

OUR FAVORITE THINGS

BY B. LOVE

I DON'T BELIEVE IN NEW YEAR'S resolutions, but I do believe in setting annual goals. Like most people over the age of 30, one of my goals typically includes losing weight and staying in shape. Through a mixture of diet and exercise, I've lost over 40 pounds in recent years. And, with the right equipment, getting in shape after the holidays can be an amazing lifestyle change you'll want to embrace throughout the year...

CLOTHING

The old Saturday Night Live sketch suggested "it's better to look good than to feel good," but I'd argue that the two go hand-in-hand.

My lady loves how she looks and feels in her Perfect Booty Pants from **LUCY** (Lucy.com), which use body-hugging "Perfect Core" compression technology to slim, shape, and support her muscles as she works out. She loves pairing them with the double racerback Quinn Top from **PRANA** (Prana.com), whose internal shelf bra and stretchy nylon/lycra material makes it great for yoga and cross training.

I'm a big fan of the new copper-infused line of workout apparel from **TOMMIE COPPER** (TommieCopper.com). Their compression and active apparel, available for both men and women, helps stabilize and support your muscles, with activated copper designed to improve oxygen flow, enhance recovery, and provide relief from aches and pains. Worn with the merino wool-lined Blast Jacket from **ICEBREAKER** (Icebreaker.com), it's the perfect clothing for wintertime workouts.

SHOES

Shoe technology has come a long way since I was a kid: Nowadays you need a different pair of shoes for walking, running, and hiking in the woods.

The Men's Power Walk 401s from **PROSPECS** (Prospects-USA.com) are my favorite shoes I've owned. With MoveFrame Technology to provide support and stability, highly cushioned insoles, and an outsole designed for durability and traction, they're made for serious walkers. But I wear them everywhere!

My lady prefers her 890v4 running shoes from **NEW BALANCE** (NewBalance.com). The fourth generation shoe is lighter than ever, with a more rounded toe box, additional toe spring, and an extended ABZORB crash pad for extra cushioning stability. Plus, from a fashion standpoint, they simply look cool.

One shoe we agree on is the XT Comp cross-trainer from **GO LITE** (GoLite.com), our go-to hiking shoe for travel adventures. Its ultra-lightweight exoskeleton, cushioned interior, moisture-wicking mesh lining and ruggedly durable outsole make it like having a comfy ATV on your feet.

FOOD

The biggest change I've made for my health was eliminating gluten and sugar from my diet. Until recently, it was difficult to find a healthy way to eat the foods I love most. No longer...

Bread is the #1 craving I've fought since changing my eating habits, but **LUCE'S GLUTEN-FREE**

BREAD (LuceGFBread.com) makes it ridiculously easy to go gluten-free. With delicious flavors ranging from Italian and Classic Sourdough to Winter Spice, each package of Luce's comes with everything you need—baking bag, flour blend, dusting flour and instructions. Just add water, mix, and within an hour you have INCREDIBLE fresh-baked bread so delicious, you'll never miss the gluten.

Finding good gluten-free pizza is a royal pain, but **VENICE BAKERY** (VeniceBakery.com) does for pizza what Luce's does for bread. Their all-natural, vegan-friendly pizza crusts come in regular and herbed varieties: Just add your favorite sauce and toppings and they're ready in 15 minutes or less. They also have individual-sized pizza crusts and flatbreads as well.

As a lover of sweets, I was especially delighted to discover the **COFFEECAKE CONNECTION COMPANY** (CoffeecakeConnection.com). Their decadent, but gluten-free, Cinnamon and Triple Berry Coffee Cakes are simply out of this world, ensuring I'll never crave Entenmann's again.

We're big snackers in our house, particularly when we're traveling and can't eat meals at our normal times. The all-natural, gluten- and GMO-free snacks from **KIND HEALTHY GRAINS** (KindSnacks.com) have become another new favorite, with amazing flavors such as Cranberry Almond, Peanut Butter Dark Chocolate, and Pomegranate Blueberry Pistachio. They're kind, indeed.

OTHER GEAR

A big part of the problem for beginning exercisers, especially for those who don't want to spend thousands of dollars on a gym membership, is simply figuring out how to get started.

The Yoga Beginners Kit and Pilates Beginners Kit from **GAIAM** (Gaiam.com) are perfect for newcomers. The former includes a yoga brick for proper training and support, a mat to guide hand and foot placement, and two full-length yoga workouts from Rodney Yee to get you started. The latter includes a sculpting ball, BodyBand, and a Body Sculpting Workout DVD that teaches you to tone your physique using Pilates.

For those seeking a more high intensity workout regimen, there's the Dream Body Cardio Series from **FUSION FITNESS** (FusionFitness.com). At around \$130, this 5-DVD boxed set isn't exactly cheap. But with 50- to 60-minute workouts using interval training and unique combinations of techniques, it's a helluva lot more affordable way to get toned and trim than a year's worth of cardio classes.

Serious athletes looking to improve their workouts will love the Alpha from **MIO** (MioGlobal.com), the world's first strapless, continuous heart rate sport watch guaranteed to be accurate at performance speeds. Compatible with Bluetooth-enabled smartphones, the MIO Alpha uses optical sensing technology to measure heart rate, much like the finger clips hospitals use. The watch allows you to customize your heart rate zone, with data review for tracking total exercise time, average heart rate, and time spent "in the zone," helping you to achieve all your New Year's fitness goals.

TOMMIE COPPER



ICEBREAKER



NEW BALANCE



LUCE'S BREAD



GAIAM

DREAM BODY
CARDIO SERIES

5 DVDS
50 TO 60
MINUTE EACH



MIO

