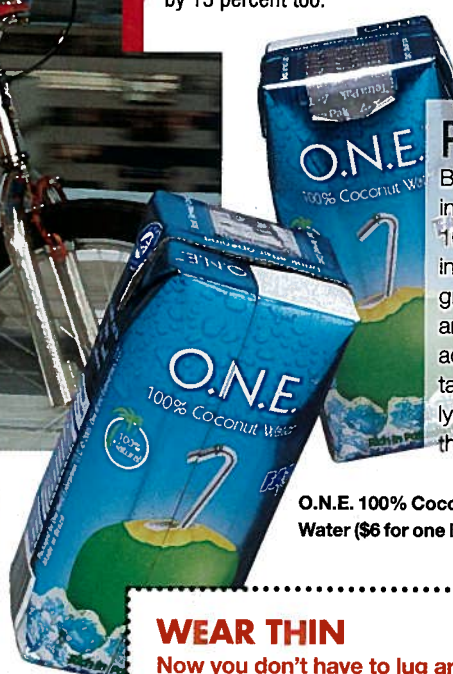




# Spring training

Give your workout a springtime makeover: Mix it up with interval training (short bursts of intensive effort interspersed with more-moderate activity). You'll burn up to 36 percent more fat during one hour of exercise, such as cycling, according to a study from the University of Guelph. The next time you're on a stationary bike, try alternating between four-minute bursts of riding your hardest and two-minute rest intervals at a moderate pace for 10 sets. Bonus: You'll boost your cardiovascular fitness by 13 percent too.



## PALM WATER

Bored of H<sub>2</sub>O? Try quenching your thirst with O.N.E. 100% Coconut Water instead. Derived from young green coconuts, it's fat-free and low in calories, with no added sugar. Plus, it contains five essential electrolytes and more potassium than a banana.

O.N.E. 100% Coconut Water (\$6 for one litre)



Dual power tank and capris (\$39.50 and \$49.50, La Senza Spirit). For details, see Shopping Guide.

## TEAM SPIRIT

If you don't feel like hitting the gym, new workout gear may get you in the spirit. La Senza's Spirit collection features form-fitting tees, shorts and leggings in neon brights and flashy metallics. The fabric contains Supplex, to help keep its shape, and Zelcon, which wicks away moisture—so you'll not only look fresh but smell fresh too.

## WEAR THIN

Now you don't have to lug around bulky electronics while you exercise. The ThinQ Pocket Pedometer is the size of a credit card and just three millimetres thick. Available in three colours, it provides feedback on steps, distance and calories burned—according to research, you'll pick up your daily activity level by about 2,000 steps (around 100 calories) if you slip one of these into your pocket.

ThinQ Pocket Pedometer (\$30, Sportline)

