

PLT LIFESTYLE

PrettyLittleThing launches [PLT LIFESTYLE](#)

A brand-new fitness and wellbeing platform that will to help you feel even more amazing!

Whether you're at the start of your fitness journey or consider yourself an expert, we've got all the tips and tricks to keep you motivated and get those endorphins flowing. Get your heartrate pumping with daily workout tutorials from your favourite fitness influencers, nourish your body with healthy, wholesome recipes, and cleanse your mind with calming yoga and meditation classes.

Featuring some of the most credible babes in the health and fitness industry, PLT Lifestyle will be sure to inspire you to smash your goals and improve your wellbeing.

Booty queen [Megan Grubb](#) will show you how to get glutes to die for, [Andrea Somer](#) will help you turn up the heat and get your heartrate pumping. Learn how to meditate to give your lifestyle the ultimate balance with our wellness babe [Claudia Mirallegro](#).

Here's to a fitter, stronger you.

[PLT Lifestyle](#) goes live 1st October!

For more information & images please contact
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