

**NEW!**

woman&home

AUTUMN £3.99

# Feel Good You

**GET A  
FLAT  
TUM  
FAST**

**THE LONG  
WEEKEND  
DIET PLAN**

**DOUBLE  
YOUR  
ENERGY**  
Natural  
remedies

**THE  
*secret*  
WORKOUT**

no-fuss moves to boost  
fitness and lose weight

**20** snacks to curb  
*naughty cravings*

**39** WAYS TO  
*fabulous*

RADIANT SKIN,  
ERASE DARK  
CIRCLES

**NO MORE  
BINGO  
WINGS!**  
Tone up in  
just 3 steps

**EXPERT  
ADVICE**

Keep your back  
strong, healthy  
and pain free

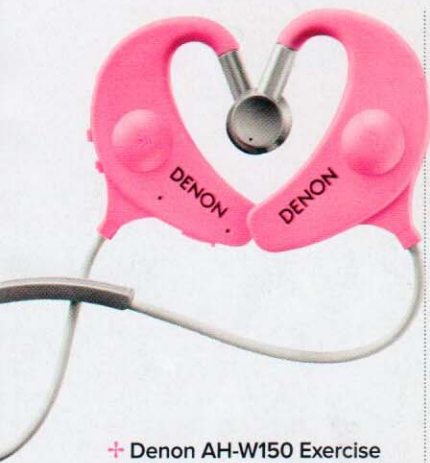
**WIN**

A LUXURY SPA  
BREAK FOR 2



WELLBEING + BEAUTY + DIET + FITNESS + SELF + HEALTH





+ **Denon AH-W150 Exercise Freak** Bluetooth headphone is light, secure and sweat-proof. £130, Selfridges (€5 from each sale goes to The Pink Ribbon Foundation).

Good fitness wear or equipment will always make us feel more motivated to work out. Here's our pick!

## NEW KIT *wishlist*



+ **Shock Absorber D+ Flexi Wire** gives excellent support to larger busts – essential when you are working out. From 30D to 38HH, £29, [shockabsorber.co.uk](http://shockabsorber.co.uk).



+ **Adidas Energy Boost** gives you 15% more energy return, with a supportive upper and a heel counter to “lock” heels in place. £109.99, [prodirectrunning.com](http://prodirectrunning.com).



+ **HPE XT-AIR™** range is made from high-tech fabric, which lowers body temperature and lets in air. Racer vest, £42, [hpeclothing.com](http://hpeclothing.com).



+ **TomTom sport watches** feature lots of training tools and the first one-button control. Runner GPS watch, £149.99, [tomtom.com](http://tomtom.com).



+ **Micro Scooters** can help you burn 350 cals an hour without going to the gym! Your new commute? From £105; for stockists go to [micro-scooters.co.uk](http://micro-scooters.co.uk).



+ **ODLO's Cubic** range has a climate-regulating function to keep you cool when working out. Tops, T-shirts, vests and shorts (shown), £25, [zalando.co.uk](http://zalando.co.uk).

+ **TLC Tummy Control and Figure Firming** bottoms can help you look a size slimmer with extra-strength fabric to suck you in and smooth you out. From £42, [tlcspport.co.uk](http://tlcspport.co.uk).

