

**SHOCK
ABSORBER**

**rosemary conley
diet & fitness**

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Getting fit?
Get in the right kit!

Follow Rosemary
Conley Diet & Fitness
advice and get up and
go with our patriotic red,
white and blue Multi
sports support.

Fit stuff

News and gear to help
you get up and go



OLYMPIC WINNING BRA

Get into the spirit of the London Olympics with a red, white and blue sports bra. Shock Absorber is launching two new styles for the Spring/Summer collection in the country's national colours. The Run bra is designed specifically for running reducing bounce by 75%. Available in sizes 30-38 A-F at £37. The Max Support Bra Top is more of an all rounder, available in sizes 32-40 A-HH at £30 from www.shockabsorber.co.uk

IT'S A WONDERFUL WALK

Britain's walking charity Ramblers aims to get us all on our feet this year with a series of walking events. This month it is hosting Valentine's Walks throughout the country where you can meet new people and find companions. Visit www.ramblers.org.uk for info.

STAY WARM

Make sure you stay snug when outdoors with this new base layer from Columbia. The bodymapped design keeps you warm and dry in all the right places. £45 from www.columbia.com

THE HADRIAN WALL TREK

Fancy a challenge? Why not bike and hike the length of Hadrian's Wall in just three days to raise money for people affected by cancer? Breast Cancer Campaign and make cancer charity Orchid have joined forces to come up with the 100-mile challenge. Taking place from 24-27 May, register now at www.hadriansbikehike.co.uk or call 020 7749 4114.



TRACK YOUR HEALTH

Jawbone has launched a wristband and App for the iPhone and iPod Touch that work together to track your daily activity, sleep patterns, and eating habits. The UP wristband is water resistant and designed to integrate into your lifestyle. It not only helps you lead a healthier life but also engage with new friends as you can form a "Team" to help you reach your goals. The UP band comes in three sizes and seven colours at £79.99 from www.jawbone.com or Apple retailers. The UP App is free from the App Store on your iPhone.

www.rosemaryconley.com