

NEW YEAR NEW YOU

# FEELING GOOD

Keep on track with your healthy resolutions with *Absolutely's* New Year fitness special

## SPORTING CHANCE

Founded by human performance specialist Nick Harris, who has worked with a number of professional athletes during his career, HPE Clothing is an innovative range of performance-enhancing attire made with advanced fabric technology. The clever clothing, adored and adorned by everyone from TV presenter Alex Jones to *Strictly* dancer Flavia Cacace, is designed to fit snugly, yet comfortably, and controls the temperature of the body. Oh yes, and they look fantastic to boot.

10 Barley Mow Passage; [hpe-shop.com](http://hpe-shop.com)



## BEND AND SNAP

It's not just fashion brands that change seasonally. Luxury yoga and pilates wear company Wellicious have a whole new SS14 line to tempt us, full of lush apple green and rich red colours, trendy jumpsuits and oh-so-comfy separates. They've also brought out a range of stylish lounge and workout gear for men, so now there's no excuse for him not joining your next class. *Faster top, £59.95*  
*Align leggings, £59.95;*  
[wellicious.com](http://wellicious.com)

