



BRAND PROFILE

SILOU

London

WHAT IS IT?

Silou London was founded by former Victoria Secret's Angel Tatiana Kovylna in 2017. Due to her travel-heavy lifestyle as a model she valued style as much as impeccable design, comfort and quality. Silou was created with this in mind and is intended for the everyday women to tackle life, work and everything in between.

WHY IS IT FOR YOU?

Tatiana is a strong believer in the empowerment of the female form, which is why Silou was designed to fit and flatter all women and all Silou-ettes. The brand is very proud of their social consciousness and pride themselves in being both socially and environmentally responsible at all times.

WHAT'S NEW?

This month sees the launch of Silou's resort 2019 collection, a stylish new line designed to embody the spirit of the French Riviera. Think contrasting burnt apple and nude hues combined with Riviera classics black and white. Each piece is a perfect workout staple and ideal for travelling in style.



Price range from £79 to £229
siloulondon.com

FITNESS NOTES

Compiled by HELEN BROWN



FLEXIBLE FITNESS

Rachel Avery discovers the coolest classes in London with MoveGB

By RACHEL AVERY

Whatever your fitness thing is, you can find a class in London. Is your soul set alight by spinning or are you a hardcore HIIT fan? You might even be partial to a fitness class with your dog (yes, that really is a thing). However, if like us you like to try a bit of everything, MoveGB could be your keep fit saviour. It's a clever membership that gives you access to leisure centres and fitness classes across the capital. Meaning one day you can try boxercise and the next you can be booking in for aqua-fit, all via a speedy app.

I decided to explore what's on around my home in west London. Despite being horrendously inflexible, yoga is my current

obsession so I booked in for a Hot Pod Yoga session near Notting Hill. It does what it says on the tin; it's yoga and it's rather hot. But the lovely teacher guided us through the moves and we all survived the class. I also tried Corner House Yoga; half cafe, half studio it's the perfect place to check-in for a stretching session followed by a spot of brunch. Other classes on offer include bootcamp, reformer pilates, circuits, zumba and even circus skills sessions (which are amazing by the way!) The only question is, which will you try first? 🙋

MOVEGB

Use one membership to get access to 1,000s of fitness activities across London. More information at movegb.com



RECIPE

WINTER WARMER

Vegan and packed with protein and antioxidants, this super creamy high-protein hot chocolate is the perfect winter treat.

INGREDIENTS

- 1 can coconut milk
- 2 tbsp raw cacao powder
- 2 tbsp chocolate protein powder
- 200 ml water
- 1/2 tsp vanilla extract

METHOD

- 1 In a pan, combine the water and coconut milk until hot but not boiling.
- 2 Add the protein powder and stir well until all combined.
- 3 Add the cacao powder and vanilla extract and stir well until all combined.
- 4 Serve hot and enjoy.

3 of the BEST

Chocolate protein powders

HEALTHISTA

Lean Vegan Diet Protein, £24.99;
wholefoodsmarket.com



Multitasker, £18;
missfitsnutrition.com

