



## “IDRINK”

Brand of graphic designed “eco-friendly” bottles are available.

“Stay hydrated. Useful products, made with low impact on the environment and mostly very stylish,” says a rep.

Range of iDrink bottles are made of durable 304 food grade stainless steel with double wall, impact-resistant and rust-proof.

Sweat-free exterior.

BPA-free and reusable.

Italian graphic designers created over 70 different designs with solid colour choices also available.

Ask at your gym or fitness club.



## “BACK ON TRACK”

Trainer launches “21-day” challenge.

“After summer it is always time to get back on track. Summer bodies are made in winter, so let’s get that summer body now. Regain motivation and restart the journey to a better, more fitter you,” says Lucienne Bezzina.

Specialising in fitness geared specific to age 40 plus, trainer offers meal plans including recipes with sessions held online and outdoors.

Held throughout the year with registration required.

Start of next challenge to be announced.

**For information, contact:**

Fit 40’s at [luciennebezzina@gmail.com](mailto:luciennebezzina@gmail.com)



## “BOXING”

Improvements to the “boxing” facility are complete.

“You don’t need to have any experience or want to fight, it’s just great for stress, self-confidence and played a huge role in my weight loss stories,” says Nick Aish.

Providing first-hand knowledge, experience, support and motivation of a journey from years of unhealthy choices to a realistic healthy lifestyle, he shares his story [here].

Sessions incorporate combinations and bodyweight exercises, using correct technique.

Studio is matted; only socks, bare foot or boxing boots can be worn

Equipment is provided, although using own gloves is recommended.

Based in St. Paul’s Bay.

**For information, contact:**

Get Your Gloves On on 7904 0346



## “HIRT”

Specialist introduces High Intensity Resistance Training (HIRT) sessions.

“Just the right resistance to still perform a superb workout. Cooling down will always be a fundamental part of our sessions, especially nowadays,” says the instructor.

Based on the High Intensity Interval Training (HIIT) combining cardio and strength training on a low-impact level.

Suitable for those with injury or joint pain.

Takes place at recently renovated fitness centre, offering 200 square meter of space with an aerobic section, indoor and outdoor OCR zones and a professionally equipped cross fit area.

Located in Swieqi.

Reminder to check the opening hours and procedures.

**For information, contact:**

HIIT Fitness Malta @HiitMalta







## “KAYAKING”

Organizers host “kayaking” events around the Islands.

“Best way to stay in shape and explore at the same time, while social distancing, is kayaking,” says Turu.

Various routes around Malta, Gozo and Camino are organized throughout the year, including sunrise and sunset trips.

Rain or shine.

Participants to bring own supplies.

**For information, contact:**

Get Out and Kayak on 7704 7902



## “BIKING” GROUP

Cycling group offers “bike” ride routes.

“Weekend rides. Group with no leader and no restrictions. Just ride, laugh, and enjoy. Everyone is welcome,” says a rep.

Winter routes will soon be announced.

Takes place rain or shine.

Helmet must be worn. Mountain bike is needed.

Suitable for beginners.

**For information, contact:**

MTB Routes at [mtb.routesmalta@gmail.com](mailto:mtb.routesmalta@gmail.com)