich foods, these plant-based (non-haem) sources of iron are poorly absorbed.

There is the equivalent of 17 cups of spinach in one capsule of Active Iron – that is a lot of iron!

Get 50% off Active Iron's entire range. Use the code CHECKLIST at activeiron.com, hollandandbarrett.com or boots.com

ACTIVE IRON

Looking to build your own home gym? Look no further...

IF YOU ARE LOOKING TO BUILD your very own home gym, so you can work out in the comfort of your own home, look no further. At JLL Fitness, we offer a great range of cardio equipment, treadmills, rowing machines, indoor cycling bikes and more. We also supply a diverse range of weight and yoga equipment.

Our in-home premium 500 Series is designed to be stylish and easy to store within your own home. The 500 Series is built with you in mind. Thanks to the ergonomic design, you can always work out in full comfort.

The 500 Series monitor helps you keep track of your speed, distance, calorie, time and pulse while you are working out, and so helping you stay focused on your goals.



Our T350 Folding Treadmill is perfect for in-home use. The running deck has a 16-point cushion system which reduces the impact on your joints when running. It can fold up too, giving you back vital floor space, and boasts fantastic features, including Bluetooth connectivity – so you can listen to your favourite music from any Bluetooth device. Our T350 Folding Treadmill also has 20 running programmes that can test your limits, featuring 20 levels of incline and 18km/h top speeds, so you can amplify your fitness training.

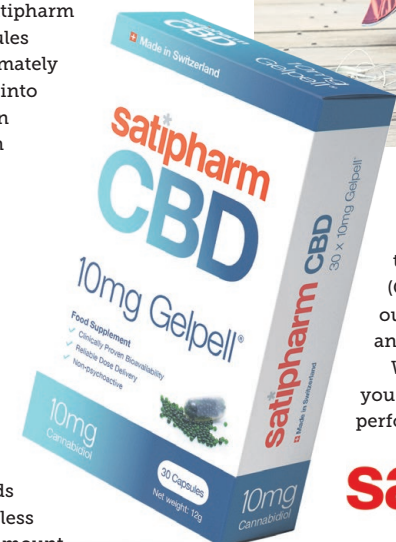
JLL
EMPOWER YOUR FITNESS

Get in touch and we can help you build your own home gym. Visit jllfitness.com, email info@jllfitness.co.uk or call 0800 6123 988.

The right way to take CBD

WHEN IT COMES TO CBD, this is what matters: some products produce poor results while others deliver high performance. Taking just one Satipharm CBD capsule is equal to over 14 drops of CBD oil. One pack of Satipharm CBD capsules provides more CBD than two 500mg bottles of oil.

The reason Satipharm 10mg CBD capsules provide approximately 350% more CBD into your system than the same dose in a 5% CBD oil is because they are powered by our patented Gelpell® technology, as proven by clinical trials. A recent test of 30 CBD oils by The Times showed that almost two-thirds (62%) contained less than the stated amount of CBD on the label, with some products containing no CBD at all. The Gelpell® technology places cannabinoids inside seamless microgel



spheres which provide approximately 3.5 times higher bioavailability. Satipharm CBD capsules are manufactured to pharmaceutical standards under GMP (Good Manufacturing Practice), ensuring our capsules are always of the highest quality and consistency.

When an engine is high performance you get more power. When your CBD is high performance you get more of what matters.

satipharm CBD

Ask for Satipharm CBD in your pharmacy or in Holland & Barrett stores nationwide. Visit satipharm.com and use code CHECKLIST20 for 20% off.