



# Fit and fabulous

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***"It is health that is real wealth and not pieces of gold and silver" – Mahatma Gandhi***

For many of us, being fit is not about toned abs or running marathons.

It's about having the energy to keep up with your kids, carry laptop bags and juggle deadlines. Being fit means feeling capable—physically, mentally and emotionally.

Fitness is personal and empowering, it's the energy it gives us and the joy of moving effortlessly, and most importantly, without pain. In this feature we explore how to connect with yourself, tech and others to improve your physical fitness.

**Reflect: When do you feel most alive and in tune with your body?**

You are most likely to find it in those moments of pure, unfiltered movement: whether it's the exhilaration of a morning run, the serenity found in a yoga session, or the energy of a dance class with friends (or just dancing in the kitchen when that song is playing)

**Reflect: Are you making the most of the available technology to support your health journey?**

From tracking heart rates to analysing sleep patterns, devices like Fitbits and smartwatches are giving us real-time data to make better health choices. Whether you're a beginner or an athlete chasing your VO2 max, tech is helping us train smarter, not harder.

**Wearables are not just gadgets**

and continue to offer more data now available to anyone concerned with their overall health and fitness, whether it is using the pedometer, measuring blood pressure and heart rate, or simply being reminded to stop to take some deep breaths.

**Reflect: Would joining a wellness community help you stay motivated and connected?**

Perhaps the most significant shift in the wellness space is the rise of community. Group workouts, running clubs and holistic wellness spaces are helping people feel supported and encouraged.

**How to find the right fitness tribe for you:**

- Take a moment to reflect on your personal fitness goals. Are you aiming to lose weight, build muscle, improve flexibility, or simply stay active? Defining your goals will help you find a club, gym or group that aligns with your needs.
- Explore the facilities and class offerings. If you're joining a running club or spinning studio, do they cater to beginners, intermediate and experienced individuals too?

- If you're joining a gym, look for a variety of equipment, from cardio machines to free weights, as well as classes like Pilates, spinning and Kettlebells. A range of options will keep your workouts interesting.
- Consider the cost and membership options of the fitness clubs you're evaluating. Compare prices, contract lengths and what's included in the membership.
- Is a gym really the right answer for you? Or are you more likely to get moving at home? Chat to one of our Wellness Coaches for a tailored workout to suit your goals email [pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk).

Fitness isn't one-size-fits-all. It's a dynamic blend of strength, self-love and connection. So go ahead, find what makes you feel fit and fabulous.

**See all change as an opportunity, not a threat, and to harness its silver linings.**