

FIT BUZZ

This month's hottest things to do, buy and try ➔

ALL ABOUT THE BASE!

There's nothing worse than feeling chilly on the slopes, which is why we love Sweaty Betty's fabulous range of moisture-wicking base layers – including this funky Betty Ski Base Layer Top, £65 – which will take you from the runs to a spot of après ski in style, all while keeping you snug as a bug. Marathon-aficionado Nell McAndrew even swears by them for her winter running sessions!

Sweaty Betty Powder Primaloft Snow Puffa Jacket, £385, and Moritz Softshell Slim Leg Snow Trousers, £235 (sweatybetty.com)



VISITTHIS...

WORLD OF WELLBEING

Need some fitspiration? Then head to the brand new Wellness Summit at East Wintergarden in Canary Wharf, London, on February 29. Combining fitness, relaxation, beauty and workshops, you can experience a host of fitness classes from the likes of Barry's Bootcamp, Third Space, SWEAT by BXR, Ten Fitness Pilates and Secret Sunrise; unwind with meditation sessions; get pampered by top beauty pros; and learn from amazing speakers such as Richie Bostock, aka The Breath Guy. Tickets cost £10-£60 depending on how many classes you take. Visit eventbright.co.uk for more.

DO THIS...

PARK LIFE

Working out can be a costly business. But thanks to Our Parks (ourparks.org.uk), you can now get fit for free! The brainchild of PT Born Barikor – who founded the organisation when he realised he couldn't afford membership at the gym he worked at, Our Parks provides classes from yoga and Boxfit to bootcamp sessions and running clubs, led by fitness professionals in community spaces around the UK. More than 100,000 people take part in weekly sessions, with plans to grow that to 250,000 in the coming year. Check the website to find your nearest event.

TRY THIS...

SUSTAINABLE STYLE

Look as good as you feel in eco-friendly crop tops, sports bras and leggings from new UK gym clothing brand, Scultura Activewear (scultura-activewear.com). Made from premium Italian fabric using 100 per cent regenerated yarn from recycled plastic bottles, the moisture-wicking designs are available in bold brights and basic black, plus this limited-edition camouflage set. Get it while you can!



Scultura Activewear Camuffare Crop, £125, and Leggings, £160

WEAR THIS...

STYLISH SUPPORT

French lingerie brand Empreinte, which designs underwear for women with fuller busts, has launched IN-PULSE, a sportswear range available in its South Molton Street store in London. Made from lightweight performance fabrics to provide comfort, breathability and support, the Sports Bra (£87.50), pictured below, comes in cup sizes 32C to 46H and has multi-positional straps for the perfect fit. Available in pretty baby pink or dark grey, pair it with these matching shorts, right (£39); empreinte.eu.



POWER UP

When you need a quick fix to help you get worked up for your workouts, reach for one of the new 100 per cent natural essential oil inhaler sticks from GO2 (£3.99; thego2brand.com). Energy features uplifting eucalyptus, stimulating peppermint and fatigue-fighting lemongrass to boost sporting performance, while Focus has rosemary, lime and peppermint to increase concentration. Reach for B.Calm and Sleep when you need some rest and recovery.



DO THIS...

GOAL GETTER

If your 'new year, new you' motivation is already flagging, head to Racecheck (racecheck.com) to find your next fitness challenge. It's been dubbed the

Trip-Advisor for sport, and this race directory boasts thousands of reviewed global events for athletes of all levels, from 5Ks and half-marathons to triathlons and obstacle races. Go for it!

BUYTHIS...

SMARTER TRAINING

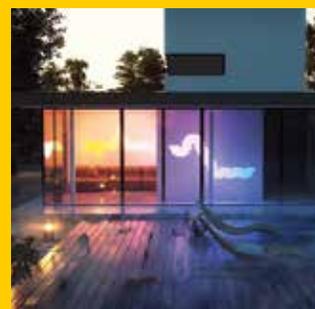
The new Bowflex Max Trainer M8 (£1,999; fitness-superstore.co.uk) is the first home exercise equipment to possess an artificial intelligence (AI) platform, JRNY, to create personalised daily workouts based on your fitness goals with adaptive coaching technology. JRNY adjusts your every workout based on past performance, how you're feeling and how much your fitness improves, giving you real-time feedback and guidance from a virtual trainer. There are 20 resistance levels to ensure every session on this full-body, low-impact elliptical trainer is a challenge.



DO THIS...

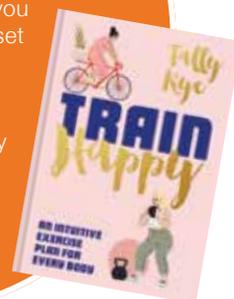
LIGHT UP YOUR LIFE

Give your home workout space a mood-enhancing makeover by bathing it in colourful light using Nanoleaf's award-winning Light Panels. Fully customisable via your smart phone, you can programme the 9 Panel Rhythm Edition Smarter Kit (£179.99; nanoleaf.me) to react in time to your music – the perfect way to recreate your fave gym or Spin class in your living room – and even produce a stunning sunrise to gently wake your body and mind, or set the scene for some sun salutations.



HAPPY HANDBOOK

Personal trainer and co-host of BBC 5 Live podcast *Fit And Fearless*, Tally Rae's first book, *Train Happy: an Intuitive Exercise Plan for Every Body* (Pavilion; £14.99) invites you to approach fitness with a mindset of self-care. She shows you how to ditch diet culture and embrace a holistic view of exercise, with insights on body image, mental health, intuitive eating and a flexible 10-week at-home training plan.



‘Stop creating rules around how often you should be exercising – a little movement each day is better than none.’ Tally Rae