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## 3 BENEFITS OF BOXERCISE

**1. SLAM STRESS** THE BEST WAY TO REDUCE STRESS IS TO PUNCH IT OUT – GET THOSE WEDDING-DAY WORRIES OUT OF YOUR HEAD!

**2. FAB ABS** ENGAGING YOUR CORE AND ROTATING TO GET FULL EXTENSION WILL GET YOU WASHBOARD ABS IN NO TIME.

**3. BURN CALORIES – FAST!** A HIGH-INTENSITY INTERVAL TRAINING WORKOUT WILL BURN FAT AND BOOST YOUR METABOLISM.



HEALTH AND FITNESS

## TO THE XTREME

If the thought of a fitness DVD involving cheesy music, gold hotpants and perma-tans galore makes you break into a cold sweat, then this is the perfect alternative. Take on Xtreme Bootcamps' high-intensity workout DVD if you're serious about getting fit (and willing to do a burpee or five to get there). Inspired by his own military training, instructor James takes you through each move – everything from simple high knees to the more complex squat thrust (oh eer!).



# LOVE YOUR BODY

It's time to get fit and feel amazing!

## SPORT SUPPORT

The *PW* team tried out some of the new Triaction sports bra range from Triumph; whether it was an Insanity class, pilates or a long run, the supportive and comfortable range proved... triumphant! [uk.triumph.com](http://uk.triumph.com)



FREE MOTION, £30

HYBRID LITE, £42

CONTROL LITE, £42



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## DID YOU KNOW...

ADDING A SPOONFUL OF CHIA SEEDS INTO YOUR DIET CAN HELP BOOST YOUR METABOLISM, IMPROVE HYDRATION AND HELP TO BURN FAT!

## R&R...

Struggling to sleep? These beauties from 1001 remedies will help you to relax and wind down after a stressful day of planning.



PURAIR £24; GOODNIGHT BALM £29