

# Fitness

Need an incentive to get in shape for summer? **Sophie Morris** presents the hottest gear for working up a sweat

## THE 50 BEST essentials

**1 Adidas by Stella McCartney**

Mandie is a fan of Stella McCartney's Tennis Performance Hooded Jacket. "Court to café in one easy step," she says. "I love this sports-luxe sweat-wicking jacket as it's perfect for those not-so-sunny tennis days. You can throw it over anything to keep the weather out and it works well for other sports too."

**Where** [www.shop.adidas.co.uk](http://www.shop.adidas.co.uk)  
**How much** £120

**2 Giant Chixie Bike**

Sailing past the morning traffic on a stylish bike means a stress-free commute. "I love the brushed metal frame and blue rims of this city bike," says Mandie. "The 'fixed' option (when your pedals move at the same speed as your wheels) takes some getting used to, so ride it free-wheel until you get the hang of it."

**Where** [www.giant-bicycles.com](http://www.giant-bicycles.com)  
**How much** £500

**3 Vibram Five Fingers**

"Bare-foot running and training is the new thing," says Peter. "It helps to strengthen feet, reduce injuries and improve posture – but it will also tear apart soft British feet on our glass-strewn streets. Five Fingers provide the answer. They are basically a tough sole for your feet, and now they come in loads of cool colours and designs."

**Where** [www.vibramfivefingers.it](http://www.vibramfivefingers.it)  
**How much** £85

**4 Pool-Mate**

Thanks to the fitness entrepreneurs, you can now daydream your morning swim away instead of counting laps and lengths. "Counting laps while you're swimming can be tricky," says Peter. "This watch does it for you by having a directional sensor in it. No need to keep count or press buttons. It'll even keep track of your stroke rate."

**Where** [www.swimovate.com](http://www.swimovate.com)  
**How much** £69.99

**5 HydraCoach**

Trade in plastic bottles for an eco-friendly and clever alternative. "Most of us don't drink enough water," says Sean. "This intelligent bottle uses your personal stats to tell you how much you should be drinking throughout the day. Invaluable whether you are trying to prepare for your next big event or just trying to live a healthier lifestyle."

**Where** [www.amazon.co.uk](http://www.amazon.co.uk)  
**How much** £24.95

**CLOTHING****HOME WORKOUT****FOOTWEAR****GADGETS****ACCESSORIES**

**This week's panel** **Julia Buckley** is a fitness writer at [www.therunningbug.co.uk](http://www.therunningbug.co.uk); **Mandie Gower** is the editor of 'Zest'; **Sean Lerwill** is fitness manager at the Third Space gym, [www.thethirdspace.com](http://www.thethirdspace.com); **Sunny Moran** is a co-founder of New You Boot Camp, [www.newyoubootcamp.com](http://www.newyoubootcamp.com); **Peter Muir** is the editorial director of 'Men's Fitness' and 'Health & Fitness'; **Sean Sopwith** is a holistic health expert and personal trainer, [www.thebodyalchemist.com](http://www.thebodyalchemist.com)

**THE 50 BEST** Next week **Festivals**

**6 Gore Magnitude**

Peter recommends a high-performance running jacket such as this one from Gore. "Light and comfortable enough that it won't restrict your running; tough and windproof enough to keep the elements out," he says.

**Where** [www.gorerunningwear.co.uk](http://www.gorerunningwear.co.uk)  
**How much** £130

**11 Adidas by Stella McCartney**

"This Run Performance Tee is accented with piping details and engineered zebra print mesh," says Sunny. "Its mix of materials sweeps the sweat away from your skin for extra comfort."

**Where** [www.shop.adidas.co.uk](http://www.shop.adidas.co.uk)  
**How much** £50

**16 Skins**

Sean says, "I would thoroughly recommend these Skins Recovery Compression Tights. They double up as flight tights to prevent deep vein thrombosis."

**Where** [www.acasports.co.uk](http://www.acasports.co.uk)  
**How much** £54.45

**7 Reebok Rebounder**

"Bouncing on a mini-trampoline is a strenuous aerobic exercise with significant health benefits," says Bean. "Rebounding, as this form of safe, gentle, no-impact exercise is commonly called, burns more calories than jogging."

**Where** [www.amazon.co.uk](http://www.amazon.co.uk)  
**How much** £49.99

**12 Go Fit Ab Wheel**

This looks a very straightforward bit of kit, but Sean says it's one of the best tools for home use to get your abs in shape, particularly the lower abs and lower back.

**Where** [www.amazon.co.uk](http://www.amazon.co.uk)  
**How much** £19.99

**17 Raptor Weight Vest**

"This vest is tough, comfortable and won't slip or swing," says Peter. "You can adjust the weight up to 14kg using removable weight bars."

**Where** [www.raptortrainingvests.co.uk](http://www.raptortrainingvests.co.uk)  
**How much** £150

**8 Asics Gel Kinsei**

Asics is the brand of choice for many experienced long-distance runners and Peter and Sean are no exceptions. "The split sole adapts to your running style, making this shoe very stable and supportive, as well as comfortable," says Peter.

**Where** [www.asics.co.uk](http://www.asics.co.uk)  
**How much** £135

**13 Karrimor**

Sunny's boot camp uses walking as part of the weight-loss and fitness programme. The Women's Hurricane hiking boot "offers even more support, moisture wicking technologies and waterproofing," she says.

**Where** [www.amazon.co.uk](http://www.amazon.co.uk)  
**How much** from £36.96

**18 Nike LunarElite+ iD**

"These trainers are specifically designed for women," says Sunny. The LunarElite is one of Nike's iD range, which means you can customise the colours to buy a unique shoe.

**Where** <http://store.nike.com>  
**How much** £115

**9 Garmin Forerunner 405CX**

Both Sean and Bean recommend the Garmin Forerunner GPS watch. "This is your own personal trainer," says Bean, "and if you're looking for weight loss, heart health and general fitness, then interval training is one of the best choices."

**Where** [www.handtec.co.uk](http://www.handtec.co.uk)  
**How much** £229.83

**14 Nike+ iPod Sports Kit**

"We love using the Nike iPod Sports Kit to analyse our performance, check our speed, distance, and calories burned," says Sunny. "You can even program a 'power song' to play when you need instant motivation."

**Where** [www.store.apple.com/uk](http://www.store.apple.com/uk)  
**How much** £19

**19 Canon Powershot D10**

"A tough little camera this one," says Mandie. "I can take it out boarding with me, and as it's waterproof, it survives even if I drop it in the snow by mistake."

**Where** [www.canon.co.uk](http://www.canon.co.uk)  
**How much** £299

**10 Kenwood Smoothie 2Go**

"Good nutrition is vital for the gym-goer," says Peter. "This blender lets you bung in fruit or veg and protein powders, whiz it up and then remove the compartment to form a sealed flask."

**Where** [www.amazon.co.uk](http://www.amazon.co.uk)  
**How much** £23.86

**15 Oakley Half Jacket Sunglasses**

"I have to keep my eyes protected from bright sunshine when I'm exercising, and find that wrap-around glasses are the way to go," says Mandie, who recommends these Oakleys, which "look pretty good, too."

**Where** [www.ellis-brigham.co.uk](http://www.ellis-brigham.co.uk)  
**How much** £100

**20 Adidas Adilibras Senses**

"Adidas are the best sunglasses for me when it comes to sport," says Bean. "They make inserts to your prescription for all of their sunglasses and ski goggles."

**Where** [www.sunglasses-shop.co.uk](http://www.sunglasses-shop.co.uk)  
**How much** £171.90