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5 things you should know about the new edition of *Vogue Polska Sport & Wellness*

Track and field athlete Anastazja Kuś, cyclist Katarzyna Niewiadoma-Phinney, glider pilot Sebastian Kawa — stars of this year's edition of *Vogue Polska Sport & Wellness* have so many successes you simply cannot list them in one breath. And they are not planning to stop.

Anastazja Kuś, a European U18 champion, is a star of the cover photo shoot of the third edition of *Vogue Polska Sport & Wellness*.

Track and field athlete Anastazja Kuś, a New Balance ambassador, says she does not look back at others when running on the track. This European U18 400 m champion is turning 18 on May 11, but she has already had an opportunity to take part in the Summer Olympics in Paris. "The more I push myself to my limits, the more proud I am reaching the finish line. Now I would like to beat my personal best results and overcome even more barriers," says the athlete interviewed by Anna Koniecznyńska.

Outstanding Polish athletes inspire us to reach for the dreams

Anastazja Kuś, who wants to compete for an Olympic gold medal in the future, can share this experience of being a part of the national team with Martyna Swatowska-Wenglarczyk, Renata Knapik-Miazga, Aleksandra Jarecka and Alicja Klasik — épée fencers, who won the 300th medal for Poland in the history of Summer Olympics in 2024. In their talk to Anna Rączkowska, they say they are dreaming about another medal, although they remember how hard it was to get to the podium last time. Katarzyna Niewiadoma-Phinney, the winner of Tour de France Femmes, tells Agata Godlewska about handling difficult emotions in sports. This cyclist has learned to turn such difficulties into even greater motivation. According to Sebastian Kawa, an 18-time world champion in gliding competitions interviewed by Katarzyna Rycko, this capability combined with ambition determines success.

Fashion world discerns the power of sports

You can clearly see the sports inspirations on the runways. Michalina Murawska writes about how fashion creators find true masterpieces among typical athleisure items and give them a luxurious image. The relationship between fashion and sports has never been tighter, the example of which was this year's edition of Met Gala, co-hosted by Formula One racing driver Lewis Hamilton and basketball player LeBron James. Pola Dąbrowska analyzes how top athletes become the new stars of the fashion world.

Padel tennis is conquering Poland, while exclusive sports clubs are conquering the world

Padel, a mixture of tennis and squash, has been gaining popularity in Poland so rapidly that it will soon cease to be a niche sport. Ewelina Kołodziej attempts to grasp the phenomenon of this sport with those who were the first to notice its potential. Michalina Murawska presents exclusive sports clubs, where you want to play and which you want to visit. Agnieszka Zygmunt takes a look at how a board, be it a surfboard, a kiteboard, or a snowboard, has become a totem of the worlds of fashion, arts, and design.

Workout does not end in the gym — no recovery, no gain

Working out in gyms heated up to 35°C has become the hottest fitness trend. Michalina Murawska examines its benefits. What we do in between individual sessions of crossfit, jogging, or pilates is equally important for the body as the workout itself. Ewa Bakota writes about the necessary, though neglected recovery and tries to find out whether cortisol is rightfully blamed for sabotaging good shape. Sometimes it is good to approach a workout regime from another perspective. Ewelina Kołodziej selects the most beautiful places offering perfect conditions for practicing your favourite sports and relaxing surrounded by nature and sophisticated design. We also discuss the topic of physical activity with celebrities from the worlds of sports, fashion, and music, as well as from the creative industries. All of them carefully select things that help them in their workouts and admit that apart from improving physical strength, sport builds mental resilience and ultimately builds themselves.

The new edition of Vogue Polska Sport & Wellness will be available as of May 8. Order it today with one of two available cover page variants and delivery to your doorstep.

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