

REVIEWS

ALL THE GEAR AND EVERY IDEA...
EVERYTHING YOU NEED FOR THE MONTH AHEAD

BEYOND TRAINING - BEN GREENFIELD

If you're reading BESTFIT, the chances are that you run, ride, do a bit of Crossfit or hit the gym whenever you can. But are you doing it right? Could the intensity or the type of workout you're doing be causing injury, insomnia or digestive issues? Beyond Training, by former bodybuilder and Ironman triathlete Ben Greenfield, seeks to put a stop to that. Covering everything from diet to sleep, to how the brain works and how to get the intensity of exercise right, Greenfield applies his knowledge from various elite-level sporting endeavours and his desire for a balanced life to putting together this book. And while we may not all be able to afford stem cell replacement or cryotherapy for recovery, we can definitely get access to some compression clothing and a cold shower. The book is full of suggestions to improve mobility, injury prevention and eating cleanly. Some parts will blow your mind, others will have you rolling your eyes, but it's all delivered in a humorous, easy style that'll make you a Greenfield fan and hopefully improve your lifestyle.

Price: £15.71 (Hardback), £6.99 (Kindle) From: [Amazon.co.uk](https://www.amazon.co.uk)



VESSYL

Imagine a cup. A cup that could tell you exactly what you've just drunk. A cup that could tell you exactly what you've just drunk and how many calories were in it. Imagine no more - Vessyl does exactly that. Isn't the future brilliant? Vessyl looks like one of those portable coffee cups' cooler elder brother but it's the inside that the magic happens. Whether it's a branded drink or your own home-made smoothie, the sensors within the cup analyse the liquid and its nutritional content and report that back to your smartphone. That in itself would be incredibly useful - liquid calories in the form of soft drinks are often ignored and logging them might shock some users - but there's more. If your goal is weight loss, you can set the Vessyl to help monitor that and the same goes for if you want to stay hydrated, keep an eye on your caffeine or sugar intake, build muscle or improve your night's sleep. Expected in shops at the end of the year, you can pre-order on the website. Don't put it in the dishwasher though.

Price: \$99 From: [myvessyl.com](https://www.myvessyl.com)

SENSORIA FITNESS SOCKS

If your idea of socks is a pair of 'No1 Dad' for £1.50, you should switch off now. For ten times that price, you could get your hands on, well, slip your feet into the Sensoria Fitness Socks. The latest example of wearable tech, the socks have textile sensors throughout and a magnetic anklet that attaches to one of the heels. Between them, the sensors and anklet can record steps, speed, calories, altitude and distance. All of which is fairly standard for a pedometer type device, but the Sensoria socks can also track cadence and analyse your foot strike and weight distribution when running. That can be key for identifying heel-striking or other techniques that might cause overuse injuries. All the data is available in real-time via a smartphone, so you can make adjustments mid-run if necessary.

Price: \$149 From: sensoriafitness.com



MAXINUTRITION CYCLONE MILK

Maxinutrition's supplement game has traditionally been strong. But that's not to say the company has ever rested on its laurels. They're still tweaking formulas and innovating with new products. The newest in their Strength and Power range is a new delivery system for creatine. Instead of its previous forms, you can now drink 3g of pure creatine monohydrate in Cyclone Milk. Into the bargain, you get 30g of Max Pro quality protein in every 330ml bottle. Creatine can bring benefits in the realms of high-intensity exercise, perfect for those interested in improving their performance in explosive sports or boosting strength and power. Available in chocolate and strawberry flavours, stick one in your gym bag.

Price: £27.99 (8 Bottles) From: maxishop.com

BEET IT

The Belkin Tour de France team swore by it, with the backroom team travelling ahead to hotels to insure there was an adequate supply for their riders. We're talking about beetroot. Its high nitrate content makes it ideal for endurance sports in all its forms because it helps the muscles process oxygen more efficiently. Making sure you get it at meals over three weeks of the TdF is one thing, but it's a tricky trail snack – it's hard to use a knife and fork on a salad while you're steering a bike. Or at least it was – the Beet It bar teams an oatly flapjack for slow-release energy with the nitrate benefits of the finger-reddening root veg. The taste is unusual and earthy but pleasant nonetheless, but if you don't like beetroot, it's probably best avoided.

Price: £29 (15 Bars) From: jameswhite.co.uk



BETAVIVO CEREAL

If you're looking for a healthier breakfast than a fry-up or your quadruple frosted coco-rice puffs, look no further than Betavivo, coming straight out of Sweden. This new oat cereal has been shown to lower cholesterol and blood sugar and is set for introduction into the UK this autumn. Beta-glucan is the key natural ingredient in the product – it's a soluble fibre from oats that has proven heart benefits (it works with the liver to draw cholesterol from the blood). In studies in Scandinavia, 3g of beta-glucan a day has reduced cholesterol by 10-15%, which equates to a 25% lowering of the incidence of cardiovascular disease. It's also key in slowing the uptake of sugars and thereby regulating insulin response, causing less up and down crashing between meals and making you less likely to crave snacks between meals. Those are some pretty impressive oats.

Price: £27.99 (8 Bottles) From: maxishop.com