



HIT THE BAR!

We're on a health kick at OK! Towers which means opting for raw almonds and fruit rather than junk food during the 3pm slump. But we have to say that we're rather partial to Nākd bars too – made from natural ingredients they're the healthy alternative to chocolate bars. Our current favourite is Cashew Cookie flavour (below, 75p each). Yum!



HOT STUFF

Everyone is talking about Zumba at the moment. The fun dance classes make staying in shape seem a doddle – and if you fancy indulging in a new outfit (left) to show off that fabulous figure, check out www.zumbawearuk.com. You'll also find a breast cancer awareness range on the website with 30 per cent of contributions donated to breast cancer charities.

WWW.OK.CO.UK 113