

Between Friends



My favourite things THIS MONTH

- *The Healing Dance: The Life and Practice of an Expressive Arts Therapist* (Charles C. Thomas, 2012) by Kathleen Rea
- International Women's Day (March 8)
- *Dear Life: Stories* (Douglas Gibson, 2012) by Alice Munro

It doesn't matter how hard I try, each winter I get hit by a double whammy. First, there are the trays of leftover cookies and appetizers tempting me from the freezer weeks after the festive season has ended. Second, upon the first serious drop in temperature, I get a fierce urge to cocoon. So I head to the sofa and nosh. Sound familiar? Then, right about this time of year, an internal alarm goes off and I start to stress about my recently acquired pounds and state of fitness (or lack thereof). And I bet I'm not alone.

How many of you have recently browsed the Internet for weight-loss solutions, phoned 1-800 numbers to inquire about the "ultimate training system," joined gyms or hired personal trainers? Put your hand up (with me) if you've also found yourself swearing on a stack of unopened Jillian Michaels fitness DVDs that this is the year you're going to get in shape.

We all know physical activity is good for us and it's one of the best investments we can make in our own lives. It's common knowledge that exercise helps safeguard us against major health problems, such as heart disease, stroke, cancer and diabetes. We also know that working out relieves stress and promotes a better night's sleep.

Knowing as much as we do, you would think fitness would be the number one priority in our lives. It's true that many people do manage to stick to workout schedules and join sports teams – and that's great. But for others, the immediacy of getting dinner on the table and the rush to do just one more load of laundry derail any good intentions.

Some people really just haven't found workout regimens that speak to them. That's where we can help. Our fitness feature, "Custom Fit" (page 57) by Pamela Mazzuca Prebeg, a personal trainer and athletic therapist, can help you tailor a workout to suit you. Plus, our second annual Six-Week Slim-Down Challenge is up and running on canadianliving.com. It's bound to inspire you. You'll also find a large selection of fitness videos and lots of nutritional information online to help you get started. So whatever your workout challenges are, we've got you covered.

We would love to hear what you do to keep active and stay motivated, and hear how you've benefited from fitting physical fitness into your life. Tell us your stories at letters@canadianliving.com, on Facebook (facebook.com/canadianliving), on Twitter (@canadianliving) or on our Health & Wellness Blog. Or write to us at 25 Sheppard Ave. W., Suite 100, Toronto, M2N 6S7.

As always, thanks for sharing your inspiration with us!



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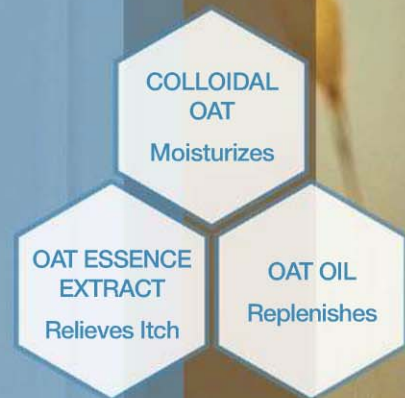
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