

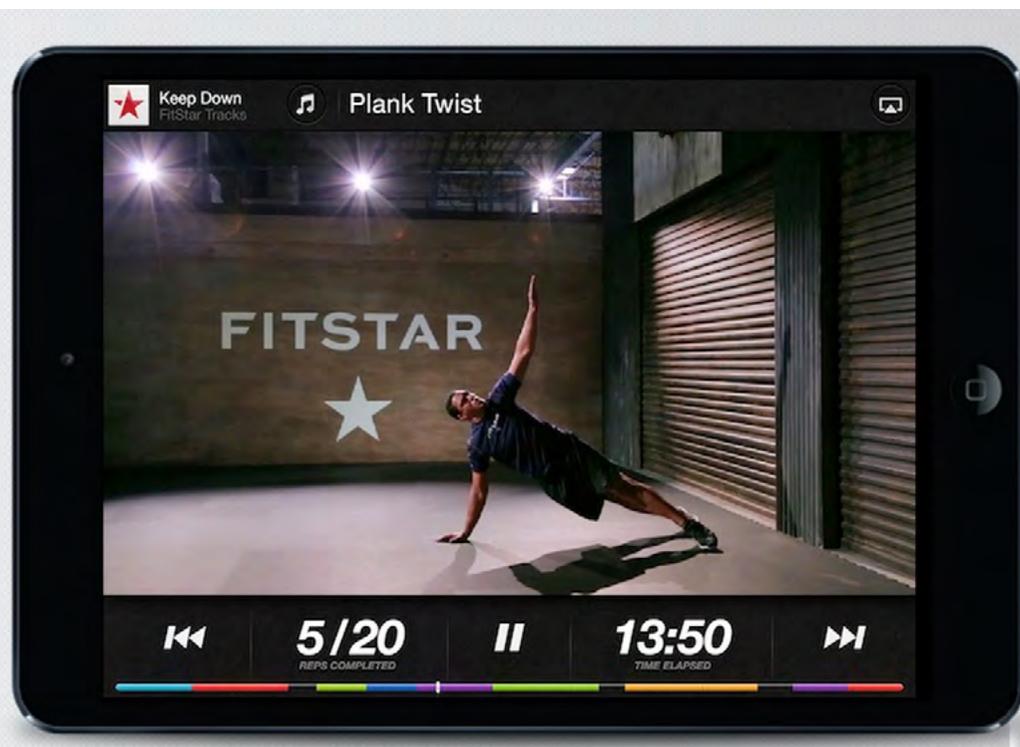
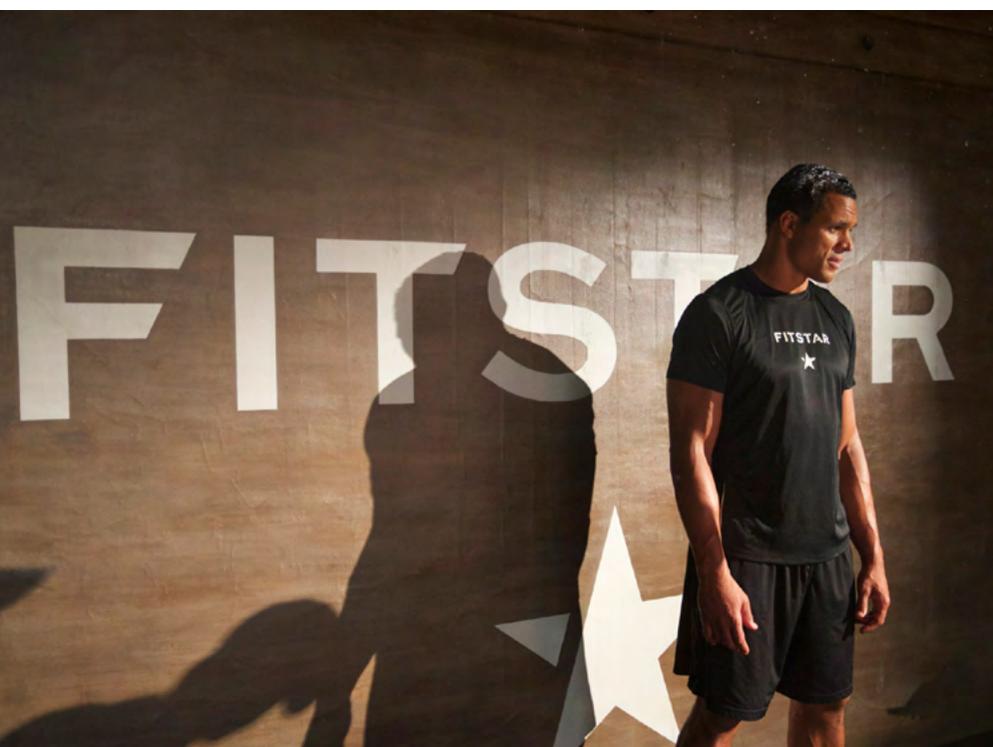
REVIEWS

ALL THE GEAR AND EVERY IDEA...
EVERYTHING YOU NEED FOR THE MONTH AHEAD



Fronted by recently retired American football star Tony Gonzalez (Atlanta Falcons and Kansas City Chiefs), *FitStar* is the rare beast of an app that started life on iPad before making the move to the small screen. Let's face it, a phone is far easier to cart around the gym than a tablet, and it's a smaller target for wayward feet and equipment! Not that you need to be a member of a gym – the beauty of *FitStar* is that it offers a 25 to 30-minute workout that requires little or no gear (a high bar to do chins on is all we've needed so far). In fact, the makers boast that you only need as much space as it takes to lay on your back and make a starfish shape. Gonzalez missed one game in his 18-year NFL career, so knows a bit about staying in shape. Easy to use, you go through a fitness test to set your baselines in key areas. The clever part is that it asks you whether each exercise was too easy, just right or brutal and then adjusts the next workout accordingly (beware, when you say it was too easy, the app seldom makes that mistake again!). For each exercise, you get a video demonstration, timer/rep counter and some words of encouragement from T-Gon. Out of the box, you get some free workouts but for £2.99 a month or £20.99 for a year you get the Premium package, which gives you access to all the workouts. You will also get nutritional advice by email and if you have a MyFitnessPal account, *FitStar* will feed into that after every workout.

Price: Free
(in-app subscription £2.99 a month/£20.99 a year)



XEDRA-CUT ULTRA XT

If you're struggling to shift those last troublesome few pounds to reach your target weight, *USN's* new addition to their weight-loss range, Xedra-Cut Ultra XT may be the answer. Suitable for both men and women, Xedra-Cut Ultra XT contains glucomannan, a natural plant extract often described as "nature's thickener", which helps to give a feeling of fullness for longer. As well as the glucomannan, each capsule contains choline, which may help break down fats during digestion, and zinc, which has been proven to help break down fat. Chromium helps to support your normal thyroid function and caffeine will give you that boost you need to get the most from your workout.



Price: £32.99 **From: www.usn.co.uk**



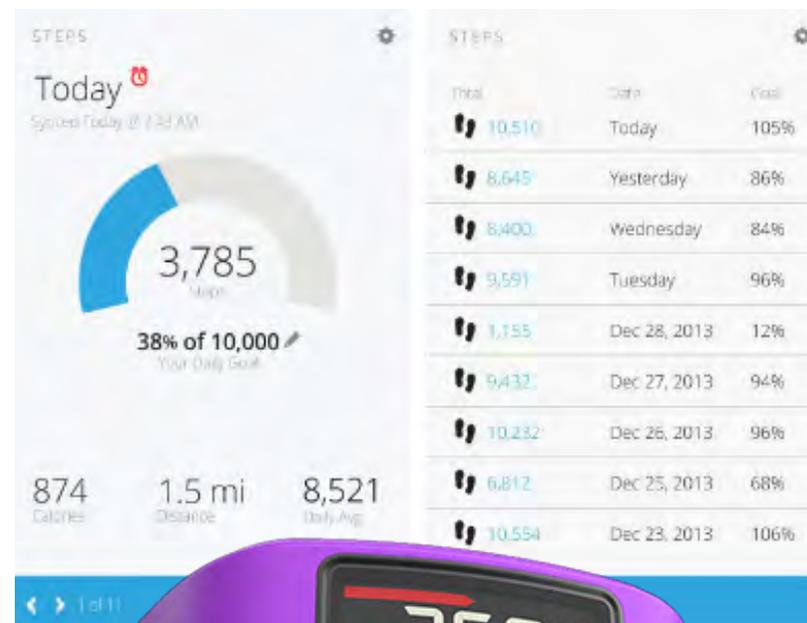
LUMO BACK

If, like us, you find yourself an hour or so into a computer session, then move and feel the excruciating pain that tells you you've been slumping over your keyboard again, Lumo Back can keep you on the straight, tall and narrow. Describing itself as a "personal posture trainer", Lumo Back serves as a posture monitor throughout the day, whether you're standing or sitting. You wear a strap around your middle with a sensor in your lower back that gently vibrates when you slip into bad posture. Teamed with a handy app, it will also give you a posture score at the end of the day, totting up your hours of straight and slouchy time, and tracks that over the weeks and months. There's also the amusing "watch your posture" feature, in which a stick man shows you how badly you're slumping or how well you're sitting – told off by a stick man!

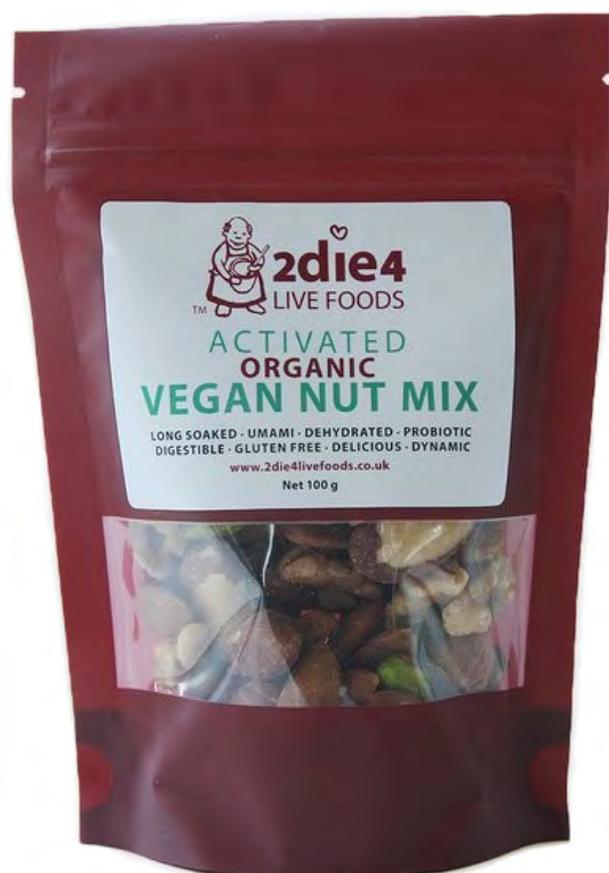
Price: £120
From: www.amazon.co.uk/LUM0-Improve-Posture-iPhone-Touch

GARMIN VIVOFIT

From the people that make satnavs, comes the latest fitness band. Built to help keep you active by counting your steps and calories, vivofit's claim is that it can "turn good intentions into lifelong habits". The way it does that is by greeting you with a personalised daily goal, which it adjusts by learning your activity level. It then reminds you when it's time to get out of your seat and move and tracks your progress. If you sit around for an hour, a red line appears on the display to let you know you've got to get going, if only to stretch your legs. When you hit the gym, vivofit comes into its own even more. Team it with a heart rate monitor (which is sold separately for £49.99) and it will use the data to more accurately let you know how many calories you've burnt. Water-resistant and able to run for a year without a battery change, vivofit will also monitor your sleep and sync with a Garmin Connect account, where you can compare your efforts with friends or teammates, as well as joining online challenges.



Price: £99.99 **From: buy.garmin.com**



2DIE4 MIXED ACTIVATED NUTS

The benefits of nuts and seeds have long been extolled, but when they're activated they become even better for you. Raw nuts contain phytic acid and enzyme inhibitors that can interfere with the absorption of the important minerals like zinc, magnesium and calcium in the nuts. Eating large amounts can therefore lead to bloating and even nausea. Soaking nuts, seeds and sprouts in salt water overnight, then dehydrating them slowly, starts the germination process, which causes the phytic acid to break down. Some cultures have been doing this for ages, for example Australia's Aborigines and vegans cottoned on to it a while back. You can activate nuts yourself – see the internet for method – or you can just shell out (eh, shell out!) for a packet of 2die4's mixed nuts and get them delivered to your door.

Price: £6.99 + £4.95 p&p
From: www.planetorganic.com

STRONGER JEFF BAUMANN

“Life doesn’t get easier, you just get stronger.” So says Boston Marathon bombing victim Jeff Bauman in his book, due to be released a week before the anniversary of the bombing (18 April 2013). Bauman lost both legs in the terrorist attack but is the personification of “Boston Strong” and it was his bravery post-surgery that helped lead to the capture of one suspect and the shooting of the other. Having faced terrible adversity in his mission to walk again, Bauman’s new book, co-written by Bret Witter, is sure to inspire readers around the world.

Price: £14.12 (pre-order)

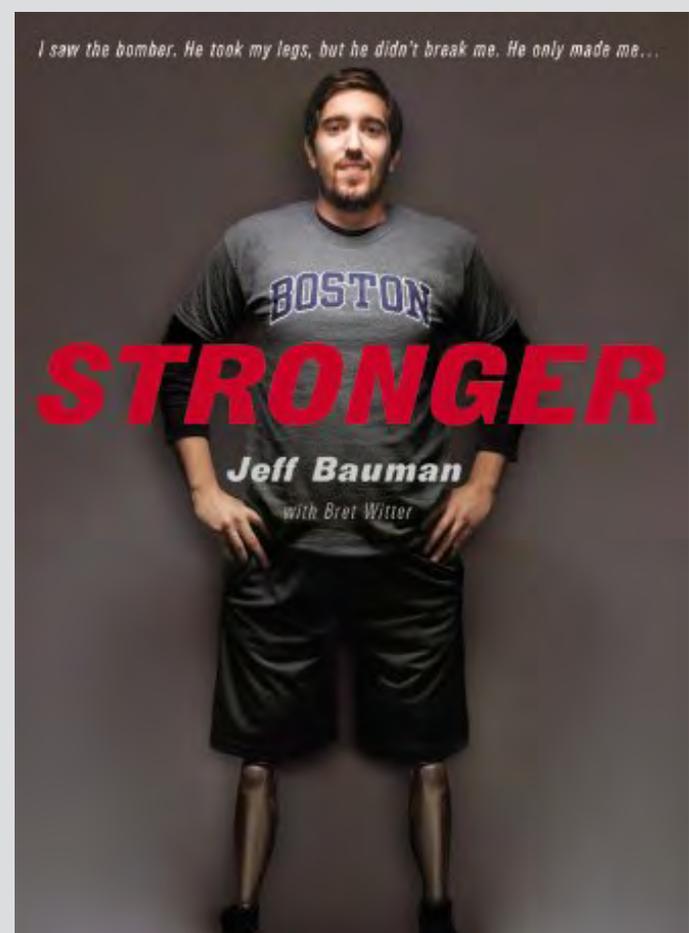
From: www.amazon.co.uk/Stronger-Jeff-Bauman

Read an extract below:

JEFF BAUMAN WOKE UP ON TUESDAY, APRIL 16TH 2013 AND HE HAD NO LEGS...

...Just 30 hours prior, Jeff was surrounded by revelry at the finish line of the 2013 Boston Marathon. The first bomb went off at his feet as he awaited his girlfriend’s finish. When Jeff awoke days later from hours of surgery, rather than take stock of his now completely altered life, Jeff ripped out his breathing tube and tried to speak. He couldn’t. Jeff asked for a pad and paper and he wrote down seven words, “Saw the guy. Looked right at me,” setting off one of the biggest manhunts in the country’s history and beginning his own brave road to recovery.

In his memoir, Jeff will inspire millions by writing about his experiences that early spring day and his ongoing mission to walk again. Jeff will show the terrorists that they accomplished nothing with their act of cowardice and prove to the entire world what Boston Strong really means.



“SAW THE GUY.
LOOKED RIGHT
AT ME”