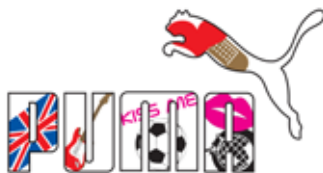


GIG & GEAR



Your chance to win exclusive
gig tickets and PUMA gear

PUMA's on the hunt for Manchester's most promising bands, and we've got six pairs of money-can't-buy tickets* to an exclusive gig up for grabs. Held on 17 June at Moho Live in Manchester, the gig will include performances from winners of PUMA's search.

Each of our six lucky winners will also receive one of PUMA's Pro Thin Profile bags and a pair of Madison Evo trainers. Perfect for on-the-go urbanites, the Pro Thin Profile is your mobile desk – far cooler than your average laptop bag (available from the PUMA concept store, Manchester Arndale Centre, £120 RRP). The Madison Evo Velcro is part of PUMA's Urban Mobility collection and is designed as a comfortable out and about shoe for style-conscious city dwellers (available from Schuh and Sole Trader, £65 RRP).

To enter the competition, e-mail your answer to the following question, plus your name, address and telephone number to puma@runwildmedia.com

**On what date is PUMA's
intimate gig being held?**

For more details of PUMA's band search, visit
www.pumamanchester.com



- *As PUMA's gig on 17 June is in licensed premises, only those aged 18 or over may attend. Winners of this competition aged below 18 years will not be allowed to attend the gig.
- If the prizes listed are not available in the winner's size, a PUMA product of equal or higher value will be given.
- No cash alternative to prizes is available.
- Closing date: 31 May 2008.

Feeling
just "all
right"
isn't all
right...



Life constantly throws challenges at us which appear out of nowhere and are out of our control. With pre-prepared food on every corner, every day it seems harder to eat enough fruit and vegetables, to find the time and motivation for exercise, and to maintain your ideal weight. Take the time now to change and take control of your health and diet and get the knowledge you need.

There is no secret formula for looking good and feeling amazing, but by making small, gradual changes you can experience the positive effects of a great body shape, clear skin, more energy, undisturbed sleep and a sharper mind.

Government guidelines suggest 30 minutes of planned exercise, such as walking, every day. How many of us actually achieve this? The aim of The Fitness & Lifestyle Company is to help and support you to achieve results quickly. So begin this month by moving more; aim for 15 minutes of walking before breakfast and 15 minutes after dinner.

Feel free to e-mail me your results and get on the way today to achieving more energy for the summer season. Call for a consultation and experience the benefits of having a personal meal plan tailored around your own goals and lifestyle. ■

Emily Hogarth
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