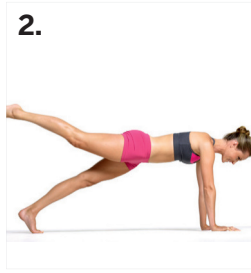


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3 WAYS TO **PLANK** THE BEST EXERCISE YOU CAN DO FOR YOUR CORE!

1. FOREARM PLANK Lie on your front, engage your core, then tuck your toes under and lift your body up while your forearms stay on the ground. Hold for 60 seconds.

2. PLANK WITH LEG RAISE Start with a straight-arm plank, then lift one leg off the floor, hold for a few seconds, then switch. Do this for 60 seconds.

3. SIDE PLANK Start on your right side, press your right hand into the ground, stack your left foot on the right and lift yourself up. Hold for 30 seconds then switch sides.



LOVE YOUR BODY

It's time to get fit and feel amazing!

HIT THE ROAD

Adidas has launched the new UltraBOOST X, a shoe that features a distinctive adaptive arch which effortlessly adjusts to the changing shape of the foot when running. In fact, every shoe from the stylish running range from the brand is designed to give you the best run of your life. Here are some of our faves...

PUREBOOST X POSE SHOES £94.95



CLIMACOOLED SHOES STELLA MCCARTNEY FOR ADIDAS £109.95



EDGE LUX SHOES £74.95

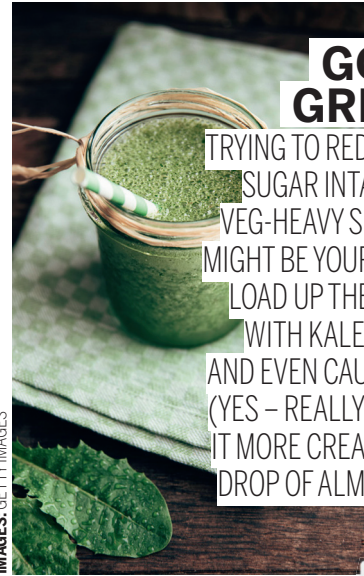
ULTRABOOST X £129.95



TRUST YOUR GUT

Did you know that 45% of people suffer with a food intolerance without realising? With such conflicting dietary advice floating around (FODMAP... vegan... caveman...?!), it's hard to know what to eat and what to avoid. Companies that test for food intolerances, like the YorkTest which can be done at home, save you the hassle of an elimination diet. You even get a follow-up with a nutritionist afterwards! yorktest.com

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GO, GO GREENS

TRYING TO REDUCE YOUR SUGAR INTAKE? THEN VEG-HEAVY SMOOTHIES MIGHT BE YOUR ANSWER. LOAD UP THE BLENDER WITH KALE, SPINACH, AND EVEN CAULIFLOWER (YES - REALLY! IT MAKES IT MORE CREAMY) AND A DROP OF ALMOND MILK.

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BULLETPROOF

Switch out your standard coconut oil for Bulletproof's - it contains the short C8 carbon chain that the liver doesn't need to process, meaning you feel more energetic!



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