

WIN! ONE OF THREE SWIMMING WATCHES

Are you a keen swimmer or just fancy hitting the pool to get fit this New Year? The PoolMate 2 might become your new best friend. It's easy to forget how many lengths of the pool you've done, but Swimovate's PoolMate2 (swimovate.com) counts your laps for you and knows how far you've swim in pools and open water. At £70, it's also great value and is available in four colours. A must-have for any swimmer!

Swimovate is giving three readers the chance to win one watch each. **FOR YOUR CHANCE TO WIN**, email your details to competitions@iris-uk.com with 'SWIMOVATE' in the subject title, by March 9, 2016, when three winners will be selected at random.



Health & Fitness

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50% OFF

THE NEW RETRO SUPER BLEND

Love making juices and smoothies? Juice Master and Retro Juicer have teamed up to offer H&F readers an exclusive half-price offer on the awesome new Retro Super Blend. Usually priced £119.99, you can buy the super-cool blender for just £60 (plus £3.99 p&p)

Join the wonderful world of the Retro Super Blend, where creating your own tantalising and satiating smoothies just got a whole lot more stylish! The Retro Super Blend is the perfect sidekick to the Retro Juicer, enabling you to make your own mouth-watering smoothie blends or thicken up your delicious juices with all kinds of tasty added extras, such as avocados, bananas, dates, nuts and seeds.

The fast and furious Retro Super Blend allows you to whip up your tasty tippie in

super-fast time! You can also use the extra milling blade that comes with your Retro Super Blend to grind mixed seeds, effortlessly chop nuts, fresh herbs and much more.

Coming with a beautiful little recipe book of 10 blender recipes, The Retro Super Blend uses a high-power 700w motor to make light work of even the toughest fruits and veg, so you can step back and marvel at just how cool this looks on your kitchen worktop.

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