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Health KICK-STARTS

Calgary Avansino, *Vogue's* resident wellbeing guru, on the fitness tricks and clever buys that will overhaul your new year regime

1 STEP TO IT

The next time you go for a walk, don't stroll. Whether in the country or on city streets, pick up your pace, swing your arms, clench your bum with each step and move at a clip that gets your heart pumping. All this is made easier by Merrell's new lightweight trail shoes (£120) – ideal for outdoor adventures, but also with the support you need for burning calories around town. Available at Blacks.co.uk



2 JOIN THE CRU

If you are a coffee lover, make your morning fix cleaner by choosing Cru Kafé's organically grown Fairtrade coffee, which is farmed without chemicals, using traditional methods. Choose a shot of espresso packaged in a recyclable plastic capsule compatible with Nespresso machines, or a bag of whole beans. *Cru Kafé capsules, £7 for 24, and whole beans, £15 for 500g, Crukafe.co.uk*

3

ACTIVATE!

"Activated" products (nuts, grains, seeds...) are popping up everywhere. Raw Ecstasy's almond butter is a favourite of mine; Rude Health has introduced sprouted flours and oats to Britain; while Punch Foods will offer a range of raw and activated Superseeds.



These products are soaked in water to start the germination process (making them easier to digest), then dehydrated. *Punchfoods.com; Rawecstasy.co.uk; Rudehealth.com*

4 READER'S DIGEST

Ella Woodward, author of blog Deliciouslyella.com, releases her first

cookbook, *Deliciously Ella* (Yellow Kite, £20), on January 22, and it's packed with vegan recipes, as well as sugar- and gluten-free ideas galore.

Also on my wish list is *Eat. Nourish. Glow* (Harper Collins, £17) by nutritional therapist Amelia Freer, published on January 1. This book's simple philosophy shows how easy it is to make healthy decisions. Another January must is Natasha Corrett's *Honestly Healthy Cleanse* (Hodder & Stoughton, £20).



5 PEDAL POWER

Cycling safety is paramount – particularly during winter's dark mornings and evenings

– but style still matters, too. Henrichs's fashion-inspired range of high-vis reflective clothing includes capes, collars, vests and bands (starting at £52), all wind- and waterproof as well as visible in the dark at up to 100 metres. And Hill & Ellis has reinvented the traditional pannier as a luxurious leather bike bag (below, from £190) fitted with

reversible reflective strips, hidden hooks and nifty storage solutions – perfect for cycle-to-stiletto transformations. *Henrichs.co.uk; Hillandellis.com*



6 MILK THE TREND

I've always said making nut milk is easy, not to mention super-healthy, and with Hopps & Woolf's new Milk Maker it's now even simpler, meaning there's no excuse not to go dairy-free. All you do is place nuts and water in the machine, choose the correct setting for pasteurised or unpasteurised milk and leave it for 25 minutes to blend and cook. Then you simply sieve the liquid to be left with fresh dairy-free milk that you can store in the fridge for up to five days. *The Milk Maker, £90, at Hoppsandwoolf.com*

7 FRESH START

Raw Fairies began offering raw food, green juices and nutrient-packed smoothies back in 2007, long before the current wave of wellbeing hit London. With a rebranded website, a bevy of new products and now offering nationwide delivery, Raw Fairies has never looked or tasted better. Its raw sprouted cereals are the perfect morning treat, its coconut- and nut-based Mylk shakes (from £5) will blow your mind, and its detox programmes are a terrific way to start 2015. *Rawfairies.com*

