



GETTY IMAGES

YOU ROCK!

Wedding planning driving you up the wall? Release some wed-stress with some *actual* climbing in the form of bouldering. An hour-long session can burn anywhere from 500 to 900 calories, providing you're working your hardest!

PROTEIN POWER

PROTEIN CAN INCREASE MUSCLE STRENGTH, IMPROVE PERFORMANCE AND SPEED UP YOUR WORKOUT RESULTS. HERE'S OUR PICK OF THE BEST WAYS TO PACK SOME INTO YOUR DIET.



VEGAN CHOCOLATE PROTEIN, STRIPPD. £20

PLANT BASED POWER



CATCH A WHEY-VE

WHEY PROTEIN, BIO-SYNERGY £49.99

FOOD FOR FUEL

ADDING CHICKEN AND EGGS INTO YOUR DIET IS A GREAT WAY TO GET A GOOD DOSE OF PROTEIN

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LOVE YOUR BODY

It's time to get fit and feel amazing!

LA MEETS LONDON

A fave brand among the celebs, we love Varley's newest collection which is inspired by West Coast culture and the urban aesthetic of London. The on-trend designs will take you seamlessly from the gym to dinner with friends; if that's not motivation, what is?! Prices from £45-£120.

varley.com



BROWNIE POINTS

Indulge yourself without the guilt with a raw beauty bar from Pollen + Grace (£3). A treat like no other, this antioxidant-packed raw tahini square, enriched with acai and acerola super fruits, will help to strengthen hair, boost your immune system and promote healthier, hydrated, blemish-free skin. Plus, it tastes SO good! Where's the catch?!



AVAILABLE AT POLLENANDGRACE.COM