

You just need to start

Trecently read that there are two times in the calendar year that we are more open to change—and guess what? The New Year and specifically January just happens to be one of them.

So how do we start 2025 the right way?

Do we write down all our goals and ambitions for the year, set timelines and power through? Or do we linger in this wonderful energy we've created over the holiday and allow ourselves more space this year to enjoy the journey of 2025 and not just what we've set out to achieve?

I personally think there's room for both approaches and in this issue, we ask Clinical Herbalist and advocate for mindful living, Georgia Gibbs about her 'Your Pace, Your Way' approach to New Year resolutions and setting goals in general.

And because January and February

can feel like we're back at work but not quite willing to leave the holidays behind us, we asked Actor and media personality Maria Thattil to put together her fave 'Back to Business' looks. Maria believes we should dress in a way that reflects who we are and who we want to become, and her effortlessly curated looks will inspire you to take a more active approach to power dressing this year.

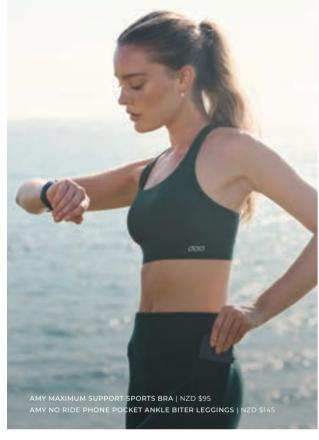
We also shine a light on the importance of choosing the right Sports Bra, which was a timely reminder for me to add 'throw out old bras' to my New Years resolutions!!

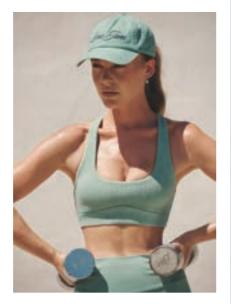
And finally, whether you're planning on taking it easy or kicking off a new fitness campaign—don't forget we have 120+ new styles dropping this summer so there is sure to be something to suit your plans.

The New Year is the perfect time to start doing more of the things you love, and I hope this issue inspires you to start making plans YOUR WAY in 2025.

Lorno Jane

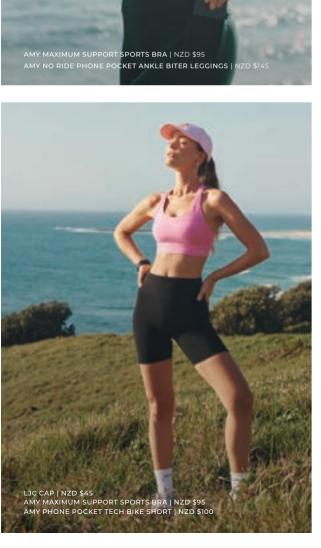
LORNA JANE CLARKSON Founder & Chief Creative Officer













Write a list of simple goals and actionable steps and just move at your own pace.

RETRO TRACK HIGH SUPPORT SPORTS BRA | NZD \$115

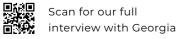






WITH LOVE ALL DAY SPORTS BRA | NZD \$105 WITH LOVE 12CM BIKE SHORTS | NZD \$105 WITH LOVE CREW SOCKS | NZD \$25





BLUE FLEUR RACER BACK SPORTS BRA | NZD \$105 BLUE FLEUR HI FOLD NO RIDE 12CM BIKE SHORTS | NZD \$105



Your 2025 Athleisure LINEUP

From errands to brunch, discover the pieces that offer everyday comfort and style.



LJ BASICS STRIPE RIB TANK | NZD \$65
 TWO TONE DENIM FLASHDANCE PANT | NZD \$185
 ATHLEISURE KNIT MINI DRESS | NZD \$185









Effortless Comfort

Whether you're chasing goals or taking time to recharge, this collection has you covered. Lounge-worthy yet luxe, these designs are perfect for relaxing at home—and you'll even find yourself reaching for them when you head out too.



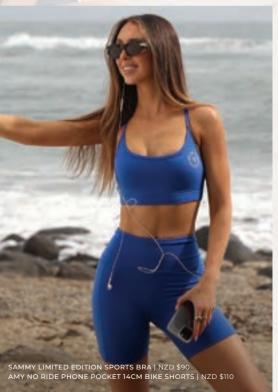
Relaxation for me is detaching on the weekends and having some no phone time.









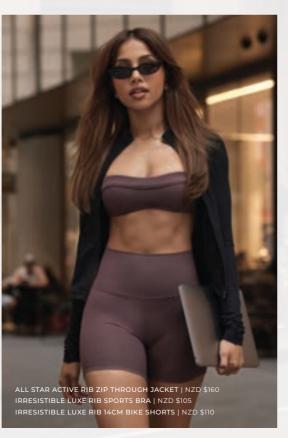


Back Step into 2025 with a ward to keep you moving as you routine. This Season's style versatility, keeping you rea whatever the day demand. BUSINESS

Step into 2025 with a wardrobe designed to keep you moving as you get back into routine. This Season's styles redefine versatility, keeping you ready for whatever the day demands.

The way we work has changed and so has how we dress - and Actor & Media Personality @mariathattil proves that our Activewear can be worn beyond the gym.









Styles for Every Moment Members functionality in fact for active plant everyf

work meetings, and everything in between.





- 1. RETRO TRACK ZIP THROUGH JACKET | NZD \$175 LIFTED SPORTS BRA | NZD \$105 TOTAL BLISS ACTIVE SKORT | NZD \$115
- 2. LIBERTY BRA TANK COMBO | NZD \$110 RETRO RIB 12CM BIKE SHORTS | NZD \$105
- 3. TWO TONE DENIM UTILITY JACKET | NZD \$185 NEVER BETTER WASHED SEAMLESS SPORTS BRA | NZD \$110 TWO TONE DENIM FLASHDANCE SKIRT | NZD \$140



With Maria

O: How do you balance so many different roles?

I don't know if I ever get the balance perfectly right. I'm a very type A organised person, so I have set goals for what year I want to achieve what thing. Now I'm in a place where I can focus on what I really want and that's acting. It also leaves room to do all the other things I love around advocacy and media.

Q: How do you manage a busy schedule?

Have a really good calendar or notes app. Every micro thought I have I'll note it down in the apps - I'm such a list girl! Another thing I will say as someone who's very passionate about health and wellbeing - pencil in rest. Rest isn't something that you earn or don't need, it is an essential.

O: Proudest career moment? It was when I won the Marie Claire Voice of Now Award last year. It was my proudest career moment because I was in a room with some of the most inspiring and impactful women I've ever met, and being recognised among them for my voice made me incredibly proud. Especially since I didn't think I had much of a voice growing up.



Q: Proudest moment that others might not know?

I do have social anxiety, and I was recently in a situation where it was triggered. I was very proud of myself for being able to internally get past it and not give in to the thoughts that made me question myself.

Q: A habit you swear by?

Lately, it's eating breakfast before I have my morning coffee. For cortisol levels and your energy, it's so important to fuel your body right from the start of the day. Another habit is hugging people... every day. We're human and we need it.

O: How do you start the day to set yourself up for success?

It doesn't matter if I've only got 2 minutes or 15, I like to meditate in the morning. It's so important to give time to yourself before you're then able to give to others. And then I like to play 90s music - a bit of TLC's 'No Scrubs'. Habits like that just set the tone for your day. Plus, it's fun!

I think it's so important to dress and show up for your life in a way that reflects who you are and who you want to be.

- @mariathattil

Q: Something you've learned about vourself throughout your journey?

I am a little bit tougher than I realised. My career is crazy, and I've had to be in some crazy and sometimes terrifying situations, for example being in a water tank with water pythons on national television or speaking to an audience of 2000 people live. But I learned that I'm tougher than I thought and that's really nice.

The Sports Bras You Need This Summer

85% of women are wearing the wrong sports bra, and we're here to change that! Here are some of our best selling Maximum Support Sports Bras that we know you'll love.



EASY ZIP ON SPORTS BRA

Featuring a front zip for quick and easy dressing—perfect for post-workout ease.

- · Adjustable front shoulder straps for on-the-go convenience.
- Adjustable underbust band with back clasp for a customised fit and support level.
- Higher coverage to reduce bust bounce and provide maximum support.

MOULDED SPORTS BRAS

Featuring soft moulded foam technology to provide 360° support, breathability, and a natural shape.

CURVE CONTROL DESIGNED FOR C/DD+ CUP SIZE



- Dual back closure and adjustable wide straps for a secure fit.
- · Lightweight moulded cups for breathability & support.
- · Soft bonded neckline & armhole edges for reduced dig.

FLEX APPEAL



- Adjustable straps & rigid anti-slip underbust band for support.
- Lightweight moulded cups for breathability & support.
- · Soft bonded neckline & armhole edges for reduced dig.



The Last LOOK Your next favourite summer look starts here - discover the styles you'll love wearing all season online and in-store. ORNA JANE UXE ATHLETIC EPT. Since 198° THIS ARE TRACK STAR RELAXED T-SHIRT | NZD \$100 LIGHTSPEED PHONE POCKET RUN SHORT | NZD \$90 ON THE MOVE RUNNING BELT | NZD \$45

120+ NEW Styles to keep you cool this summer



