

# WIN! OUR GREAT GIFTS

→ For your chance to win these fab wellbeing goodies, enter by 15 May. Good luck!

## Track your stats

Have your fitness plans gone awry? Get back on track with Misfit's Ray (£69.99) and Shine (£79.99) trackers. Both allow you to monitor your activity, sleep, and even remind you when you need to get moving again! Water-resistant up to 50m, and never requiring a charge, they're ideal for constant use. They also give text and call notifications, and allow you to take selfies and control your music with one tap. For more, visit [misfit.com](http://misfit.com). We have two of each tracker to give to four lucky readers.



CODE:  
HEALTHWIN1



CODE:  
HEALTHWIN2

## Wi-fi safety

Mobile phone too hot to handle? Wi-fi making you buzz? SmartDots from Phi EnergyDots could help. Simply stick a SmartDot on any type of wireless device, and it re-tunes its electromagnetic field so it's less harmful to the body. The impact could mean more energy and better sleep for you. Find out more at [energydots.co.uk](http://energydots.co.uk). We have 10 SmartDots to give away, worth £25 each.

## Digestive health

Tackle the causes of gastrointestinal disorders with Enterosgel, scientifically developed to bind to toxins, allergens and pathogens in the gut. This gel is your first step to a healthy gut, as it gently and effectively expels nasties from the body, helping towards detoxification and treatment of diarrhoea, some allergies and IBS. Recommended by the World Health Organization in cases of food poisoning. Thirteen 225g tubes, worth £19.90 each, are up for grabs.

CODE:  
HEALTHWIN3



## → A YEAR OF COFFEE

Already one of Scandinavia's favourite Nespresso-compatible capsules, Real Coffee have grown an enthusiastic following since launching in the UK last summer. As well as providing delicious organic and Fairtrade coffee blends, the capsules are more environmentally friendly than aluminium pods, and recyclable. One lucky reader will win a year's supply of organic coffee, plus a stylish wooden box.

CODE:  
HEALTHWIN4



Worth £775!

## HOW TO ENTER

To apply **ONLINE** go to [healthycomps.co.uk](http://healthycomps.co.uk).

**POST** your name, address, phone number and entry code (eg HEALTHWIN1) to the address on page 150.