

# *Get a* **JUMP ON** *2018*

GET MOTIVATED &  
STAY MOTIVATED

HEALTHY  
LUNCHES

GET BETTER  
ORGANISED

BACK TO SCHOOL  
READY

TOP 10 SUMMER  
MUST HAVES!



**THE  
GOOD  
GUYS®**



# GET MOTIVATED & STICK WITH YOUR NEW YEAR'S RESOLUTIONS

*Be fitter – not a quitter – this year with our tips on how to stay on track with your self-improvement goals.*



New year, new you – making resolutions is the norm after all the excesses of the silly season. Whether it's weight loss, improved fitness or a healthier diet, a fresh calendar year can be the perfect time for a spot of self-improvement. But, as the

weeks go by, many of us are turning our backs on our good intentions. In fact, in a recent survey by a leading Australian comparison website, it took just three months for 15 per cent of us to renounce

our resolutions, while 40 per cent had ditched them entirely come September.

So, what's the secret to success? Here are five ways to stay on track over the coming year.

## 1. BE REALISTIC

Don't make an extensive list – having just the one resolution means all your energy is focused on making it happen. But don't just take our word for it. According to the survey, almost a quarter of the people who were unsuccessful with their goals said they failed because they made too many promises. Another recipe for success is to be clear and specific. So rather than the somewhat vague goal of "I want to exercise more," define a set trajectory: "I'm going to do a 5k fun run in October." If your target has a set course, you're more likely to hit the bullseye.

## 2. TRACK YOUR PROGRESS

A quarter of Aussies said their failure to stick to their resolution was down to not tracking their progress. It makes sense – how do you know how well you're doing if you're not measuring it? Thankfully, there are some handy gadgets that can help, such as the Fitbit or Garmin activity tracker. They will monitor your steps so you get those all-important 10,000 in each day, plus kilojoules, distance travelled and intensity of movement. They will even give you a gentle nudge if you've been inactive for more than an hour.

## 3. ROPE IN YOUR MATES

Working out with a friend can pay dividends – buddies who sweat together, shed together! In a UK study by Virgin Active that compared women who like to exercise alone with those who prefer company, 64 per cent pushed themselves harder when working out with a pal. Daniel Capilli, a qualified personal trainer and multiple F45 franchisee owner from Sydney, says working out in a group can inspire you to push yourself harder. He suggests getting some mates together and enlisting a personal trainer. "Group training is a great way to keep costs down while maximising your results," he says. "As well as having that accountability, it also keeps things more entertaining. Find a style of training you all enjoy, and you'll

get the social aspect as well as the exercise benefit." Yep, having an exercise partner could be the difference between heading to the gym and heading to the sofa!

## 4. HIT PLAY AND GET MOVING

Music can also be a motivator: pumping beats can help you pump iron! High-tempo tunes elevate mood and boost energy, making exercise more enjoyable and productive. Studies exploring the relationship between music and exercise date back to 1911, when American researcher Leonard Ayres found cyclists pedalled faster while a band was playing than when it was silent. Test the theory out with some cool headphones. For a sleek, stylish option that will stay in place throughout even the most rigorous workout, try the Sony Ear Hook Sports Headphones, or go for award-winning sound with the Beats Solo3 Wireless On Ear Headphones. With up to 40 hours of battery life, Bluetooth technology and a speedy five-minute charge, they offer optimum sound quality and comfort for more than an hour.

## 5. MAKE TIME & STICK TO IT

Schedule time for your goal and treat it like an important appointment you can't cancel. Just be realistic: if you're not a morning person, don't aim for a 5.30am session. Why not go for an instructor-led exercise class with a dedicated timeslot? "In a high-intensity class, you can burn up to 300 kilojoules in just 45 minutes," says Daniel. And, if gym memberships aren't your thing, consider pounding the pavements during your lunchbreak. Getting off the bus a stop earlier en route to the office or offering to walk your neighbour's dog at the same time each week are other ways to help stack up those steps.

Finally, to err is human, so don't worry if you slip up once in a while – just remember to get back on that horse as soon as possible!

– AMY TOMKYS





# KEEP ON TRACK



**JBL Refelex Mini BT Sports Earphones - Black**

- 8 Hours of playtime.
- Sweat proof.

3241387



**GARMIN Index Smart Scale - Black**

- Measures weight, body mass index, body fat, skeletal muscle mass and more.
- Wi-Fi connected.

010-01591-10



**GARMIN Vivofit 3 - Black**

- 1+ year battery life.
- Shows steps, calories, distance, intensity minutes and sleep time.

010-01608-00



**PHILLIPS Noise Cancelling Headphones**

- ActiveShield™ noise canceling reduces noise by up to 97%.
- Closed-back design blocks out noise for optimised noise isolation.

SHL3850NC



**SONY Ear Hook Sports Headphones - Black**

- Splashproof for all-weather listening.
- A built-in microphone for hands-free calls.

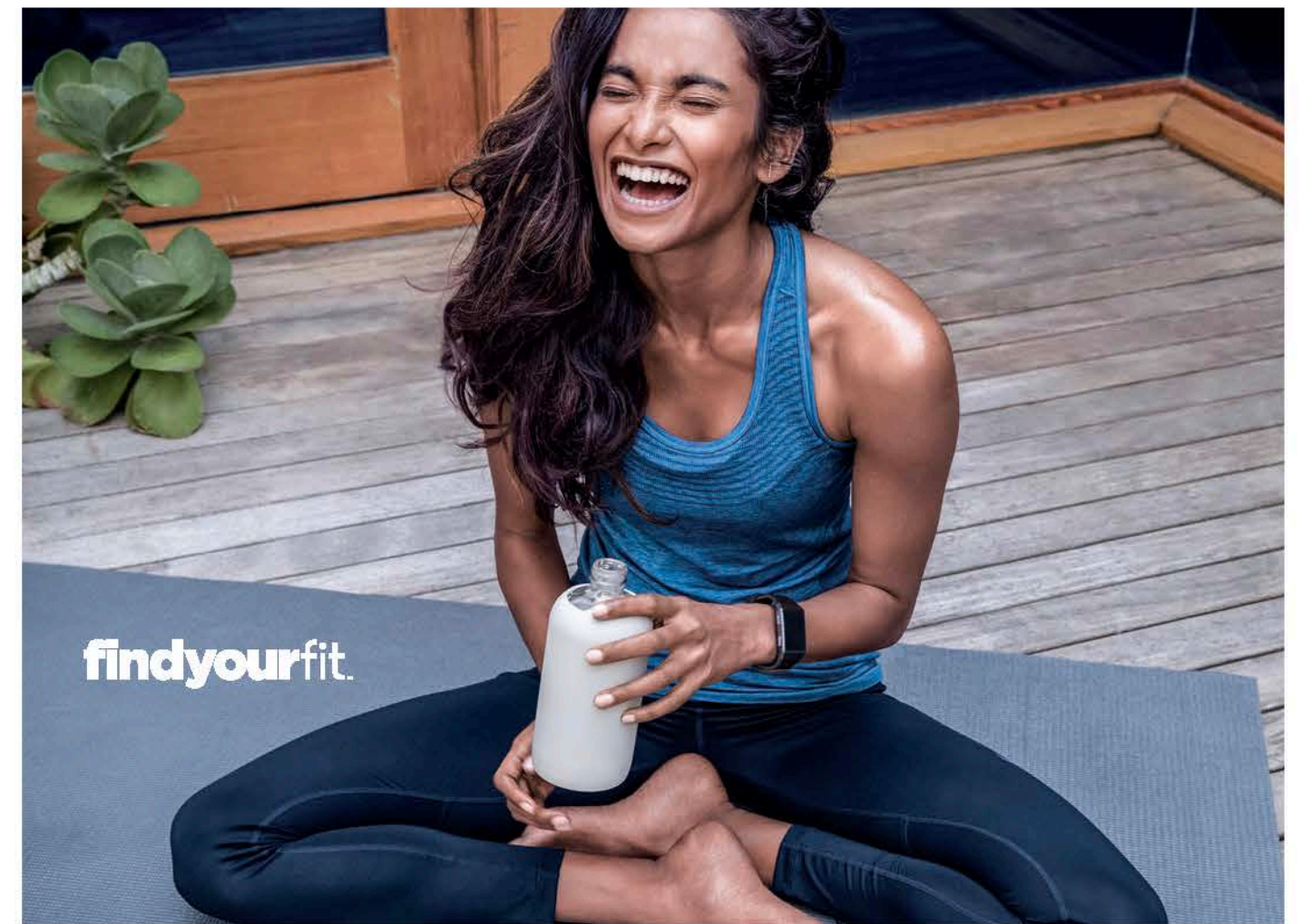
MDRAS210APB



**BEATS BY DR.DRE Solo3 Wireless On Ear Headphones - Black**

- Up to 40 hours of battery life for multi-day use.
- With Fast Fuel, 5 minutes of charging gives you 3 hours of playback when battery is low.

3381456



Fitbit helps people lead healthier, more active lives by empowering them with data, inspiration and guidance to reach their goals. As the leader in the connected health and fitness category, Fitbit designs products and experiences that track everyday health and fitness.



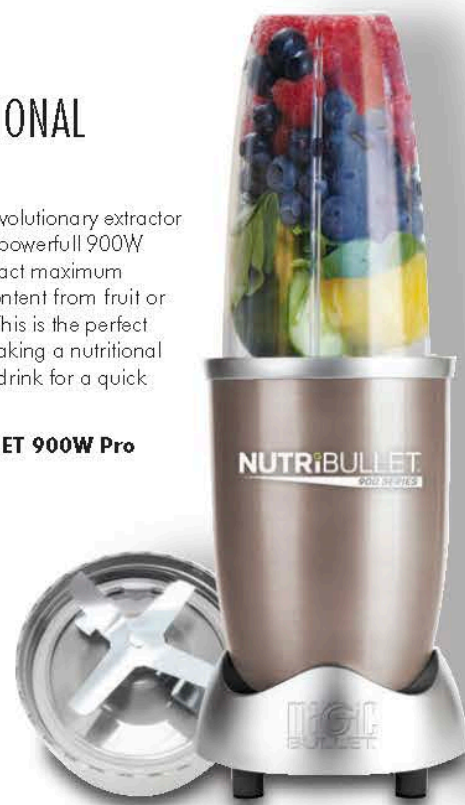


# TOP 10 SUMMER MUST HAVES

## 1. NUTRITIONAL BOOST

Features a revolutionary extractor blade and a powerful 900W motor to extract maximum nutritional content from fruit or vegetables. This is the perfect blender in making a nutritional powerhouse drink for a quick pick-me-up.

**NUTRIBULLET 900W Pro 5 Piece Set**  
NB9-0507



## 2. FUN BEATS

Turn up this funky UE Boom 2 wireless portable Bluetooth speaker, which is waterproof- perfect for the beach or pool.

**UE ULTIMATE EARS BOOM 2 - Brainfreeze**  
3014592



## 3. GRILL AND CHILL

Weber Family Q BBQ is the ultimate grill-and-chill to have this summer! The optional accessories, including thermometer, drip pans, trivets, hot plates, covers and patio carts make entertaining even more enjoyable!

**WEBER Family Q BBQ LPG**  
56060124



## 4. CAPTURE IT

Dive into the world of underwater photography and action cameras with GoPro Hero5 Black Edition. Capture vibrant photos and stunning videos allowing you to play back your snaps, adjust settings and trim footage.

**GOPRO Hero5 Black Edition**  
GPCHDX-502



## 5. THE HEAT IS ON

This summer keep cool with GVA 45cm Antique Copper Fan, with 3 speed settings to help you adjust the airflow based on room temperature.

**GVA 45cm Antique Copper Ped Fan**  
G45ACP16



## 7. CLEAN AWAY

The "K2 Compact Home Plus" is both compact and powerful. The high pressure cleaner ensures efficient mobility and spare-saving storage. This is perfect for cleaning bicycles, garden furniture and normal dirt around the home.

**KARCHER K2 Compact Home High-Pressure Cleaner**  
1.602-111.0



## 9. BREATH OF FRESH AIR

Beat the heat this Summer! This Panasonic C2.5kW H3.2kW Reverse Cycle Split System, heats and cools which is perfect all year round.

**PANASONIC C2.5kW H3.2kW Reverse Cycle Split System**  
CS/CU-Z25TKR



## 10. HYDRATE

Create homemade refreshing bubbly beverages for your guests using the Sodastream Play White, simply press the top down. It's a great alternative to sugary soft-drinks!

**SODASTREAM Play White**  
1013211610



## 6. COOL IT

The Westinghouse 120L Bar Fridge has a reversible door so you can position the fridge to open to the left or right hand side to suit the room layout now and in the future. Plus, it comes with easy to clean glass shelves and a wine bottle rack to make storing drinks and perishables easier.

**WESTINGHOUSE 120L Bar Fridge**  
WIM1200WC



## 8. BIG PICTURE

An OLED TV promises excellent picture quality and vibrant colours with its high resolution large screen - ideal for lovers of sport, action movies, and those who enjoy playing fast-paced games.

**LG 65" (164cm) OLED UHD Smart TV**  
OLED65E7T





# POWER ON: BACK TO SCHOOL

Once the bane of teachers' existence, school and tech now go hand in hand. Here are some tips to get the right gear.

No sooner has the end of the year come and it's already time to get your children ready for a new school year. Technology will be a big part of that. Your news feed may be filled with all the latest and greatest coming out of the biggest consumer technology show in the world, CES (Consumer Electronics Show) in January, but when it comes to your children's tech needs, basic, durable and useful are the name of the game.

While the range of technology products can be confusing, especially when you are considering needs that aren't your own, there are a few simple steps to think about to ensure your kids get exactly what they need.

## A. IT'S THE HARD KNOCK LIFE

While 'thin, light and small' may be perfect mantra for you, it's not for your kids. The latest technology, be it laptops, smartphones or tablets, is often all of these plus delicate and expensive to boot. In other words, it won't last with the constant knocks and drops your kids will give it. That's not a bad thing, though, as bigger and sturdier technology can often be cheaper, with specs that are more than suitable for use by young ones.

Take the Samsung Galaxy Tab A. The 10.1-inch screen is perfect for small eyes and easy enough to hold without being too heavy or thick.

## B. THINK OF THE LONG GAME

You know how it feels after hours at a desk reading spreadsheets or sending email after email. Your kids do too. Now that so much homework and so

many projects are done on-screen, it's imperative that the laptop they are using is ergonomic and easy on the eyes. That means big keys, responsive trackpad (better yet, option it with an ergonomic mouse) and a sharp screen.

The Lenovo Ideapad 100s is ideal, with its large 14-inch screen with HD resolution and a full-size keyboard and trackpad. It has an adequate amount of heft to it to ensure drops won't kill it, but it's still light enough at just 1.5kg.

## C. POWER DOWN

Sure, you could buy the latest Microsoft Surface or Apple Macbook Pro, and they would be great machines. But would your child actually use all that power? Chances are, no, and it could be a thousand or more dollars that you have wasted. Instead, look for a solid brand name with reliable but not earth-shattering specs. Also, something that you are happy to replace in a year's time because the price will justify quick replacement if necessary.

Remember, a machine that gives your kids the benefits of doing everything they need but nothing they don't (for example, playing the latest and greatest games), will give them a reason to switch it off once they are done. The Intel Celeron powered HP 14" BS017tu is a great example. Basic specs including 4GB RAM and 64GB HDD will allow them to have a great experience with online tasks and homework.


## D. FUN FACTOR

Technology is quite diverse. AI is becoming the next big thing and will feature heavily in 2018. It can also be very useful for your children. While the Apple HomePod or Google Home may look like a bit of fun for the adults, try one for the kids to encourage them to ask questions and listen to information. They can also ask it to play them songs or white noise to help calm them.

The Google Home Mini is a cost effective option, and once set up will give your kids hours of fun that is informative as well. They can ask it questions about math, geography, history, science and so much more. They can also ask it to play scales or give them weather information, handy for sports days or walks to the bus stop or train station.

Most importantly, any piece of technology that is being used by kids has to be monitored constantly by adults. It's not about trusting your kids, it's about protecting them. Take your time when shopping, think of how your kids will use their tech and don't be swayed by what they want – instead go for what they need.


# LAPTOPS UNDER \$500



**PENDO 14.1" Intel® Atom™ Processor 4GB 32GB Laptop**

- 14.1" HD Display
- Lightweight & Convenient


3385286



**LENOVO Yoga 310 11.6" Intel® Celeron® Processor 4GB 32GB 2-in-1 Notebook**

- HD Anti-glare Multi-touch
- 4GB RAM


80U2002GAU



**HP 14" BS017tu Intel® Celeron® Processor 4GB 64GB Notebook**

- 4GB RAM
- 14" diagonal HD BrightView WLED-backlit Display


1X02PA



**LENOVO Ideapad 100s 14" Intel® Celeron® Processor 4GB 128GB SSD Notebook**

- Ultra Lightweight
- 14" 1366x768 Display

80R900F5AU



## CHECK WITH YOUR SCHOOL

Most schools will provide you with the specs and technology they require for your child's needs at school. Make sure you check with them before you purchase your child's technology. Don't know where to start? Take your specs in-store and one of our helpful team members will help you find the right device for your child.



## HP ENVY Laptop

Powerfully designed.  
Beyond expectations.



Fearlessly tackle everything that comes your way with next-generation processors, an immersive 8 million pixel display, and daring aluminium design on the new ENVY Laptop.



Powered by  
7th generation  
Intel® Core™ i5 Processor



## LAPTOPS UNDER \$1000



1. **HP Pavilion 15.6" cc521TX Intel® Core™ i5 Processor 8GB 1TB Notebook**

- 8GB RAM
- 15.6 Inch Diagonal FHD Anti-Glare WLED-Backlit Display
- 2EB17PA

2. **LENOVO Ideapad 100s 14" Intel® Pentium® Processor 4GB 128GB SSD Silver Notebook**

- Intel Dual Band Wireless AC7260
- 4GB RAM
- 80R900K6AU

3. **ACER Aspire ES1-533P8Y7 15.6" Intel® Pentium® Processor 8GB 1TB Notebook**

- 8GB RAM
- Lightweight, easy to carry
- NX.GFTSA.004

4. **LENOVO Ideapad 320 15.6" Intel® Core™ i5 Processor 8GB 1TB Notebook**

- Intel® Core™ i5
- 8GB RAM
- 80XL0057AU

5. **ACER Aspire E5-523G-90QW 15.6" AMD A9 8GB 1TB Notebook**

- AMD A9 Processor
- NX.GDLSA.001

6. **HP Pavilion 15" AW005AU AMD A9 8GB 128GB Touch Notebook**

- AMD Dual-Core A9 Processor
- 15.6" HD Display
- 1DF76PA

7. **ACER Aspire 5 15.6" A515-51G-7841 Intel® Core™ i7 Processor 12GB 1TB Notebook**

- Intel® Core™ i7 Processor
- 12GB RAM
- 2GB Dedicated Graphics
- NX.GP5SA.014

8. **ASUS VivoBook 14" AMD A9 4GB 128GB Notebook**

- AMD Dual-Core A9-9400 Processor
- 14.0" LED back-lit Anti-Glare Display
- F402BA-FA019T



# LIGHT, VERSITILE & PERFECT FOR ON THE GO 2 IN 1 LAPTOPS



1. **LENOVO Yoga 510**  
14" AMD A9 8GB  
128GB 2-in-1  
• AMD A9 Processor  
• 14" HD Display  
80S90038AU

2. **HP 13.3" Spectre x360**  
**Intel® Core™ i5 Processor**  
8GB 256GB 2-in-1  
**Touch Notebook**  
• 7th generation Intel® Core™  
i5-7200U Processor  
• Windows 10 Home  
1HP12PA

3. **HP 13.3" Spectre x360**  
**Intel® Core™ i5 Processor**  
8GB 256GB SSD 2-IN-1  
**Touch Notebook**  
• 7th generation Intel® Core™  
i5 Processor  
• Intel® HD Graphics 620  
Z4K13PA

4. **LENOVO Yoga 520**  
14" Intel® Core™ i7  
Processor 8GB 256GB  
**2-in-1 Notebook**  
• Fingerprint Reader  
• Backlit Keyboard  
80X8003NAU



Intel's most powerful processor  
for what's coming



**BACK TO SCHOOL**

**SUPER SAVER**

# DEALS

Irresistible prices on must-have PCs for school  
with 8th Generation Intel® Core™ processor.



**Inspiron 13" i5 4GB 128GB  
Convertible**  
• Intel® Core™ i5 Processor  
• 13.3" FHD Display  
• 128GB SSD  
Z511261AU

**Inspiron 5000 13" 8th Gen i5  
8GB 256GB**  
• Intel® Core™ i5 Processor  
• 13.3" FHD Display  
• 256GB SSD  
A510950AU



**Inspiron 7000 13" 8th Gen  
i5 8GB 256GB**  
• Intel® Core™ i5 Processor  
• 13.3" FHD Display  
• 256GB SSD  
A510973AU

**Inspiron 7000 13" 8th Gen  
i7 8GB 256GB**  
• Intel® Core™ i7 Processor  
• 13.3" FHD Display  
• 256GB SSD  
A510974AU

**Inspiron 7000 13" 8th Gen  
i5 8GB 256GB**  
• Intel® Core™ i5 Processor  
• 13.3" FHD Display  
• 256GB SSD  
A510970AU



# SAMSUNG Galaxy Tab



## Work, Play & Create

1. **SAMSUNG Galaxy Tab S2 9.7 Wi-Fi 64GB - White**
- Wi-Fi Connectivity
  - Multi window to operate 2 apps on the same screen
- SM-T813NZWFXSA

2. **LENOVO Yoga Tab 3 10" 16GB**
- Smooth, reliable performance
  - 16GB of in-built storage
- ZA0H0066AU

3. **SAMSUNG Galaxy Tab S2 8.0 Wi-Fi 32GB - Black**
- 8" Super AMOLED Display
  - Bluetooth v4.1
- SM-T713NZKEXSA

4. **LENOVO Yoga Tab 3 10" 16GB**
- 1.3GHZ Processor
  - 16GB of in-built storage
- ZA0H0066AU



5. **SAMSUNG Galaxy Tab S2 9.7 Book Cover - Black**
- EF-BT810PBEGWW

6. **LINDEN Samsung Tab S2 9.7" Leather Folio**
- L9TS2F15

7. **TARGUS Stylus with Embedded Clip - Red**
- AMM16501US

8. **BELKIN Samsung Tab A 8.0" Transparent Overlay 2 Pack**
- F8M999BT2

9. **LOGITECH Universal Bluetooth Keyboard Folio for 9-10" Tablets**
- 3609881



# Start the New Year with Apple



1. **MacBook Pro 15" w/ Touch Bar  
2.8GHz 256GB - Space Grey**

- Touch Bar.
  - Touch ID.
  - Brilliant Retina display.
- MPTR2X/A

2. **10.5" iPad Pro Wi-Fi 64GB - Silver**

- 9.7-Inch Retina display.
  - A9 chip with 64-bit desktop-class architecture.
  - Touch ID fingerprint sensor.
- MQDW2X/A

3. **iPhone 8 64GB - Silver**

- 4.7-Inch Retina HD display with True Tone.
  - All-glass and aluminium design; water and dust resistance.
  - 12-Megapixel camera with OIS and 4K video up to 60 fps.
- MQ6L2X/A

4. **Apple Watch Series 3 GPS, 42mm Space Grey Aluminium Case with Black Sport Band**

- GPS and a barometric altimeter track how far and high you go.
  - New dual-core processor for faster app performance.
  - Ultimate sports watch and intelligent activity tracker.
- MQ6L2X/A



# HOW TO BE BETTER ORGANISED IN 2018

*The new year is the perfect time to get organised, and setting up your home office properly means you can be as productive as possible.*



## 5. GO WIRELESS

Using wireless equipment can make you much more efficient and organised, says Allen. "A wireless keyboard and mouse are easier to pack away in a drawer to provide extra space when needed," she explains. "If you work on a laptop but prefer to use a traditional keyboard and mouse, having wireless devices mean you can work in different spaces in or outside your home, allowing you to work without constraints." Dell's Wireless Keyboard and Mouse Combo Plus has a USB Nano receiver so you can connect to other compatible devices, as well as having a long battery life. The keyboard has shortcut keys allowing quick access to audio and video functions.

— KATHERINE CHATFIELD

When you're planning a room or area at home especially for work (or homework), you need to consider location, space, storage and equipment, amongst other things. Here's our five-step guide to help you get started.

## 1. SET UP A WORK SPACE

Instead of cluttering up the kitchen table, find a space somewhere else in the house where you can fit a desk. "Having a designated work space – even if it's tiny – helps you focus," says personal concierge at Lifestyle Elements, Abbie Allen. "It's a good idea to have all your office equipment at your fingertips, so you don't have to waste time finding what you need. A clear desk with a neat and easy filing system – either on the desk or next to you in a simple filing drawer – works well. Put away as much as you can, in drawers or a dedicated office cupboard, whilst keeping it ordered and labelled so you can always find exactly what you need. A light on the desk and a

comfy chair mean you can work well for extended periods of time."

## 2. BACK UP

There's no point being ultra-organised if all of your documents, photos and emails are on just one computer; if something goes wrong, you'll have lost everything. "Backing up important and sentimental documents is essential," says Allen. "Invest in an external hard drive and set it to automatically back up overnight, so you've always got up-to-date records of whatever you've done on your computer that day. It's also worth investigating cloud backup so you have more than one secure storage option." The Seagate 1TB Backup Plus Slim Portable HDD Black lets you create a custom backup plan through a high-speed connection USB port, as well as allowing you to save photos and videos from your social media accounts.

## 3. WORK OUT YOUR SYSTEM

"A slow computer is one of the biggest drains on your time, and a close second is a system that doesn't work, or requires double entry, such as calendars that don't sync," says Allen. "Invest the time to ensure your mobile, tablets and computers all work seamlessly together so your emails, calendar, documents and apps are at your fingers and up-to-date. This also means everyone in the family or in a small business knows what's happening and when."

The Samsung 27" Series 3 Monitor has a fast response time, which allows you to see on-screen motion clearly. Running Microsoft Office Home and Business 2016 on a monitor like this allows you to consolidate work and home emails into a single inbox, streamline your schedules, calendars, contacts and to-do lists, as well as offering OneNote, which allows you to keep typed or handwritten notes and sketches on all your devices. Of course it also offers Word, Excel and PowerPoint.

## 4. USE A PRINTER

If you prefer a physical filing system rather than an online one, a printer is a must-have, says Allen. "It allows you to have concrete copies of whatever you need immediately, as well as review documents more easily, complete forms and check the layout of anything you're working on – all making you more productive and organised. Set up your printer in a place where it's easy to access the paper tray as well as the back of the printer so it's quick and easy to clear any paper jams." The Brother MFC-L2710DW Mono Laser Multifunction Printer is a quiet and compact, wireless printer that's designed to be set up and operational within minutes. As well as offering high-quality, double-sided printing, it can also scan in colour and black and white, and allows you to email documents directly to contacts.





# TOP TECH FOR YOUR HOME OFFICE



1. **NORTON Security Premium 2016 25GB 3 Device 1 Year**  
• Offers you 25 GB of secure online PC storage, with the ability to add more as your needs change.  
3017302

5. **FUJI XEROX Transit A4 Paper 80gsm**  
• Whiteness (CIE): 145.  
• Weight: 80GSM.  
FXP108030

2. **NETGEAR Arlo Pro Wire-free Weatherproof Smart Security System - 2 Cameras**  
• Able to stream and record when you're on the move.  
VMS4230-100AUS

6. **LINDEN Universal Headrest Mount for Tablets**  
• Suitable for tablets up to 10.1".  
LTHMK15

3. **SEAGATE 1TB Backup Plus Slim Portable HDD Black**  
• Thinnest portable hard drive available.  
2487524

7. **CREST Single Power Adaptor Surge Protector**  
• \$50,000 connected equipment warranty.  
MSP1

4. **SAMSUNG 27" Series 3 Monitor**  
• Aspect Ratio: 16:09.  
• Flicker Free.  
LS27E390HS/XY

8. **NIKON Coolpix A900 Black Digital Camera**  
• Ultra-high-power 35x optical zoom, 70x Dynamic Fine Zoom.  
VNA910AA

9. **D-LINK AC1600 Python Dual Band ADSL2+/VDSL2 NBN Ready Modem Router**  
• Integrated ADSL2+/VDSL Modem.  
• AC1600 speed for a fast home network.  
DSL-2888A

13. **MICROSOFT Office Home and Business 2016**  
• Fully installed versions of Outlook, Word, Excel, PowerPoint, and OneNote.  
T5D-02877

10. **FELLOWES 8Cd Cross-Cut Shredder**  
• Ideal for occasional - moderate use in home environments.  
• Safety Lock disables shredder for added safety protection.  
4692801

14. **SEAGATE 4TB My Personal Cloud Storage - 2 Bay**  
• Access and share your files from anywhere, anytime.  
2857198

11. **BROTHER MFC-L2710DW Mono Laser Multifunction Printer**  
• Print, Copy, Scan and Fax.  
• 2 Line LCD.  
MFC-L2710DW

15. **SANDISK Cruzer Blade 16GB USB**  
• Ultra-compact and portable contoured styling.  
2467024

12. **SEAGATE 2TB Backup Plus Slim Portable HDD - Blue**  
• Back up from Facebook and Flickr and share to YouTube.  
2505820

16. **DELL Wireless Keyboard & Mouse Combo**  
• Attractive design.  
• Great for Windows.  
KM714



# NEW TECH TO MAKE YOUR LIFE EASIER IN 2018

## 1. SHOP, CONNECT & ENTERTAIN

The Refrigerator is more than just your regular fridge, it's the Family Hub. Keep your busy family and work life organised by syncing your compatible smartphone with Samsung Family Hubs calendar, memos and to-do lists. With Wifi enabled speakers listen to your favourite tunes or watch the latest videos while you cook.

**SAMSUNG 671L Family Hub Refrigerator**  
SRF671BFH2

## 2. DO LAUNDRY LIKE NEVER BEFORE

The ultimate compact family combo. Two washers and a dryer in one.

**LG TWINWash Dual Washer Dryer Combo**  
TWIN171216T



## 3. BEND DOWN NO MORE

In an exclusive world first, the Electrolux ComfortLift features the ComfortLift lower rack that lifts upwards and towards, allowing you to effortlessly and comfortably load and unload dishes without bending down.

**ELECTROLUX ComfortLift Built Under Dishwasher**  
ESF8735ROX



## 4. TRANSFORM YOUR HOUSE INTO A SMART HOME



Pair your Google Home with the Google Chromecast to complete your smart home. Google Home gives you real-time answers by processing and responding to your voice commands while Google Chromecast allows you to stream all kinds of online entertainment to your TV Screen.

**GOOGLE HOME & CHROMECAST**  
GA3A00484A09 / GA3A00135VIDEO

Transform your house into an automated smart home - with barely any extra effort than it takes to change a light bulb. The HUE White Ambient Kit from Philips contains everything you need to set up a wireless lighting system and has 2 light bulbs so you can get started straight away. Works with Google Home.

**PHILLIPS HUE White Ambiance A19 Starter Kit**  
HUEAMBKIT



## 8. SMARTER COFFEE

An intelligent brewing system. Once the capsule is inserted into the machine the barcode is scanned, with VertuoPlus innovative barcode reading technology and automatically adjusts the brewing parameters to suit the extraction profile for the particular coffee for the perfect cup everytime.

**BREVILLE Vertuo Plus Black Deluxe**  
BNV420BLK



## 5. QUICK DRYING WITHOUT DAMAGE

This Dyson Supersonic Hair Dryer has high velocity, controlled airflow, it measures the air temperature 20 times per second to prevent extreme heat damage and protect your hairs' natural shine.

**DYSON Supersonic Hair Dryer - Iron Fuschia**  
306013-01



## 6. THE ULTIMATE EXERCISE ASSISTANT

This Fitbit Ionic Watch tracks your exercise routines/calories to help you reach your goals in a whole new way with more guidance than ever.

**FITIBIT Ionic Charcoal/Smoke Grey**  
3709169



## 7. MIELE NOW BAGLESS

Miele's first ever powerful bagless vacuum cleaner; combines high velocity suction, airflow guides and a specially designed universal floor head for deep carpet cleaning.

**MIELE Blizzard CX1 Excellence Bagless Vacuum**  
10502200







# HOW TO PACK A HEALTHY LUNCH FOR WORK

Swap expensive, unhealthy lunches for delicious homemade alternatives and notice the benefits in your bank account and on the scales.

When it comes to New Year's resolutions, saving money and eating healthier are two of the most common. Luckily, there's one simple thing you can do to tackle both at the same time – pack your own healthy lunch for work.

Spending \$10 or more in a café every workday will set you back more than \$2000 a year and gives you little control over exactly what you're putting in your body. Instead, with a little planning and a touch of imagination, you can eat delicious, varied and cost-effective homemade lunches every day.

## BE PREPARED

It's easier than you think to get in the habit. The first step is to get everything set beforehand so you're not scrambling for ingredients when you're running late in the morning. Leftovers from dinner the night before make a perfect lunch (assuming you can resist the urge to polish them off when you fancy a snack later that night). And vary things up a bit so you don't get bored of eating the same meal twice in a row. If you had roast chicken for dinner on Wednesday, how about a chicken and avocado wrap for Thursday lunch?

You could even make up a big batch of meals on a Sunday and divide it up ready for the week ahead. But whatever tactic you choose, make sure you get your lunch packed and ready early so all you have to do is grab and run.

## THINK IN THE BOX

A good container is key to helping keep your lunch fresh. Try the Lakeland Leak-Proof Lunch Box with Compartments Large 900ml, which will ensure you don't end up with pasta sauce over the inside of your bag. It includes a separate container for a dressing or dip and it even has a separate compartment for your fork. You can use it to heat up your leftovers in the microwave, then take it home and put it in the dishwasher when you're done.

Make sure you have any extras ready at work for when you need them. Think sauces, seasoning and cutlery (and we're not talking the cheap plastic kind). You can even make up a batch of salad dressing at home, then leave it in the fridge at work for use throughout the week. This is where the OXO Green Salad Dressing Shaker comes in handy.



It's big enough to make, mix, store and serve one-and-a-half cups of dressings or sauces, which is plenty to see you through till Friday.

## CHANGE IT UP

The most important thing is to pack foods you enjoy. If you're not looking forward to your packed lunch, you're more likely to give in and buy something more appealing instead. Take something you can look forward to that's easy to prepare and vary what you eat from day to day.

If you're partial to a sandwich, don't stick to the same tuna mayo on white every day. Mix it up with different fillings, breads and wraps, or try a toasted sandwich instead. If you have a toaster at work, it's easy with Lakeland Toastabags. Just make your favourite sandwich as normal, slip it into the bag, then give it a couple of minutes in the toaster. Sandwiches will never be boring again.

## HEALTHY TWIST

The beauty of packing your own lunch is that you can control exactly what you're eating, meaning you can make healthy (but still delicious) choices.

"Whether you're packing a sandwich, salad or wrap, give your lunch box a healthy twist," advises Karen Kingham, Accredited Practising Dietitian. "Choose wholegrain carbs for longer lasting energy, more vegies (because none of us really get enough) and a good serve of lean protein to keep the afternoon hunger pangs away – think boiled eggs, poached chicken, canned tuna or salmon, lean beef or, if you're vegetarian, canned legumes or cheese."

And don't forget the extra kilojoules in drinks and snacks. "Aim to team lunch with water rather than juice," Kingham continues. "And if you fancy something to eat between meals, unsalted nuts or fresh or dried fruit will be much more satisfying and better for you than biscuits or cake."



# GOOD FOOD FAST



1. **LAKELAND Leak-Proof Lunch Box with Compartments Large 900ml**
  - Dual-click fasteners Leakproof lunch container.18313

5. **LEKUE Spanish Omelette Maker**
  - Make a microwaved Spanish omelette or frittata in 12 minutes.71125

2. **GEORGE FOREMAN Mix & Go Blender with Chill Sticks**
  - Includes 2 chill sticks.
  - 2 x BPA free 600ml sports bottles.GFBL3002CS

6. **OXO Stainless Steel Blade Apple Divider**
  - Cores and slices apples and pears.
  - Sharp, stainless steel blades make perfect slices.32681

3. **NESPRESSO DeLonghi U Milk Capsule Machine**
  - Integrated Aeroccino3 milk frother for hot and cold recipes.EN210BAE

7. **BURTON COOKING TOOLS Egg Perfect Colour Changing Boiled Egg Timer**
  - Foolproof egg timer for perfectly boiled eggs.3158

4. **LAKELAND Stainless Steel Whole Hard Boiled Egg Slicer**
  - Quick and easy way to slice a hard-boiled egg.17147

8. **OXO Green Salad Dressing Shaker**
  - Ideal for making, mixing, serving and storing dressings, sauces and marinades.
  - Watertight and leak-proof seal.32681

9. **Sunbeam FoodSaver Fresh**
  - Vacuum sealer solution for short term fridge & pantry storage.
  - Easy, One button start with Auto Stop.VS1300

13. **LAKELAND Toastabags - Toasted Sandwiches In A Toaster 2 Pack**
  - Pack of 2 superior quality bags for making toasted sandwiches.10724

10. **SUNBEAM Poach & Boil Egg Cooker**
  - Poaches 2 eggs to perfection
  - Holds and cooks up to 6 eggs.EC1300

14. **LAKELAND Orange Peeler**
  - Peel an orange in seconds.6792

11. **PHILIPS TurboStar Airfryer**
  - Unique TurboStar technology for healthier frying.
  - Large 0.8kg capacity, compact design.HD9621/11

15. **LAKELAND Biscuit Holders For One - Set of 2**
  - Perfect carry case for rectangular biscuits.16194

12. **RUSSELL HOBBS York Breakfast Pack**
  - 1.7 Litre capacity kettle.
  - 4 Slice toaster.RHBP2

16. **Tefal Ingenio 8 Piece Induction Set**
  - Airtight plastic lids to store covered cookware in fridge or freezer.
  - Oven safe to 175C, excluding handle.L6549372



# HOW TO MAKE YOUR DINNERS EASIER

*Back to school means back to the evening rush. Here's how to make your dinner times stress-free.*



When you come home from work after a long day, the thought of preparing and cooking dinner can be less than appealing. But with a little advanced planning, the right tools and a bit of help from a few handy appliances, you'll be plating up a delicious meal in no time.

## PLAN AHEAD

Planning your meals in advance for the week can make busy weeknights much less stressful. "Planning ahead allows you to consider what time you have available to prep and cook, so you can make something appropriate. It can also help reduce food waste and save money," says Nutrition Program Manager at

Nutrition Australia Queensland, Aloysa Hourigan. Apps such as MealBoard and FoodWise help you create shopping lists and find recipes you like, as well as give suggestions about how to make a meal from food you have in your fridge.

## COOK IN ADVANCE

"If you have time at the weekend, try bulk cooking and freezing food such as casseroles, quiches or frittatas," suggests Hourigan. "Then all you need to do is safely thaw and reheat them, steam some veg and you've got a healthy, filling meal in just a few minutes." Even preparing just some of your evening meal in advance can make dinnertime

run more smoothly. "This can mean simply chopping a few extra vegetables and keeping them in the fridge so they're ready to throw in to a stir-fry, or poaching and chopping some chicken breasts so you can add them to pasta or salads," says Hourigan.

Slicing and dicing can be time consuming, but a food processor can seriously speed up your prep time. The Sunbeam 1000w Multi Processor with Blender chops, grates, slices, minces, pulses and purees in seconds. The extra-wide chute means you can throw large chunks of vegetables in to be finely chopped, saving even more time, and the super-sharp blades mean even nuts can be blended easily.

"Appliances can help save you a lot of time and effort," says Hourigan.

## GET THE RIGHT TOOLS

Sometimes it's worth going back to basics. A good sharp knife can make short work of dinner prep, getting the job done quickly and efficiently. The Furi Pro Wood Knife Block Set 7 Piece will get any job – big or small – done in the kitchen with no fuss. Made from Japanese stainless steel and housed in a wooden block, the seven knives include a 9cm paring knife, a 15cm utility knife, a 15cm serrated multi-purpose knife, an 18cm East-West Santoku knife (which has scalloped indentations on the blade to reduce friction and make slicing faster) and a 20cm bread knife, plus a Diamond Fingers knife sharpener so you can always keep your blades working perfectly.

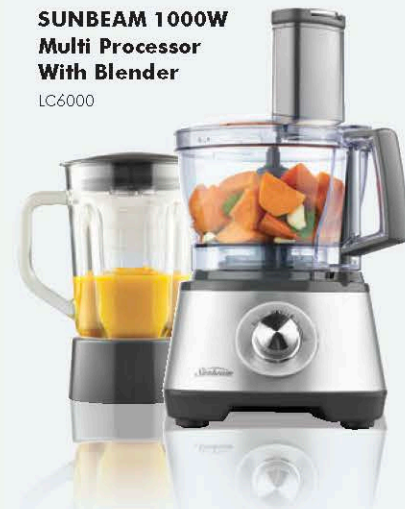
## GET SOMEONE (OR SOMETHING) ELSE TO DO THE WORK

Think coming home to a ready-cooked meal in the evening means hiring a live-in chef? Think again. Slow cookers and pressure cookers are a great way to make a meal without having to lift a finger; just put your ingredients in one pot, switch it on and leave it to do the work. "Some appliances actually cook the food for you, and using a timer on these means you don't need to watch over the food at all while it's cooking," says Hourigan. The Philips Viva Collection All-in-one cooker works as a slow-cooker, pressure-cooker and multi-cooker. It steams and sautes, and has direct menu buttons, which allow you to cook risottos, soup, stews and meat all with the press of one button. The timer has an automatic warming and re-heating function too, so your meal will be hot whenever you're ready to eat it. The aluminium alloy inner pot is anti-scratch and non-stick, and the inner lid is detachable – which means less washing up, too. So put your feet up, pour yourself a glass of wine, help the kids with their homework and let something else make your dinner.

– KATHERINE CHATFIELD



**SUNBEAM 1000W Multi Processor With Blender**  
LC6000



**KAMBROOK Pressure Express Pressure Cooker**  
KPR620BSS



**Furi Pro Wood Knife Block Set 7 Piece**  
41344



**PHILLIPS Viva Collection All-in-One Cooker**  
HD2137/72