

# HOUSE FEVER

WITH THE FOLLOWING ROUTINE  
YOU WON'T GO MAD!



## Your Power Hour

Use 30 - 60 min to activate all senses after the morning walk, e.g. during yoga, pilates or stretching.

**SEA YOU SOON T W; made from recycled ocean plastic; £35**



## Romping around

Use the evening after work in a playful way: in the garden with the children or a ball sports unit with your partner.

**Senegal Shorts W; shorts for wild units; £40**



8:00



## Coffee to go!

Start the day with a short wake-up routine around the block - with a warm coffee or tea in your hand (preferably without disposable plastic) any drowsiness will be „blown out of your bones“.

**KOLE 0.5; slim shape; £18**



8:30

12:30

## Oxygen push for lunch

Crank up the circulation and get your dose of fresh air for the afternoon in all weathers. Whether as a power walk during lunch break or by skipping rope on the balcony.

**Mountain DNA Low W; breathable, made of canvas and leather; £80**



18:00

19:30

## Fun meal on the balcony

Move your dinner outside - barbecue, sandwich toaster, waffle iron, raclette - everything is possible outside!

**JWP BREATHER W; The windproof lightweight jacket from Pack and Go! Quickly unpacked and a perfect companion on the go; £100**



## PRESSEKONTAKT

**Kerstin Pooth** (Director PR & Cooperations)

**Sato Feller** (PR Manager)

Tel.: + 49 6126 954 135

Mail: sato.feller@jack-wolfskin.com