

HEALTH EDITOR'S NOTE



# BODY TALK

**Technology has made life fast. We want what we want when we want it. My own health expectations are running high this month, which is why I'm resolving to get more from my workouts, sleep and life. Here's how you can too.**  
-Lisa Hannam



THIS MONTH'S NEWS AND PICKS

This photo:  
Sports bra and leggings, Nike, [nike.ca](http://nike.ca).  
Arm band, Yurbuds, [sportchek.ca](http://sportchek.ca).  
Earbuds, Apple, [apple.ca](http://apple.ca).  
Balance balls, Gaiam, [gaiam.ca](http://gaiam.ca).  
Exercise pic (below):  
Shorts, sports bra and Roshe Run shoes, Nike, [nike.ca](http://nike.ca).

## STRIKE A BALANCE

WHEN WE THINK of a healthy balance, what comes to mind is the hope that a run will offset last night's cocktails. But when it comes to fitness, balance means more than that.

First, there's physical symmetry. Try a couple of staggered pushups, and take note of the difference in the strength of your arms. You likely have a dominant side, such as being left-handed. And if you're hunched over your computer all day, the muscles along the back of your body are likely more stretched (hello, back and neck pain) than those on your front.

Second, there's stability—unsteadiness is a sign of aging. "Shrinking muscles, called atrophy, are unbalancing," says flexibility trainer Miranda Esmonde-White, author of *Aging Backwards* and developer of the Essentrics fitness program. Her daughter, Sahra Esmonde-White, who trains professional athletes and celebrities like Lily Cole with Essentrics, agrees: "If you can't engage your muscles because they are tight, that [prematurely] ages you."

The fix lies in your core. "When you strengthen these muscles, you strengthen all the muscles around them," says Alexandra Vinichenko of Surfset, a popular yoga-like surfboard fitness program in Toronto. So don't skimp on crunches and planks.

### GLOW CHALLENGE!

Incorporate this move into your workout, or do it when you wake up. "Life takes our bodies out of balance," says Sadie Lincoln, founder of Barre3 fitness studios, which offer classes to combat the issue. Being out of balance can affect how we look, and lead to chronic pain. You'll feel this in your thighs and backside.



#### Rocking Horses

Use a chair for balance and to keep your posture in check. Set your cell timer to 60 seconds, step one foot back into a lunge and hold it for a minute. Next, do 30 one-inch pulses. Finish off with the full range of motion, going from a lunge to standing on one foot 30 times. Switch legs and do it again.

WORKOUT PHOTOS: PETER TAM LIN STYLING: JULIANA SCHIAVINATTO/PIIM.CA; HAIR & MAKEUP: PATRICK RAHME/PIIM.CA; FASHION ASSISTANT: JULIANNE COSTIGAN; EDITOR'S PHOTO: ALVARO GOVEIA/HAR AND MAKEUP: CIA MANDARRELO/PIIM.CA; STYLING: MICHELLE PALANO/JUDY INC.COM