

NEW YEAR'S RESOLUTIONS *checklist* ☒

The new year means it's time to make better choices – whether those include getting healthier, being more organised or trying something new. Here are some ideas for you...

Access training – making the trades stronger together

Access Training Academies collaborate with training industry leaders like City & Guilds and EAL to make sure that the thousands of students who join their community each year are in safe hands. For them, it's not just a training course – it's a responsibility.

If you want to retrain and pursue a rewarding new career in the trades, Access Training Academies can help you. Their flexible training programmes enable you to learn your new trade and start work within a far shorter timeframe than traditional college courses permit.

Access Training's unique course packages include unlimited online learning, intensive practical training, and ongoing career support for up to three years after enrolment.

Discover industry leading construction and trades training for adults, with flexible training schedules to work around you. All classes are delivered



by industry professionals with affordable monthly payment options. They also offer three years guaranteed career support with a dedicated member of their recruitment team, and exclusive access to job opportunities.

Access Training Academies are a private training academy that operate with both online and in-centre training carried out by industry professionals.

They provide industry recognised training and qualifications in the construction industry, mainly focusing on plumbing, gas, electrical, plastering and carpentry. Learn your trade. Get qualified. Make it happen.



Access Training

Visit [accesstraininguk.co.uk](https://www.accesstraininguk.co.uk) for training and career information.

Win a six-month Cannabotech My Being Programme subscription

Worth £1,200!

Enter here

[checklists.co.uk/win/cannabotech](https://www.checklists.co.uk/win/cannabotech)

Cannabotech
THE BOTANICAL PHARMACY

The Cannabotech My Being Programme is a high-end technology, DNA-based personalisation

programme designed to help supercharge your wellbeing. The programme includes:

My-being triple system: Founded on three products designed to help the key health challenges of modern life – these include the Immunity Drops, Beauty Sleep Drops, and Relax Drops.

DNA screening: The DNA test is designed to offer insights into the functioning of your immune system, your endocannabinoid system, your metabolism, how you respond to fitness and movement, any mineral and vitamin sensitivities, and how your body reacts to certain drugs.

The My-being app: This enables you to track your progress during your journey based on a range of health parameters, and further personalise your programme over the months.

Monthly 1:1 session with their healthcare professional: They will accompany you throughout the whole process, offering human



insights into your progress, giving extra support, and helping you make the most of your My-being journey.

M²CBD-based personalised kit:

Every month, you'll receive a set of products, based on the unique M²CBD formula – a powerful combination of functional mushrooms designed to help strengthen your immune system and pharmaceutical-grade, isolated CBD designed to target your endocannabinoid system¹. Each product aims to support a specific area, from mood to sleep to skin health, to help keep you on track.

Visit [cannabotech.com](https://www.cannabotech.com) or their store in Westfield London – ground floor.



Cannabidiol (CBD) is intended for use as a natural supplement only. CBD is not intended as a replacement for any formally prescribed treatment. Novel Food request reference: RP427. Source: 1. The Profile of Immune Modulation by Cannabidiol (CBD) Involves Deregulation of Nuclear Factor of Activated T Cells (NFAT), by Barbara L. F. Kaplan et al. Please visit [checklists.co.uk/competitions-terms-and-conditions](https://www.checklists.co.uk/competitions-terms-and-conditions) for full terms and conditions

Activewear leggings and bra sets

High-waist leggings and tops sets from PADMAAUK are made of the super stretchable and breathable Mantra fabric which is a four-way stretch material. It makes the perfect outfit for the gym, yoga or an active day on-the-go!

The pieces are soft and lightweight, easy to wash, breathable, anti-static, and quick dry.

Visit [padmaauk.com](https://www.padmaauk.com) and use code SAVE20 to enjoy a 20% discount on your basket.

PADMAA



Take control of your finances

A new year always brings with it the chance to reset and take a fresh look at your finances. If you're juggling multiple loan, credit card, store card or overdraft repayments, you could use a debt consolidation loan to clear the outstanding amounts. This will give you just one monthly repayment to keep track of, making it easier to manage your outgoings and less likely that you'll miss a repayment in the future.

Freedom Finance can help you quickly and easily check your debt consolidation loan options. They'll check your eligibility with over 40 UK lenders without harming your credit score, and they'll also tell you if you're pre-approved.

Want to take control of your finances in the new year? You can check if you'd benefit from consolidating your debts with Freedom Finance in minutes.



Visit [freedomfinance.co.uk](https://www.freedomfinance.co.uk) now to quickly check your loan options without harming your credit score.

Freedom Finance is a trading style of Freedom Finance Limited who are authorised and regulated by the Financial Conduct Authority. FCA reference: 662079. Freedom Finance is a credit broker, not a lender, and will receive a commission if you take out a loan or card. Pre-approvals are subject to final checks and do not guarantee acceptance.

Enjoy healthier living with Limepeaks fitness space saving equipment

Limepeaks Fitness are a gym equipment retailer based in Clayton-Le-Moors in Lancashire, supplying homes and gyms around the world. Limepeaks Fitness deliver innovative and quality space-saving fitness equipment to your door with next-day delivery. Their prices are catered for affordable living.

The LMP-M600A Slim Foldable Treadmill 14kmh features an attractive design which folds to become thin enough for easy storage at home or at work. The treadmill lies flat under your standing desk, providing you with the ultimate space-saving solution at home or at work. Because this treadmill only weighs 29kg, it's substantially more portable than other treadmills. Simply fold away the collapsible handles for easy storage.

The LMP-R100 Foldable Rowing Machine provides good practicality and smooth and enjoyable rowing action, letting you comfortably train the upper and lower body muscle groups. It is easily foldable and perfect for those who are limited on free space within their homes. It features an intense calorie burning workout with 16 different programmable circuits.

The LMP-Q100 Exercise Bike is a robust mechanical resistance exercise bike which is the perfect choice for exercising at home. It provides smooth and enjoyable cycling speeds, letting



you comfortably adjust between various speeds easily. Equipped with a 7kg flywheel, an LCD computer display, and an adjustable saddle, this upright bike will give you an efficient workout.

The LMP-WALK is one of the thinnest treadmills on the market, with smart speed technology to increase and decrease your speed. The maximum running speed is 8km per hour with the handrails up, and 6km per hour with the handrails down. You can also control your speed using a remote. It is great for a run or a walk, and you can alternate your speed as you wish. Order today and they will deliver tomorrow.



Visit [limepeaks.co.uk](https://www.limepeaks.co.uk), call 01254 205791 and follow [Facebook](https://www.facebook.com/limepeaks) [Instagram](https://www.instagram.com/limepeaks) [TikTok](https://www.tiktok.com/@limepeaks) @limepeaks to find out more.