

# Look and feel your best

Whether you are a triathlon novice or a seasoned campaigner, there is plenty in our product wish list to keep you looking good and feeling fit.



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## 1 Ceramic Speed

Want more speed? Get Ceramic Speed. In an age where races are won by seconds and effort is measured in power output, upgrading your bike with Ceramic bearings is the latest high-tech innovation from the world of Formula 1 and NASA that can take minutes off your time. The average power a triathlete produces in a time trial is around 300 watts, but by replacing the bearings in your rear derailleur, bottom bracket and wheels, can save you up to 15 watts – or 5 per cent. For an athlete looking at quick and easy improvements in speed, this is it. Manufactured in Denmark, and with normal care and maintenance, they will last 10-20 times longer than standard bearings. Plus they are 60 per cent lighter, too.

[www.ceramicspeed.co.uk](http://www.ceramicspeed.co.uk)



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## 2 Hands First

Competing in triathlon can be physically gruelling on the body and takes much preparation. Hands First, a revolutionary new hand care range, provides a high performance protection system, leaving hands protected and hydrated when training and competing. Applied before and after the three disciplines – cycling, swimming and running, Hands First Dry Feel Barrier Cream creates an invisible pair of gloves, which acts as a protective shield against year-round outdoor conditions, so you can perform at your best, whether on land or in the water. Also available is Hands First Power Scrub+ & Moisturiser. SPECIAL OFFER: Try Hands First Dry Feel Barrier Cream FREE! Just email [handsfirst@periproducts.co.uk](mailto:handsfirst@periproducts.co.uk) for your free sample.

[www.handsfirst.co.uk](http://www.handsfirst.co.uk)



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## 3 Herbalife Healthy Meal Nutritional Shake and Formula 3 Personalised Protein Powder

As a sportsperson – whatever your gender, age or level – you need peak nutrition for peak performance. Formula 1 Healthy Meal Nutritional Shake Mix and Formula 3 Personalised Protein Powder provide a great base for your nutritional needs to help you achieve your potential. Formula 1, mixed with fruit juice or milk\*, is an easy-to-use carbohydrate source, with the ideal blend of protein to help you feel fuller for longer. Formula 3 – containing soy and whey protein powder – can help reshape your body by maintaining or building lean muscle. Maximise your nutrition and your potential. \*Formula 1 can be made either with milk as a meal replacement, or with fruit juice.

[www.herbalife.com/uk](http://www.herbalife.com/uk)

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## 4 Youbreathe

Cyclists, triathletes and martial arts experts are just a few of the sporting icons whose chances of success could soar thanks to a London South Bank University spin-out company's revolutionary breath trainer. youbreathe, which develops the vital muscle groups in the chest and diaphragm that are often ignored in regular fitness and training sessions, has been created by researchers at Exoscience Ltd. Tests have found that inhaling and exhaling into youbreathe – a vibrated breath trainer – for just 10 breaths, improves breathing performance by 15 per cent, long term use can lead to even greater benefits.

[www.youbreathe.com](http://www.youbreathe.com)