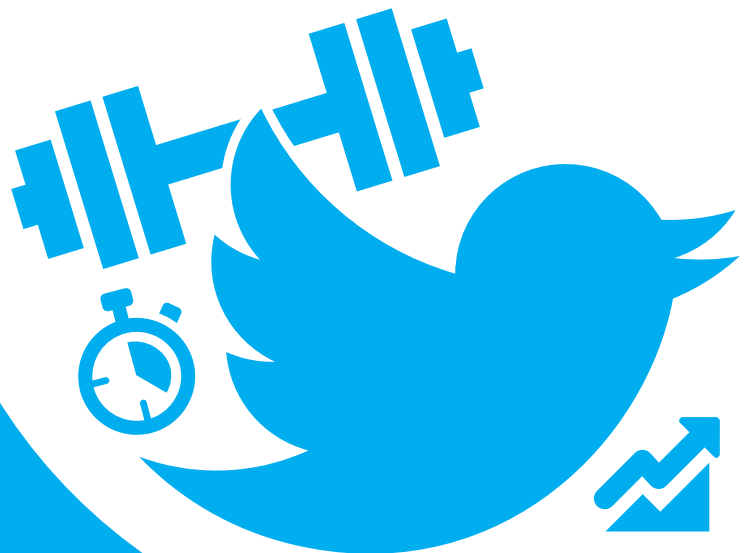


SOCIAL SCENE

EACH MONTH YOU CAN KEEP UP WITH THE MUSINGS OF THE GREAT AND THE GOOD FROM THE SPORTING AND FITNESS WORLD



Our Twitter feed nearly went into meltdown when Britain's most successful Olympian, Sir Chris Hoy, joined in with our banter.



@CHRISHOY

Haha! RT"@BESTFITMagazine: He's not pushing the weights up, he's pushing the world down



We had a great response to our Monkey Nutrition Brutal Challenge from Issue 1. Thanks to Jeff who sent in his effort all the way from Florida!



@TRYMYFITNESS

@TryMyFitness @genevievemelzer @bestfitmagazine #Thanks for the @monkeynutrition #BrutalChallenge #intense #burpee



Arnold Schwarzenegger goes undercover as a PT at a gym as part of a campaign to get more people active.



@SCHWARZENEGGER

