

You eat, you're queasy. You don't eat, you fade. What do you do?

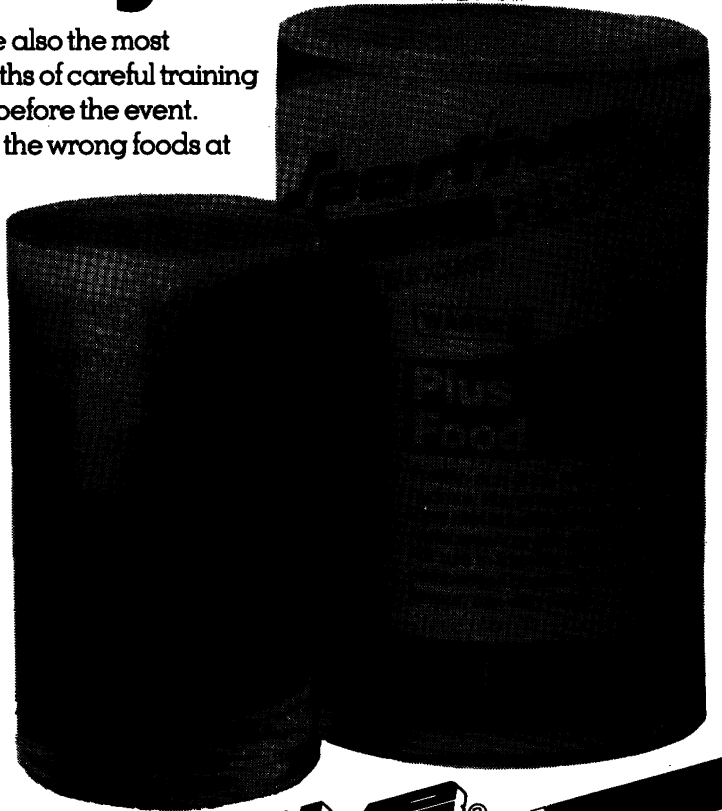
The key days in your athletic calendar are also the most important where your food is concerned. Months of careful training can be ruined by the way you eat – or don't – before the event. Missing a meal deprives you of energy; eating the wrong foods at the wrong time can be equally harmful. Undigested food bouncing around the stomach leaves you queasy. And who ever won **anything** feeling like this?

The answer, as more and more athletes appreciate, is Plus Food from Sportive Perform. Rich in high-quality protein, carbohydrates, vitamins and minerals Plus Food is also very low in fat. So it is easily digested, proves an ideal pre-event meal up to two hours before starting, even when tension has destroyed your appetite.

Plus Food is not only recommended on the day of the big event, but when meals are missed in a training diet.

And a further word of advice: up to half an hour before any sustained effort, top up your reserves with Sportive Perform Energy Drink. This complex of carbohydrates produces immediate and continuing energy to keep you going strong.

So always rely on these Sportive Perform products. And, since your sport and diet are very special to you – send for more information now. Information that could help you win!



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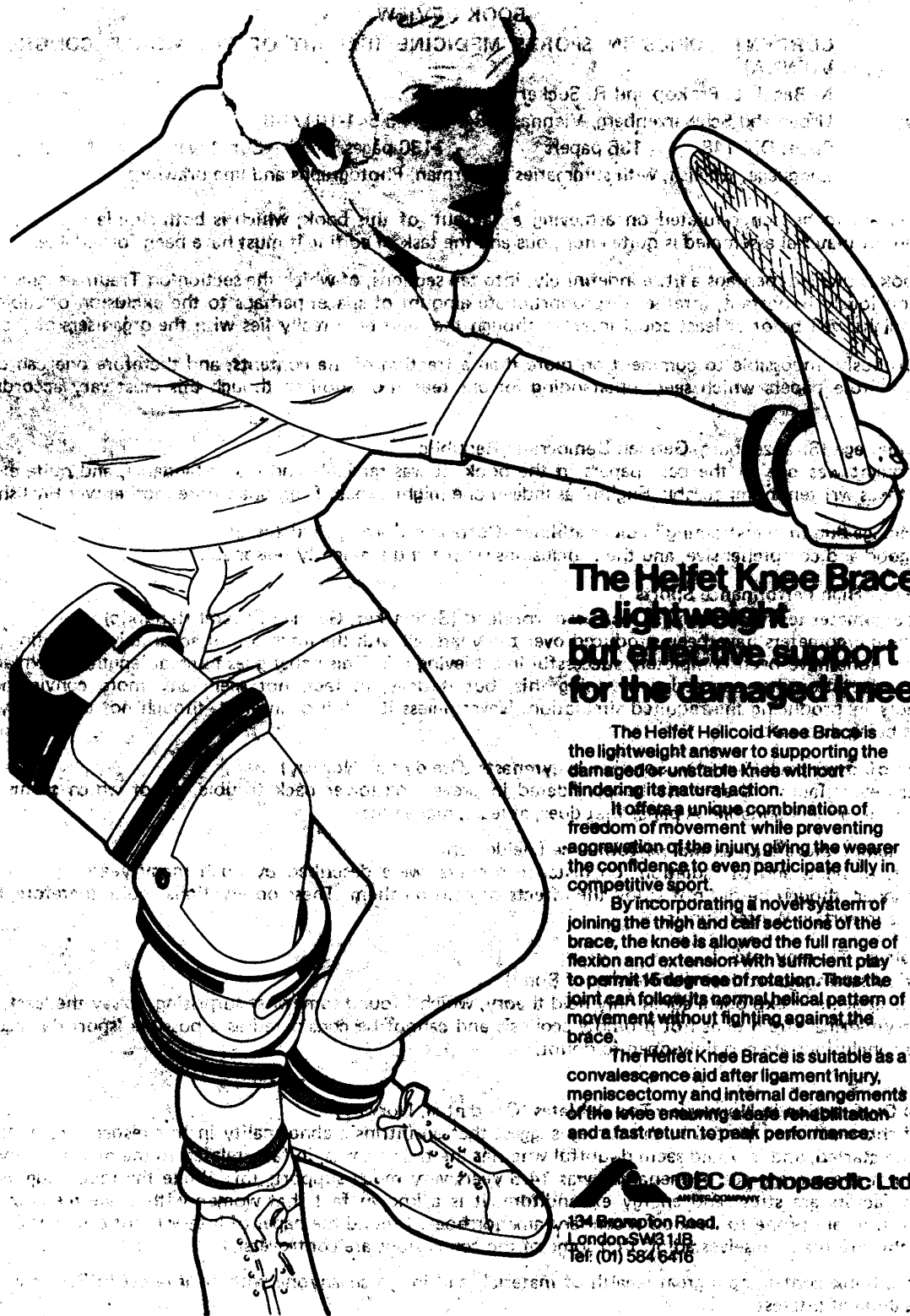
Tubes of 50g

*for immediate treatment
and massage of soft tissue
injuries, sprains and strains*

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The Hellet Knee Brace —a lightweight but effective support for the damaged knee

The Hellet Helicoid Knee Brace is the lightweight answer to supporting the damaged or unstable knee without hindering its natural action.

It offers a unique combination of freedom of movement while preventing aggravation of the injury, giving the wearer the confidence to even participate fully in competitive sport.

By incorporating a novel system of joining the thigh and calf sections of the brace, the knee is allowed the full range of flexion and extension with sufficient play to permit 15 degrees of rotation. Thus the joint can follow its normal helical pattern of movement without fighting against the brace.

The Hellet Knee Brace is suitable as a convalescence aid after ligament injury, meniscectomy and internal derangements of the knee ensuring a safe rehabilitation and a fast return to peak performance.

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- Over 300 unbiased publications world-wide support the values of CYBEX Isokinetic equipment in human performance research, physical rehabilitation, sports medicine and training.
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For further information or a demonstration of the CYBEX II in your department please contact: The Customer Service Department, 23/24 Thornhill Drive, North Moons Moat, Redditch, Worcs. B98 9ND. Telephone: 0527 63622. Telex: 334433. Other Isokinetic equipment also available from NOMEQ:—ORTHOTRON II (Rehabilitation Unit for shoulder, ankle, knee and hip exercise). ORTHOTRON KT1/KTII (dedicated knee testing units). FITRON (exercise cycle). UBE ERGOMETER (upper body ergometer).