

**BIKE IT OUT**

Sweaty Betty has teamed up with Evans Cycles to launch a women's bike, Pinnacle X Sweaty Betty. Fusing style and performance, it is light, fast and has a clean, pared-down aesthetic, but boasts a wide gear range and a chic cream saddle. It's making us rethink our commute. Don't forget a helmet.

£800, Evans Cycles, evanscycles.com; Sweaty Betty, Jubilee Place

HEALTH & FITNESS

EAT, DRINK AND MOVE WELL

WORDS / CHARLOTTE PHILLIPS

**PROTEIN PUNCH**

This completely natural protein-infused water is made with zero added flavourings, colours or preservatives. It's perfect for gym goers who want the benefits of protein while on the go – each bottle has 20g. Do try the refreshing grapefruit and yuzu flavour.

Protein Water Co, £2.35, Boots, Jubilee Place

**GYM READY**

Ted Baker's new Brunswick collection offers the perfect gym bag. With a two-tone fabric body, the bags feature saffiano leather on the handles and strap, and leather detailing on the zips. No reason not to work out.

From £165, Ted Baker, Canada Place

BAKE OFF

Doughlicious is a ready-to-bake, healthy cookie dough brand. It uses natural sugars to produce a range of delicious cookies, with vegan and gluten-free options. They go from freezer to table in just ten minutes.

£5.29 per 340g pack, Doughlicious, doughlicious.co.uk

