

F&F Active SS23

Form & shape enhancing, feel your best this New Year

Kickstart your 2023 in style and hit refresh with F&F's latest range of flattering and functional Activewear to help you step up your new year workouts.

Our SS23 range has been created to enhance your health and wellbeing, while being wearable both in and out the gym.

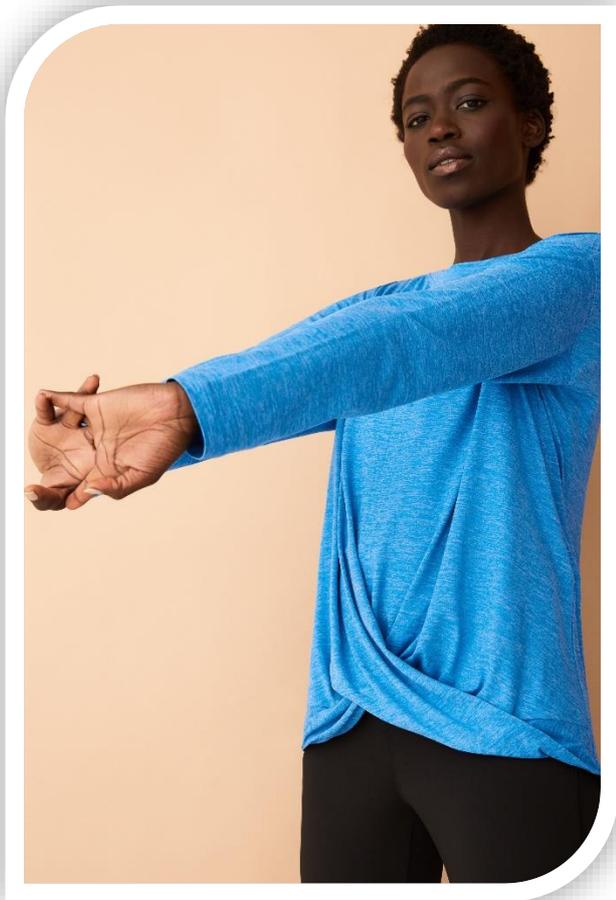
Hitting the perfect balance of fitness, function and style, our new Activewear range is suited for all. Whether you are starting your fitness journey, hit the gym everyday, or just like to feel comfortable and supported around the house – we have got the perfect multi-purpose pieces to meet your every need.

In terms of newness, we have introduced some seam-free shapes and designs into the collection, with a focus on more athleisure pieces and key essentials for those airport outfits. Our printed super soft yoga legging now comes in a waffle fabric which is super flattering and breathable. More new fabrics are coming through on the sweats side, with the introduction of short

sets and co-ords which are very luxe-varley-esque. We have also featured in the collection some graphic tees that can sit back with sweats and shorts for a mix and match style. Pick up your effortless yoga style this New year at F&F, for affordable and quality activewear starting from just £10.

EXPRESS YOURSELF

We are focused on bringing you elevated basics this season, featuring timeless and seasonless pieces which are easy to outfit and made with longevity in mind at



pocket-friendly prices. With this collection, we're embracing colourful dressing and showcasing new year optimism through a brighter and more playful colour pallet. Our most-wanted seam-free co-ordinates come in a gorgeous royal blue, get the full set for just £25.

Pick up one of our padded coats to keep you warm and protected this new year. Coming in three new colours, brighten up your 2023 wardrobe with our warm, hooded, short-lined puffer coat in bright pink, classic blue and neutral beige. At just £25, this new addition to your SS23 active wardrobe is the perfect addition for cold mornings, and frosty dog walks. Padded and warm, this coat is the perfect addition to our thermal sets and printed leggings.

Keeping warm in these colder months has never been easier at F&F. Half zip, warm fleece, and long length – the perfect addition to a workout wardrobe. Our new black fleece zip and grey marl hooded zip is your new activewear essential to help combat the January blues. For just £15, keeping warm this new year has never been more stylish and affordable. With a quality half zip and adjustable waist this activewear essential will motivate you and your wardrobe this active season

ZEST

Head into spring with a zing! Our new Zest trend is all about gorgeous fruity colours paired back with playful blues, retro graphics and simplicity. With somewhat retro references within the graphics, our Zest trend offers a playful side with colours and fonts while still keeping the cleaner and more classic sweats to make this trend timeless. Zest is all about making a statement and creating a



step change for Spring. Fruity levels of peach, mango and clementine look fun and new paired with playful blues and knocked back navy. Featuring some of our key items for spring athleisurewear, match our seam free cycling shorts with an oversized cropped zip through for that laid-back-leisure look. Keep warm and safe this January with our reflective lined thermal set, £37. Designed to keep you warm in the early months of 2023, pair with a longline gilet and trainers for a fresh early morning walk.

SOUL SPACE RETREAT

Spring has sprung and the warmer days are fast approaching, allowing us to spend more time outdoors in bright and fresh surroundings. This April, our Soul Space Retreat trend is offering an escape from overstimulation and the busy day-today normality with an activewear refresh.



Shapes and designs remain simple for easy mix and match styling with the addition of bold colour clashes and tonal variations. Continuing on with a retro feel and seam free fabrics, this trend has the added element of tie-dye prints and summer stripes, creating an optimistic and happy motif.

Cleansing, refreshing, simple and retro, Soul Space Retreat has a clean spring time colour palette that evokes holiday memories with up-lifting graphics and feel good fabrics. Orchid pinks, and jelly bean greens bring a refreshing step change as we move into warmer months. Find the perfect travel co-ord for your holiday with the introduction of towelling, and rib textures creating an organic texture to the range. Plush terry-cloth

fabrics begin to surface in April in sportier silhouettes in dreamy aquatic blues and candied pinks. With elasticised waistbands, our retro sweat shorts include side splits for that effortless chic travel look.

Wardrobe versatility and longevity is a priority for our customers now, so creating our key activewear pieces that can be mix and matched, worn back and styled up

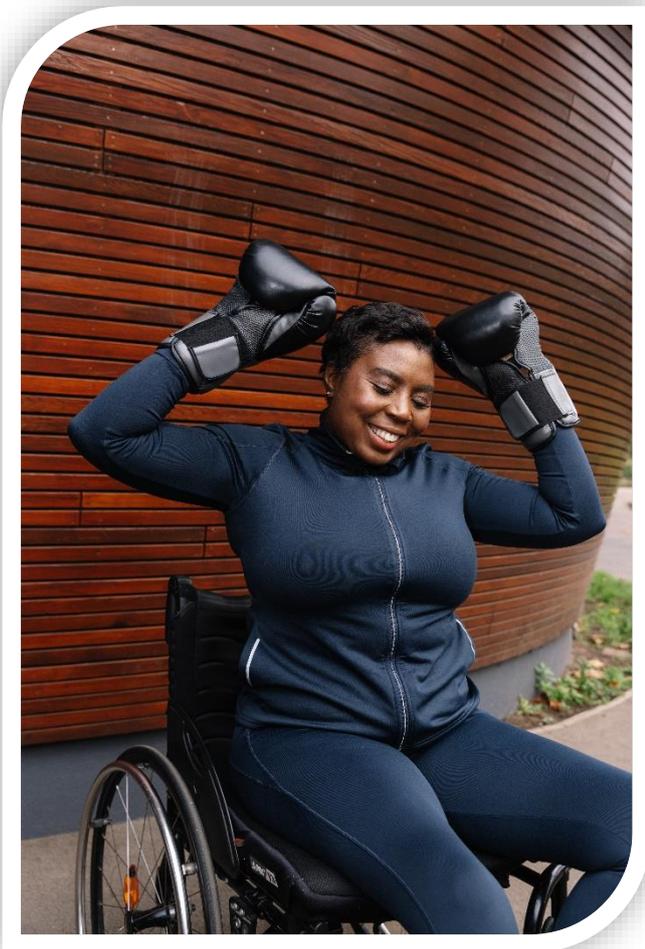
to make different outfits is essential. On the school run, heading to the gym or popping out for some brunch, our SS23 Active range is built for comfort whatever you are doing. At F&F we know how important the feel good factor is, whether it's the next to skin softness of our fabrics the sustainability messages from our natural and recycled fibres, or just shouting about all the wellbeing activities that can be done in our range – we are prioritising our customers needs this Spring.

ROLLIN FUNKY ACTIVE SS23 EDIT

@rollinfunky

Rollin Funky is back this Active season! F&F have collaborated with Clara Holmes

for her second F&F edit, this time featuring our new Activewear collection. Thermal co-ords, printing leggings and sweat sets are just a few examples of Clara's new edit, bringing some colour and joy to everyone this January. Updating your activewear wardrobe this new year doesn't have to break the bank. Grab yourself some affordable and quality activewear from F&F and look the part.



“I’m so excited to launch my F&F Activewear Edit, I chose these pieces to encourage getting outdoors and getting active. Whether that be strolls in the park, walking your dog (something I do a lot now I have a puppy), training in the gym or getting active in the

outdoor gym in your local park. The winter months can be difficult, especially for

those that get Seasonal Affective Disorder (SAD). Getting outdoors or getting active is a great way of looking after your wellbeing by getting those good old endorphins pumping around your body, that in turn can relieve stress and make you feel happy.” – Clara Holmes, Rollin Funky

Featuring our new seam free designs, Clara has curated a selection of essential Activewear pieces to kickstart your 2023 motivation. For added comfort, stretch and flexibility, seam free fabrications continue to dominate the activewear industry. With ladder trims and micro ribs, this added texture is key across sweats and activewear. Get the Spring vibe with added tonal colour and contrast trims, details that dominate in active styles. Strappy back and supportive sports bras, wrap over detail tops, and distressed 'vintage' varsity sweats are all included in Clara's edit, Shop now in Tesco Stores and online at [Next.co.uk](https://www.next.co.uk).

“I have always been into exercise, but it became even more important to me and part of my way of life after I became a disabled wheelchair user. In the first few years I suffered with depression and it was really a dark time in my life. I slowly got out of it with the help of exercise. I started off with morning stretches, which then moved on to exercises using baked bean cans as weights and bottles of water. I started to feel mentally stronger and I became happy with my new way of life and came out of the mental ‘funk’ I was in. Now I do boxing, HIIT workouts, weight training exercises as part of my daily self-care routine to keep me mentally and physically healthy.” – Clara Holmes, Rollin Funky

