

FIT KIT

BY CHRISTINE SCHIEDEL

The big dry

MAKE A SPLASH THIS SUMMER WITH THESE COLOURFUL TOWELS FOR THE BEACH OR GYM.



body + soul FAVE



Homemaker towel, \$35, from Kmart, 1800 634 251.

SunnyLife Luxe Poppy towel, \$79.95, (03) 9421 6325.



Seafolly Kokomo towel, \$49.95, 1300 130 715.



Nike towel, \$25, 1300 656 453.



Terry Rich towel, \$89.90, 1300 369 105.



Roxy Heat Wave towel, \$39.99, 1800 805 506.



Peter Alexander towel, \$69.90 (with bag), 1300 366 683.

The science of weight management



Serving Suggestion



The Xndo Weight Management Program[†] follows a total approach to weight management based on three key lifestyle elements – diet, behaviour and exercise. We have an extensive product range that helps you minimise calories while maximising taste.

Visit your Xndo Practitioner at participating Amcal, Amcal Max and Guardian Pharmacies.

www.xndo.com.au



[†]Consult your doctor or healthcare professional for advice before embarking on any weight loss program.