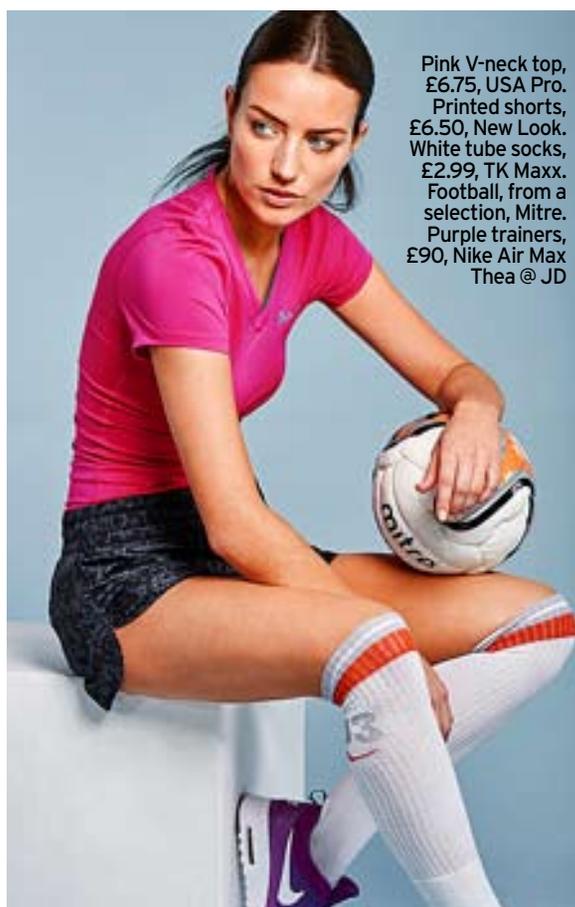


To Sell 20x3

YOUR LIFE



Pink V-neck top, £6.75, USA Pro. Printed shorts, £6.50, New Look. White tube socks, £2.99, TK Maxx. Football, from a selection, Mitre. Purple trainers, £90, Nike Air Max Thea @ JD

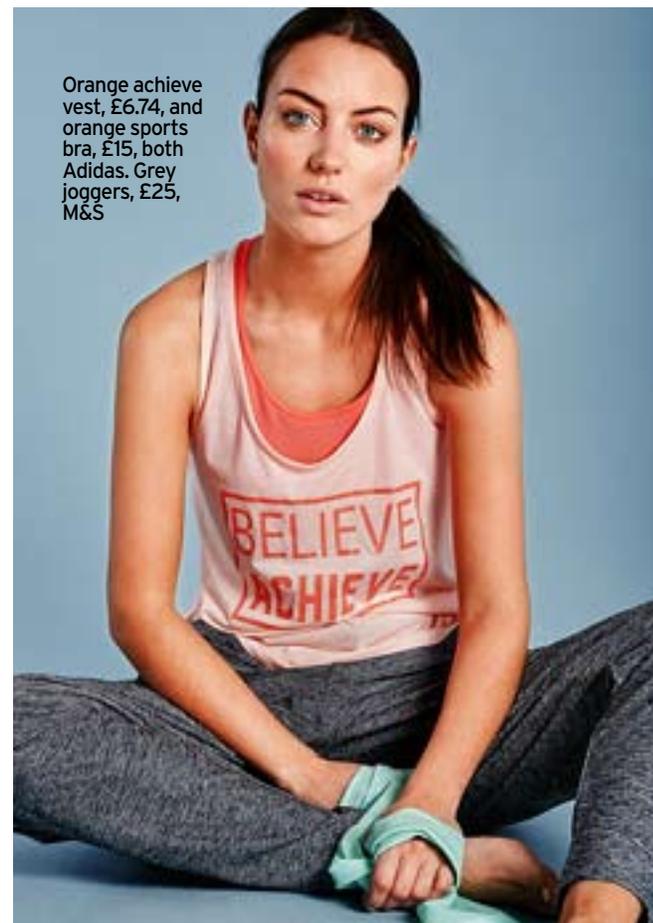


Boxercise is a great way to fight the festive flab. Invest in a pair of boxing gloves and you'll soon be floating like a butterfly and stinging like a bee

Snake print crop top, £4, USA Pro. Black shorts combo, £18, M&S. Black boxing gloves, £69, Lonsdale @ Sports Direct. White tube socks, £10, pack of 3, Adidas @ JD. Black trainers, £22.99, New Look



Green sports vest, £30, Asics. Activewear long sleeve top, £10, printed. Activewear leggings, £18, both M&Co. Yoga mat, £3.50, Sports Direct



Orange achieve vest, £6.74, and orange sports bra, £15, both Adidas. Grey joggers, £25, M&S



Siobhan McNally
DIARY OF A SINGLE MUM

FROM VEGAN-UARY

New year resolutions are for losers. Move over, Russell Grant, I'm making my own personal predictions for this year:

1 I will not eat soya in Vegan-uary Despite the tofu industry hijacking the current annoying trend for renaming months, I refuse to recognise anything that shares its DNA with carpet underlay as a viable food source. Saying that, I am going meat-free this month - as a couch potato.

2 I'm off the treadmill until Flab-uary As someone who is - begrudgingly - fairly well acquainted with the inside of a gym all year round, I will be delaying my return to spin classes until the panic exercisers have all gone home with torn resolutions and ligaments.

3 I'll fall off the 5/2 wagon in Fail-pril Hitting my snooze - or booze - button until we only have 14 minutes to get up and dressed on a school

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47 TV GUIDE

For a happier, healthier you!

Get in touch!
yourlife@mirror.co.uk

Let's get physical

If you're struggling to keep your new year fitness resolution going, then some fabulous stylish exercise gear could be just the inspiration you need! **By fashion editor Didi Danso**

WHERE TO BUY adidas.co.uk, amazon.co.uk, asics.co.uk, boots.com, clothingattesco.com, decathlon.co.uk halfords.com, hm.com, eastpak.com, jdsports.co.uk, madisoncc.com, matalan.co.uk, milletsports.co.uk, mitre.com, musclefinesse.com, newlook.com, next.co.uk, physioroom.com, sportsdirect.com, tesco.com, tkmaxx.com, usapro.co.uk



Cycling is a great way to stay in shape. Keep safe on the road in this day-glo jacket

Yellow tech jacket, £30, Next. Black sports leggings, £12, M&Co. 13 Intrinsic Lambda women's road bike, £439.99, Halfords

10 of the best... FITNESS ACCESSORIES

Get in shape for the new year with these exercise accessories



Leak proof water bottle, £7.50, Sports Direct

Grid foam roller, £9.95, Muscle Finesse



Jawbone UP24 Activity Tracker, £30, Boots



Balance wobble board, £6.99, Physioroom



Yoga mat with carry case, £12, Matalan



Medicine ball, £19.99, Millet Sports



Resistance tube, £3.49, Physioroom



Vinyl dumbbell set, £14.99, Tesco Direct



Gym ball, £5.42, Amazon



Kettle bell set, £30.61, Amazon



Keep fit and skip – for comfort and to prevent sagging boobs wear a good-fitting sports bra

Sports crop top, £12.99, H&M. Snake print leggings, £13, USA Pro. Skipping rope, £4.99, Decathlon. Pink wrist band, £3.99 2 pack, Nike @ Sports Direct. Grey trainers, £18, F&F @ Tesco



Don't sweat it when it comes to deciding on what to wear to the gym – slip into this stylish blue combo

Blue sports crop top, £7.49, blue crop sports leggings, £11.24, both New Look. Red jumper, £xxx, Fila. Blue mitts, £17.99, Madison



Don't let wet weather stop you from getting on your bike. Pull on a waterproof and windproof jacket

Pink reflector detail jacket, £99.99, Madison. Printed vest £6.74, New Look. Printed active leggings, £16, F&F @ Tesco. Printed rucksack, £xxx, East Pak. Purple trainers, £18, F&F @ Tesco

TO DESPERATE-CEMBER, MY 2016 REVOLUTIONS

morning is unfair on my slowcoach daughter Jesse. But the novelty of not drinking during the week will have worn off by the spring, which is when I'll start sending Jesse to bed in her uniform.

4 I will Switchoffindis-august

Despite inventing time-saving devices (well, not us women - we don't have the time), we're busier than ever. Instead of using the spare hours snatched back from domestic slavery to nap, read, or curtain-twitch like our grandmothers, we're emailing, texting,

and updating our Facebook page. Not any more. My FB status this summer will be: Recharging my battery.

5 I will move house in Reloca-tober

Easy one this, as I've just sold my house and have a removals firm booked this week to move into a short-term rental while I look for a new home. Friends have suggested that, as I seem to move so often, perhaps something on



Siobhan's taking Flab-uary off

wheels would be more suitable. Not sure my child benefit would stretch to fuelling a private jet though.

6 I will go ex-directory in Nosodoff-ember

The world divides into three types of people: those who do, those who don't, and those who do it for someone else. I've realised the Block Caller button was invented for people like me who are pathologically incapable of

saying "no". I even used it for the first time this week to get me off the hook. OK, it was my mum calling, but she'll get over it eventually.

7 I will say yes to anyone in Desperate-cember

After another year of this dating drought, I will lower my expectations in the hope of a mansoon. Usual disclaimers will still apply though - no emotional retardards, no ex-wife-haters, and no Jihadists - other than that, watch out all 45 to 55-year-old males in the South East region.