



### Pedal Power Plus

Electric bikes are soaring in popularity – making it even easier to see New Zealand in all its glory. Hot sellers are the Trek Powerfly, available in men's and women's specific models. [Evolutioncycles.co.nz](http://Evolutioncycles.co.nz)



### Go with the flow

Breathe (and sweat!) easy in this Sun Salutation-approved yoga bra. This lululemon design is the ultimate summer sports top. [Lululemon.co.nz](http://Lululemon.co.nz)

### Sun shield

Forget about coating yourself in chemicals this summer and treat your skin to some natural skincare with Atzen's Sun Shield (SPF50+). The natural, zinc-based sunscreen offers high protection, is lightweight and refreshingly easy to apply to skin. [Atzen.nz](http://Atzen.nz)



### Watch this

There is something undeniably masculine about a well crafted watch – and this collection from New Zealand brand Virtas is a reminder of the classic understated elegance of the original timepiece. Stylishly well crafted. [Virtaswatch.com](http://Virtaswatch.com)

# #loveit

These are a few of our favourite things...

### Be a goddess

Unleash your fitness vibe this summer and rock out your favourite yoga poses, dressed in Reebok. The latest collection is fresh and vibrant – the perfect mix. [Reebok.co.nz](http://Reebok.co.nz)



### Smart snacks

Be smart about your snacks with Ceres Organics Kale Chips. Certified organic and packed with plant-based nutrients, they are made naturally with no chemicals, artificial ingredients or preservatives. Perfect for people who are gluten intolerant, or following paleo or vegan diets. [Ceres.co.nz](http://Ceres.co.nz)



### Be Natural

Underbalm is taking the sporting arena by storm – and with good reason. Created right here in NZ, Underbalm offers a fresh take on natural deodorant. Made with organic ingredients (no artificial anything) it's unisex, smells great and is conveniently packaged in a pot (just take a pea-sized amount and rub on). Best of all, it works; just ask the relieved parents of teenagers! [No3.co.nz](http://No3.co.nz)

## BOOK CORNER

### Basics to Brilliance

Donna Hay  
Harper Collins  
\$59.99



Just like a meal crafted by a master, sometimes you only need to glance at a cookbook to know it's going to be something special. And this massive creation from Donna Hay is definitely something out of the ordinary. At just a smidge under 400 pages, it is literally packed with recipes designed to take you from an absolute amateur, to dishing up something sure to amaze friends and family. And the best thing is, there are no sneaky mirrors and smoke; it is all good honest cooking. As the name suggests, Basics to Brilliance starts with the basics, before layering flavours and techniques, adding complexity. So start off with the no-fail meringue, then build on this to create the perfect pavlova or salted caramel, rosewater and pistachio meringues, or lemon meringue pie. It's the ultimate cookbook for any home cook.

– See our *Basics to Brilliance* book extract page 33

### My Green Kitchen: Nourishing food for New Zealanders

Neena Truscott and Belinda MacDonald  
\$39.99



When Cambridge foodie friends Neena Truscott and Belinda MacDonald first appeared on My Kitchen Rules NZ, they immediately stood out from the crowd for their determination to hero New Zealand produce and foraged ingredients. Fast forward two years and their focus remains the same, albeit with a larger following. The pair has just released My Green Kitchen, packed with green goodness and using nature as their supermarket. With more than 150 nutrient rich and nourishing recipes, there are also herbal first aid remedies and immune boosters as well as tips on foraging for natural ingredients. Delicious and inspiring.

## WIN WIN WIN

Discover the wonders of your own garden with a helping hand from Neena Truscott and Belinda MacDonald. Enter to win a copy of *My Green Kitchen: Nourishing Food For New Zealanders* and choose from their innovative and inspiring recipes, while learning more about ingredients you never even realised were nourishing for your body and wellbeing.

To enter, email your name and address, with **MY GREEN KITCHEN** in the subject line, to [win@fitnessjournal.co.nz](mailto:win@fitnessjournal.co.nz) or enter online at [fitnessjournal.co.nz](http://fitnessjournal.co.nz). Entries close November 30 2016