

INDEPENDENT

Positive news about positive people

www.londonlocals.co.uk

COMPETITION

LIFE EFFICIENCY

London Energy



LONDON ENERGY - One of the key suppliers in London 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 London 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 London Energy customer is even more rewarding thanks to their Nectar partnership. You can earn up to 3000 Nectar points in your first year! To celebrate, London Energy has teamed up with three experts on energy efficiency to offer **Independent Local Newspaper Group 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 London Energy expert on how to run a household in a more energy efficient

to use energy so you will not only feel more energised, but will also have more time for the things you enjoy.

Smart Nutrition (www.smartnutrition.co.uk) 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 (www.urbanpa.com) 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 (www.x-rm.net) 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

London Energy can help you save money on your energy bill;

- Don't leave TVs, videos and Hi Fi systems on standby - this can use between 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 more from each of these experts in your own personal one-to-one sessions, fill out your details below.....

Name: _____

Surname: _____

Address: _____

Phone: _____

Email: _____

Terms and Conditions

- No cash alternative

Prizes will be drawn by independent judges.

