

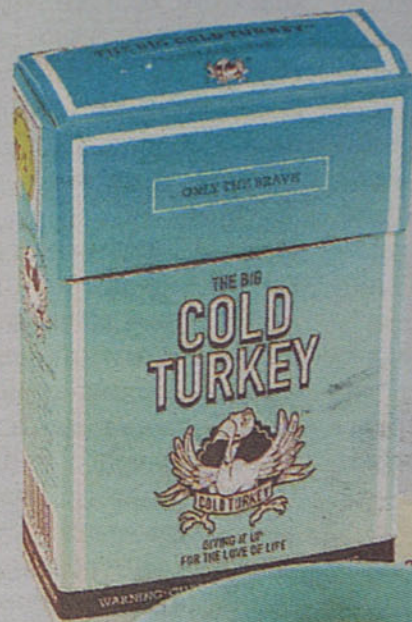
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GIVING UP

Get into turkey

Everyone's got their vices - whether it's tobacco, alcohol, chocolate, video games, narcotics or nail-biting, and the New Year is an excellent moment to try to give them up. Time for The Big Cold Turkey. It's a kit that provides you with a motivational system of reminders, targets and rewards. This comprises a silicone wristband, four stainless steel "trophies", a Getting Started booklet, two badges and a diary to chart your progress through a 42-day programme. The idea is that you wear the chic little wristband as a constant reminder of your resolution, and you clip on a reward trophy - charm bracelet-style - on the fifth, tenth, 21st and final days of the programme. As you complete each stage of The Big Cold Turkey, you can even download certificates to commemorate and celebrate your achievements. It might not be equal to the addictive pull of tobacco, say, but it might be worth a try. You've got nothing to lose except your nasty habits and £9.95, www.firebox.com.



DRINKS

Can't be

It isn't that earth-shattering here goes - this is the finest smoothie in the UK. It's a vibrant ruby-red colour, and the taste is balanced out with ginger zing too. Each bottle contains 2.5 portions of fruit - a mix of some banana and orange - and 10 per cent of your recommended allowance of vitamin C. Innocent special, new year smoothie (if you believe that is) will be available

Sainsbury's, Waitrose and independent retailers from £1.69 to £1.99. It's also a rather popular alternative to the nearest smoothie. 020 860 0000 visit the website

centdrinks.co.uk