

# Health & Fitness

February 2005 [www.hfonline.co.uk](http://www.hfonline.co.uk)

**WIN!**  
YOUR OWN HOME GYM

All you need for life!

## lorum ipsum **FITFOR...** WINTER WALKING

### Skody-do!

The three-in-one Skody, £30, converts from scarf to fleece to waterproof top in seconds. Call **0870-112 0897**; [www.skody.co.uk](http://www.skody.co.uk).

