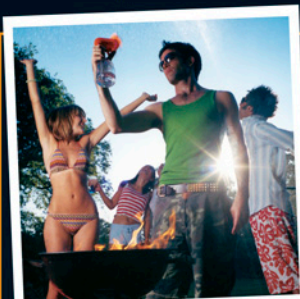


# SMILE! IT'S SUMMER!

It's the best time of year bar none, so make the most of summer with this simple four point plan



*Ready for some outdoor action?*

**Get grilling** We Brits might not be as comfortable with al fresco dining as our friends on the continent, but with this summer set to be one of the hottest on record, your garden could be the perfect place to enjoy some decent grub with your mates. And BBQs don't have to be lardfests either. For healthy options try grilling whole trout (which are high in omega-3 oils), swap fatty burgers for lean steaks and add peppers and onions to lamb kebabs to give yourself a boost of antioxidants.

## Stock up on superfoods

Summer is the perfect time for topping up your five-a-day intake with plenty of seasonal fruits. Don't wait for Wimbledon to tuck into strawberries though. A real superfood, they're packed full of vitamin C and phenolic acid, which has been shown to have cancer-fighting properties. Throw into fruit salads or simply toss a handful into a blender along with teeth-protecting milk to make a nutritious smoothie.

## Make a splash on the beach

First impressions count. And it's not just your pecs and abs that will draw attention on the beach – your smile will too. Teeth look great against a tan but only if they're clean, white and healthy-looking, so make sure you have a winning smile with the help of the Philips Sonicare Elite toothbrush. Designed to take teeth cleaning to a whole new level, it uses patented technology, a unique angled head and over 31,000 brush strokes per minute to remove plaque and bacteria, leaving you with naturally whiter teeth and healthier gums in 28 days guaranteed. Use twice daily and you'll be able to smile with confidence all summer long.

**Top tip: with National Smile Month ahead (13 May-12 June) there's even more reason to get your teeth in check; so brush for two minutes, twice every day**



*Confidence = a winning smile*



*Your summer essentials*

## Protect and survive

- Dermatologists reckon the sun is responsible for up
- to 80% of wrinkles and the
- last thing you want with a
- great smile is a face full of
- unattractive lines. So make
- sure you protect your skin
- throughout the summer
- with a sunscreen, avoid
- sunbathing between noon
- and 3pm when the sun's
- rays are strongest, and don't
- forget to protect your scalp if
- you're a bit thin on top!

**Win!** To ensure you keep smiling all summer long, Philips is giving you the chance to win one of five summer essentials packs featuring the Sonicare Elite and a top of the range compact BBQ and accessories set worth over £200. Simply log on to [menshealth.co.uk/sonicare](http://menshealth.co.uk/sonicare) to enter. Philips Sonicare Elite is available from Boots, Argos, Superdrug, Amazon.co.uk and other leading retailers. Look out for great smile month offers in stores or buy on-line at [www.sonicare.co.uk](http://www.sonicare.co.uk)

