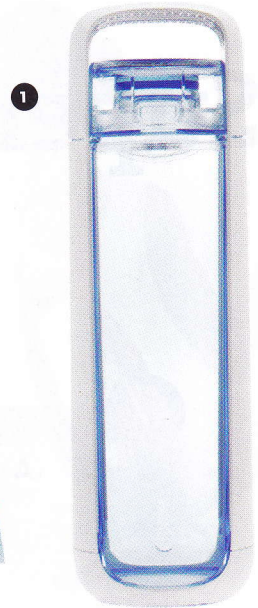


# Neat Stuff We Love!

Check out these cool products that we just can't get enough of.

**1 KOR - WHAT A BOTTLE!**

Hydration is about to go high tech! Kor has sexed up the humble refillable water bottle with a head-turning design and cutting edge features sure to excite those in search of a green drinking accessory. ( Help stop plastic production with bottled water!) The KOR ONE bottle is 750mL and retails for \$39. [www.culliganwater.com.au](http://www.culliganwater.com.au)

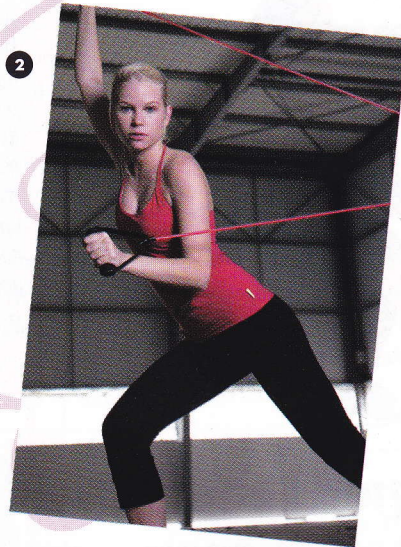


**2 PURELIME**

A new range of high-quality Scandinavian workout gear for girls has launched in Oz. [www.puretime.com.au](http://www.puretime.com.au)

**3 TARGETED COMPRESSION**

Bodyscience have an impressive range of compression gear for the active girl. Not only do the garments look great but they have a proven function for helping avoid sore muscles from serious workouts. [www.bodyscience.com.au](http://www.bodyscience.com.au)



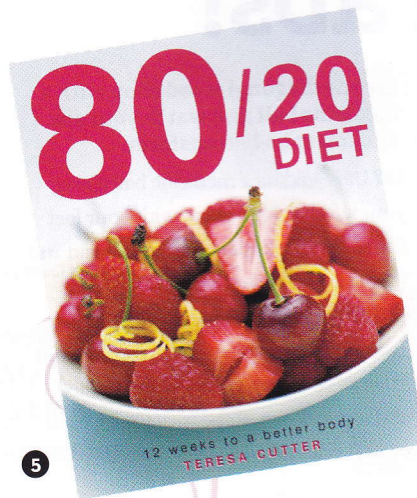
**4 NEW JUICE SHOTS**

New fresh Juice Shots give your daily vitamins, minerals and energy boost in one small 150ml shot-size juice. At \$1 a shot, it's cheap and convenient! Juice Shots are low in sugar and contain no preservatives, artificial flavours, artificial colours or sweeteners. Juice Shots retail at \$3.99 for a pack of four and are available at Woolworths nationwide. [www.juiceshots.com.au](http://www.juiceshots.com.au)



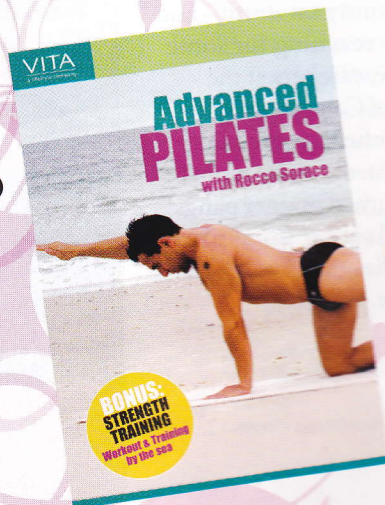
**5 THE 80/20 DIET**

The 80/20 diet is all about eating the right kinds and amounts of foods necessary for losing body fat sensibly, and establishing an exercise and lifestyle program that can be maintained for life. It is an uncomplicated program designed for the busy person who hasn't got the time to fuss over complicated recipes. This book makes a great personal training manual for anybody interested in health and wellbeing. Available from Oxygen for just \$29.95 Plus P&P. Call 02 9999 3384.



**6 ROCCO'S NEW FITNESS PILATES DVD.**

Shape up quickly and effectively with Rocco's Fitness Pilates. Let this advance Fitness Pilates mat workout help improve your deep abdominal muscles, strengthen back muscles and help improve your posture. [www.focussfitness.com](http://www.focussfitness.com)



**3**

