



It's time to pull on your best red, white and blue workout threads in support of Team GB.



Athletic Propulsion Labs' running shoes, £155, balance stylish with sporty.



No Ka'Oi's sculpting seams, £135, will slim your legs and lift your booty. Genius.



Patriotic detailing packs a punch via **LNDR**'s grey marl crop, £40.

60 SECONDS WITH... KAYLA ITSINES

What's PT and Instagram queen (she has 5.4m followers) Kayla Itsines' recipe for workout success? 'First, find a friend to help motivate you,' says Kayla. Next, gather the essentials: great workout gear and pumping music. Food-wise the queen of abs says, 'Eat protein and carbs before a workout and snack on raw veggies.' And, 'focus on how you feel, not how you look.'



Everything you need to be fighting fit in body and soul



IN RECOVERY

Old-school recovery with a thoroughly modern approach? Head to the SHA clinic (shawellnessclinic.com) near Alicante – the Spanish seaside spa's newly launched recovery programme is just the ticket post-op. Equipped with medical experts – from doctors to nutritional therapists – the approach fuses conventional Western medicine with alternative Eastern therapies.

FIND BALANCE

Hands up if you're too busy to pay as much attention as you should to sleep/healthy eating/generally nourishing yourself? The girls at Equi London feel your pain, and have come up with a supplement called Fundamental, £55, to fuel busy lives. We love the coconut flavour.

