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The Beef is the only major bodybuilding magazine produced entirely in the UK. Our target readership is the hardcore bodybuilder, personal trainer and gym owner. Editorial coverage includes training for bodybuilders and other strength athletes; nutrition, supplement news, contest photos, reports and interviews. The Beef is distributed via newsagents, supplement stores, gyms and direct subscription. There is also an on-line edition.

**Body in Balance**

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Body in Balance was created out of a desire to promote well being through yoga, exercise, nutrition and relaxation. The perfect medium for promoting these activities was through broadcasting via satellite TV and the internet. Broadcasting on Sky channel 275, Body In Balance is the UK's only wellbeing channel dedicated to you

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The British Kenpo Karate Union

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BKKU is the largest Kenpo Karate organisation in the UK with clubs around the country and is headed up by Associate Master Kevin J Mills 8th Degree Black Belt.

Kevin is supported by his elite team of Senior Instructors. Kenpo encompasses innovations to combat modern day methods of fighting, with concepts, theories, and principles that are both practical and effective in today's environment. Kenpo fits to the individual and can be practiced by anyone regardless of height, weight, age, or sex, against single or multiple attackers. For more information please visit our website www.bkku.com

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The Budokwai was founded in 1918 and is the oldest Japanese martial arts club in Europe. Founded by Gunji Koizumi, the Club was originally located in Victoria but moved to its current premises in Chelsea more than 50 years ago. The main disciplines, which are now taught at the Club are Judo, Karate, Aikido and Jiu-Jitsu. Our instructors are all highly qualified and experienced and able to offer a range of coaching and instruction for the complete novice to Olympic standard. The junior section instructors are of the same high standard and the children's classes attract a great number of youngsters every week. Beginners are carefully taught techniques most suited to their ability and proceed up the grades towards the much-coveted Dan grade and Black Belt. For self-defence and supreme fitness nothing compares to the Martial Arts and there is nowhere better to learn these skills than the Budokwai

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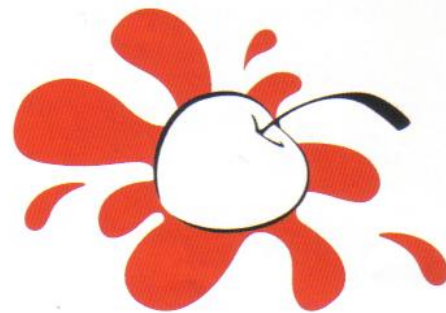
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