

Your New Year health & fitness starts here



WELLBEING

# FIT FOR PURPOSE

Finding it hard to get motivated? The right kit can make all the difference. From winning workout gear to fit tech, these are some of our favourite exercise partners



**Reebok Power Tubes Set**, £26, from reebok.co.uk

Many of us have unused exercise bands lurking in a drawer. But here the addition of two easy grip handles means you can do 120



**Nike Free 5.0 Mesh Sneakers**, £100, from net-a-porter.com

A super-light design with six different flex points; cushions your feet as your run and walk xxxxxx xxxxx xxxxxxxxxx



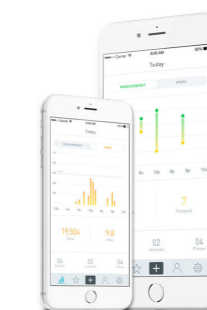
**Polar A360 Fitness Tracker with Heart Rate Monitor**, £154.50, from watchshop.com

Combining a wrist-based heart monitor and a training guide, this clever bit of tech can keep track of your progress 24/7, is waterproof and



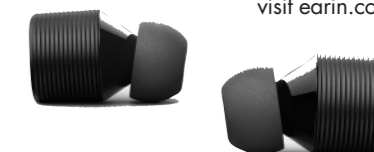
**High support sports bra**, £19.99, H&M; visit hm.com

Great support in a fast-dry material with adjustable shoulder straps and mesh back. Almost too good to hide



**Lume Wellness app**, free, visit the iTunes store

Education app that connects with Apple Health. Use to track your activity and food intake, get advice about balancing your



**Earin**, £159, visit earin.com

With these wireless ear bud earplugs you can move freely as you work out to the soundtrack of your choice – and they come in a carry case



**Apple Watch Sport**, £299, from John Lewis

Measures the way you move throughout the day – from walking the dog to climbing stairs, as well as any gym or mobile workouts. Use to



**M&S Blister Resistant Trainer Liner Running socks in Pink Mix**, £6, from Marks and Spencer

The special double layer construction prevents rubbing, while antibacterial silver fibres keep foot odour at bay xxxxxxxxxx xxxxxxxxxx



**Sweaty Betty Niyama Yoga Vest in Neonpurple**, £50, visit sweatybetty.com

Made of seamless, sweat-wicking fabric, the design incorporates a built-in bra with super stretch, supportive lift and hold