

Fit Kit

Check out our pick of the best gifts for Christmas

HIT LIST

GADGETS



MyZone MZ-3 Heart-Rate Tracker, £129.99 This smart fitness tracker belt provides 99.4 per cent ECG accuracy to provide feedback on your heart rate, calories and effort. It can be paired with other devices, including sports watches, and is waterproof up to 10 metres, so you can even check your heart rate while swimming. myzone.org



Power Plate Roller, £99.95 This cutting-edge massager will take your foam rolling sessions to the next level. It has four vibration levels to help relax and rejuvenate tight muscles, release fascia and promote blood flow, so you can warm up faster and accelerate your recovery. powerplate.com



Apple Watch Series 6 with Nike Sport Band, from £379
The best smartwatch just got even better with a brighter screen, longer battery life and new activity tracking features, including blood oxygen monitoring, sleep tracking and the option to take an instant ECG. apple.com



Foreo Bear, £279 This smart toning device takes facial fitness to a new level using microcurrent pulsations to release tension and smooth wrinkles. Use the four-minute Total Facial Knockout routine daily via the Foreo For You app to tone your cheekbones, forehead, neck and jawline – trust us, you'll love the results! foreo.com



Urbanears Luma Earbuds, £79.99
These wireless earbuds deliver superior sound quality and 25 hours of on-the-go playtime via the handy wireless charging case. The water-resistant design protects against sweat and rain. Wear-detect sensors will pause your music or workout when removed. urbanears.com

WORDS: JO EBSWORTH

HEALTH



Dagsmejan Recovery Sleep T-Shirt, £77.99, and Sleep Shorts, £77.99 If you're looking for truly regenerative sleep, check out the new Recovery collection from technical sleepwear brand, Dagsmejan. Featuring fabric embedded with energising minerals that recycle excess body heat and convert it into natural far infrared energy, these are scientifically proven to increase blood flow, help relieve muscle soreness, and enhance recovery and performance. dagsmejan.com



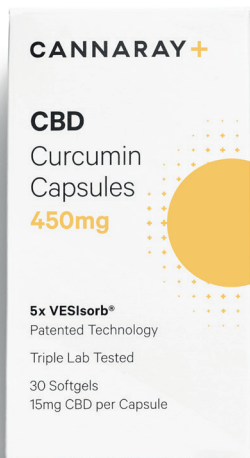
Treat Trunk Snack Box, from £24.99 This vegan-friendly hamper is the perfect present for snackers. With snacks chosen to nourish the body, choose from a one-off full-size box of 22 to 25 premium, real-food snacks for £39.99, or the mini option containing 12 to 15 snacks for £24.99. treattrunk.co.uk



Ancient + Brave Cacao + Collagen, £22 Made with luxurious Peruvian raw cacao and organic botanicals, this also contains highly absorbable collagen peptides to nourish your skin. ancientandbrave.earth



Waterdrop Starter Set, £45.80 Helping you drink more water in a sustainable, tasty way, Waterdrop is the maker of the world's first 'microdrink'. Available in a variety of flavours offering different health benefits, the small cubes are packed with real fruit, plant extracts and vitamins that dissolve in water to make a delicious, 100 per cent sugar-free beverage. This kit comes with a sleek 500ml Steel Bottle and 18 Microdrinks. waterdrop.com



Cannaray Fitness Kit, £120 Perfect for the fitness fanatic in your life, Cannaray's trio of best-selling CBD products – including CBD Curcumin Capsules, CBD Aloe & Arnica Muscle Balm and CBD Oral Drops – are proven to reduce swelling and enhance your recovery after workouts by soothing tired, aching muscles. cannaray.co.uk

GYM KIT



adidas Alphaskin Iterations Leggings, £44.95

These high-compression workout tights will support you through HIIT and boxing classes, and you can keep your phone safe in the deep left thigh pocket. [adidas.co.uk](https://www.adidas.co.uk)

Crossrope Get Lean Kit, \$120 (approx £93)
Boost your fitness anytime, anywhere with this 'light' level skipping set. The fast clip connection system on the ultra-comfy 2020 Slim Handles allows you to quickly alternate between two differently weighted light and heavy jump ropes for a fun and effective full-body workout. Choose from size S-XL depending on your height, and access workouts and fitness challenges via the free Crossrope Lite membership. [crossrope.com](https://www.crossrope.com)



Shock Absorber Active Multi Sports Bra, £39

This high-impact crop top in a new pretty pink colourway provides the ultimate support with a racer back and no wires in sight. [shockabsorber.co.uk](https://www.shockabsorber.co.uk)



Freetrain VR Vest, £29.99

Made from reflective material, this vest is a convenient way to use your phone during exercise. The flip-down phone pouch allows you to change your music and it has secure pockets for keys and cards. [freetrain.co.uk](https://www.freetrain.co.uk)

'Sports bras need replacing at least every six months, so gym bunnies will be thankful to find a new one under the tree'



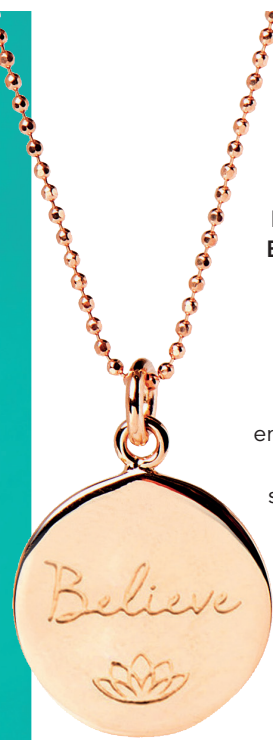
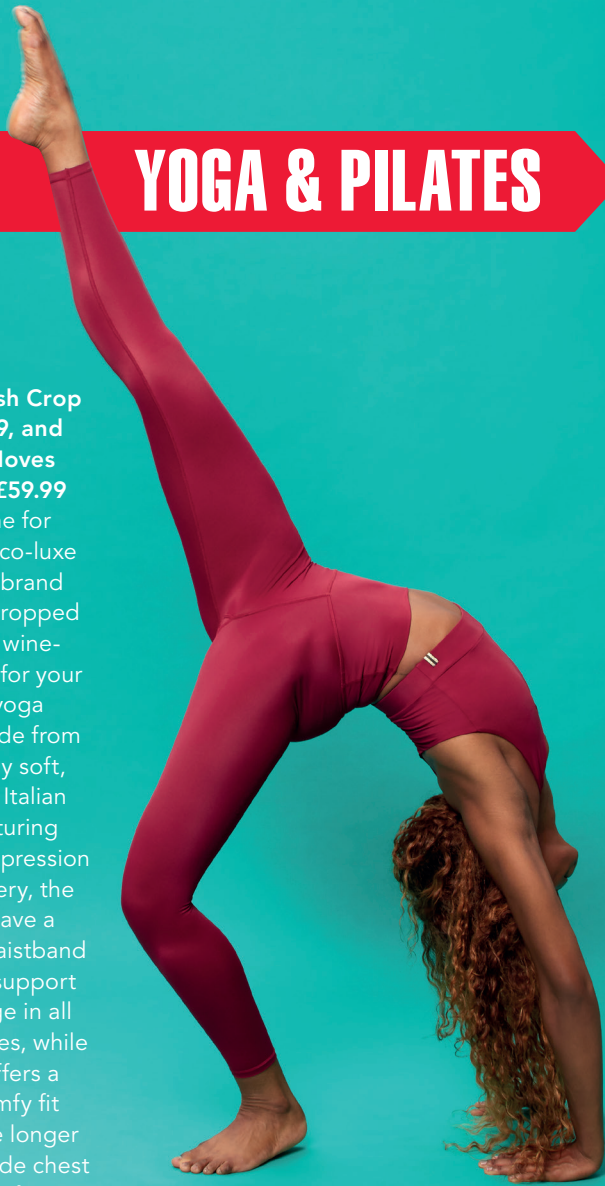
Nike Metcon 6 Trainers, £114.95

This latest release of Nike's Metcon shoe is the most breathable version to date, to keep your feet cool when you're working hard. This cross trainer stands up to high-intensity workouts while delivering amazing stability during weight training. Perfect for gym use. [nike.com](https://www.nike.com)

YOGA & PILATES

Contur Afresh Crop Top, £49.99, and Smooth Moves Leggings, £59.99

Just in time for Christmas, eco-luxe activewear brand Contur has dropped this festive wine-coloured set for your yuletide yoga sessions. Made from sumptuously soft, sustainable Italian fabrics featuring muscular compression to aid recovery, the leggings have a super-high waistband to give you support and coverage in all the right places, while the crop offers a secure, comfy fit thanks to the longer length and wide chest band. conturuk.com

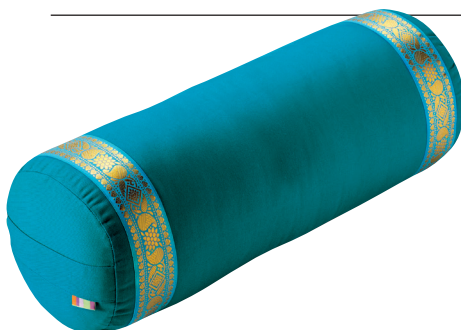
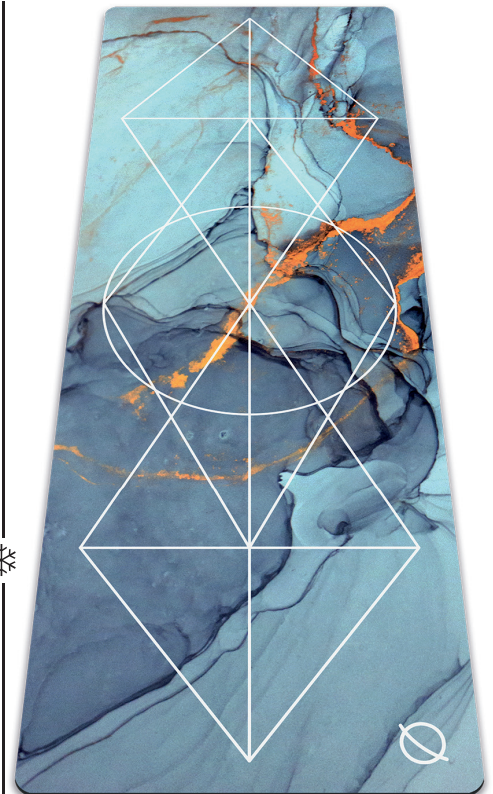


Mantra Jewellery Believe Rose Gold Necklace, £55

Inspire your yoga sessions with this delicate necklace, featuring an empowering 'believe' mantra and Lotus symbol on one side of the disc.

Personalised messages can also be engraved on the reverse.

mantrajewellery.co.uk



Yogamatters Bolster with Gold, £40

Embellished with a traditional Indian gold trim, this beautiful cylindrical bolster provides firm, gentle and comfortable support when placed under the knees, spine or forehead to help release tension in restorative yoga poses. yogamatters.com



Yogi Bare Bamboo Support Block, £21

Crafted from sustainable bamboo, this strong yet lightweight brick will enhance your practice by supporting, stabilising and aligning your body – the ultimate eco-friendly choice for yogis on the go.

yogi-bare.co.uk



Form Kintsugi Pro Rectangular Mat, £59

This new design is inspired by Kintsugi – the ancient Japanese art of repairing broken pottery with lacquer dusted powdered gold, silver or platinum – to signify beauty can be found in imperfection. The mat has been developed to improve alignment during exercise. theform.co.uk