

# WORK OUT



## One brand – many strengths for Tarkett ...

HAVING been part of the global Tarkett Group, Tarkett-Marley Floors has looked to consolidate its business activities, increasing efficiencies and ensuring continued growth.

The company is taking an important step forward by focusing on one brand under one name – 'Tarkett'.

Tarkett's manufacturing plant, located in Kent, is now the group's centre of excellence for the production of slip resistant flooring, the majority of which is distributed within the UK market.

Tarkett has pioneered a number of important innovations, including PUR treatments that protect against scuffs and stains and make cleaning easier. Nowadays, third generation PUR treatments dramatically reduce the amount of water, detergents and energy needed in cleaning and maintenance regimes by as much as 50 per cent, providing an environmental benefit.

Tarkett is also leading the way in recycling initiatives, recycling more than 130,000 tonnes of material per year.

For more information contact: 01622 854040, Fax: 01622 854500, email: [uksales@tarkett.com](mailto:uksales@tarkett.com) or visit [www.tarkett-commercial.com](http://www.tarkett-commercial.com).



## Pills claim to reverse signs of ageing

IMAGINE if you were able to offer your members a magical pill that, taken every day, would boost their looks and reverse the signs of ageing while killing joint pain, increasing their agility, stamina and performance and ultimately boosting their fitness.

As the body's natural protein, collagen is the essential structural component of all connective tissue and is found in cartilage, muscle, tendons, ligaments and bones. Known to diminish at a rate of approximately 1.5 per cent per annum

from the age of 25 years onwards, it is essential to supplement this collagen reduction.

The benefits of Pure-Col include: increased stamina, agility and performance, physiological maintenance and repair, greater mobility in joints, reduced aches and pains, improved hair and nails, reduced cellulite.

Pure-Col is priced from £12 plus VAT for one months' supply depending on quantities purchased.

To order, please contact 100 per cent Collagen Ltd on 0191 291 3385 or visit [www.collagen4u.co.uk](http://www.collagen4u.co.uk).



## Fitvibe launches training course

FITVIBE UK has launched a one-day Whole Body Vibration (WBV) training course, devised by some of the most respected individuals in this field.

Accredited by the Register of Exercise Professionals (REPS), candidates will be awarded the maximum 10 Continuing Personal/Professional Development (CPD) points for successful completion of the course.

Held regularly in the Fitvibe Training Academy at its UK headquarters in Woodford Green, Essex, the course will cost £125 + VAT per person.

On-site bespoke train-

ing is also available post Fitvibe installation. As an Introductory level course, candidates should preferably have basic anatomy and physiology knowledge plus a minimum Level 2 fitness qualification.

The JK Group is the only UK Fitvibe distributor to offer this course which has been generically structured so it can adapt to suit all professional vibration plate equipment.

For more information contact Carly Hayward-Surry, UK FitVibe Specialist, on 020 8498 7277 or email [fitvibe@ergoline-uk.com](mailto:fitvibe@ergoline-uk.com)