

# ZEST

ZEST.CO.UK



SELF

6 rules to stay motivated



NUTRITION

Energising superfood recipes



WELLNESS

How fertile are you really?

## 10 MINS TO TONED & SEXY

Our easiest workout ever

EATING PLAN

**MOVE OVER 5:2!**  
The new part-time diet that slims fast

## 57 HOT NEW LOOKS

The fat burning leggings  
The flat stomach swimsuit  
The cellulite reducing pants



# The STRESS-LESS PLAN

Sleep better • Smile more • Keep calm • Feel in control

BEAUTY

**GREAT SKIN FOR GOOD**  
The only 3 products your face needs

NUTRITION

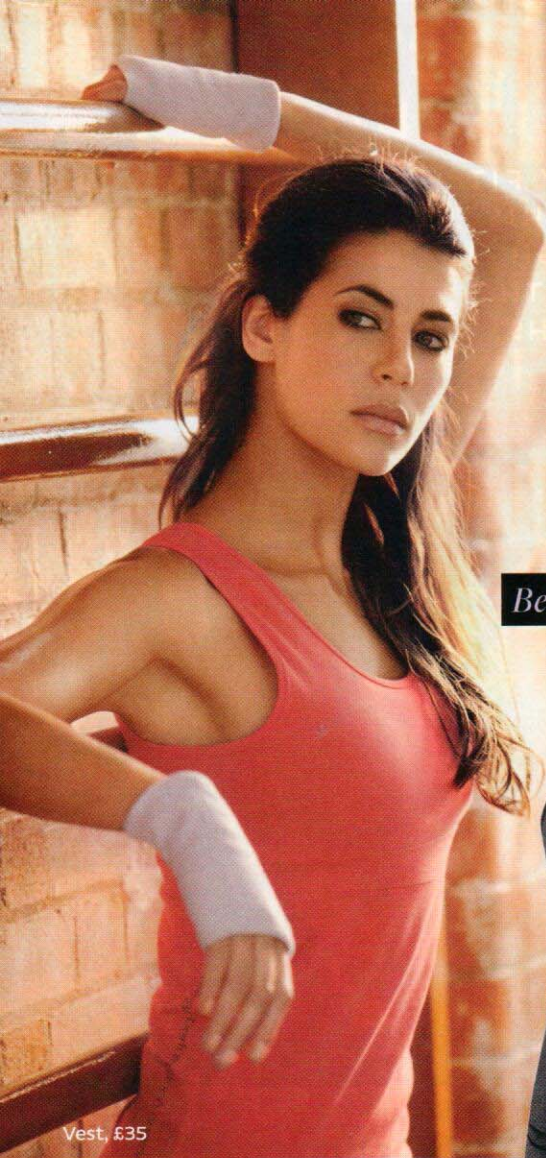
**9 FOODS TO BEAT THE BLOAT**  
p119

OCTOBER 2013 £3.70

HEARST magazines | UK

National Magazine Company





Vest, £35

# LABEL LOVE

The hot new brands we want right now

## Best for... THE PERFORMANCE CREW



VEST £69

## HPE

High-tech sportswear has never looked so stylish - no wonder we're loving the new HPE (Human Performance Engineering) range. It's designed by performance expert Nick Harris, who works with elite athletes on everything from nutrition to mental state - and, of course, kit. Already a hit with Grand Slam stars, Formula 1 champions and Olympic medallists, it ticks all the boxes with style-conscious fitties.



TOP £70

'A sleeveless hoodie's perfect for warm-ups and cool-downs'



SHORTS £47.50

## Best for... THE RACKET PACK

## MONREAL LONDON

Created by German-born designer and tennis fanatic Stefani Grosse, whose enviable designer CV stretches from Donna Karan to Calvin Klein, this line oozes high-end fashion-forward style. We love the subtly sexy tennis dresses with their mesh panels, exposed zips and flashes of on-trend colour accents, plus everything's über-flattering and offers faultless built-in support. The range also includes undershorts and zip-up jackets for a look that's straight off the catwalk but sporty enough for Centre Court.



DRESS £209



DRESS £172



DRESS £180

'This drawstring number doubles up as a great holiday dress'