



“MOSTA” CLASSES

Trainer launches winter “fitness” class schedule.

“Have fun when you workout and it wouldn’t feel like work. Small steps and daily habits in the right direction eventually will add up,” says Karen Grima.

Sessions are now available mornings and evenings, outside depending on weather, as well as, online.

Personal training is also offered.

Fully-equipped studio is located in Mosta.

Reminder to check the opening hours and procedures.

For information, contact:

Karen’s Fitness Club on 9985 6414



“LOW IMPACT”

Instructor launches “Low Impact” exercise program.

“Workout consisting of exercises that are low-impact on the joints,” says Audrey Vella.

Ideal for those that are new to working-out and seniors.

Light weights and body weight is used.

Based in Burrmarad.

Reminder to check the opening hours and procedures.

Online sessions are also available.

For information, contact:

Fitness Farm on 9946 0003



“POLAR” BUFF

Original multi-functional headwear brand launches “Polar” range.

“In cold weather Polar Buff will help to maintain body temperature and prevent heat loss. Super soft to the touch,” says a rep.

Now with four way stretch UPF 50 recycled polyester microfibre material.

Can be worn as a neckerchief, headband, wristband, hairband, balaclava, scarf, bonnet, saharaine, pirate cap or beanie.

Available in various colour, patterns and reversible for women and for men.

Machine washable, “will not lose its elasticity or fade.”

Ask at sporting goods wear stores or fitness apparel retailers.



“FIT AM”

Now on TVM is “Fit AM” show.

“All kitted up for the daily challenge. What a workout with our fantastic trainer. It is very important to stretch after a training session,” says Melanie Kelly.

Show, also featuring Andreana Debattista, centres around fitness and self-care.

On every Monday at 10am.

For information, contact:

Fit AM @fitamtv





“LACES”

Fitness brand specialist has “winter” collection in-store. “Reebok new men’s runners for the leather ones which are oil and slip resistant,” says the brand specialist.

Brand names include Reebok, Nike and Adidas with backpacks and gym bags in stock.

Outlet is located in Valletta.

Reminder to check opening hours and procedures.

Free delivery service is also available.

For information, contact:

Laces on 2782 8579



“ZERO”

Electrolyte sports drink, “Zero” is now available.

“When you sweat, you lose vital minerals so it’s important that they are replenished with key electrolytes, sodium and magnesium,” says a rep.

Designed to be taken before, during and after exercise.

Available in Berry, Tropical, Pink Grapefruit, Orange Cherry and Citrus flavour.

Suitable for vegans.

Ask at your pharmacy or wellness shop.



“ORS” SPORT

Hydration tablets now available at pharmacies.

“Soluble tablets replenish depleted water and body salts and thereby help maintain a proper fluid balance. Tablets combine glucose, salts and electrolytes to help you stay hydrated, increasing mental and physical performance,” says a rep.

Formulated by pharmacists, tablets are gluten free, vegan-friendly and low calorie.

Also Informed Sport certified.

Tube of 20 tablets.

Ask at your pharmacy or wellness shop.