

## Women's Fitness

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**DID YOU KNOW?**  
One in four people eats at least one ready meal a week

**TOP PRODUCT**

**SHAOLIN ENERGY BRUSH**  
Described as a 'natural battery charger', this brush features 108 bamboo rods designed to create vibrations which relieve stress and tension in your muscles. Shaolin is an ancient martial arts practice combining meditation and other techniques such as Kung Fu, Qi Gong and yoga to focus the mind, increase flexibility and strengthen the muscles. The vibrations in the Energy Brush will also help stimulate your lymphatic system and kick-start the body's detoxification process at the same time. The Shaolin Energy Brush costs £24.99 from [www.shifuyanlei.co.uk](http://www.shifuyanlei.co.uk) where you can watch a demonstration.