

WEEKEND POST



35p

THE PAPER AT THE HEART OF BRISTOL

47

the end **seven**

Win lessons in life efficiency

SWEB Energy has teamed up with three experts on energy efficiency to offer Seven readers the opportunity to save energy in more ways than one.

One lucky winner will learn from four energy efficiency experts – a personal fitness instructor, a nutritionist from Smart Nutrition, an urban PA and a SWEB Energy expert. Each expert will demonstrate the best way to use energy so you will not only feel more energised, but will also have more time for the things you enjoy.

- Smart Nutrition says you can eat your way to enhanced power and energy by avoiding foods that eat up your energy, such as sugar and refined foods. These may give you a short-term boost but will actually drain your energy in the long term.
- An urban PA will help you get yourself organised. Clearing clutter from your desk and cupboards will clear your mind and improve your work efficiency.
- Ex-Royal Marine and personal fitness instructor Keith Walkman will advise on how



to be efficient when training. Always warm up for at least five minutes, then gradually increase your work rate. Not doing a sufficient warm-up can reduce the effectiveness of your training by up to 60 per cent.

- SWEB Energy can help you save money on your energy bill. Don't leave TVs, videos and hi-fi systems on standby – this can use up almost two-thirds of the electricity which would be used if the appliance was switched on.

SWEB Energy – one of the key suppliers of energy in the South West – not only provides gas and electricity at a low cost but also sets high standards in customer services.

The dedicated and qualified SWEB Energy teams are on hand to offer the best advice on easy energy efficiency in the home, which saves you money on your bill.

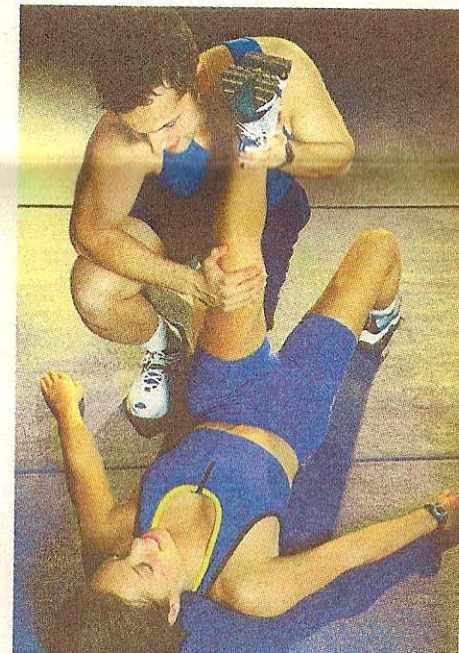
Not only that, but now being a SWEB Energy customer is even more rewarding thanks to its Nectar partnership. You can earn up to 3,000 Nectar points in your first year.

How to enter

To be in with a chance of getting more great advice more from each of these experts in your own personal one-to-one sessions, send your name address and daytime telephone number to SWEB Energy Free Prize Draw, Seven Magazine, Bristol Evening Post, PO Box 881, Bristol, BS99 7HD. Entries must be received by Saturday, July 24, 2004.

Terms and conditions

No cash alternative is available. The prize includes a one-hour session with Keith Walkman, a month's subscription to urban PA and a session with Smart Nutrition. The prize must take place within the Bristol area. The winner may be required to take part in publicity.



Part of the prize is a session with a personal fitness instructor