



Brodie Skincare Recovery Phase Rehydration Cream £17.95 for 50g

Exercise has many great health benefits, increasing blood flow and helping to detoxify the skin. However, during periods of exercise the amount of oxygen used by the body increases, raising the number of free radicals produced, causing potential damage to your skin's DNA. The combination of heat, oxidative stress, acidic sweat and dehydration can

result in dry, sore and sensitive skin. The solution? Brodie Skincare's Recovery Phase Rehydration Cream. Packed with antioxidants to mop up free radicals and vitamin enriched with Vitamin C,E and Pro B5 to promote collagen and elastin production and cell regeneration, this is designed to return skin to its natural pH, moisturise and rehydrate. An essential part of any runner's kitbag.

www.brodieskincare.co.uk



Louis Garneau Arm Warmers and Leg Warmers £19.99 and £34.99

With cycling being a great form of cross-training, you'll find these arm and leg warmers essential for winter rides. Both are made from HeatMaxx fabric that has a soft brushed inside to wick moisture while retaining heat. The arm warmers have bicep grippers to hold them in place, yet they're easily removed and stashed in a pocket or pack when things warm up. Similarly, the leg warmers have a nine inch ankle zipper to make them easy to remove when you get too toasty - or you might just choose to keep them on the entire ride!

www.evanscycles.com



Dunlop Eyewear From £35

OK, so we might not see much sun in the UK during the winter, but if you've ever been out on one of those cold, crispy mornings where the sun is out in a blue sky, then you'll appreciate that wearing a pair of sports glasses is not just limited to the summer. These lightweight specs from Dunlop are idea for winter use, their robust frames and resilient lenses means they can be taken to the extreme without sacrificing on visual clarity.

www.tescoopticians.com



**DON'T SACRIFICE YOUR SPEED
IN THE WINTER SUN**