



*Nourishing the Potential of Mind and Body™*

## Summer's over - get ready to party!

Summer has ended, the nights are drawing in and our thoughts typically turn to the party season. We all want to ensure that our "bikini bodies" stay that way for our new Christmas party frock and just as importantly want to maintain that glorious smooth skinned holiday glow we achieved on the Med'. It's easier said than done, with the temptation of those delicious winter warming meals and dark nights that persuade us sit in front of the TV rather than go for a run or pop out to the gym; before we know it we become a jaded "seasonal couch potato". Success as always is in the planning; start your healthy regime now and avoid that frantic crash dieting two weeks before the Christmas party.

One of the best places to begin is by setting personal goals. Carefully crafted goals can help you achieve what you really want in life. It's time well spent for a healthy, fulfilling, and rewarding life. Think about what is really important to you and then set goals that are truly meaningful. Review them often — perhaps placing them in your wallet or on your refrigerator — and if necessary revise them. When developing goals and a fitness program, it's best to keep the following characteristics in mind and make your goals **SMART**.

**SPECIFIC.** Goals need to be specific. Instead of setting a goal of "getting into better shape," think about the specific area you want to improve. For example, if you want to improve your cardiovascular health so you don't feel winded after going up a flight of stairs, a specific fitness goal may be "I will take a 30 minute walk everyday before dinner instead of watching television

**MEASURABLE.** In order to evaluate your success, goals need to be measurable. For example, if your goal is "I'm going to walk 30 minutes everyday after work," be sure you can tell whether you are achieving it by wearing a watch so you can track your time. The point of setting "measurable" goals is to determine whether you are making progress on a daily, weekly or monthly basis or whether you need to stop, re-evaluate, and adjust what you are doing.

**ATTAINABLE.** A goal needs to be attainable, yet it also needs to present a challenge. Too easy or too difficult goals lead to boredom or frustration, respectively. Stop and ask yourself whether the goal is reasonable based on the amount of time and resources you have towards achieving it. It is better to break a lofty goal into "bite sized chunks," starting slowly and working your way up to a larger goal than to try too much initially, get discouraged, and then quit.

**REALISTIC.** When setting goals make sure they are realistic. Set goals that are within your capabilities, and consider your limitations. Let's face it; a person who is 50 years old and wants to look 20 again is just not being realistic. Likewise, trying to train for and complete a marathon in a week's time is not realistic for someone who has not exercised regularly. If goals aren't realistic, you set yourself up for failure.

**TIMED.** Putting a time frame on the achievement of a particular goal is essential for success. This allows you to be proactive today. Otherwise, you may become victim to the "I'll do it tomorrow" approach.

The more you put into setting **SMART** goals the closer you become to making your dreams a reality. Today is a great day to start your journey to be the best possible you!



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How about a little help from Natrol UK Limited?

Slenderite™ is a unique supplement combining five top-selling ingredients that support weight control and healthy lifestyles. The ingredients in Slenderite - Phase 2 Starch Neutralizer® has been clinically shown to delay the digestion and absorption of carbohydrates; EGCG (Green Tea); Caffeine; Chromium Picolinate and 5-HTP - help support healthy weight loss when used in conjunction with a reduced-calorie diet and exercise program, and also help to maintain a positive outlook while dieting.

You don't have to go without carbohydrates on your diet; eat well, enjoy your exercise and stay happy!

- Lose weight feel great!
- 5 key ingredients in one supplement
- 60 Tablets: **rsp. £11.99**

Smooth as a baby's...

We all know that the secret to beautiful skin starts with a healthy diet, regular exercise and a balanced lifestyle. The soft, flawless skin of a baby does not stay that way and the inevitable effects of ageing combined with the additional factors of sun exposure, smoking, poor diet and stress all eventually take their toll.

Vitamin E helps improve the appearance of the skin by adding colour and luster; it helps rejuvenate the skin by providing it with moisture, protecting against the harmful effects of exposure to the sun, wind and environmental pollution. Topical use of natural Vitamin E helps decrease the appearance and roughness of wrinkles. This vitamin oil helps improve elasticity and helps promote healing of damaged skin.

**Natrol Vitamin E Oil Body Spray**

*Pack Size: 2 fl. oz. / 59 ml*

- Natural Sourced Vit' E 12,000iu
- Antioxidant skin care helps rejuvenate skin
- Colour & Fragrance free
- Easy to use spray application
- Convenient "handbag" size **rsp. £5.99**

**Ends.**

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### Notes to editors:

### About Natrol Inc

Founded in 1980, Natrol has established itself as a global leader in the food supplements industry, manufacturing and marketing premium branded nutritional supplements designed to promote healthy living.

The company operates from two 80,000 square foot facilities in Chatsworth, California, which includes a quality assurance laboratory staffed by trained lab technicians and the latest scientific equipment.

Designed to meet a wide range of consumer needs, Natrol markets more than 200 nutritional products in the US. Products are distributed in 54,000 outlets across the United States, as well as in selected countries worldwide.

### Natrol (UK) Ltd

In April 2007 Natrol launched to the UK with a range of products tailored specifically for the UK market. The core principal of combining science with nature ensures formulae are designed to meet the needs and preferences of today's consumer. All of the Formulae are without artificial additives & common allergens.

Natrol products are available from all good health food stores or by visiting [www.natrol.co.uk](http://www.natrol.co.uk)