**SOCIAL FITNESS – THE MORE THE MERRIER**

 

The dawn of a new year doesn’t have to mean a new you. We know you already have a plan and you’re on track to smash it as always. So, forget setting fresh goals – let’s talk solutions. Keep motivation at peak level by finding inventive new ways to socialise with your friends now the festivities are over. Why just meet for dinner and drinks when you could meet for a work out first? It’s time to shake up your routine and maximise your time.

We caught up with sought after NYC boxer, Julie “Jaws” Nelson, to learn how to do it like “Jaws” (a nickname born from her love of swimming and her obsession with sharks), and the benefits of working out with pals.

**Julie says:** *“I see so many girls meeting up in my classes, and I love bringing people together in that way. It’s a great feeling to sweat it out as one – that way you really earn the brunch afterwards. Set a weekly or bi-weekly work out date with each other and kill two birds with one stone.”*

Channel your shark-like determination for new workout methodsin the **Stronger For It Bra**,the perfect support system for bigger cup sizes, thanks to moulded cups, adjustable straps and a fitted under bust band. Push through to the end of the session in ultimate comfort in the high-rise, flattering **Believe This Tight**, ideal for yoga and pilates sessions with its flexible, soft fabric.

**Show us your social workouts this January:**

@jawsnelson @adidaswomen #HereToCreate

**See the full SS18 Bras & Tights collection here:**

[www.adidas.com/training\_women](http://www.adidas.com/training_women)