

LAST WORD

Push yourself

If you're up for taking your training to new heights, get yourself a MOVE NOW wearable. The device syncs to activity specific apps for running, boxing and even Tabata training, to provide real-time audio and visual feedback. Who needs a PT?

● £45, moov.cc



CALM AFTER THE STORM

Wind down after your workout with Sweaty Betty and Neom Organics' Your Best Performance Kit. The set contains four products, including an oil, mist and treatment to boost your training and then chill you out after your session.

● £30, sweatybetty.com

Stay inspired

Love life, keep fit and feel fab with this month's motivational tips and must-haves



Wise words

'Setting big goals outside of my comfort zone and serving as a role model is what inspires me. Is there a lot of hard work? You bet. Is it worth it? Definitely, because there is no better sense of achievement than knowing you are one of the few people to have ever done something - and that makes all the effort worthwhile.' **Vanessa O'Brien is the fastest woman to climb the Seven Summits and the fastest woman to reach the last degree of the North and South Poles. This year, she'll attempt to become the first British woman to successfully scale K2. Visit vobonline.com**

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SLEEP SOUNDLY

Enjoy a good night's rest in About's silk-infused pyjamas. The delicate material wicks away moisture, keeps your skin hydrated and keeps micro-organisms at bay, for a good night's sleep. Hmm, we're ready for bed!
● From £41, aboutwear.com



INSTA-CRUSH

This month we're following uber-fit medical student and health and fitness blogger Hazel Wallace (@thefoodmedic). Her vibe is all about making a healthy lifestyle fun, uncomplicated and easy to fit into a busy schedule - yes please!



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Want more inspiration? Turn to page 52 to subscribe!



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