

COMPETITION

Win a personal coaching programme worth £400 and change your lifestyle for the better!

Whether you're Mum looking to shift that excess baby weight, tone up and improve your fitness level or you want some help encouraging your kids to become more motivated towards adopting a healthy diet and lifestyle, Alderley Edge based Emily Hogarth (pictured below) can help. Emily works with a wide range of clients, many of whom are Mums, and offers personal training and nutritional advice in the privacy of your own home or in her Alderley Edge studios.



HOW TO ENTER

To be in with a chance to win this fantastic six-week tailor-made personal training and nutrition course, simply answer the following question correctly:

Which actress plays the role of Donna in the film Mamma Mia?

Email your answer, together with your name, address and telephone number to sue.polley@mumsincontrol.co.uk (please put Emily Hogarth Personal Training Competition in the subject line). Entries must be received no later than 12 November 2008. The winner will be picked at random after the closing date. The winner will be notified in person and will be announced in the New Year issue of Mums In Control. The Editor's decision is final and no correspondence will be entered into. The prize is as stated and no cash alternative will be offered.

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