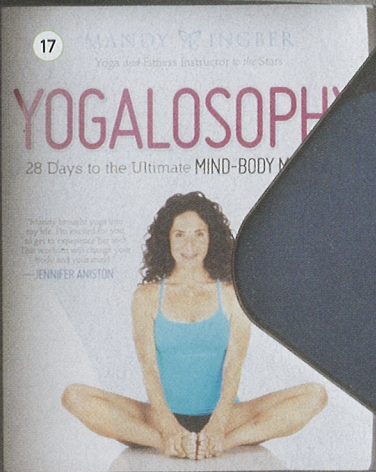


GET HEALTHY



PROP STYLIST: DANIEL ONORIPUTINO GROUP; BOXES, RIBBONS, TISSUES, ALL CREATIVE BAG, CREATIVEBAGS.COM



For where to buy, see page 132.

1. HBC 2014 RED MITTENS Part of the proceeds are donated to the Canadian Olympic Foundation (\$10 at Hudson's Bay).
2. LUNATIK ATHLETIKS ZUZA PERFORMANCE COMPRESSION SOCKS reduce lactic acid buildup and help muscles recover (\$44).
3. ROCKY MOUNTAIN SOAP COMPANY SWEET DREAMS ROLL-ON uses essential oils to give you a restful sleep (\$16); ROCKY MOUNTAIN SOAP COMPANY RESCUE MIST is antibacterial (\$13).
4. JOGI YOGA MAT (\$15 at Real Canadian Superstore).
5. OOPSMARK YOGA STRAP (\$36).
6. JOGI CORE BALANCE CUSHION helps strengthen your core when you stand on it (\$20 at Real Canadian Superstore).
7. **ESSENTRICS BARRE WORKOUT DVD** (\$20).
8. JAMIESON VITAMIN C SACHETS 1,000 MG (\$10 for 14 sachets).
9. DOWN HOME AMY SNACK POUCHES are reusable; stash healthy snacks and essentials in them (small \$15; large \$18).
10. CLIF BUILDER'S BAR (\$2).
11. CARRY ME OM TOTE is expandable, and even holds your laptop (\$128 at Lululemon).
12. SWEATY BANDS for hair (\$20 at Running Room).
13. NIKE+ FUEL BAND tracks your daily steps, calorie burn and more (\$149).
14. SOCHI 2014 CANADIAN OLYMPIC TEAM COLLECTION WOMEN'S FLEECE HOODIE (\$75 at Hudson's Bay).
15. ROOTS CABIN STRING MITTS (\$36).
16. FITBIT ARIA WIFI SMART SCALE tracks weight, body fat and much more (\$130 at Indigo).
17. YOGALOSOPHY: 28 DAYS TO THE ULTIMATE MIND-BODY MAKEOVER (\$24).
18. GRAFFITI 110 SNOWBOARD is a customizable kids' board (markers included; \$40 at Canadian Tire).
19. AMBLER CANUCK BEANIE for kids (\$25 at MEC).
20. NUTRASEA OMEGA-3 SUPPLEMENT (\$25, 200 mL).
21. MEDICALERT PERSONA STERLING SILVER BRACELET WITH GOLDEN BEADS (\$219).
22. POC LOBES GOGGLES are lightweight and shatterproof (\$200 at Sporting Life).
23. PHILIPS WAKE-UP LIGHT is a kinder way to get you up on dark winter mornings (\$100 at amazon.ca). ❄️

Produced by Joana Lourenço Photography by Daniel Harrison