



# SMILE UPDATE

*Spring 2011*



## Dermaroller<sup>®</sup>

**The skin peel alternative currently taking the UK by storm**

**Natural Skin Regeneration and Scar Repair Therapy**

Genuine Dermaroller<sup>™</sup> Therapy can significantly improve the appearance of:

- Acne scars*
- Aged and sun damaged skin*
- Facial and décolleté lines and wrinkles*
- Stretch marks*

Genuine Dermaroller<sup>™</sup> Therapy provides advanced micro-medical skin-needling, a procedure that stimulates the skin to regenerate and repair itself naturally by safely, creating smoother, brighter, healthier, younger-looking skin.



## Have you considered Denplan?

**Budget for your dental health with our affordable monthly payment plans**

Here are a few examples of what you get with Denplan;  
to see the full list of benefits please ask a member of staff or pick up a leaflet at Reception.

	<b>Private</b>	<b>Denplan Care</b>	<b>Denplan Essentials</b>
<b>Consultation</b>	£38.85	Included	Included
<b>Scale &amp; Polish</b>	£39.40	Included	Included
<b>Tooth coloured filling</b>	£72.50	Included	10% off private
<b>Crown</b>	£426.10	Lab fees only	10% off private
<b>Veneer</b>	£445.40	Lab fees only	10% off private
<b>Denplan Fee Rate 2011*</b>		<b>from £12.89</b>	<b>£14.63</b>

\*Please note that these prices are subject to change and are reviewed every January.

**It's time to get moving.** Research shows that regular exercise can improve your health, confidence and quality of life.

Exercise is a great stress buster. It can help you lose weight but, more importantly, it will lower your risk of developing major chronic diseases. We know that reduced or no physical activity can have serious health consequences.

### **Cheap and easy gym-free exercises to improve your fitness.**

Getting health benefits from physical activity is easier than you think, and doesn't have to cost an arm and a leg.

There are many cheap activities that you can do on your own that don't involve equipment or technical expertise. Just give them a try.

The key to getting active is to find something you enjoy that you can easily build into your lifestyle.

**Walking** is underrated as a form of exercise, but it's one of the easiest ways to get more activity into your day, lose weight and become healthier.

Try to fit walking into your routine by ditching the car for short journeys, walking all or part of your journey to work, getting off the bus or train one stop early and planning longer walks at the weekends.

**Couch to 5K (C25K)** is a free running plan developed to help absolute beginners get into running. Running is great for weight loss, improving heart and lung function, strengthening bones and giving you a general sense of wellbeing. You can download a free plan and free C25K podcasts at [www.nhs.uk/Livewell/c25k/Pages/couch-to-5k-plan.aspx](http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k-plan.aspx) to help you to achieve your running goal.

**Cycle to work** - Rediscover the truly invigorating and liberating experience of riding a bike and boost your health in the process. Whether you're cycling to work, to school, to the shops or just for fun, the humble bicycle is an easy way to get more active.

### **Recommended activity levels**

**Adults:** 30 minutes of moderate-intensity physical activity at least five days a week.

**Children:** 60 minutes of moderate-intensity physical activity each day.

**Targets** can be achieved with 10-minute bursts of activity spread throughout the day.

- ◇ 60 minutes of weeding - 210 calories
- ◇ Vacuum the house - 135 calories/hour
- ◇ Go swimming
- ◇ Exercise in front of your favourite soap
- ◇ Get off the bus one stop earlier
- ◇ Spring clean and rearrange furniture
- ◇ Learn to dance



**Count Me In!** Tewkesbury has received government funding to become one of only nine places in the UK to become a healthy town.

Check out local events on their website [www.countmeintewkesbury.com](http://www.countmeintewkesbury.com). Download free maps for walking and cycling in the area; get fun tips and healthy recipes.

**No more excuses, have fun**

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### **Your Dental Team**

Mr V. A. Ruparelia, BSc., BDS

Mrs D. Wilson, RDN

Miss A. Roux, Receptionist

