

TESCO

January 2008

HEALTHY LIVING

12 STEPS TO
A HEALTHY
LIFE

**GET FIT WITH
A FRIEND**
Exercise
made sociable

**TASTE THE
EXOTIC**
Cooking
with spices

GET THE BALANCE RIGHT THIS YEAR

**DELICIOUS
NEW FOOD
RANGES
INSIDE**

77

RECIPES AND GREAT IDEAS TO KEEP
YOU AND YOUR FAMILY TIPTOP



