

powerhousefitness.co.uk

**3000 SQ FT RETAIL SUPERSTORE:**

Treadmills, exercise Bikes, ellipticals, rowing machines, fitness accessories, multigyms, weights and benches

**COMMERCIAL SHOWROOM:**

Matrix, Johnson and Powerhouse Elite products available in our integrated business-to-business area

**CENTRAL LOCATION:**

Antigua Street, just minutes from the Omni Centre.

**EXPERT ADVICE:**

We know fitness our equipment, call us now.



**Be fit, be equipped**

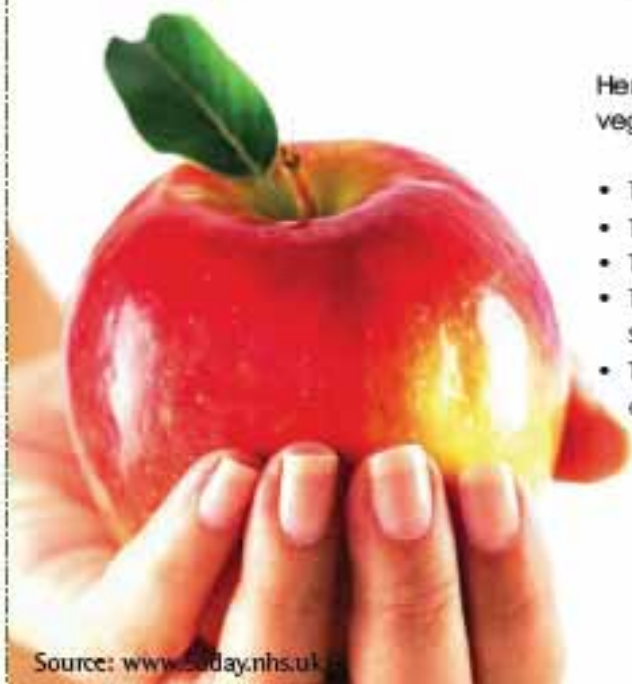


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Fruit and vegetables help set you up for a healthier lifestyle. Best of all, there is so much variety to choose from, all year long, there's enough to keep even the fussiest eaters happy.

To get the best health benefits, your 5 A DAY portions should include a combination of a variety of fruit and vegetables. That's 5 portions altogether, not 5 portions of fruit and 5 portions of veg.



Here are 5 great reasons to eat 5 portions of fruit and vegetables A DAY

- They're packed with vitamins and minerals.
- They can help you to maintain a healthy weight.
- They're an excellent source of fibre and antioxidants.
- They help reduce the risk of heart disease, stroke and some cancers.
- They taste delicious and there's so much variety to choose from.

**TOP TIP:**

Swap chocolate for apples. They're just as sweet and much better for your teeth

Source: [www.5aday.nhs.uk](http://www.5aday.nhs.uk)