



**Did you know?**

Dehydration can be more of a risk in cold weather than in the heat. For starters, sweat dries almost instantly in cold, dry weather, so it's easy to be unaware of how much fluid you're losing. Secondly, according to research from the University of New Hampshire in the US, the cold stops you feeling thirsty by inhibiting the hormone that triggers thirst. Even mild dehydration can cause muscle weakness, dizziness and headache. So, if you're hiking, skiing or exercising outdoors this winter, drink plenty of water. If in doubt, check your urine – it should be almost clear.

**THE ZUMBA LOOK**

If you know all the Zumba moves, you might want to try out the Zumba gear. The 2011 Zumbawear Wonderland collection includes clothes, shoes and accessories inspired by Zumba's exotic, high-energy music and choreography. The collection includes pieces for all ages and body types, from form-fitting leggings to relaxed tees and hoodies. See [www.zumba.com/shop](http://www.zumba.com/shop)



**BIKER GIRLS**

The GT Technical Bike range from Icebreaker combines technology with comfort. Cycle tops and shorts are made from odour-resistant, breathable merino wool to regulate the body temperature, and lycra to improve the fit. There are three technical biker ranges, catering for road cyclists, mountain bikers and daily commuters. The GT Road Bike collection has a slim fit and reflective rear details, while the GT Mountain Bike range has a relaxed fit for comfort and movement. The bike shorts contain a little spandex and nylon for durability and strength, as well as a high-end chamois with ergonomic padding. Pictured right are the long-sleeve Rhythm Jersey top, \$199.95, and short-sleeve Halo Jersey tee, \$179.95. See [www.icebreaker.com](http://www.icebreaker.com)



**Fashion on horseback**

Australian *Edwina Alexander*, the world's current number-one female showjump rider, has signed a multi-year sponsorship agreement with Gucci, which will see her competing wearing an exclusive *Gucci equestrian wardrobe*, designed for her by the fashion house's creative director, Frida Giannini. "I understand the commitment required to succeed in this sport," says Frida. "I was immediately impressed with Edwina's passion and dedication, which has allowed her to remain the world's number-one female rider for the past year. We will be honoured to see Edwina competing in Gucci's colours."

