

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

FITBUZZ

Game, set & match!

Take centre stage when you wear the new Court to Resort collection from premium performance apparel brand Vuori (vuoriclothing.co.uk). Serving up a stunning range of mix-and-match dresses, skirts, shorts, crops and cover-ups, each piece is designed to blend comfort and functionality with sustainability and style. Made from a soft, stretch-infused French terry fleece, we love the cosy Sedona V Neck seen here, £100, paired with the Volley Skirt, £70, which features a high-rise fit, tennis ball pockets, and comfy inner-shorts made from sweat-wicking fabric to keep you looking - and feeling - cool, on and off the court.



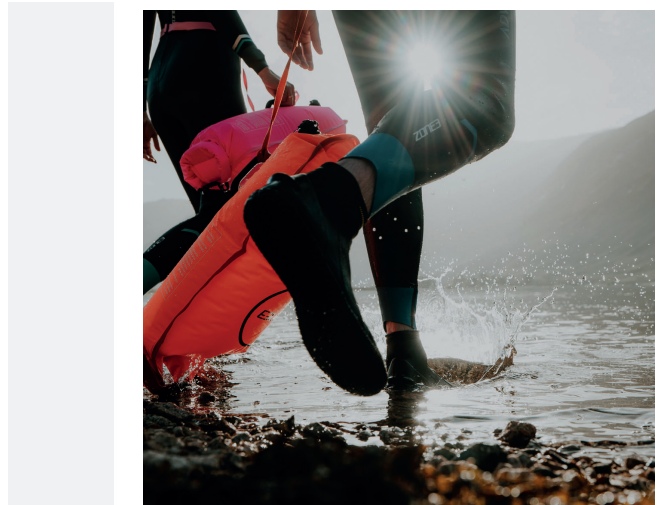
**BUY THIS...
Thirst quencher**

Want a modern, healthier, tasty alternative to sodas and sugary sports drinks? Step forward Vitamin Well (vitaminwell.com), the Swedish success story now available in the UK. Sold in 100 per cent recycled plastic bottles, there are four distinct flavours to try – Elevate, Hydrate, Recover and Reload – and each of these non-carbonated, low-calorie, preservative-free drinks is enriched with versatile combinations of vitamins and minerals. We love the pineapple and wild strawberry flavoured Elevate beverage, which contains vitamin B12, folic acid and magnesium to help reduce fatigue and support normal muscle function, plus zinc to boost your immune system. A tray of 12 costs £23.99 from amazon.co.uk



**DO THIS...
Alpine Academy**

The Arc'teryx Alpine Academy is returning for a 12th edition to help alpine enthusiasts elevate their mountain skills, with clinics led by Arc'teryx's world-class athletes and top guides. Taking place in Chamonix-Mont-Blanc from June 29 to July 2, there's a jam-packed programme of more than 80 clinics for all skill levels, fitness levels and budgets, covering everything from climbing and mountaineering to trekking and trail running. Alongside the clinics, the Alpine Village will also host free activities and experiences daily, providing you with the opportunity to take on the bouldering wall alongside the pros, watch world film premieres, test the latest Arc'teryx gear, and dance the night away to top tunes from inspirational artists. For tickets and more details, visit chamonix.arcteryxacademy.com



**TRY THIS...
Go exploring**

Looking for a break with an active difference? Celebrating its 90th anniversary in the great outdoors, Ellis Brigham's Explore Weekend (September 15-17) takes place in Bala, North Wales, and provides three days of adventure. Set in 16 acres of parkland alongside the shores of Wales' largest national lake, Llyn Tegid (which also boasts direct access to a beach FYI), you can expect inspiring talks, outdoor skills workshops, cooking demos, yoga, gear repairs and plenty of tips to get you hiking, trail running, climbing, swimming or more. Weekend tickets start at £245 for two-to-five people, and include two nights' camping pitch, free onsite activities, a welcome drink and a 90th Anniversary water bottle. Visit ellis-brigham.com/exploreweekend to book.

WEAR THIS...**Defying gravity**

After more than two years in development and numerous rounds of wear trials and bounce testing, Sweaty Betty has unveiled its phenomenal new Zero Gravity Bra (£75, sweatybetty.com). Designed for high-impact workouts such as running, HIIT and boxing, this premium, wire-free bra uses 360-degree encapsulated cups to reduce up-and-down, side-to-side and in-and-out movement, while the ridiculously soft Smooth & Sculpt fabric feels weightless, distributing pressure evenly to prevent chafing, red marks and back pain. Available in 10 colours and in sizes 30C - 38F, the bra also has fully bonded, very wide adjustable straps that won't shift, roll or dig into your shoulders, plus a quick release top clasp for an easy on/off experience. Delivering minimal bounce and maximum comfort without compressing your chest, we'd go so far as to say this is possibly the comfiest sports bra we've ever tried.

**BUY THIS...
Walking shoes**

Put a spring in your step wearing the latest walking shoes

KEEN WK400 WALKING SHOE

£135; KEENFOOTWEAR.COM



These ground-breaking 'all terrain' shoes, available in a women-specific fit, are powered by new KEEN.CURVE technology to make walking more enjoyable and fun. The perfect balance of underfoot plate technology, constant curve geometry, and high-energy midsole cushioning creates a unique feeling of forward momentum that makes walking feel like rolling, while a generous 30mm toe spring provides smooth and easy transitions from heel strike to toe off.

COLUMBIA FACET 75 OUTDRY WATERPROOF HIKING SHOE

£125; COLUMBIASPORTSWEAR.CO.UK

Available in a Low version (seen here) or a Mid version for improved ankle support (£135), these women-specific shoes have adaptable traction to help you take on the trails in wet or dry conditions. Plush max cushioning in the midsole combines with midfoot lockdown for added comfort and support, while a TPU Heal Clip helps to keep your heel in place for greater stability. The breathable yet waterproof mesh upper keeps your feet dry and comfortable whatever the weather.

**VEJA FITZ ROY**

£190; VEJA-STORE.COM



Inspired by the mountain range itself, sustainable footwear brand VEJA's newest style is the Fitz Roy, a technical shoe designed for outdoor walks and hikes. Light and functional, it has a solid and stable sole with multi-directional crampons for added grip, and a protective rock-plate. Composed of VEJA's new Trek Shell fabric - a tightly woven watertight material made from durable 100 per cent recycled polyester - this diverse style blends practicality and style to perfection.



**BUY THIS...
Trii it out**

Cleanse, scrub and nourish your body after workouts using the new range of solid body bars from trii (trii.co.uk). Perfect for gym bags and on-the-go, this sustainable and streamlined three-step body care system consists of the soothing Hand and Body Wash Bar, £8, the smoothing Hand and Body Exfoliating Wash Bar, £8, and the Hand and Body Moisturising Bar, £10, which has cocoa butter to intensely soften skin. Housed in recyclable and reusable tins, these waterless formulas are available in five delicious scents – Incense, Rose, Lemongrass, Lavender and Peppermint – and are purposely crafted to last on your skin.



**DO THIS...
Fight the good fight**

Battle Cancer has launched its new 'Are You One Of Us' campaign with a stellar line up of global fitness events in 2023. Created with the aim of raising £2m for cancer charities – and to highlight the qualities of people affected by cancer and why we should view them as heroes, not victims – athletes of all fitness levels are invited to unleash their inner warrior with the ultimate test of fitness, strength and endurance, as teams of four take on five, 10-minute functional fitness workouts over 2.5 hours. Events in the UK and Ireland take place in Dublin (June 24), Manchester (August 12), and London (October 15), or you can compete abroad in cities including Berlin, Paris and Madrid. Sign up at battlecancer.com



**TRY THIS...
Pilates power**

Recently voted as the No.1 Pilates studio in London, Nobu Pilates is the home of Marsha Lindsay's unique Pilates By Marsha method: a hybrid approach that fuses the principals of classical Pilates with various fitness disciplines, including dynamic high-intensity techniques. A maximum of 10 participants are allowed in her three signature group classes – Power, Precision and Pure (£37 per person) – to help you build strength, mobility and flexibility week-on-week using reformer machines. Working with the philosophy that getting stronger will make you look better, Lindsay also conducts digital posture scanning on site to pick up on misaligned joints and imbalances, plus offers private one-on-one Prescribed sessions that are individually tailored to your goals. Find out more at London-portman.nobuhotels.com/pilates



TRY THIS... Let's get physical

According to women-first dating app Bumble, and fitness apparel brand Gymshark, younger generations are increasingly seeking dates that have a shared passion for fitness. In light of their research that shows 29 per cent of Gen Z and millennials (18- to 34-year-olds) would rather attend a fitness class on a first date than go to the pub, Bumble and Gymshark have

launched a 'Dates That Workout' partnership, featuring six new Bumble fitness-focused badges to help get your heart rate racing in more ways than one. Bumble's dating expert, Dr Caroline West, has gathered the top exercise and dating dos and don'ts to ensure your dating journey works out for the best...

DO show your love for fitness on your profile. If fitness is a big part of your life, put it front and centre

with the new Bumble x Gymshark interest badges on your profile. These include Weightlifting, HIIT, Cardio, Bodybuilding, Functional Fitness and Powerlifting. Posting action pics is also likely to help you find a compatible partner with similar fitness interests.

DO find a workout that you'll both enjoy. While you might be in love with the idea of having potentially found a new spot partner, your date might not be as keen to take part in weightlifting on a date. Make sure you're both excited about the activity or are at least up for trying something new together.

DO be encouraging and supportive. This is a first date after all. Whilst a bit of healthy competition can

lead to some fun banter, it's not cool to be overly comparative. Plus, if you are trying out a competitive sport, there's a fine line between being a gracious winner and a show-off.

DON'T overthink it. Dating can be nerve-wracking, but the possibilities are exciting, especially on activity-based dates. Enjoy yourself. This is an opportunity to have a good time doing something that you both share an interest in.

DON'T forget to leave time for a post-workout debrief. Studios and gyms can get noisy, so a cooldown walk after class or a quick smoothie post-workout leaves time to have a chat with your date and find out more about them.

WEAR THIS... Surf's up

Make waves this summer wearing the oh-so-retro Roxy x Kate Bosworth collection. Inspired by Bosworth's iconic performance in the 2002 cult film *Blue Crush*, the vibrant range doesn't get much more 'surfer girl' than this (think: board shorts, triangle bikinis, cargo pants, bucket hats and tropical prints, all reminiscent of the early 00's surf style we know and love). Simply pair with a coconut-scented sunscreen and you're good to go! Prices start from £32, available from roxy-uk.co.uk



**BUY THIS...
Get hooked!**



For a game-changing workout that really pack a punch, invest in the new boxing-inspired app and wearable fitness tracker, Boxx+ (£149; boxxldn.com). Designed with psychology-backed connected workouts to help you build exercise habits that last, you get two activity-tracking Boxx Punch Pods – one for the left hand, and one for the right – to monitor your workouts and help you understand key metrics such as the number of punches you throw, your punch speed, calories burned and your effort level. Slip the pods into the padded boxing wraps (included with purchase) then start throwing jabs, hooks and uppercuts to see your metrics displayed during and after your workouts!

You can also earn points and rewards for every workout you do. The harder you work, the more points you earn, which will hopefully motivate you to reach a weekly target, based on the World Health Organization's guidelines for the amount of intense exercise you should do per week, which is 75 minutes, and your own personal stats. Better still, unlike most interactive fitness tools that are static, the Boxx Punch Pods can be

used anywhere, whether you're shadow boxing at home or in the park, sparring with a PT, or in a studio doing your favourite boxing class. Simply press 'Metric Mode' in the app and it counts everything for you. You also get some access to on-demand classes in the free app, but for the full experience, we recommend subscribing to Boxx's online emporium of incredible workouts (£19.99 a month, or £119.99 a year, available after one month's free trial) split into four categories: Boxing, Strength, Conditioning and Recovery, as well as Live Leaderboard classes.

Suitable for all fitness levels and abilities, you don't need any boxing skills or experience to get started, and the 10- to 30-minute boxing classes are fast-paced, exciting and motivational. In fact, we'd go so far as to say they are pretty addictive, thanks to the first-class instructors. Most importantly, you get a full-body workout in record time while working your heart, motor skills, mobility, core, balance and physical strength. A quick 15-minute class is enough to leave you feeling empowered and incredibly high on endorphins! 🥊

