



**MOST WANTED
GEAR UP**
Cutting-edge and chic: Wearable tech goes next-level
page 3



**SPOTLIGHT
SPORTY
STYLE**
The latest names in fitness fashion
page 6



**NOW TRENDING
NEW
CLASSICS**
Five workwear upgrades
page 7



THE KIT

BRING IT ON

Here's your 2016 mantra: This year is going to be amazing. Kick it off right with our health and wellness special, including editor-tested workouts, resolution real talk and dreamy destination fitness
page 4

TOMMY HILFIGER FALL 2015.
PHOTOGRAPHY: PETER STIGTER

"When my hair started falling out, I was really depressed."

Delving into the taboo subject of thinning hair in women

When 37-year-old Christina Maria Spain's hair began thinning, she was shocked. She had always had beautiful, thick, luscious hair, and to experience severely thinning hair was completely devastating. Christina says, "I was on a mission. I spent hours researching vitamins, minerals, different products."

"First, let me just say I'm MORE than thoroughly impressed with Viviscal®. Everywhere I go I'm informing anyone who looks like they may benefit from my little treasured secret. It's an amazing product that saved me from hating the way I looked and from feeling unbelievably self-conscious."

"I love my hair, I love Viviscal."



Christina Maria Spain

Before Viviscal



"I'm always looking for clinical data and science behind the product, and there are treatments that I recommend. So Viviscal is great that way, and I'm very satisfied with the data and with the difference I see in my patients."

Dr. Doris Day,
New York dermatologist



Before using Viviscal



After using Viviscal

Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

Viviscal Maximum Strength is a drug free dietary supplement that you take twice a day to nourish thinning hair and promote healthy hair from within, leading to fuller, thicker looking hair. As your hair grows from deep within the dermal layers of your scalp, it's important to nourish it with essential nutrients through the bloodstream. Viviscal Maximum Strength Supplements contain AminoMar C™, a unique blend of powerful marine ingredients backed by over 20 years of research and development. The efficacy of Viviscal is supported by 5 clinical studies. Viviscal recommends taking two tablets per day for a minimum of three to six months.

Order today and save 10% off your order!

Buy a 3-month supply of Viviscal and save \$30 plus receive \$40 WORTH OF FREE GIFTS when you become a Viviscal Elite.

FOR MORE INFORMATION OR TO ORDER VISIT

ViviscalElite.ca or call **1-800-399-3994**

For **10% off** enter this discount code **KIT116**

EXPIRES: 06/31/2016

Viviscal is also available in the Hair Regrowth Section at:

SHOPPERS
DRUG MART

Superstore*
Big on Drugs, Big on Prices.

Atlantic
superstore*

Loblaws

Zehrs
MARKETS.

LONDON
DRUGS*

PHARMASAVE* **Rexall**

All the Benefits of Science without the Side Effects of Drugs

- Viviscal Man Promotes Existing Hair Growth for Fuller, Thicker Looking Hair
- Helps Support Healthy Hair with AminoMarC Marine Complex, Vitamins & Minerals
- Backed by 25 Years of Clinical Research



Get 10% off your entire Viviscal purchase. | Code KITVMAN

Receive **10%** off your entire purchase when you order at **Viviscal.ca** or by phone **1-800-399-3994**.

Use Discount Code **KITVMAN**

at checkout. Offer expires 03/31/2016.

Viviscal Man is also available in the Hair Regrowth Section at:

SHOPPERS
DRUG MART

LONDON
DRUGS*



MOST WANTED

Gear up

It's official: Athleisure is no longer just a trend but a way of life. (One recent study revealed that smartwatch sales are poised to outpace traditional watch sales by 2020.) The coolest way to embrace it is through tech-savvy accessories that are just as fashionable as they are functional. We're particular fans of the 18-karat-gold rings that send customized notifications when you get a message and sleek watches that can count steps, track healthy habits and even take phone calls. Welcome to 2016—it's time to join the tech party. —Michelle Bilodeau. Photography by Amber Hickson.

CLOCKWISE FROM LEFT: WINNERS WIRELESS ACTIVITY AND SLEEP TRACKER, \$30, WINNERS. RINGLY RING, \$270, ISTOREWORLD.COM. SAMSUNG GEAR S2 CLASSIC IN BLACK, \$430, BESTBUY.CA. GUESS CONNECT SMARTWATCH, \$479, GUESS.CA

FASHION
STYLISH
SPIRIT
ANIMALS

On the heels of the fluffy footwear trend, we pair our top kicks with their critter counterparts



FUZZY GREY CAT
ALDO HEELS, \$80,
ALDOSHOOES.COM



MOUNTAIN YAK
MAISON MARGIELA MULES,
\$575, SHOPBOP.COM



**POODLE WITH
SCANDINAVIAN CLIP**
SOPHIA WEBSTER HEELS, \$850,
DAVIDSFOOTWEAR.COM

ONE TO WATCH

JUMP START

Wear great shoes; work out more. (That's science.)
Enter need-to-know line Athletic Propulsion Labs



Ask any sneaker-head about what they look for in shoes, and chances are that performance is high on the list. Such was the case for identical twins Adam and Ryan Goldston, college-basketball players, who developed the technology for their Los-Angeles-based sporty brand, Athletic Propulsion Labs (APL), in their University of Southern California dorm rooms in 2009. "We're not the tallest guys in the world, so we were always looking for anything that could give us an inch to improve our athleticism," explains Ryan. "There was really nothing that gave us that increase. So we spent four years trying to create a technology that can make someone jump higher." Using their patented invention, so good it was banned by the NBA, as a launch pad, the brothers have expanded their line into running and lifestyle. The signature two-tone woven kicks have attracted some famous fans, including the Kardashian family, who regularly sport—and Instagram—APL footwear. "Kim got a few pairs of the black and white TechLoom Pros, and all eyes are on Kim when she wears things," says Adam of the reality star, who consulted for the brand pre-launch. "From there, Khloé reached out to us, and then Kylie." Sounds like a kick-start to a runaway success. —Carly Ostroff



APL SNEAKERS. LEFT TO RIGHT: \$260, \$197, \$197.
ATHLETICPROPULSIONLABS.COM



High-flying heptathlete Brienne Theisen-Eaton killing it on and off the track.

FIVE MINUTES WITH

GAME PLAN

Need January fitness inspo? (Us too.)
We talked goal-conquering tips with
Olympian Brienne Theisen-Eaton

Brienne Theisen-Eaton is currently ranked number one in the world in the heptathlon (which is made up of seven—seven!—track and field events), and she's one of Canada's brightest gold-medal hopefuls for the 2016 Rio Olympics. Here, Theisen-Eaton—a Saskatchewan native and the Canadian brand ambassador for Crest—tells us how she stays in stellar shape.

How does a heptathlon work?
"There are three running events: 100-metre hurdles, 200 metres and 800; two throwing: shot put and javelin; and two jumping: high jump and long jump. There are four events the first day and three the second day."

What's your training like?

"January to March is the heaviest training. I have two practices a day, six days a week, that can add up to six hours a day. Then there is off-the-track stuff like eating right, getting lots of sleep and massage therapy and physiotherapy. Everything I do is about maximizing my performance."

How do you fuel your body?

"As a speed power athlete, I'm really big on protein. Once I start winter training, my nutritionist is very big on more calories going in than what you burn because in order to gain muscle, you have to gain weight. Come spring, I get strict about what I eat for probably two months: absolutely no junk food, limited sauces, and I try not to drink my calories. It's tough for the first couple of weeks, but I get into the groove and don't even crave them anymore."

Do you have any tips for meeting goals?

"It's really difficult to work toward something that you're not passionate about. I love track and anything that will make me better at it—when I set track-related goals, they're easy to follow through with. There have been things in the past where I've thought, 'Oh, that's cool. I want to try that,' but I lose interest and that goal fades. When people say that their goal is to lose weight, I feel like you can't use looking better as the motivation to keep going. It has to be something deeper. Make it be about getting healthier rather than just looks. That always works for me."

—Natascha Bruno

ONLINE
UP YOUR FITNESS
AND WELLNESS GAME
AT THEKIT.CA/

FITNESS SPECIAL

Your go-get-'em guide

Ugh, mid-January: when resolutions start to wane and Netflix wins out over Pilates. This year, though, is going to be different. We've got you covered with the latest fitness trends, expert advice and amazing editor-tested workouts



Top right: The 10K start line at Run Barbados in December 2015. Below: The cliffside pools at The Crane Resort.



TROPICAL HEALING

Can heading to a sunny locale benefit a runner with an injury?

BY MICHELLE BILODEAU

One of my favourite benefits of running—aside from toned legs—is how once I find my stride, the determination to meet a goal far surpasses the daunting distances on my training schedule. I call it insane runner's brain, because I know how crazy I sound when I talk about training.

But insane runner's brain can also be a huge detriment—which I recently learned the hard way.

Last July, I started training for the Scotiabank half-marathon, and about a month and a half from race day, I suffered a small lower-back injury. When I was training, I got into a runner's groove, and clocking my kilometres became my only form of exercise—strengthening my core through yoga and weights was out the window. But after

(I ran it at exactly my goal time!), I was exhausted and proud. Still, I knew I had pushed too hard.

Nevertheless, when the opportunity arose to compete in a half-marathon at Run Barbados in December, I thought I had time to manage a recovery.

I went for a sports massage to release the tension in my quads and glutes, and I also went to physio. My therapist assessed that I had injured my lower left SI joint, so she massaged it for 30 minutes each session. I was given specific stretches, which I didn't do, partly out of laziness and partly because I didn't want to admit that I was really hurt (damn you, past self!).

Then my husband tried to do something sweet: He booked us massages at a fancy downtown hotel spa. The next day, I was in so much pain that I couldn't walk. At one point, I lay on the living-room floor, crying in pain (and, yes, frustration). This was the Sunday before race day.

Later, I learned that my crucial mistake was in not properly resting my injury—but rest doesn't necessarily mean no exercise. "Rest is a dirty four-letter word,"

says Dr. Doug Richards, assistant professor of kinesiology and physical education at the University of Toronto. "We don't prescribe it for most conditions. The treatment is not rest—it's appropriate activity." Which means I should have slowed down with my running and done more strength training, specifically of my glutes and hip flexors.

I had been open with the team who were taking me to Barbados about my injury, and together we decided that I should try the 10K instead of the half-marathon. I went back to physio, this time doing stretches multiple times a day. Thanks to a yoga mat in our boardroom, I was able to do them at the office whenever I felt tightness and spasming.

After talking with my physiotherapist, I agreed that if I ran the 10K, I would have to take walking breaks, do stretches before and after, and try to do a restorative yoga class the following day.

We arrived in Barbados to humid, 30-degree weather. That night, I slept with a pillow between my legs as a way to keep my legs and hips aligned, which put less stress on my back. The next day, I completed my run—although at the sixth kilometre, after three rest walks, I contemplated hopping into the ambulance and having it drive me to the finish line. I was in serious pain. When it finally came down to the last few hundred metres, I kept going, and crossed the finish line with a few moans and groans.

Luckily, I was in Barbados—a near perfect spot for a few days of mental and physical recovery. At the Crane Resort, I kept a slow pace, lounging and reading on the white sand beach. I did a restorative yoga class, arranged through the resort, by the cliffside pools, surrounded by lush green trees. The stretches helped me work through my race-weary muscles and injured back. On a catamaran tour, we went swimming on the west side of the island, where the water was calm. It felt great to move pain-free. The day we were leaving, the famous rum punch at Cutters Deli, a hot spot near the hotel that is also known for its flying-fish sandwiches, also helped me release some tension.

Back home, I'm on the mend, but I'm working out at the gym, instead of on the pavement. Although my ego is a little bruised, I made a promise to myself (and my husband!) that I would ease back into running and not do it until I felt 100 per cent. The best way for me to get back to my former glory is usually with a goal in mind. Completing a half-marathon at Run Barbados in December 2016, perhaps?



BEST WORKOUT MAKEUP

These products can stand the heat (and sweat!)

1. Cool to the touch, this blush is refreshing and does not budge. VINCENT LONGO WATER CANVAS BLUSH, \$60, VINCENTLONGO.COM

2. Spreading a powder SPF can feel strange at first, but it's worth the effort for a bronzed, sun-protected complexion. LABORATOIRE DR RENAUD LOOSE POWDER BROAD SPECTRUM SPF 50 (DARK OR LIGHT), \$56, AT SELECT SPAS

3. Even if you sweat from your brows (ew, but it happens!), your colour and shape will stay in place. We swear. HARD CANDY BROWS NOW! FIBERIZED BROW GEL AND HIGHLIGHTER, \$6, WALMART.CA

4. A lightweight formula ensures ultimate coverage with SPF 50. DIOR ONE ESSENTIAL CITY DEFENSE, \$62, DIOR COUNTERS

5. Made specifically for workout fiends: A dewy glow is all you'll have after the race. PHYSICIANS FORMULA ORGANIC FIBER WORK IT! TINTED MOISTURIZER, \$19, DRUGSTORES

6. Take it off. Take it all off. Perfect for an island vacation or, you know, just a Saturday. RMS THE ULTIMATE MAKEUP REMOVER WIPE, \$16 (FOR A PACK OF 20), RMSBEAUTY.COM

PHOTOGRAPHY: GETTY IMAGES (ANDERSON WITH PALTROW AND ALONE); ISTOCKPHOTO (RUNNER); FLICKR (OH, AGLE, DORE/NOYAN BRENN); JOSEPHD'ALMA (VEGAS); TEARSTONE/ANUS SANDERLIN (SAN FRANCISCO); LIZ BIDDALL (PHOTOGRAPHY); MARK SACRO (FOUNDRY); CARIBBEAN AERIAL (PHOTOGRAPHY) (START LINE)



Tracy Anderson with some famous friends.



PRO TIP SHEET

Celebrity trainer and entrepreneur Tracy Anderson on how to own 2016

1. BE WARY OF NEW YEAR'S RESOLUTIONS

"Be very careful about the term 'fresh start.' We should embrace our journeys and not say, 'I can't stand the way I look. I need a fresh start.' We're hard on ourselves and end up making these ridiculous emergency quick fixes that fail. That leaves a negative mark. You need to look at yourself and say, 'This is who I am. This is where I'm at. This is where I'm out of balance. And this is where I want to get more in balance.' Have a growth mindset, not a fix-me mindset."

2. STOP OBSESSING OVER CELEBRITY BODIES

"It's important that people start to think for themselves. I don't care what Kim Kardashian is drinking; it doesn't mean you should drink it. You shouldn't want a celebrity's body; you should want a version of your own body because you're not going to get theirs. It's very easy for a celebrity to walk out onto a red carpet and look good thanks to a team of people."

3. MOVE YOUR BODY DAILY

"Every day your body needs to know that you're going to rest it, move it and feed it. You don't have to aggressively kill it every day—I certainly have very light exercise days."

4. SWITCH THINGS UP

"The key is not to do the same thing over and over again. That's how you plateau. You have to have a strategy and do things that build on each other. Never leave anything out."

5. MAKE YOUR WORKOUT PLAYLIST COUNT

"Music forces you to connect to yourself and may spark something like a throwback memory or have you wondering what's being said. All those things force you to connect and move. And every few minutes when a new song comes on, you're distracted and like, 'How many butt lifts did I just do?' Music is an alleviator." -Natasha Bruno

SUPER FUN FITNESS? BELIEVE

The best new workouts are all about thinking beyond the treadmill

BY JEN MASSEAU

Remember when you were a kid and spent your days running, jumping and swinging from the jungle gym and never once thought of physical activity as work? Stop counting reps and escape the monotony of the circuit. These four innovative, offbeat workouts will renew your desire to move, and they deliver results. Plus, they're just flat-out fun.



SwordFit



Pound



SkyZone



Beyography

This one's for you if...

Arya Stark or Briene of Tarth is your hero. "Few workouts give women an opportunity to feel powerful in the way that wielding a sword does," says SwordFit co-founder Devon Boorman. "You can engage with the warrior ideal without having to fight."

You like to rock out and get loud with friends. "Our biggest mantra is 'Make noise,'" says Pound co-creator Cristina Peerenboom. "Pound is a workout—and a community—that includes everyone with a come-as-you-are philosophy."

Mom always had to tell you to stop jumping on the bed (and if you're looking for a workout that has lower impact on the joints). "You'll never get the same routine twice," says Julie Walker, a Toronto SkyZone instructor.

You're a card-carrying member of the Bey-hive looking to shake it. "You don't need to be a perfect dancer," says Beyography founder and lead instructor Nicky Nasrallah. "All that's required is an open mind and the ability to let go of any judgment."

The concept

This program combines sword-play techniques (using swords, shields and staves), with physical conditioning. Founding trainers Michel Duran, a former nationally ranked French pole vaulter, and Boorman, a life-long competitive martial artist, fused their expertise to create a workout to build speed, grace, strength and mental focus.

This 45-minute group fitness class fuses cardio, conditioning and core work with drumming, using lightly weighted drumsticks called Ripstix. Peerenboom and co-creator Kirsten Potenza were inspired by the camaraderie they'd had with their college band—"We loved working collectively to produce one beautiful sound," says Potenza—so they developed a workout to fill the gap.

This hour-long class combines heart-pumping calisthenics, core exercises and strength-building aerobics on an interconnected grid of trampolines. Part of the SkyZone franchise of indoor trampoline parks, the class aims to "tone muscles, burn fat and increase metabolism."

In this two-hour dance class, participants learn the full stage or music-video choreography to a Beyoncé song each week. Nasrallah—a Beyoncé enthusiast with a background in chorus dancing for musical theatre—created the class after being encouraged to turn Beyoncé-themed dance-offs with a friend into a class.

What to expect

The hour-long circuit class has stations for sword exercises, martial arts, gymnastics and body-resistance exercises. "Swords are excellent for providing resistance and developing coordination," says Boorman. "It's a great core workout." Other circuit stations include gymnastic movements, tumbling, movement on all fours, running, jumping and calisthenics.

The interval class is built around four main body positions: a standing squat, standing lunge, seated "boat" pose and pelvic bridge on the floor. While working through these moves, participants drum their Ripstix in unison across the floor and through the air, varying the speed, beat and intensity throughout.

Walker structures her classes into distinct sequences of cardio and strength training. Cardio includes "rouncing" laps (jumping from one trampoline to the next around the court), while the strength-building portion involves crazy Ivans, v-sits, push-ups and lunges. Props can include weighted or non-weighted balls, resistance bands and Pilates rings.

Though it's not designed as an exercise class—Nasrallah stresses that he's not a trained dance or fitness teacher—with moves like Queen B's, it's impossible not to get your sweat on. Get ready for plenty of hair tossing, booty popping and foot stomping.

What to wear

No need to dress up as a *Game of Thrones* extra. "Indoor cross-training shoes, comfortable workout gear and a water bottle are all you need," says Boorman.

"We believe in comfort and confidence," Potenza says. "Vintage rock 'n' roll cut-off tank tops, funky leggings, mismatched patterns and flannel shirts around our waists are staples you'll see us wearing. If it makes you feel good, wear it!"

Walker recommends fitted fitness gear ("Loose clothing tends to fly around as you jump"). For safety, participants are required to wear a pair of SkyZone socks with grippy rubberized pads on the soles.

Breathable, comfortable yoga gear that lets you move. Some students like to get into character with an outfit inspired by the music video of that week's song.

The results

"Swinging swords engages the arms and shoulders, and engages the upper and lower back as well as the core," explains Boorman. "Sword-fighting postures are also quite athletic and low, so the hamstrings, quads and glutes are constantly working as you move."

"When you hear that Pound is drumming-based, you might think 'arm workout,'" Peerenboom says, "but it actually focuses on stabilization in the lower body, back and core, working the full body harmoniously."

Along with enhancing stability, the balance of cardio and full-body strength work creates the potential to burn serious calories. "Jumping burns about three times more calories than running," claims Walker, who says she's lost more than 25 pounds doing the workout.

"The accomplishment of moving around a dance studio for two hours of your day is enough of a reward," says Nasrallah. Still, the (major) squats ensure that this is a major cardio workout. Nasrallah confirms: "Your thighs will be burning at the end of the class."

WHERE TO RUN YOUR NEXT RACE

Destination runs are among the coolest new fitness trends. These ones are guaranteed to get your blood pumping and your heart racing



Hosted in mid-January every year, the Marathon Bahamas run series takes place on the 16th and 17th of this month. Time to start training for 2017? marathonbahamas.com



Take in the sights of Paris in early April (2016 is already sold out, so 2017 it is!), while running a half or full marathon past the Eiffel Tower and along the Champs Élysées. semideparis.com/us



The North Pole Marathon—dubbed the World's Coolest Marathon—is held on April 9 every year. Registration is now open for 2017. nparathon.com



Be one with nature in Uchuelt, B.C., during The Edge to Edge Marathon's full, half, relay and 10K. The next race is June 12, 2016. edgetoedgemarathon.com



If you can stand the hills, the San Francisco marathon is a great challenge. Looking to qualify for Boston? You can do it here on July 31, 2016. thesfmarathon.com



For people who love to run at night, the Las Vegas Rock n' Roll marathon series runs from November 10-13, 2016. runrockroll.com/las-vegas



Left: Club Med Punta Cana's Creative Playscape. Right: Associate beauty editor Natasha Bruno on the high acrobatic bungee.

HIGH FLYER

Natasha Bruno takes a break from her regular routine—and joins the circus

I've never been much of an all-inclusive-resort kind of person. Don't get me wrong, I get the appeal: a one-price-covers-all-hello-free-flowing-drinks-and-round-the-clock meals and the ease of never having to reach for cash. But while most all-inclusive, sun-drenched environments sound great, I find the most interesting fitness activities offered are usually excluded

from my package. That means I end up hanging around the pool or beach knocking back drinks and making multiple trips to the buffet. After a week of relaxing and calorie-binging in paradise, I leave with serious indulgence regrets that I then need to work off for the next few months. Luckily, though, there are exceptions to the all-inclusive standard that let you hit the reset button

without completely derailing your active lifestyle routine. Exhibit A: Club Med Punta Cana in the Dominican Republic. The original player on the all-inclusive-resort scene, Club Med calls itself the world's biggest sports school—with good reason. At the 75-acre Punta Cana resort—which recently underwent a \$15-million renovation—there was plenty to keep me occupied free of charge: a gym with personal training, beach volleyball, kayaking, yoga and lessons galore, from windsurfing to tennis. But the real stealer was its Creative Playscape, an outdoor playground designed in partnership with Cirque du Soleil.

The colourful space takes an unconventional approach to fitness by moving you through a series of 30 artistic and acrobatic activities inspired by the famous Canadian entertainment company, all under the watchful eye of instructors trained by Cirque du Soleil and Club Med. The range of circus apparatuses took me outside my comfort zone and allowed me to better understand my body's capabilities and limits. Ultimately, it was a lesson in conquering fear. Take the high acrobatic bungee, which required tremendous upper-body strength to spin and flip myself in the air, or the sky-scraping flying trapeze, which made my heart stop for a quick minute. My biggest realization? Yes, circus arts are a lot of

flash and glitter, but there's no clowning around with the fitness opportunities they can offer. I have a new appreciation for the amount of training that must go into feeling in control while dangling and flying through the air—and for the performers' pure athleticism and ripped physiques.

After this unusual yet fun way to break a sweat, I headed to the resort's spa by French beauty brand L'Occitane to enjoy a massage off the à-la-carte treatment menu. The one-hour service

"My biggest realization? Yes, circus arts are a lot of flash and glitter, but there's no clowning around with the fitness opportunities they can offer"

took place in a private beach-facing hut, and while the masseuse worked out my knots and kinks, waves crashing onto the shore served as background noise—true bliss! After my treatment, I chose to lounge in my robe in the open, thatched-roof relaxation room, where I sipped tea, munching nuts and sat back with a digital magazine thanks to the iPad-equipped lounge chairs.

Club Med's brand new Zen Oasis was the icing on the cake that drove the whole relaxation and health message home. This adult-only area felt hidden from the rest of the property, with

picturesque white villas surrounding an oversized lagoon pool and an adjacent Jacuzzi. Lazing around poolside could easily be broken up thanks to the two Olympic-length lap lanes, and my ground-floor, open-concept room featured a spa-inspired bathroom and a private garden and daybed outside that allowed me to really get away from it all. Bonus: The Zen Oasis Hibiscus Bar & Lounge menu included a selection of fresh smoothies (labelled energy cocktails) and juices for healthier,

non-spoiled options allowed me to feel indulgent while still feeling good about my choices.

For someone who sees vacationing as a time to unwind, let loose and experience some adventure without completely throwing my health out the window, Club Med Punta Cana did not disappoint. I was able to unplug and push my workout to new levels that I'm now inspired to incorporate into my own fitness journey back home. If you've ever considered running away and joining the circus, this just might be the next best thing.

AT ACADEMIE DUELLO, VANCOUVER, ACADEMIEDUELLO.COM

POUND IS IN STUDIOS IN B.C., ALBERTA, ONTARIO AND QUEBEC. POUNDFIT.COM

SKYZONE HAS LOCATIONS IN ONTARIO AND MANITOBA, AND OPENING SOON IN B.C. SKYZONE.COM

AT ELEVATION DANCECENTRE, TORONTO. BEYOGRAPHY.COM

SPOTLIGHT

Sporty style

Five big new names in fitness fashion, for whether you work out hard or not at all

BY CARLY OSTROFF

1. The Upside

It's the prints and logo tees that have made the Upside a favourite of Rosie Huntington-Whiteley, Hailey Baldwin and Candice Swanepoel. Taking a fashion-forward approach to fitness apparel, the sartorially sophisticated one-year-old Australian label can make even the laziest homebodies feel like gold medallists. Look to the Upside for luxury women's yoga and workout-driven leggings, crop tops, tanks and sweatshirts in highly breathable fabrics.

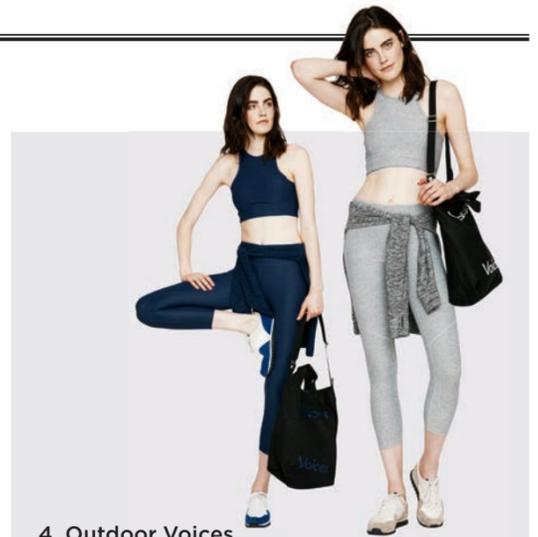
THE UPSIDE, \$111-\$379, THEUPSIDESPORT.COM



2. Heroine Sport

Gone are the days of ratty tees as gym clothes. New-York-based designer Nima Taherzadeh is bringing a sense of luxury and innovation to his New York line. A favourite of fitness guru Jillian Michaels, the made-in-the-U.S.A. collection subscribes to a "we work out and like to show it off" philosophy. With its high-fashion sensibility and sporty attitude that transitions easily from gym to street, it has the superhuman style to help you do the same.

HEROINE SPORT, \$133-\$275, HEROINESPORT.COM



4. Outdoor Voices

In the case of Outdoor Voices, the new kids on the block are the cool kids on the block. Founded by Tyler Haney, the two-and-a-half-year-old label has quickly become the digital-first destination for colour-blocked leggings and bra tops, plus decidedly low-key sweatshirts made of technical fabrics. And with a recent Man Repeller collaboration, funding from Paris brand A.P.C. and a pop-up in Nolita, this breakout label has earned the attention of Instagram fitness stars like Hannah Bronfman and Kayla Itsines.

OUTDOOR VOICES, \$71-\$422, OUTDOORVOICES.COM



5. Adidas by Stella McCartney

Two beloved fashion brands, Stella McCartney and Adidas, have been collaborating since 2004. Adidas by Stella McCartney, takes a luxe approach to high-performance fabrics. Narrow-cut print track pants and sporty tops move with the body, but more important, pieces like minimalist windbreakers and zip-up sweatshirts can be worn to any gym or on any day, as you pound the pavement.

ADIDAS BY STELLA MCCARTNEY, \$75-\$620, HOLT.RENFREW

3. Strut This

Affordable isn't always a word used to talk about fitness apparel, but for L.A.- and Philadelphia-based designers and mother/daughter duos Cynthia and Aubrey Sieder and Barbra and Raquel Lessner it's a key one. The label has attracted a following for its reasonably priced tops, capris and sweats, which are designed for women of all ages. Its marble-print outfits may be the best-kept secret on the internet right now, but with word getting out, don't expect that to last long.

STRUT THIS, \$28-\$152, STRUT-THIS.COM



TORONTO STAR
thestar.com

National BRIDAL SHOW

JANUARY 22-24, 2016

Energicare Centre, Exhibition Place, Toronto

START YOUR REGISTRY FOR A CHANCE TO **WIN A \$3,000**

TABLEWARE GIVEAWAY PACKAGE

from

WILLIAM ASHLEY

TABLEWARE • KITCHENWARE • HOME DECOR

BRIDES TO BE ARE FREE!

Register Online

Amanda-Lina's Sposa Boutique

HUGE BRIDAL GOWN SALE

THE WEDDING CHECKLIST

WIN \$6,000 IN GIFT CERTIFICATES* DRESS, TUXEDOS, CAKE, HONEYMOON, DJ & PHOTOBOOTH

*Full details online

Free Destination Wedding and Honeymoon Presentation with

Romantic Planet

VACATIONS

DESTINATION WEDDINGS • HONEYMOONS

YOU COULD WIN A BLUE SAPPHIRE AND DIAMOND PENDANT

VALUED AT \$5,500.00

FROM

CASA ROBO

JEWELLERS



weddingbells
weddingbells.ca

THE KIT

BEAUTY & FASHION MEDIA

www.nationalbridalshow.com

A DIVISION OF
metrolandmedia
Connected to your community™

NOW TRENDING

YOUR NEW WORK WARDROBE

Instantly upgrade your 9-to-5 look with these fresh runway-inspired fashion pieces

BY VANESSA TAYLOR



THE CLASSIC: The skinny belt
NEW TAKE: The knotted belt
SPOTTED AT: Chloé, Paul & Joe, Saint Laurent

Go big with your belt and tie the extra slack off to the side. Look for a matte finish in a black, charcoal or brown leather (rather than a glossy patent) and pair with a shirt-dress, tunic or dress shirt.

BRAVE BELT, \$142,
BRAVELEATHER.COM



THE CLASSIC: The pencil skirt
NEW TAKE: The pleated skirt
SPOTTED AT: Salvatore Ferragamo, Balmain, Loewe

Pleats add a little kick to this office staple. Look for a high-waisted version that just brushes the knee, and pair with a slim-fitting turtle-neck and cropped blazer.

ZARA SKIRT,
 \$40, **ZARA.COM**



THE CLASSIC: The twin-set cardigan
NEW TAKE: The cropped knit
SPOTTED AT: Max Mara, Miu Miu

The goal for this trend is to shift the waist upward, rather than revealing any midriff. Look to shorter, boxier silhouettes in chunky knits and pair with a high-waisted trouser or skirt.

CLUB MONACO SWEATERS,
 \$140 EACH, **CLUBMONACO.CA**



THE CLASSIC: The statement necklace
NEW TAKE: The bold brooch
SPOTTED AT: Lanvin, Carven

Keep the focus up top, but swap the necklace for a brooch, with an anything-goes approach ranging from sculptured Lucite pieces to treasure-chest antiques.

ASOS BROOCH, \$27,
ASOS.COM



THE CLASSIC: The slouchy tote
NEW TAKE: The dainty bag
SPOTTED AT: Gucci, Marc Jacobs

A giant carryall offers a certain practicality, sure, but for off-site meetings and après-work drinks, a structured handbag with a chic top handle aces the polished desk-to-dinner vibe.

FENDI BAG, \$2,720,
NET-A-PORTER.COM

BODY

HOT MESS

Perspiration-prone whatever the season, **Marilisa Racco** investigates the phenomenon of stress sweat

I'm a sweater. Whether it's sunny or snowy, the chances are pretty great that my clothes are sticking to beads of perspiration that are trickling from my underarms and down the front of my chest. You don't even have to look at my body to know that I'm sweating because I've also been blessed with overactive facial glands, which means I often sport a moist, glistening moustache.

My sweat problem first reared its dampened head in early adolescence. At a ballet recital, I caused a few precious mothers to sway with horror when I raised my arms in a clumsy port de bras and revealed sweat-soaked pits and tiny dark hairs peeking out from my cap-sleeved leotard. A few years later, I learned the hard way that shvitzzy girls should steer clear of pale blue silk—a fact pointed out by my crush. By the time I got to university, I took to blurting out questions during lectures instead of raising my hand for fear of what might have pooled under my arms.

I tried to take precautionary measures: I dusted on talc after applying deodorant in the hopes that it would keep me drier; I wore T-shirts under my button-ups; and I kept a handkerchief in my pocket that I'd run across my brow and neck like a farmhand in the Deep South.

Eventually, I swapped out my deodorant for antiperspirant, and things got a little better. But it wasn't until I recently discovered the phenomenon of "stress sweat" that I was able to connect the droplets.

Unlike sweat caused by heat and activity, which comes from the eccrine glands, stress sweat is produced by the apocrine glands, which release an 4:1 ratio of water to lipids and proteins. "That high amount of protein is what acts as

food for the bacteria that naturally live on your skin," explains Katharine Bakes, a sweat scientist for Secret. "This in turn causes a spike in odour and makes stress sweat the worst-smelling type of sweat." Adding insult to injury, apocrine glands are largely concentrated in the underarms. (Or what I like to call the pits of despair.)

"I learned the hard way that shvitzzy girls should steer clear of pale blue silk—a fact pointed out by my crush."

While ballet recitals and awkward dates are perfect environments for fight-or-flight responses, what's interesting about stress sweat is that it can be activated in situations that don't fit the traditional mould. "Your day-to-day activities can trigger stress sweat in cases that you might not expect," says Bakes, whose research into this phenomenon has resulted in the brand's new Secret Clinical deodorants, which are meant to be applied at night. "We found some women to have higher sweat rates in a big work meeting than while exercising. For working moms, it can be higher at home than while they are in the office." One woman demonstrated a higher stress response while working on her wedding seating chart than in a meeting with her graduate school adviser.



Stress is already responsible for a host of charming effects: weight gain, elevated blood pressure, disrupted sleep. So, why sweat? "Research suggests that there's an evolutionary role in why we emit odours when we're stressed," Bakes explains. Imagine being chased by a prehistoric beast—smelling bad might help you to avoid getting eaten. As well, Bakes adds, it can "alert your friends to run."

In my experience, truer words have never been spoken.



ONE-MINUTE MIRACLE

Dear Reversa Radiance Cream SPF 30: You've knocked me out with your 1, 2, 3, 4 punch, and my sun spots are taking a hit, too. First you come in with a stable form of brown-spot-killer vitamin C, then you jab them with rumex extract, which reduces their appearance and inhibits their growth. While attacking existing spots, you're also protecting me from future ones with broad-spectrum SPF 30. The final blow: a timed-release dose of 4-per-cent-alpha-hydroxy-acid exfoliation, which means you're also delivering the instant gratification of silky-soft skin. Dull skin: 0, Reversa: 4.

Youthfully yours,
Eden Boileau

REVERSA RADIANCE CREAM
 SPF 30, \$48, **REVERSA.CA**

THE KIT

Editor-in-Chief
 Laura deCarufel
 @Laura_deCarufel
 @LauradeCarufel

Creative Director
 Jessica Hotson
 @jesshotson

Senior Editor
 Alex Laws
 @LexLaws

Beauty Editor
 Rani Sheen
 @ranisheen

Fashion Editor
 Jillian Vieira
 @JillianVieira

Digital/Special Projects Editor
 Michelle Bilodeau
 @mbilodeau

Associate Beauty Editor
 Natasha Bruno
 @Natashajbruno

Assistant Digital Editor
 Carly Ostroff
 @carlyostroff

Assistant Editor
 Veronica Saroli
 @vsaroli

Assistant Art Directors
 Sonya van Heyningen
 @svanh7

Designer
 Amber Hickson
 @amblynncreative

Publisher, The Kit
 Giorgina Bigioni

Associate Publisher
 Tami Coughlan

Project Director, Digital Media
 Kelly Matthews

Direct advertising inquiries to:
Marketing Manager
 Evie Begy
 eb@thekit.ca

The Kit is Canada's
360° beauty and style leader
 (c) 2016, The Kit, a division of
 Toronto Star Newspapers Limited.



President, Star Media Group
 John Cruickshank

Editor-in-Chief, Toronto Star
 Michael Cooke

P R E S S R E S E T

Start the New Year with new products that promise youthful, glowing skin and healthy, hydrated hair



THE BALM

Made with reflective pearls to mimic a healthy glow when applied, this revolutionary balm wakes up and energizes skin over time thanks to lychee extract. **Bobbi Brown** Extra Illuminating Moisture Balm, \$76



LIGHTEN UP

Give your complexion a New Year's boost with a brightening lotion that promises a luminous, rejuvenated and youthful appearance. **EVE LOM** White Collection Brightening Lotion, \$92



TONE IT UP

Tata Harper's lightweight beauty essence uses alpha and beta hydroxy technology to tone, brighten and even out the complexion, leaving you with your best skin ever. **Tata Harper** Concentrated Brightening Essence, \$150

PETAL POWER

For a winter weary complexion, Darphin's oil-to-cream formula envelops the skin in moisture, for radiant results. **Darphin** 8 Flower Nectar Oil Cream, \$145



DOUBLE DUTY

Your best defense against the moisture-sucking winter? Dual cleansers that take your skin's day- and night-time needs into consideration. **Foreo** Day Cleanser, \$36, and Night Cleanser, \$43



EXCLUSIVE

BRINGIN' IT BACK

Revisit your youth thanks to a multi-tasking moisture cream that delivers dewy, supple skin. **Shiseido** Bio-Performance Glow Revival Cream, \$140



EYE DO

Take care of your best assets with this cold-pressed, rich eye cream that diminishes fine lines and wrinkles. **Kat Burki** complete b Eye Crème complex, \$215



EXCLUSIVE

RAINBOW BRIGHT

Whether you're a bottle blonde, brunette or you love to play with pastels and jewel tones, this sulfate-free system delivers shine and strength to each strand. **StriVectinHAIR** Color Care Shampoo and Color Care Conditioner, \$23 each



*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Not to be used in conjunction with any other points promotions or offers. Offer valid in-store and online at murale.ca from Thursday, January 14, 2016 to Sunday, January 17, 2016 at Murale only. See Beauty Master for details.

RECEIVE

18,500

Optimum Points

THURSDAY, JANUARY 14, 2016 TO SUNDAY, JANUARY 17, 2016



WHEN YOU SPEND \$125 OR MORE ON ALMOST ANYTHING IN THE STORE. THAT'S A \$25 VALUE!

BEAUTY NEVER SLEEPS

SHOP 24/7 AT MURALE.CA

CALGARY SOUTHCENTRE MALL
MONTRÉAL PLACE VILLE MARIE

TORONTO THE SHOPS AT DON MILLS
EDMONTON WEST EDMONTON MALL

VANCOUVER OAKRIDGE MALL

Murale
by SHOPPERS DRUG MART