



# The best FITNESS GEAR

Having the right kit can make all the difference in your enjoyment of keeping fit and active. That's why we rounded up a panel of experts to find the best fitness gear for our first ever **Prevention Fitness Awards**.

Discover all the winners over the page to add them to your arsenal!



Prevention  
AUSTRALIA  
2023  
**FITNESS  
AWARDS**



1

## ACTIVewear

### 1. SUPPORTIVE WALKING SHOE

**Rockport ProWalker Next Premium, \$240,**  
[rockport.com.au](http://rockport.com.au)

Your feet will fall in love with the comfort and bounce of each step in this walking shoe, says podiatrist Vanessa Hadchiti. "The full leather upper provides durability, flexibility and breathability and the heel counter is firm and deep for stability but not too hard. It is especially suitable for people who have any sort of painful lumps and bumps on the toes due to its spacious interior. It's an all-round great shoe for everyday use."

### 2. SHOCK-ABSORBING INNERSOLE

**Scholl GelActiv Sport, \$29.95,**  
[amazon.com.au](http://amazon.com.au)

Soft, lightweight and designed to flex with your movements and provide shock absorption, this innersole is the perfect companion to a running or walking shoe. "This gel innersole rates extremely well," says Hadchiti. "The gel material is placed in the heel and ball of the foot at the peaks of pressure when walking. As an innersole, it doesn't provide any orthotic or arch support as it's purely designed for a soft step, which makes it ideal for anyone craving some extra cushioning under their feet."



2

### 3. PERFORMANCE LEGGINGS

**Mama Movement Strong Women Everyday Leggings, \$109,**  
[mamamovement.com.au](http://mamamovement.com.au)

High waisted and extremely comfy, these cheerful, sustainable leggings also feature a handy, deep side pocket for storing your phone, keys and essentials. "These leggings are made from 100% recycled plastic bottles, which has a much smaller environmental footprint than virgin polyester," says textile expert Dr Clara Vuletich. We love their bright print, unique design and the brand's body positive messages which celebrate women's bodies of all sizes and offer alternatives to most of the monotone activewear on the market."



3



4

### 4. SMART WORKOUT TANK

**Inu8 Tank Top, \$108,**  
[inu8.com.au](http://inu8.com.au)

Built for performance, this soft tank is flattering on the body and designed to be anti-odour, with its breathable, moisture-wicking and quick-dry fabric. "This tank fits well and is super soft," says exercise scientist Kathleen Alleaume. "The versatile design gives you the option to tuck it in or leave it out to cover your behind." Dr Vuletich agrees, saying, "I was really taken by the quality and fit. The tank is made from a blended fabric which is primarily recycled nylon. It is a

superior quality fabric that gives it a luxury feel while also being environmentally friendly."

### 5. SWEAT WICKING T-SHIRT

**Inu8 Tee, \$108, [inu8.com.au](http://inu8.com.au)**

A flattering alternative to fitted activewear, this tee has been designed to skim the body, falling from a shaped seam above the chest. It provides complete freedom of movement and has a longer hem to allow for versatile styling. "This T-shirt is stylish and functional. I loved how it retained its shape while I was exercising and absorbed the sweat. I didn't smell at all, post workout," says Alleaume.

### 6. ALL-WEATHER JACKET

**Mama Movement Spray Jacket, \$109, [mamamovement.com.au](http://mamamovement.com.au)**

With its waterproof shell, big hood and sustainable design from recycled plastic bottles, you can wear this jacket in rain, wind or shine and look fabulous in the process. Large zip pockets make it an especially useful addition to your exercise routine. "This is a stand-out-in-the-crowd jacket that is lightweight with an easy fit, whilst offering protection from the rain," says Alleaume. "It's perfect outerwear for walking."



5



6



7

### 7. BIKE SHORTS

**Mama Movement Sherbet Scales Biker Shorts, \$95,**  
[mamamovement.com.au](http://mamamovement.com.au)

Sleek, stretchy and compressive, these versatile bike shorts are ideal summer activewear. "The high waisted, double layer waistband of the sustainable bike shorts makes these especially comfortable," says Alleaume. "The fabric feels soft and the tights are comfortable to wear. I love the bright colours, too. I am usually one to wear black or navy, but wearing these colourful tights helped to brighten my mood. Win-win!"

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AUSTRALIA  
2023  
**FITNESS  
AWARDS**



8

#### 8. COMFY UNDIES

**Step One Women's Bamboo Bikini Briefs, \$23,**

[stepone.com.au](http://stepone.com.au)

Made with organic, breathable and super-soft bamboo fabric and available in a variety of both fun and classic colourways, these soft briefs provide a barely there feel with moisture-wicking properties. The soft waistband ensures that you'll forget you're wearing anything at all! "The material is 100% bamboo viscose," says Dr Vuletich. "Bamboo as a raw material has a lower environmental footprint than cotton or polyester and this bamboo is FSC certified, which means it comes from responsibly managed forests." Comfy and kind to the environment? Perfection.

#### 9. CLASSIC EXERCISE SHORTS

**Hello Monday Love LL Shorts, \$59, [hellomondayactive.com.au](http://hellomondayactive.com.au)**

With their snug fit and compression waistband, these shorts are moisture-wicking, anti-microbial and abrasion and odour-resistant. They are ideal for pregnant bellies and those who favour support around the middle. "I love the fit of these," says Alleaume. "It's the perfect all-rounder short with a high waistband to give you the effect of shape wear. The fabric is



9



10

comfortable and easy to move in, too."

#### 10. SPORTS BRA FOR LARGER BUSTS

**Berlei Full Support Non-Padded Sports Bra, \$69.95,**

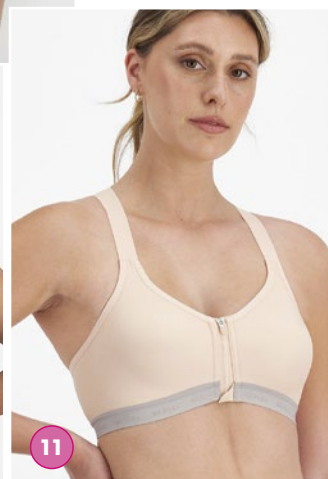
[berlei.com.au](http://berlei.com.au)

Soft, comfortable and supportive, this breathable sports bra has been engineered with soft, padded, crossover straps for versatility and reinforced cup side panels that support and shape the bust. It's ideal for medium impact exercise including walking, cycling, weight training and sports. "Not only is this sports bra comfortable, it's available in a D-cup up to an H-cup, which will be welcome news to anyone with a larger bust size," says Prevention beauty editor, Cecily-Anna Bennett.

#### 11. SOFT-CUP SPORTS BRA

**Berlei Post Surgery Active Bra, \$64.95, [berlei.com.au](http://berlei.com.au)**

Ideal for low-impact workouts including Pilates, yoga, barre and stretching, this soft and durable sports bra was designed together with Breast Cancer Network Australia. With inner pockets to comfortably fit a prosthesis, it also has a secure, self-locking zip front providing gentle support. Perfect for easing back into post-surgery exercise.



11

#### 12. BOUNCE-PROOF SPORTS BRA

**Berlei Electrify Underwire Bra, \$64.95, [berlei.com.au](http://berlei.com.au)**

This extra-comfy sports bra is ideal for high-impact exercise, offering unparalleled support, comfort and bounce control. Customisable cross-back straps and mesh panels for breathability contribute to the excellent fit of this bra which has been engineered to cup each breast individually, for superior support. It's available in an A to E cup and comes in a variety of colours and prints.

#### 13. MATERNITY CROP

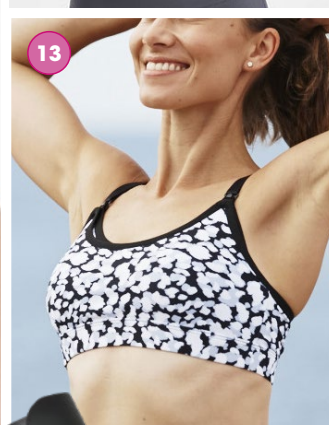
**Hello Monday Essential Crop Top, \$69,**

[hellomondayactive.com.au](http://hellomondayactive.com.au)

Ideal for the active mum, this sleek and stylish classic black crop provides excellent comfort and stability whether you're hiking, running with a pram or doing yoga between feeds. Premium compression fabric provides medium support and the chafe-resistant flat seams contribute to the comfortable fit. "This crop is easy to wear and move in and I like the sweat-wicking fabric. It's a supportive bra you can wear all day and great for breastfeeding mums," says Alleaume.



12



13



14

## FITNESS

#### 14. ALL-PURPOSE FITNESS MAT

**TXO Exercise Matt, \$89,**

[mytxo.com](http://mytxo.com)

With its reliably non-slip base and smooth rubber surface, this exercise mat provides grip, stability and shock absorption so you can exercise with confidence. "This is a fantastic mat. It's light weight, large in size and very grippy. It felt soft and cushioned but not too spongy," says Fernwood Fitness trainer, Heather Jenkins. "It's the perfect mat if you're setting up a home gym and need a mat that provides great shock absorption for when you undergo high-intensity workouts like jump squats or burpees," agrees Alleaume. It's easy to wipe down after workouts, too.



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AUSTRALIA  
2023  
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**15. MOOD-BOOSTING  
YOGA MAT**

**Wild Mingo Yoga Matt, \$119,**  
[wildmingo.com](http://wildmingo.com)

If you want to feel inspired as you salute to the sun, this is the mat to do it on. Made from recycled rubber and microsuede, this soft mat comes with the benefit of being fully machine-washable. "This is a beautiful, soft mat and lovely design," says Jenkins. "I find the 'suede feel' mats are better suited for lighter impact exercise like Yin yoga and Pilates, as they can be a little more slippery without 'sticky socks', but the beauty of the mat brings you into a serene space to feel calm and grounded."

**16. YOGA BLOCK**

**Wild Mingo Joy Yoga Block,**  
**\$44,** [wildmingo.com.au](http://wildmingo.com.au)

Art meets functionality in this beautiful, sturdy and sustainable yoga block. Featuring designs by Australian artists, these blocks look beautiful and provide alignment and support. "I love the splash of colour; it's bright enough to prompt me to do some gentle stretches before bedtime," says Alleaume. "This block, along with its matching yoga mat would be a great gift or purchase for a slower flow or Yin practitioner," adds Jenkins.



**17. RESISTANCE TRAINER**  
**Medifit Active Tube 1 Light,**

**\$29.95,** [medifitactive.com](http://medifitactive.com)  
Ease yourself into gentle muscle toning and strengthening with this versatile resistance tube. "I enjoyed using this, hooked around a pole or standing on the band for outdoor workouts and in the gym to warm-up and to activate muscle groups prior to strength training," says Jenkins. "This multi-function resistance band is the kind of exercise equipment you can pack in your suitcase so you can ensure you can keep up with your strength training [on holiday]. You can complete a whole-body workout, which helps to improve strength, flexibility, stability and balance," adds Alleaume.

**18. WEIGHTED GLOVE**  
**TXO Weighted Gloves, \$35,**  
[mytxo.com](http://mytxo.com)

These 500g weighted gloves have been designed to elevate training, with weights on the back of the hand so as not to compromise floor work such as push ups and burpees. "The beauty of using weighted gloves is that it is an all-in-one fitness tool. It serves to up the intensity of a workout. I tried wearing it with a skipping rope and I felt my arms and shoulders burn, so it worked well in helping



17

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to develop speed, strength and tone," says Alleaume.

**19. AT-HOME PILATES AID**  
**Bahe Pilates Bar, \$69.99,**  
[bahe.com.au](http://bahe.com.au)

Thoughtfully designed for storage, with medium resistance tubes, and foot straps, this versatile tool allows you to perform a full-body Pilates workout at home, improving flexibility, muscle strength and balance. "As a Pilates instructor, I've been keen to try something like this but have never got round to it. I absolutely love this bar. It was versatile and lightweight and I used it for both Pilates and full-body workouts," says Jenkins.

**20. VERSATILE MUSCLE  
STRENGTHENER**

**Bahe Pilates Ring, \$39.99,**  
[bahe.com.au](http://bahe.com.au)

This durable ring can be used in a variety of ways to strengthen different muscle groups. "It's an affordable and versatile piece of equipment that can easily be incorporated into your workouts, challenging you to maintain your balance, stability and strength while performing exercises," says Alleaume. "The padded handles were much more comfortable than rubber alternatives I have previously used and so found I was able to use the prop for



21

longer duration with ease. It also provided more support and comfort when using with more sensitive areas of the body such as chest and ankles," adds Jenkins.

**21. ADJUSTABLE  
STRENGTH-BUILDER**  
**PTP Aquacore Kettle Bell,**  
**\$69.99,** [ptpfit.com](http://ptpfit.com)

This adjustable 10kg kettlebell uses the power and weight of water to create stability and boost strength training. "This is a concept I've not seen before. You have to fill the kettlebell with water, which adds a new way of resistance training and tests stability against instability," says Jenkins. "The kettlebell itself is made of a tough PVC and can be filled to different weights making it extremely versatile. It's a cool product which would be ideal for the outdoor fitness enthusiast."

# Prevention AUSTRALIA 2023 FITNESS AWARDS



24



25



27



22



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26



28



29



## 22. BODY SOOTHER

**Kunzea Muscle Balm, \$42,**

[zea.com.au](http://zea.com.au)

Soothe tired muscles with this rich balm, formulated with 100 per cent natural healing Australian ingredients including kunzea extract, peppermint gum, eucalyptus and arnica. "This easy-to-apply balm feels nice on the skin and has a subtle scent which is pleasant and uplifting," says Bennett. "I definitely noticed my muscles feeling more relaxed after applying it."

## 23. MUSCLE RELAXER

**Magzea Sports Recovery**

**Bath Salts, \$29.95,**

[zea.com.au](http://zea.com.au)

Soak your muscle tension away with this all-natural bath salts blend, ideal for post-workout relaxation. The magnesium flakes help revive tired muscles, while the combination of kunzea, peppermint, and lemon Ironbark essential oils soothe body and mind. "The combination of ingredients creates a relaxing bath experience, with no overpowering scent, and it really does soothe tired muscles," says dermatologist Dr Ritu Gupta.

## 24. NATURAL DEODORANT

**Eco Sonya Lemongrass**

**Natural Deodorant, \$19.95,**

[ecotan.com.au](http://ecotan.com.au)

"Natural deodorants don't always stop sweat or odour as effectively as you might like, especially during a high-intensity workout, but this is a very good natural alternative that smells nice, and contains key ingredients including lemongrass, lime and native lemon, to keep you feeling fragrant and fresh," says Dr Gupta. It's free from aluminium, bi-carb, synthetic fragrances and other toxic chemicals and contains shea butter for nourished underarms.

## 25. CHAFE-REDUCING BALM

**Lucas Pawpaw Ointment, \$7.19,**

[Chemistwarehouse.com.au](http://Chemistwarehouse.com.au)

There's not much this versatile balm can't do, from providing a barrier against chafing and treating minor burns and sunburn, to treating minor wounds and helping to relieve dry and chapped skin. Containing natural fermented papaya, grown in Queensland, the ointment has antibacterial and antimicrobial properties, ensuring it's the perfect addition to any gym bag.

## COSMETICS

### 26. SWEAT-RESISTANT CREAM

**Cancer Council Sport Sunscreen SPF 50+, \$15.50,**

[cancercouncilshop.org.au](http://cancercouncilshop.org.au)

Sweat resistant, easy to apply

and fast drying, this cream is enriched with soothing vitamin E and aloe vera for skin that feels soft whether you're walking, running or training outdoors. "I really like the feel of this cream on my skin, which absorbs quickly to become touch dry. Just make sure to slap on your sunscreen and wear a hat and protective clothing to reduce your risk of damage from UV rays, whenever you're exercising outside," says Bennett. "Even if it's overcast, wearing UV protection should be non-negotiable."

## 27. TINTED MOISTURISER

**Ella Bache Superfluid SPF 50+,**

**\$59, [ellabache.com.au](http://ellabache.com.au)**

Apply this tinted moisturiser before heading outside, and enjoy skin that looks luminous, smooth and glowing, thanks to a powerhouse of skin-loving ingredients. "This cream contains everything from antioxidants such as green tea and Kakadu plum, soothing aloe vera and moisture-enhancing properties to keep your skin hydrated," says Bennett. "Wear it on its own, or under foundation as a brightening primer."

## 28. GYM BAG ESSENTIAL

**Elizabeth Arden Eight Hour Cream, \$32,**

[Chemistwarehouse.com.au](http://Chemistwarehouse.com.au)

With its distinctive smell and award-winning formula, this all-purpose cream is a cult favourite for a reason. With key ingredients including petrolatum, an intensive moisturiser to soothe the skin, salicylic acid to gently exfoliate, and vitamin E to protect, it's a do-it-all wonder that can treat cuts and grazes, soothe dry skin, nourish chapped lips and more. "I don't go anywhere without Eight-Hour Cream," says Bennett. "I keep one in my handbag, another in my gym bag and a tube in the car. It's a very effective product for a wide variety of uses."

## 29. BUDGE PROOF BROWS

**Lux by Kim Evans Brow Set Go,**

**\$35, [myshopify.com](http://myshopify.com)**

Lift, shape and set your brows, ensuring you look fierce and fabulous as you work up a sweat. This budge-proof formula tames brows with ease. "I love this one-swipe-wonder—simply brush and go," says Bennett. "Whether I'm going for a long walk or undertaking higher-intensity exercise, feeling well-groomed is definitely confidence-boosting and helps me to kickstart those endorphins. This product is so easy to use, and leaves my brows looking great, all day."



Prevention  
AUSTRALIA  
2023  
**FITNESS  
AWARDS**



### 30. EXERCISE-FRIENDLY LIP COLOUR

**Revlon Colorstay Suede Ink,**  
\$29.95, [Chemist Warehouse](https://www.chemistwarehouse.com.au)

Want a pop of budge-free colour on your lips to elevate your workout look? You can't go past Revlon's new lipstick, with built-in primer and infused with vitamin E for nourished lips. The formula delivers opaque, matte, buildable colour that seriously lasts, for up to eight hours. "This is an exceptional formula that's both super creamy, has a barely there feel and is budge-proof," says Dr Gupta.

### 31. BODY WASH

**L'Occitane Shower Oil,** \$39,  
[au.loccitane.com](https://www.au.loccitane.com)

This silky shower oil turns your post-exercise cleanse into a spa-like indulgence whether you're in your home bathroom or at the gym. It looks like an oil, but foams like a cleanser, leaving skin feeling silky smooth and fragrant with almond oil and nourishing lipids. The handy click-open

cap makes it ideal for travel or slinging in a gym bag.

### 32. FACE WASH

**No 7 Radiant Results  
Revitalising Foaming Cleanser,**  
\$14.99, [Priceline](https://www.priceline.com.au)

Wash away sweat, oil and pollution with this foaming cleanser. The soft, creamy foam leaves skin feeling fresh, clean, and shine-free and the packaging, in a durable pump pack and spill-proof lid, is ideal for taking with you, wherever you wash.

### 33. ALL DAY FOUNDATION

**Revlon Colorstay Longwear  
Makeup,** \$38.95,  
[chemistwarehouse.com.au](https://www.chemistwarehouse.com.au)

Whether you intend to go for a gentle walk or work up more of a sweat, this long-wearing foundation gives you a luminous, balanced complexion. "Ideal for normal or dry skin, this silky foundation blends effortlessly and doesn't crack or flake into fine lines or wrinkles," says

Bennett. "It's infused with hyaluronic acid to support healthy hydration and stays put for hours."

### 34. SWEAT-PROOF MAKEUP

**NAS Mineral Foundation,**  
\$52.95, [nascosmetics.com.au](https://www.nascosmetics.com.au)  
This 100 per cent natural mineral foundation has been formulated to support sport performance and be water resistant, allowing the skin to breathe and function normally, even under conditions including humidity and perspiration. Dr Gupta says this is good for oilier skin types, as it blends with the natural oils in the skin and is easily buildable, without clogging pores.

### 35. SHINE REDUCER

**Lust Minerals Setting Powder,**  
\$48, [lustminerals.com.au](https://www.lustminerals.com.au)  
Easy to use and compact, with a built-in soft applicator, this natural setting powder will help you retain your skin luminosity while taking the sheen off a sweaty face. It helps to control

excessive shine and can be used on the top of foundation to give you a flawless finish.

### 36. POST WORKOUT GLOW-GETTER

**Runway Room Peach Punch  
Mineral Cream Stick,** \$59.95,  
[runwayroom.com](https://www.runwayroom.com)

For easy, breeze post-workout makeup, this handy blush stick will give you a healthy glow in a few easy swipes. Ideal for use on cheeks and eyes, the creamy texture formulated with carnauba wax ensure it glides on and blends with ease. "This is a versatile product that has a creamy, dewy finish. The stick formulation makes it easy to chuck in your bag, and it's ideal for a post shower glow-up. I use it on cheeks and eyes, but it works on lips too; anywhere you want a pop of colour," says Bennett.