

PRETTY PASTELS

There is nothing nicer than having pretty, functional gear that can transition from workout to active lifestyle. MOVEPRETTY's PrettySummery2016 activewear in fresh pastels and vibrant summer shades features beautiful neck and back lines, mesh detail and partner-sets.

The range includes new items such as mint and navy racer-back training tops; the swallow, a strappy singlet in soft, floral prints inspired by top tri-athlete Jodie Swallow; a pretty mover branded singlet set in grey and fuchsia; bright three-quarter tights; and the popular ZePant running tights. All of the new styles come in various colours and sizes, available to purchase online or from selected outlets in the Western Cape. For more information or to place your order, visit www.movepretty.co.za.



BACK IN ACTION

In January, Virgin Active South Africa released its television commercial "Get Off Your Ass", the aim of which was to show South Africans that we have a tendency to put fitness on hold. Virgin Active has issued a challenge to get active this year, and get into gear, or simply get over any exercise fears and inhibitions you may have. As part of the campaign, you are encouraged to express yourself and your fitness goals on social media, using fun gifs featuring the characters from the commercial. Visit gifoffyourass.co.za and check out some of the gifs available to share.

GET TO THE BEAT

BODYTEC® is considered to be an all-round strength training solution that enables you to fit your fitness routine into one 20-minute session per week.

But don't be fooled; it's not a quick fix. A BODYTEC® EMS 20-minute session a week is tougher than hitting a regular gym session. It uses a combination of personal training with Electro Muscle Stimulation (EMS) to quickly, effectively and visibly define muscles and improve core strength, while gently burning fat, and increasing physical strength and endurance.

The concept, which was pioneered in Germany, has been used by professional athletes and sports rehabilitation centres for decades. During each 20-minute session, muscles are stimulated by electrodes connected to a training jacket. As physical strength and endurance increase with each session, muscles become gently defined.

For more info or a studio near you, visit www.bodytec.co.za. ■

