

PRODUCTS AND INFO TO HELP YOU LIVE A HEALTHY & HAPPY LIFE

MAKE YOUR BACKPACK ECO-WISE

Everyone needs a backpack or carry bag – children, teenagers and adults alike – be it for the gym, travelling, sports, childcare, a sleepover or to carry extra things to work. QLD-based EnviroTrend presents their new Hawaiian collection of compact eco-wise backpacks and carry bags, just in time for summer! The PAKItToMe™ Backpacks are totally compact in size (no bigger than a snack size packet of chips!), but foldout into a generously sized backpack with adjustable straps, two side pockets for your phone or drink bottle, and a pocket at the front with a keychain to safely attach your keys to the inside. It's easy to stuff back inside, lightweight yet sturdy enough to carry up to 8kg and big enough to fit a laptop or A4 folder. The ingenious backpack comes in a variety of prints in addition to the new Hawaiian collection. At just \$15.99, PAKItToMe™ is this season's must have bag or gift!

www.envirotrend.com.au

**WIN
1 of 5
PACKS**

**WHOLE GRAIN PASTA FOR A WHOLE LOTTA GOODNESS (AND TASTE)!**

Barilla, the world's biggest pasta brand, has launched an exciting new addition to their leading range of pastas with the introduction of Barilla Whole Grain pasta, available in Spaghetti and Penne Rigate varieties.

Barilla's Whole Grain tastes just like regular pasta, but contains three times the fibre of regular pasta, with one portion of Barilla Whole Grain pasta contributing 20 per cent of your daily fibre intake. Studies have shown that a diet high in fibre may help to reduce the risk of heart disease, digestive diseases, stabilise blood glucose levels, lower cholesterol, and even aid in weight loss. So, if you appreciate the benefits of added fibre in your diet, new Barilla Whole Grain is a great addition to your menu, without compromising on taste.

www.barillaaus.com

**ACHIEVE MORE LOOKS WITH A FLICK OF THE WRIST**

The Philips StyleShaver is a state-of-the-art three-in-one facial hair styler that gives men the freedom to achieve more looks with fewer tools. With the StyleShaver's double headed design, men can trim and style with one end of the product or simply flip it over to use the shaver. Featuring a best-in-class beard trimmer comb with 12 length settings, dual foil shaver, precision trimmer, and a dual-sided precision styler, the StyleShaver creates the desired look with just one product.

www.philips.com.au/grooming

**WIN
1 of 9
shavers**

Up for grabs, we have Philips StyleShavers valued at \$119.95 each. To enter, simply tell us in 50 words or less what facial hair style you would create with the Philips StyleShaver and the best 10 entries will win! Email your submission to editor@fitnessfirst.com.au before 10 December 2012 and remember to include your delivery address.

**PROTECT YOURSELF (AND LOOK UBER COOL) WITH PONG**

Protect you and your loved ones from the potentially harmful effects of cellular and WiFi radiation thanks to Pong, the world's first and only maker of technologically advanced Smartphone and iPad cases.

Not only are Pong cases a funky addition to any Christmas stocking, but they have also been proven in independent laboratories to:

- Reduce a user's exposure to electromagnetic radiation by up to 95% below international safety limits.
- Users in poor signal areas have noted an improvement in reception and battery life compared with other case brands.
- Accelerate download and upload speeds.
- Pong cases are available for iPhone, iPad, Blackberry and Samsung devices and come in an assortment of colours.

www.pongmobile.com.au

**WIN A PONG PRODUCT OF YOUR CHOICE!**

WIN

To help reduce your exposure to electromagnetic radiation, we're giving away a stack of Pong products. To enter to win, simply tell us in 50 words or less which product from the following list of prizes you'd like to win and why. Choose from:

- 1 of 2 iPhone 3G/3GS cases (black), valued at \$49.99 each
- 1 of 3 iPhone 4/4S Soft Touch Cases (black or blue), valued at \$59.99 each
- 1 iPad 3 Leather Look Case (black), valued at \$119.99

Email your entry to editor@fitnessfirst.com.au before 10 December 2012 and remember to include your delivery address.