Looking good for the New Year

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All of those mince pies are bound to have taken their toll, so make sure that you put a spring into your step with these products. They will trim inches from your waistline, banish your bingo wings, and more!

Belvia Shapewear (available from Boots from £14.99)
These have been carefully designed so that you can eat as many mince pies as possible. They can be used by women of all shapes and sizes and trim inches instantly. It makes your body look slimmer and feel firmer, whatever your age. Available in a body suit, top and bottom.

Spin Gym (available at www.JMLdirect.com for £29.99)
If you want to banish your bingo wings and tone your arms, shoulders, chest and back then you might like to try the Spin Gym. It's the latest fitness gadget to come from the US and means you can carry out 28 different exercises. Rather like a horizontal yo-yo, the weight spins as you pull the strings. And it's small and can be easily stored away.

JML Iron Gym (available from Amazon at £16.96)
Hanging this exercise bar above your doorway means you can tone up. It can also be used for floor exercises. It takes seconds to install and uses leverage to hold against the doorframe. It means you don't have to use screws or damage your doorway. It lets you perform pull-ups and chin-ups, with three grip positions for working the inner and outer back. It can support up to twenty stone.

Walk Maxx (available from www.JMLdirect.com for £39.99)
It's the training show that won't give your wallet a work-out. Walk Maxx trainers are designed with four layers which mimic the actions of walking barefoot. This results in a comfortable shoe that reduces pressure on critical joints and helps tone and strengthen legs and bums. It increases muscle activity by up to 30%.

If you think these could be suitable for any fitness or getting healthy features you are working on then please contact Jonathan O'Connor on press@jmlgroup.co.uk or telephone no 020 7691 3876

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