

fitness news



FINISHED AND CLA

Many people take CLA supplements to help them lose weight. CLA is an essential fatty acid which targets areas of stored body fat and mobilises these stores so that the body can burn the fat as a source of energy. This helps lower body fat percentage and encourages centimetre loss. CLA Sculpt (R285) provides a unique combination of CLA with green tea extract. The green tea extract activates your body's fat-burning receptors, increasing the rate at which the stored fat is burnt for energy. Green tea is also a powerful antioxidant and prevents free-radical cell damage, has blood-sugar regulating properties and will reduce cravings for sweet foods. CLA Sculpt can be purchased directly from Body Sculpt through its website: www.bodysculptlabs.co.za.



Bend and flex

Flexi-Bar, a 3D and multifunctional training device that encourages rapid weight loss, has launched in South Africa. A 15-minute full-body workout, two to three times a week, will help you achieve your goals. Shaking or swinging the Flexi-Bar creates stimulating vibrations, affecting all of the major muscle groups of the body, promoting and strengthening core development. The innovative vibration device recruits 100% of muscle fibres, in contrast with regular training, which uses up to 60%. This is as a result of the stretch-and-reflex reactions within the muscles. The recovery time is minimised and the possibility of an upper-body injury is almost eliminated. For more information, or to order your Flexi-Bar (priced from R900 to R1 050) and fitness DVD, visit www.flexisports.co.za.



LONGEVITY WELLNESS CLUB Yoga session

Join *Longevity* magazine and Planet Fitness for a relaxing Yoga class. Come stretch your muscles and leave feeling less stressed out.

When: 24 May 2012 (Thursday)

Time: 6:00pm

Where: Planet Fitness in The Mall of Rosebank

Tickets: R30 includes entrance and a goodie bag

To book: Contact Zebra Square on 011 784 8112 or email admin@zebrasquare.co.za.



master your universe

The Mall
ROSEBANK



ON YOUR MARKS, GET SET, GO!

Introducing the newest member of the Skechers fitness family: the Skechers GO Run (R699). A great advancement in minimal running, it elevates the natural running experience with SmartShoe™ technology for a mid-foot strike. It's an ultra-lightweight shoe that flexes and twists, allowing your foot to move naturally, while the roomier forefoot provides extra

space to reduce friction and allow your toes to spread, grip and push off. The integrated anti-microbial sock liner helps to inhibit odour and prevent slippage, while the air-mesh upper wraps the foot like a glove.



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