





comfort than traditional monitoring straps. The vest comes in one size as it is super stretchy and, according to Way Point, wicks perspiration so that runners can stay dry and comfortable both during and after exercise. For runners, the ability to check their heart rate helps them to control the intensity of their run by exercising at the right level to suit their individual fitness goals. They can adjust the speed at which they run, or the distance, to ensure they are performing at an optimal level.

Way Point has also launched a new top with hidden benefits for runners. Protega Active features special rechargeable molecules containing mineral supplements, for example potassium, magnesium and vitamin C. These supplements are only released when in contact with the skin, so they do not lose their potency if the garment is not used for a period of time and, when they do run out, refills can be bought. According to Mr Kaya, tests carried out by athletes from various sports said that it "decreases the need for drinking, sweating decreases with consequent lowering of body temperature by improving muscle tone, thus more freshness and athlete welfare".

Both Mr Blair and Mr Kaya agree that improving performance and comfort for runners is vital. Whether through mineral-releasing



Way Point has teamed up with Aquafil to produce the Cardio Heartbeat running vest.

Way Point

chemicals or using technical textiles that offer moisture management benefits, runners have an incredible selection of products to choose from. However, different techniques will suit different running styles and it is up to the individual to decide which product will really "revolutionise" their running.

COPYRIGHT