



Leggings,  
£58.50,  
Tiny Fish  
(Tinyfishco.com)

# 3

## OF THE CHICEST... WORKOUT TROUSERS

Let your legs do the talking  
with these super-stylish  
workout pants



£135, We Are  
Handsome



£65, Lexie  
Sport

### • THE TEST •

## See how healthy you really are

A new test is set to revolutionise the way we think about our health. The DEXA Body Scan measures body fat, bone density, lean muscle and, crucially, visceral fat (the type around your internal organs). Too much can raise your risk of everything from diabetes to cancer. Even extremely thin people can have high levels, so it's definitely worth knowing your numbers. *Tests start at £129; Bodyscanuk.com*



*Upgrade your Sunday mornings with  
these wholegrain beauties*

#### Ingredients

- 125g wholemeal flour (for a gluten-free recipe, try buckwheat flour)
- 2tsp baking powder
- 1 egg, beaten
- 1 small banana, mashed
- 300ml skimmed milk

#### Method

1. Combine all the ingredients in a bowl to make the batter.
2. Put a non-stick frying pan, griddle or baking stone over a medium heat.
3. To make each pancake,

- pour in 1tbsp of the mixture and cook until you see bubbles rising and the top begins to dry.
4. Flip over and cook the other side for a minute. Cook three or four at once depending on the pan size.