

NEW YEAR'S RESOLUTIONS

checklist

New Year means it's time to make better choices – whether those include getting healthier, being more organised or trying something new. Here are some ideas for you...

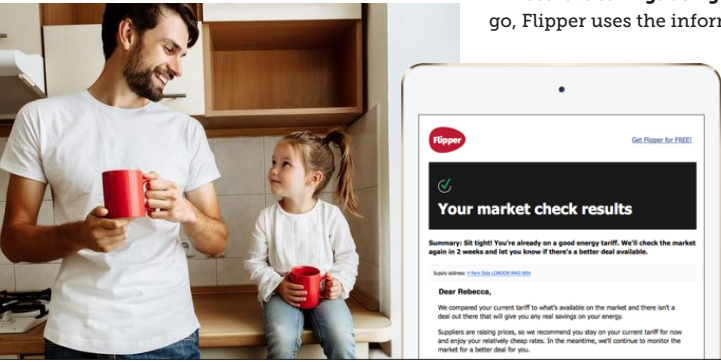
Effortless savings on your energy bills, forever

MOST OF US KNOW THAT SWITCHING our energy supplier will save us money, but don't bother because we think it's going to be a hassle or confusing. Well now you can get Flipper.co.uk to do it for you. Their fully automated and informed switching service means you can save continuously while never needing to compare your energy bills again. Flipper search the energy market for

you, and once a better deal is found they flip you to it, managing the whole process for you. **Guaranteed value** They compare and flip to more deals, more often to save you more money – including deals you won't find on some comparison sites. Flipper's intelligent algorithm, called Joules, searches the market to find you the guaranteed best deal every month and will flip you every time you can save.

Accurate savings using your bill data From the get-go, Flipper uses the information unique to you to

help you save smarter. This personalised service is unique to Flipper. Instead of usage estimates, we use the actual data from your bills to calculate a highly accurate estimated saving. We get your bills from your online energy account.



Thriving joyfully with a vegan lifestyle choice

IN 1944 THE VEGAN SOCIETY'S FOUNDERS coined the word 'vegan' and created the society, making it the world's oldest vegan organisation.

The vegan movement is thriving, with more people choosing a kind, healthy and sustainable lifestyle every day. Vegans live a life less ordinary.

A healthy life that we live to the fullest. A plant-fuelled adventure that's about more happiness, more understanding, more peace and more connections to the planet.

We enjoy good food that comes with a clean conscience. It's a way of life. It's a joy for life. It's a vegan thing. The Vegan



Society's new campaign, Vegan and Thriving, will help you to be healthy and happy on a vegan diet, with a host of nutritionally balanced recipes.

The Vegan Society offers support on all aspects of plant-based nutrition.

Go vegan the easy way

Try The Vegan Society's new app – VeGuide, it's everything you need to start your Veganuary journey.



For more information visit vegansociety.com/thriving about the campaign.

Dealing with debt

DEALING WITH DEBT IS AN important resolution, but it can be one that's really tough to tackle. So, where do you start?

Stretch your money further Assess your current situation to make it as budget-friendly as possible, by cutting costs where you can. Bring lunches to work instead of buying them or walk instead of driving or taking public transport.

Save for financial emergencies Unexpected costs, such as a broken boiler, can seriously affect you if you're unprepared. Make sure you are safe

from the impact of a future financial emergency, by planning ahead and saving – "just in case".

Research your options It's always a good idea to research the different debt solutions available. This should be your first step if you want to deal with debt seriously. Don't be afraid to speak to friends and family about it.

Ask for help If you're unsure how to follow through on your financial resolution, don't worry! There are many debt solutions out there, and it can be tough deciding which one is right for you, or even how to start the process.

National Debt Expert works with some of the UK's leading debt partners and can offer you a debt solution to help you write off your unaffordable debt.

Get in touch by calling 0808 3019 571 or visiting nationaldebtextpert.org.uk



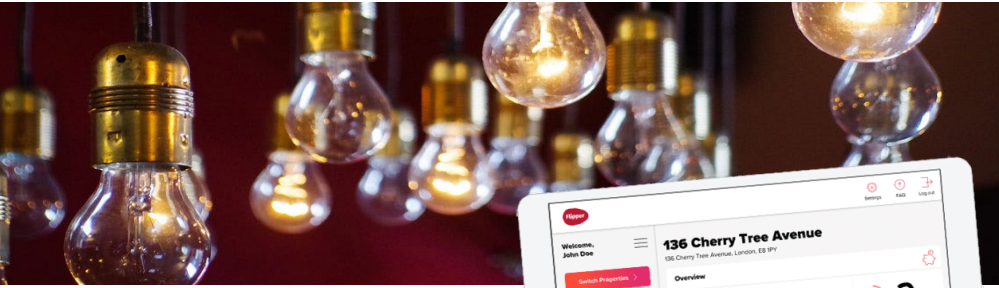
Save cash on tech!

BUYING NEW TECH can be expensive, but it pays to be prudent. If you're considering an upgrade, remember that your old tech can save you cash. Sell your old phone a month or two before the new model comes out to get the most money for it. Why not trade in your old handset and buy a second-hand one? Got an

old NES or an N64? Your old console and games might earn you a pretty penny. CeX has the widest choice of phones, tablets, electronics and games, all with a free 24-month warranty.



See how much you can save at your nearest CeX store, or online at webuy.com



Pay only when you save You are only flipped if a new deal is found which will save you £50 or more per year. Flipper members save an average of £385 per annum on their energy bills when flipped for the first time and it's free to sign up. Flipper are so sure that they can save you a bundle, you only pay their £30 annual membership fee when they've guaranteed you a saving of at least £50.

Excellent service Flipper's service is rated excellent on Trustpilot and they don't flip to energy suppliers who have poor service, saying: You can choose only to be flipped to larger suppliers or just to green energy tariffs.

So put energy bills out of your mind once and for all with flipper.community

Flipper



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



Healthy resolutions for a happier new you!

MAKE YOUR NEW YEAR'S RESOLUTION to address underlying health concerns that can make you feel low and unmotivated and prevent you from staying active and healthy? Did you know that one in three women silently suffer from bladder weakness caused by a weak pelvic floor, generally due to childbirth, menopause or high-impact exercise? As a result, 50% of women worry about laughing in public, 1 in 3 avoid group exercises, and 56% avoid social events according to a study of 2000 women conducted by INNOVO®.

Look at the bigger picture

Adopt a holistic approach and aim for a healthy lifestyle. It's easier to stick to new habits when you introduce them gradually. By dealing with pelvic floor weakness and subsequent bladder weakness you will feel healthier, more confident and enjoy a better quality of life.



Reboot your diet

To boost your energy levels, favour healthy foods, such as whole grains, fish, eggs and nuts – and drink plenty of water. If you have bladder weakness, drink less caffeine and alcohol and avoid citrus, tomatoes and spicy foods as these can irritate the bladder.

Focus on your pelvic floor Pelvic muscles play a crucial role in the body's day-to-day functions and can help stop urinary incontinence, prevent prolapse and improve your sex life, too.

The good news is there's an easy way to restore lost strength in pelvic floor

muscles. INNOVO® Shorts are a non-invasive at-home treatment for bladder weakness. Its clinically-proven technology activates and strengthens the muscles of the entire pelvic floor effortlessly. Simply wear INNOVO® Shorts for 30 minutes, 5 days a week for 12 weeks and you'll be able to see results in as little as four weeks.



INNOVO® is available on Amazon and restorethefloor.com for £249 or £41.50/month over six months. Get £10 off INNOVO® Shorts by using the code **CHECKLIST** at the checkout.

Buy or sell unwanted gift cards and make your money go further

HAVE CHRISTMAS INDULGENCES

LEFT YOUR waist wider but your bank account slimmer? If so, you may be having a dry January, going out less or forgoing your manicures. But there is a smarter way to stretch your money – all year round.

Use a gift card exchange.

Cardyard are the only UK-based exchange, offering a personal, swift and courteous service, with the highest security standards. Here's how they help:



Cardyard buy unwanted gift cards

Have you received a gift card or voucher as a bonus or present? Will you use it before it expires? If you haven't spent it within two weeks, chances are you won't. Shockingly, 6% of UK cards aren't used – either because they're not a desired brand or the recipient forgot. That's a whopping £300m of lost cash every year.

Although you'll get a little less than its face value, that's better than nothing – and you'll gain cash to pay off your festive bills.

Cardyard sell discounted gift cards

Cardyard sells cards for up to 20% less than their face value. That's a £50 gift card for just £40! They sell cards for all your favourite fashion, music and gaming retailers, DIY stores and

supermarkets, restaurant and cinema chains. Think how much you'd save using Cardyard to spend all year-round: Clarks 20%, iTunes 10%, John Lewis 5%, Amazon 3% – it soon adds up.

So click Cardyard. It's the smartest resolution you'll make this year. Visit cardyard.co.uk or call 01392 580988 for more information.



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



The ultimate implant experience

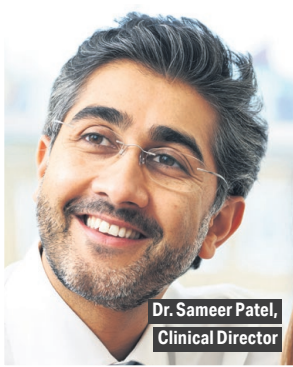
HOW OFTEN HAVE YOU

LOOKED in the mirror, wishing you had a better smile? Few of us have naturally perfect teeth, but with the help of the hand picked specialists at eleven we can help create a natural healthy smile to be proud of.

Eleven are the proud winners of the Best Practice London 2018, Private Dentistry Awards, and have an award-winning multidisciplinary team under one roof. This includes specialist periodontists, all of whom are members of the International Team for Implantology (ITI).

Dr. Sameer Patel and the Eleven team take a holistic approach when it comes to treatment planning for all patients. The treatments Eleven offer are minimally invasive, helping patients to achieve not only an amazing aesthetic result, but all-round dental wellness too. Implants allow people to eat all the things they enjoy and eat at the right pace. This allows good digestion and aids nutrition.

Eleven love to work with patients who not only want to achieve aesthetics and function but want to feel the best they can towards their



dental health and well-being.

Throughout January, Eleven are offering a half-price implant consultation appointment (*priced at £95 instead of £190, including a complimentary CT scan for any patients who decide to go ahead with treatment).



If you have ever thought about implants don't hesitate to call Eleven Dental on 0207 487 2711 or visit ellevendental.com. Redeem the discount offer by quoting **CHECKLIST**.

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.



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.