

# Health and Wellbeing checklist

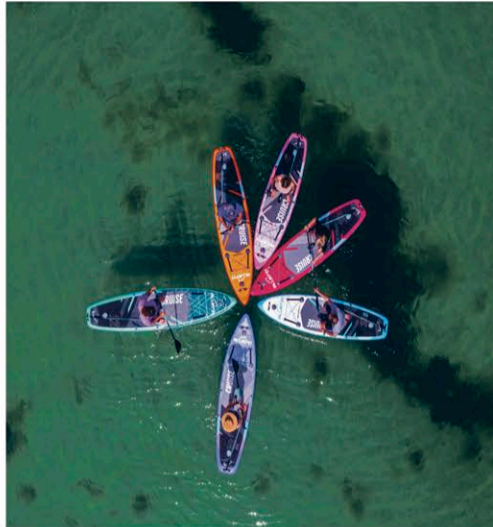
Your body is precious and it pays to look after yourself. Here are a variety of ideas to be – and stay – healthy

Read more online! Visit [checklists.co.uk](https://checklists.co.uk) and follow [@checklistsocial](https://www.facebook.com/checklistsocial)

## Stand up and stand out with a Bluefin Paddleboard

Designed in the UK and available worldwide, Bluefin Paddleboards offer stability, portability and precision paddling. At Bluefin SUP, they offer the most all-inclusive stand up paddleboarding (SUP) board package which all fits into their high-quality backpack. Take your Bluefin SUP anywhere, whether you are paddling rough seas or a calm lake, these boards are packed with high-performance design features.

As an ocean-spirited family business, Bluefin SUP have worked passionately to create a range of paddleboards for the whole family to enjoy. Many years have been invested, working tirelessly on research and development and constantly making improvements to the Bluefin collection. Today, they stand proud to offer a special selection of boards to suit everybody – from juniors and complete amateurs looking to get into the sport for the first time, to seasoned ocean-tourers. There's a Bluefin for everyone: made with love, by SUP lovers.



The new Bluefin Cruise range offers enhanced safety features, and the boards are over 10% lighter thanks to the use of monocoque structural laminate (MSL) in their construction. The Cruise delivers exceptional glide alongside comfort, durability, and stability. Suitable for beginners seeking a reliable all-round leisure board, the Cruise is equally appealing to intermediates due to its versatility in handling a variety of paddling conditions. Now available in a variety of new vibrant colourways and sizes.



Visit [bluefinsupboards.com](https://bluefinsupboards.com) to shop the range and find out more. Follow them at [@bluefinsups](https://www.instagram.com/bluefinsups)

## Win a new mattress Worth £545!

Enter here [checklists.co.uk/win/mattressman2](https://checklists.co.uk/win/mattressman2)



Win a king-size Hotel Rest Deluxe Pocket Sprung Mattress from the British Bed Company. Offering fantastic firm support with a sumptuously soft Egyptian cotton cover, you'll never want to get out of bed.

**Mattressman**

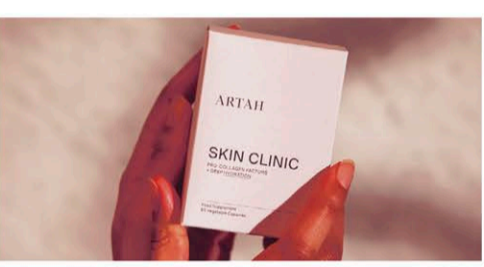
Visit [mattressman.co.uk](https://mattressman.co.uk) and save 15% in their current sale.

## An award-winning, nutritionist-formulated supplement

Celebrated for its use in supporting natural collagen formation<sup>1</sup>, Artah's award-winning Skin Clinic features a blend of vitamins, minerals, and phytonutrients. It is designed to help smooth the appearance of fine lines, wrinkles and the common visible signs of ageing. This is achieved by supporting normal collagen production and the skin's natural regeneration cycle<sup>2</sup>.

Formulated by Artah's founder, nutritionist and naturopath, Rhian Stephenson (ND), the award-winning supplement is rich in antioxidant protection<sup>3</sup> to aid the normal repair process caused by skin damage and includes the skincare hero, hyaluronic acid, which can help deliver deep hydration<sup>4</sup>.

Backed by scientific research<sup>5</sup>, Skin Clinic contains ingestible retinol in the form of bioactive vitamin A which aims to encourage natural cellular turnover, stimulate normal collagen production, and soften the appearance of wrinkles<sup>6</sup>.



Dr Tiina Orasme-Meder, dermatologist and founder of Meder Beauty, says: "I was so impressed by the quality of Artah supplements, I noticed a difference in my skin in one week after I started them."

In an internal consumer trial<sup>4</sup> conducted earlier this year, participants say that they not only saw a reduction in inflammation, redness and flare-ups, but reported that they experienced changes to their complexion, skin quality, energy<sup>5</sup>, weight loss<sup>6</sup>, and better overall wellbeing whilst taking the supplement.

The Artah collection of nutrition programmes and synergistic supplements are designed to provide an integrated method designed to help support skin<sup>1</sup>, mood<sup>2</sup>, the normal functioning of the metabolism<sup>6</sup> and gut health<sup>7</sup>, and overall wellbeing.

**ARTAH**

Visit [artah.co](https://artah.co) and use code JULY15 to get 15% off.

Food supplements are intended to supplement the diet and should not be substituted for a varied diet or healthy lifestyle. 1. Oral Hyaluronic Relieves Wrinkles and Improves Dry Skin: A 12-Week Double-Blinded, Placebo-Controlled Study by Tsai-Fang Hsu et al. 2. Flavan-3-ols: nature, occurrence and biological activity by Patricia M. Aron 1 and James A. Kennedy. 3. Discovering the link between nutrition and skin aging by Silke K. Schagen et al. 4. Internal consumer survey 'The Skin Trial' was conducted by Artah on individuals with acne, eczema or psoriasis, on a 12 week course of supplements from February to April 2022. 5. Zinc has been demonstrated to contribute to improved energy. Source: Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence by Anne-Laure Tardy et al. 2020. 6. Biotin can contribute to normal macronutrient metabolism. Source: Biotin in metabolism, gene expression, and human disease by Alfonso León-De-Río, 2019. 7. Lactobacillus rhamnosus contributes to the normal functioning of the gut. Source: Lactobacillus rhamnosus GG: An Updated Strategy to Use Microbial Products to Promote Health by Fang Yan et al. 2014.

## Win a Love Hemp CBD bundle Worth £125!

Enter here [checklists.co.uk/win/lovehemp](https://checklists.co.uk/win/lovehemp)

Are you curious about CBD but don't know where to start?

CBD (short for cannabidiol) is one of over 100 naturally occurring compounds found in the hemp plant, and is widely reported to have a unique set of holistic healing properties. Typically, CBD does not contain THC, which is the psychoactive compound known for its high-inducing effects. This means that CBD is completely legal and safe to use, with many people using CBD daily to promote health and wellbeing.

With an award-winning range of products formulated to the highest standards and available in over 2,000 stores across the UK, including Boots and Holland & Barrett, Love Hemp has a strong reputation as one of the most trusted CBD brands on the market.



From great-tasting CBD oils to delicious CBD infused gummies, Love Hemp is designed to fit seamlessly into your daily routine and target individual wellness needs.

**LOVE HEMP**

Start your CBD journey today and get 30% off your first purchase. Visit [lovehemp.com](https://lovehemp.com) and use code CHECKLIST30 at checkout.

## Win a Yamaha-powered Trekking 4 electric bike Worth over £2,599!

The new Haibike Trekking 4 has everything you need for cruising in the city, or for extended rides in the countryside. The Yamaha PW-TE motor allows you to accelerate smoothly and with power, while the integrated 500Wh Japanese battery provides ample reserves.

Equipped with a luggage rack, lights, mudguards and a kickstand, this e-bike is truly ready for everyday use. This is your entry into the eTrekking bike world.

Nothing comes close to the exhilarating sensation of riding an electric bike. You feel like a superhero: powerful, fully alive – practically flying. And because e-bikes are so eco-friendly, you're also a superhero to humanity and the planet itself.



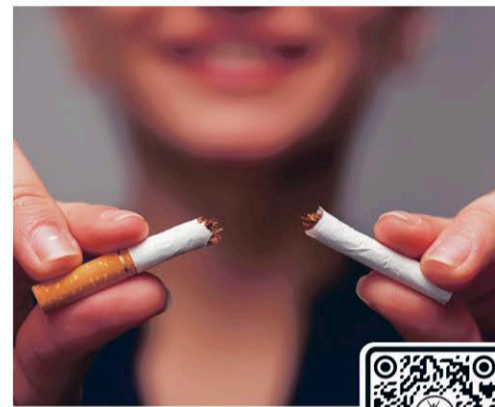
**ELECTRIC BIKE SALES**  
EST. 2005

Visit [electricbikesales.co.uk](https://electricbikesales.co.uk) to shop the full range.

## Help to quit smoking in 2022 – you can still make this year your year

Smokers interested in quitting smoking naturally, without medication, could do so with the award-winning, doctor-recommended Cognitive Behavioural Quitting (CBQ) Method that, over the last decade, has helped support millions of smokers worldwide<sup>1</sup>.

Created by ex-smoker, psychologist, and TEDx speaker Nasia Davos, the CBQ Method uses principles from Cognitive Behavioural Therapy (CBT) and consists of four mental and behavioural stages (Choose to quit; Change your mindset; Change your smoking pattern; and Condition your smoke-free life) that are designed to help smokers quit nicotine. Paired with your commitment, this method can help you remove the desire to smoke, by changing how you think about smoking and breaking the habit.



Visit the official website [cbqmethod.com/start](https://cbqmethod.com/start) to learn more about the CBQ Method and start applying it for free, or email [info@cbqmethod.com](mailto:info@cbqmethod.com)

1. Extended cognitive behavior therapy for cigarette smoking cessation, by Joel D. Killen et al.

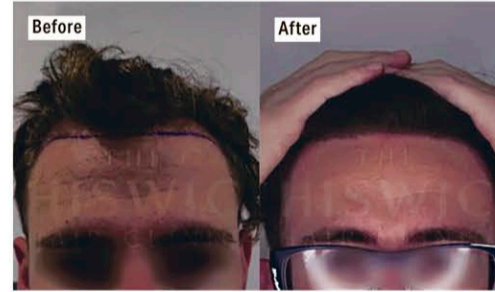
## The Chiswick-based boutique hair clinic

The team at The Chiswick Hair Clinic can help clients at every point of their hair loss journey. They have developed innovative techniques from their consultation process to using brand-new devices.

The follicular unit extraction procedure (grafts extraction and implanting) is carried out by their expert surgeons. FUE is the process of replacing lost areas of hair by implanting healthy follicles from elsewhere on the head.

The Chiswick Hair Clinic produce positive results and have numerous testimonials from clients who have been happy with the clinic's clear advice and no-pressure service. If you are considering a hair transplant, then you really should look no further than The Chiswick Hair Clinic.

Hair transplant results are permanent, and to be able to look back at yourself in years to come with the renewed confidence of having chosen a professional clinic to carry out your hair transplant is very important.



Visit [chiswickhairclinic.com](https://chiswickhairclinic.com) or call them on 0800 302 9454 to find out more.

## Sport connectivity for everyone – at your fingertips

SportShare is the sport specific social media app designed to improve connectivity. SportShare brings everyone involved in sport closer together by making it easier to connect with professionals, see what your friends and those around you are getting up to, and connect with your teams, on one easy-to-use platform.

The app provides a sports community, in a friendly and safe environment. It helps users to feel

confident about their sport, regardless of their level. SportShare is not just for athletes and professionals, it is for everyone interested in sport.

The app is there to help you on your journey and reach your own sports targets, whatever they may be. The aim of SportShare is very simple. They want to connect everyone in sport no matter who they are, where they are from, and how good they are at sport.

## Robot-assisted hip and knee replacements

Robot-arm assisted hip and knee replacement using Mako by Stryker, is transformative technology which allows better planning before surgery, a customised surgical approach and precise implant positioning for patients.

The technology combines pre-operative CT images with 3D technology to allow surgeons to construct a surgical plan that is tailored to the individual patient's anatomy. This means implant positioning which is individualised to each patient.

At the time of surgery, sensors are placed around the joint, which allows the software and robot to locate the joint in three dimensions. The robot arm enters the joint and is able to precisely and accurately remove the correct amount of bone whilst preserving soft tissues. This is carried out to fractions of millimetres.

Studies show that patients have less discomfort, reduced length of hospital stay, quicker recovery and quicker return to work<sup>1</sup>. It should translate to a higher likelihood of longer-lasting joints and joints that feel normal.

This technology provides much more information than was previously available to the operating surgeon. In the knee, the surgeon is able to balance the knee very accurately and precisely in a way which was not possible



previously. In the hip, it means reduced risks of unequal leg lengths and reduced risks of the hip dislocating after surgery. Mr Winston Kim, FRCS (Orthopaedic), hip and knee specialist, who practices at The Alexandra Hospital, Cheadle, Greater Manchester, has performed approximately 600 robot-assisted hip, knee and partial replacements.

For further information, visit [manchesterhipandknee.com](https://manchesterhipandknee.com), or call 0161 447 6753.

1. Robotic-arm assisted total knee arthroplasty is associated with improved early functional recovery and reduced time to hospital discharge compared with conventional jig-based total knee arthroplasty: A Prospective Cohort Study, by B. Kayani et al.



## Enjoy outstanding summer packages from Wellis with a 30% discount

Wellis offer two special packages for those who want to enjoy summer in their own hot tub. Their Deluxe package includes a great quality, deluxe hot tub with free delivery to your house, a special cover lifter and steps, as well as installation by a qualified service technician. You can enjoy Wellis Premium packages now with 25% off, for just £8,999. Enjoy your own summer holiday at Wellis-Islands. Hurry up, this special offer is only available until 31 July.

your house, and a WIS water analyser which helps you monitor your spa water quality 24/7. It also includes a special cover lifter and steps, as well as installation by a qualified service technician. You can enjoy Wellis Deluxe packages now with 30% off, for just £5,495. The Wellis Premium package includes a great quality, premium hot tub with free delivery to

For more information, visit [wellis.eu/gb](https://wellis.eu/gb)



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