

# Win this FANTASTIC

# e SEEBOARD ENERGY

# competition!

SEEBOARD Energy — one of the key suppliers in the South East — not only provides gas and electricity at a low cost, with no hassle, but also sets high standards in customer services.

The dedicated and qualified SEEBOARD 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 SEEBOARD Energy customer is even more rewarding thanks to their Nectar partnership.

You can earn up to 3,200 Nectar points in your first year!

To celebrate, SEEBOARD Energy has teamed up with three experts on energy efficiency to offer Eastbourne Herald readers the opportunity to save energy in more ways than one!

One lucky winner will learn from four energy efficient experts; an individual session with personal fitness instructor Keith Walkman, consultation with a nutritionist from Smart Nutrition, access to an urban PA for an entire month, as well as advice from a SEEBOARD Energy expert on how to run a household in a more energy efficient way!

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;

- Avoid 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.

Urban PA knows how to be more energy efficient with time;

- Get yourself organised — clear clutter from your desk and cupboards as this will clear your mind and improve your work efficiency.

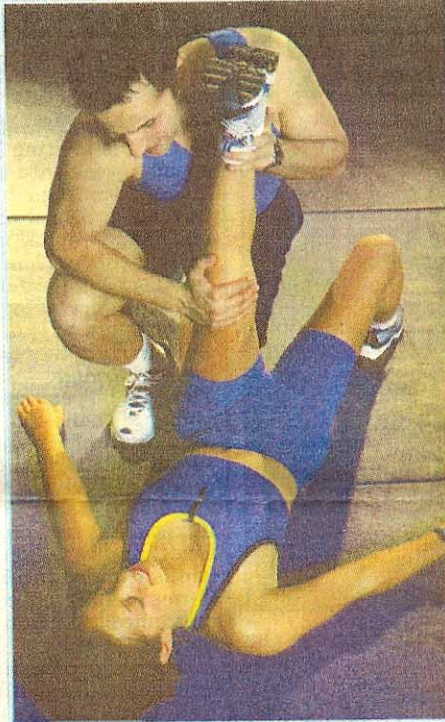
And ex-Royal Marine Personal Fitness Instructor, Keith Walkman can advise on how to be efficient when training;

- 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%.

SEEBOARD 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 to 60% of the electricity which would be used if the appliance was switched on.

To be in with a chance of getting more great advice from each of these experts in your own personal one-to-one sessions, fill out your details below and return the coupon by August 5.



## Seeboard COMPETITION COUPON

Name.....

Address.....

Postcode.....

Daytime telephone number.....

QUESTION: How many Nectar points could you earn in

your first year? ANSWER.....

Please post your entry coupon to:

Seeboard competition,  
Eastbourne  
Herald, 1 Commercial  
Road, Eastbourne,  
East Sussex,  
BN21 3XQ.

Please ensure your entry reaches us before the closing date of August 5.

### Terms and Conditions

- No cash alternative
- Prize includes a one hour session with Keith Walkman
- Includes a month's subscription to Urban PA
- Includes a session with Smart Nutrition
- Prize must take place within the Eastbourne area
- Winner may be required to take part in publicity

## e SEEBOARD ENERGY

Visit:  
[www.smartnutrition.co.uk](http://www.smartnutrition.co.uk)  
[www.x-rm.net](http://www.x-rm.net) for fitness instructor  
[www.urbanpa.com](http://www.urbanpa.com)

## Keen photographer or happy snapper?

Either way, you could feature in our photographic record of Eastbourne life

# ONESUMMER'S DAY

On Saturday 14th of August we're inviting you to take pictures of all aspects of your local life and send them to us at the Herald. The resulting colour supplement; **'One Summer's Day'** will be published **FREE** with your Eastbourne Herald and will be a unique record of Eastbourne people in pictures.

## WIN A DIGITAL CAMERA

Along with the chance to have your photographs published, we're offering a **SUPER DIGITAL CAMERA** and other prizes for the best pictures you send in.

So be ready to get snapping on August 14th and send your pictures to:  
**One Summer's Day,**  
Eastbourne Herald, 1 Commercial Road, Eastbourne BN21 3XQ

Please only send colour prints or digital pictures in jpeg format on CD.

[www.eastbournetoday.co.uk](http://www.eastbournetoday.co.uk)



WIN  
A DIGITAL  
CAMERA