



Your guide to a springier step, a sharper mind and a happier outlook right now

Fix My Life!

Before you embark on any soon-to-be-botched New Year's schemes, read this. We gathered Canada's up-and-coming health and wellness stars to turn your resolutions into highly effective strategies for killing it in 2014

A new generation of nutrition and fitness gurus has emerged in Canada, shattering the old stereotype of granola-crunching, Birkenstock-wearing yogis. They're glamorous, globe-trotting lifestyle leaders with slavish followings, and they're shifting the culture of wellness from self-punishing cleanses and monkish resolve to hyper-efficient workouts for frenetic days and more down-to-earth modes of healthy living that allow for an occasional manhattan. Here, they offer a glimpse into their daily routines, plus suggestions for amping up beauty, brain prowess and energy in the new year. And beyond. —Andrew Wallace

PHOTOGRAPHY: DIANA SCHEUNEMANN/GALLERY STOCK (THIS PAGE), ALEX JOWETT (JOLIAT), NIKKI JUMPER (RAMOS). EDITOR: RACHEL HEINRICH.

Want more energy?
Berman and Slater,
both 27, say juice is
the answer

HEALTH



Juice Lifestylers

RYAN SLATER and ZACH BERMAN,
owners of The Juice Truck in Vancouver

Two-and-a-half years ago, Ryan Slater and Zach Berman refurbished a 1984 Grumman Kurbmaster, parked it on a corner in trendy Gastown and sold nutrient-packed juice to hungover weekend revellers. They're now the co-owners of a mini empire: They're opening their first bricks-and-mortar shop, The Juice Company, and Yyoga studios (see page 32) sell their blends all over the city. The duo believes that cold-pressed juice, which preserves the veggies' natural enzymes, is a gateway drug into a healthy lifestyle. "When I'm continually fueling myself with lots of vegetables (and some fruit), I only crave other healthy foods," says Berman.

COFFEE OR TEA *Slater:* Tea. Religiously. I've never had a cup of coffee. *Berman:* Chaga mushroom tea with manuka honey.

VIRTUOUS LUNCH *B:* This Vancouver food truck called Culver City Salads does great quinoa, soba noodle and grain-free salads. And

sometimes, when we're lucky, the girls from The Pie Hole drop off blueberry-basil pie.

GUILTY PLEASURE *S:* Wine gums and *Pretty Little Liars*. *B:* Croissants and *Survivor*.

MOMENT OF ZEN *B:* I cold-press the juice in the back of the truck. It's very peaceful hanging out with the fruits and veggies.

JUICING SECRET *B:* Add a kicker: ginger, mint, cilantro, parsley or cayenne.

RYAN AND ZACH'S RESOLUTION REBOOT

"Drink this breakfast-in-a-glass every day."

THE GREEN SMOOTHIE

2 leaves kale
1 leaf Swiss chard
1 handful spinach
½ frozen banana
½ avocado
2 squirts lime juice
1 thumb-size piece fresh peeled ginger
1¼ cups coconut water
1 tbsp raw hemp seeds

Mix in a blender.



Like a Deadhead on tour, you can follow Currie, 32, to far-flung retreats

Travelling Yogi

MEGHAN CURRIE,
YouTube phenomenon
and yoga retreat
leader

Meghan Currie is the quintessential gen-Y yogi. She shares sexy selfies on Instagram, she has close to 3,000 Twitter followers, and more than a million people have watched her YouTube videos (the fact that she practises in lingerie may partly account for that number). She's from Vancouver but spends most of her time hosting sold-out workshops around the globe. With her sweaty, pulsing style of instruction, she's a rock star of the yoga world.

SUPERFOODS My bag is always stocked with cacao powder, maca powder, dried seaweed, royal jelly and dark chocolate, along with mineral and vitamin powders. For dinner, I make salads bigger than my head. One of my favourites is arugula with tomatoes and mustard, cayenne and olive oil dressing.

MULTITASKING

STRATEGY I'm busy, so I divide up my own yoga practice throughout the day: stretches in bed in the morning, handstands in the kitchen while making tea, 10 minutes of plank between answering emails.

ON THE ROAD I find natural food shops in every city I visit. My suitcase always ends up

being overweight because I'm obsessed with buying health products. I love bathhouses, too. Especially the European kind, where you can hang out naked with strangers of all shapes, sizes and ages.

BEAUTY REGIMEN I use honey as a natural cleanser (it makes skin soft) and coconut oil for moisturizer.

MEGHAN'S RESOLUTION REBOOT

"Sit down and shut up. There are complicated techniques to bring you into meditation, but the best way to learn is to simply start doing it. If you sit still long enough, everything will settle. Even if you try it for only five minutes a day, you'll feel more focused."



For a dancer's body and hockey-player power, fire up your muscles with Esmonde-White, 37

Muscle Master

SAHRA ESMONDE-WHITE, Montreal
trainer of Olympians,
NHLers and celebs

Twenty years ago, Sahra Esmonde-White's mother, Miranda Esmonde-White, developed a fitness program that combined stretching, strength training and tai chi. In 2009, Sahra joined the family business and they renamed the technique Essentric after the "eccentric" phase of an exercise—when >

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NO SOAKING

HEALTH

a muscle resists the force of its own movement. The resulting regimen produces core strength and a long, lithe body. Sahra's workout videos and classes have a celebrity following that includes Sarah Gadon, Lily Cole and Orlando Bloom. She also trains the Montreal Canadiens and Olympic figure skaters Meagan Duhamel and Eric Radford.

MAGIC NUMBER Eight a.m. I always feel rested by then, no matter what time I've gone to bed.

DIET For breakfast, coconut yogurt with granola and maple syrup. I recently bought a juicer, so I blend beets, ginger and apples together for a snack. I also keep dark chocolate at my desk. My favourite is Dolfin Belgian chocolate with pink peppercorns.

WORK PERK Every day, I spend time creating new Essentrics routines, which means repeating exercises until the flow is right—that's how I get into the best shape.

BEFORE-BED RITUAL I never go to bed without a clean face. I like face oils, like coconut and argan, which I apply to rejuvenate my skin.

GUILTY PLEASURE I love chai lattes, and I'll travel far to get a good one. In Toronto, Seven Grams. In Montreal, Aux Vivres.

MID-WINTER PICK-ME-UP I try to head to Jamaica or Mexico every winter as a kind of natural medicine to fight off winter fatigue and lethargy. When your body is rested, it responds better to exercise and healthy food. ●

SAHRA'S RESOLUTION REBOOT

"Get all of your muscles moving at once. When you stimulate them all together, they're like a furnace that burns calories and increases energy. Start with the plié sequence: With your feet just wider than your hips and pointed outwards, bend your knees, making sure they don't extend beyond your toes. Reach arms up and suck in your abs. Pull your right arm down, touching your right elbow to your right thigh and crunching your side. Bring your arm back up. Do eight reps on each side."

GEAR SHIFT

Next-generation workout clothes that don't force you to fit a spandex mould

The idea of activewear for all sizes shouldn't be revolutionary. But in light of recent comments made by Lululemon founder Chip Wilson—that "some women's bodies" didn't "work" with the brand's beloved yoga pants—it seems to be. Enter Hyba, a new line from Montreal-based Reitmans, available in XXS to XXL and four inseams. I put it to the sweat test during a recent stay at Red Mountain Resort in Utah—heaven for fitness nerds—where I ran, hiked and did yoga daily. The sweat-wicking bras, tops and pants, each \$50 or less, performed just as well as pricier pieces and were comfy (and comely) enough to wear to each night's candlelit dinner. Talk about a gamechanger. reitmans.com
—Maureen Halushak



Polyester/spandex
sweatshirt, \$36

Polyester/spandex
leggings, \$40

Polyester/spandex tank, \$26

Polyester/
spandex
yoga jacket,
\$50