



“24/7” FITNESS

Gym franchise specialist offers “workout” videos.

“Our trainers will help you push yourself a little harder, set realistic goals, keep accountable, avoid injuries and keep motivated,” says a rep.

Video workouts include Arnold Press, Swing and Squat, Push-Up Plank and Dumbbell.

Locations open 24 hours include San Gwann and Ta’Qali.

Reminder to check opening hours and procedures.

For information, contact:

24/7 Fitness on 2143 7023



“WABOBA”

Collection of the water bouncing ball “Waboba” is available.

“Some balls are better for the beach, where others like the Big Kahuna are great for the pool,” says a rep.

Swedish brand specializes in beach, water and outdoor games for all ages.

Many products are internationally patented.

Eco-friendly range also available with material made from Jute plant and rubber tree.

For information, contact:

Waboba Malta on 7900 1975



“SPLASH” POOL

Company specializing in pools offers “splash” wooden pools.

“Great fun and relaxation, in the safety of your own home. Carefully designed for enjoyment and safety,” says the product specialist.

Ideal for small space, size is two by two meters. Comes with integrated safety cover.

Water level can be adjusted.

Wooden pools of various shapes and sizes are available in either above or below ground level.

For information, contact:

Krystal Pools on 9985 8697



“TREKKING”

Outdoor leisure specialist offers “trekking” events.

“Intensity is usually gentle to a steady pace but nothing on the levels of a power walk so that everyone can keep up. We also stop and regroup along the way. Rain or shine we trek,” says Bernard Schranz.

Organizer reserves the right to curtail the event duration and/or distance depending on weather conditions.

Various times, days and routes.

Seasonal schedule to soon be announced.

For information, contact:

Leisure Ventures @adventuresmalta



“ODOUR”

Essential oil specialist offers “sneaker” odour relief.

“Nobody likes stinky feet. We have a simple, natural solution to help rid your shoes of unwanted odours,” says the specialist.

Add two drops of Peppermint oil and two drops Wild Orange oil to a cotton ball and place into shoes overnight.

Made by DoTerra, a natural deodorant is also available, featuring a proprietary blend of essential oils, combined with baking soda to actively protect against odour while tapioca absorbs moisture for long-lasting freshness.

Based in Malta.

For information, contact:

Nature’s Blossom Essential Oils





“GATE ELITE”

Fitness apparel brand “Gate Elite” launches collection.

“Means sport, happiness, it wants to push people to believe in themselves. Determine your priorities and focus on them,” says Alessandra Salvagno.

Collection of t-shirts, sweats and hoodies.

Based in Malta.

Made in Italy.

For information, contact:

Gate Elite @gateelite



“SEAMLESS”

Gymwear line “Stylish Gym” launches in Malta.

“Due to the contouring design, the leggings accentuate the waist and butt. It makes the leggings flattering and gives you the ‘wow’ effect when you see yourself working out,” says the brand specialist.

High waist, seamless contour, 100 percent squat and sweat proof.

Available in matching set of short sleeve, long sleeve or tank top with shorts or leggings.

Various colours.

For information, contact:

Insta Gymwear on 7925 1195



“PELVIC” THERAPY

Specialist in women’s health offers “Pelvic Floor” therapy.

“Unsure how to return to exercise and other activities that bring you joy. Limit caffeine and alcohol. These are bladder irritants and can make you visit the toilet more often, sometimes causing a sense of urgency,” says Audrey Galea Souchet.

Suitable for pregnancy and postpartum recovery.

Personalized Pilates sessions also available.

For information, contact:

Restore Your Core on 7937 5988



“PARTNER” TRAINING

Physical trainer launches “partner” training program.

“Helps you stay more energized throughout the day. No more boring and repetitive workouts. Guidance to make sure you know what you’re doing and why,” says Len Caruana.

Personalised and specific training according to any needs.

Consultation is held prior, providing fitness testing, health assessment, goal setting and nutrition planning.

All equipment is provided with sessions available at any locality around the island.

For information, contact:

Len Caruana Health and Fitness on 9943 4249



“HALO”

Patented Sweat Seal Grip Technology and Dryline fabric “Halo” headbands now available.

“It keeps sweat off your face to help you stay focused on your goals,” says a rep.

Designed for any sport or activity that will work up a sweat.

Unisex headband in various colours.

Ask at your sport shop or gym.



“EXXENTRIC”

Flywheel strength training device “Exxentric” is available in Malta.

“Pressure over the shoulders when doing traditional barbell squats is a big limitation for many. Isoinertial exercises strengthen both the muscle being targeted and the synergistic muscles,” says a rep.

KBox 4 sessions help to strengthen ligaments and tendons throughout the range of motion.

For information, contact:

Limitless Fitness Malta @LimitlessFitnessMlt

