



JANUARY / FEBRUARY 2019
FREE FOR MEMBERS OR \$7.95

THE GOLDEN
RULES OF
NUTRITION
EVERYTHING A
TOP DIETITIAN
KNOWS!

TOP 5
secrets
FOR A FIT
2019

NIKE ZOOM
VAPORFLY
4%
IS IT THE
GREATEST
SHOE EVER
MADE?

THE BEST
POST-GYM
HAIRSTYLES
QUICK & EASY

NEW GYM
WARDROBE
ACTIVEWEAR
THAT'S HOT
IN 2019

PARKOUR
WORKOUT
YOUR BODY
CAN DO
AMAZING
THINGS



the Vertue OF FITNESS

WORK OUT LIKE THE CAST OF
WONDER WOMAN WITH THEIR
TRAINER SHONA VERTUE