

COMPETITION

Glow with health and beauty on your big day

Win a personal coaching package

You know that looking good on your wedding day isn't just about your dress, hair and make-up. You could win the services of a personal coach to help you be your most beautiful. One lucky Pure Weddings reader will win a six-week personal training and nutritional coaching package from Emily Hogarth. The actual prize will be tailored to the bride's personal needs, but it will ensure that she is glowing with health and beauty on her big day. The lucky winner will receive one-to-one personal training and nutritional advice from Emily Hogarth at her studios in Alderley Edge, Cheshire, or Manchester. ❖



Emily Hogarth

The Fitness and Lifestyle Company is based in Manchester and Alderley Edge. Call Emily on 07899 966352, or visit: www.fitnessandlifestylecompany.com

Get started straight away. Call now for a free consultation.

One to one nutritional advice combined with personal training is all it takes to achieve your dream body.

With the leading health and fitness knowledge from Australia, the program is so simple yet so effective and is geared towards a lifelong plan of healthy eating and enjoyable exercise.



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

What is the name of the actress who takes the lead role of Toula in the film My Big Fat Greek Wedding?

Send your answer on a postcard together with your name, address and daytime telephone number to reach our offices no later than **Friday August 8th 2008**. The winner will be the sender of the first correct entry chosen after the closing date. Alternatively, e-mail your answer and details to sarah.shannon@archant.co.uk (please put 'Emily Hogarth Personal Training Prize' in the subject field). The winner will be notified personally before September 8th 2008 and will be announced in the next available issue of Pure Weddings. Usual Archant Life competition rules apply and the Editor's decision is final. No correspondence will be entered into. The prize is as stated and no cash alternative is available.