

## Workout wonder buy



£18,  
GEORGE  
AT ASDA

Major bargain alert, gals! George at Asda has got an amazing fitness watch for just £18. It measures calories, steps, sleep and distance, and can sync to your smartphone, too! If I'm going to run somewhere, it's straight to the supermarket to buy it. Race you there...

## GOOD SPORT

Remember, it's what's underneath that counts and, by that, I mean a decent sports bra, obv. Comfy undies have fast become the go-to choice, with many of us making the sports bra the new everyday bra, and I'm totes down with that.

Lingerie pros Dorina has a fab collection of colour-popping bras, ranging from low-impact for yoga bunnies and high-impact for more intense workouts. 'Comfort over cleavage' might be my new motto...

£18, DORINA AT  
HOUSE OF FRASER



GYM  
FIRST