



*Happy 2009 !*

*Have you broken your  
New Year's Resolution to get that  
little bit fitter already? . . .*



*Ideal for Golfers, Tennis Players, Guitarists - anyone who could use more strength in their arms/hands*

## **WIN A POWERBALL**

*What are these bones more commonly known as ?*

- |                    |         |
|--------------------|---------|
| 1. The Sternum     | answer: |
| 2. The Metacarpals | answer: |
| 3. The Mandible    | answer: |
| 4. The Cranium     | answer: |
| 5. The Costals     | answer: |
| 6. The Metatarsals | answer: |
| 7. The Upper ilium | answer: |
| 8. The Clavicle    | answer: |
| 9. The Femur       | answer: |
| 10. The Patella    | answer: |

Fax back to 01352 735733 by Fri 30th Jan. (If you do not want to receive these Competitions please can you let us know)

**Company:**

**Name:**

**Tel No:**

### DECEMBER'S ANSWERS

1. 6 Geese A Laying
2. 9
3. 34th Street
4. The Nutcracker Suite
5. His Dog
6. Egg Nog
7. God Rest Ye Merry  
Gentlemen

**Decembers  
Winner**

**TEMPLE LIFTS  
London**