

BESTFIT NEWS

TRAWLING THE WORLD FOR
THE LATEST HEALTH & FITNESS NEWS
SO YOU DON'T HAVE TO

BEER-UCCINO, TWO SUGARS PLEASE



The red cups will soon be back in Starbucks, meaning you can get your fill of gingerbread lattes on your morning commute during the winter months. But the research department at the coffee giant never sleeps. Perhaps someone should suggest to them that they do, because their latest idea is a little bit, well, out there. Branches in Florida and Ohio are acting as guinea pigs for the “dark barrel latte”, which is available in hot and iced versions. It’s meant to replicate the flavour of Guinness and other stouts but without the alcohol. Starbucks says the drink “brings together savoury toasty malt and chocolaty tastes topped with sweet dark caramel drizzle”, which in principle sounds pretty good. Twitter response has been mixed. One punter said, “Dear Starbucks. What were you thinking?”. But another countered, “No way around it, so...damn...good” and someone else remarked, “Hands down my favourite flavour ever”. If the positive outweighs the negative, expect it to land on these shores soon. You’ll forgive us if we skip it first thing in the morning though.



TOUR DE WORLD

If the bike ride to work isn't doing it for you in terms of a cycling challenge, it's worth investigating Race The World. The team race, taking place between 7 August and 15 November 2015, is the first round-the-world cycling race for amateurs. The life-changing opportunity will be run over five legs. First up will be London to Istanbul. Leg 2 will go from Tbilisi, Georgia to Almaty, Kazakhstan. The third will be from Mandalay, Myanmar to Singapore. Australia is the venue for Leg 4, from Perth to Melbourne and the final leg will go coast to coast in America, from LA to Miami. All in all there will be 65 race days, five rest days and 28 transition days. But this isn't like one of those trips you read about in cycling magazines where everything's packed into your panniers and carried with you, this is a proper, professional race. That means you'll be like a member of a Tour de France team, with bike, kit, support vehicles, mechanics, medical support, catering, everything you could imagine. To take part in one leg will set you back £4,950 if you sign up early, with prices rising up to the £24,750 for all five legs.

For more details, visit: www.racetheworldcycling.com



PUMPING GOLD

Searching for the perfect Christmas gift? Looking to upgrade your home gym? Got a spare 78 grand? Then, my friend, we have just the thing – Hock's Goldloft dumbbells made from actual gold. German luxury fitness equipment makers, Hock make some beautiful dumbbells from stainless steel with walnut handles and racks – a 2-6kg range will only set you back a comparatively reasonable £3,100 – as well as some shiny push up handles, skipping ropes and a resistance band with wooden handles. But the Goldloft are for the more discerning/overpaid exerciser.

Crafted from genuine 18 carat gold and Grenadilla wood, they'll be hand delivered to you wherever you are in the world in a hand-made wooden casket. Presumably the postage is included in the £78,000 asking price. Oh, and if you spring for a set, don't forget to top up your contents insurance eh.



WALKIE THINKIE

There's nothing more likely to send a shudder down your spine like your boss asking you to "walk and talk" like a dodgy Apprentice contestant. But actually, they might be trying to boost your creativity. According to research from Stanford University's Graduate School of Education, a walk can make a difference in how you approach inventive tasks. "Walking had a large effect on creativity. Most of the participants benefited from walking compared with sitting, and the average increase in creative output was around 60 [per cent]," the researchers wrote. "When walking, people also generated more uses, good and bad. Simply talking more, however, was not the sole mechanism for the increased activity. When walking, people generated more uses, and more of those uses were novel and appropriate." The experts found that 81 per cent of those that took part in the study were more creative when walking on the treadmill. So in future don't be afraid to tell someone at work to take a hike.



GET SOME EXERCISE, BEACHES!

In news that's likely to send those people in seaside towns who are hostile to outsiders into turmoil, a new study could encourage more townies to head coastwards. According to a team from the University of Exeter, if you live near the coast you're more likely to be more physically active than those that live further inland, but strangely it only applies to the west side of the country. "It's clear that our coastal paths and beaches provide a wonderful resource for encouraging and enabling physical activity," says Dr Matthew White. "Participants reported a number of activities from simply walking to more obvious exercise such as swimming or running. However, we're unsure why we're only seeing these effects in western regions of the country. Of course, people in the east also exercise but it doesn't seem to be so connected to coastal activities. We might have uncovered untapped potential for east coast resorts and destinations to be used to encourage exercise and promote healthy lifestyles." Of course a large chunk of that activity could be visitors moving around to try and find a 3G signal...