



A CANADIAN PUBLICATION

STRATEGIES FOR A TOTAL BODY WORKOUT

beyond **fitness**

FALL 2008 - ISSUE #32 \$4.50

FREE

CROSSFIT TRAINING

SHORT, SWEET,
AND VERY
INTENSE

**BURN FAT &
BUILD MUSCLE
WITH CIRCUITS**

V-Taper Shaper!

NUTRITION SPECIAL!

- BEST PICKS FOR SNACKING
- **QUICK & EASY BREAKFAST**
- HEALTHIER FOOD HABITS
AND MORE!

HOW TO BUY A
HEART RATE
MONITOR





MyPypeline

Social Networking for Fitness Buffs

Whether you're looking for new ideas to shake up your exercise routine, tools to manage your health and fitness profile, a workout partner or a group of fitness-minded people to hang around the virtual water cooler with, MyPypeline has it all on tap.

Like other social networking platforms, you can set up your own "pype" to keep in touch with your fitness buddies or to meet other people with similar goals and interests. There's also an extensive archive of free fitness programs and tools that can be used by individuals or groups. Keep track of your training, workouts and general health online, look for a gym near you or rent exercise videos. Look up health and nutrition information. Check out a new sport. It's all available here.

Personal training videos and workouts are also available for a small cost and can be either viewed online or downloaded for later use.

www.mypypeline.com



Nana Essence hair products

Former competitive swimmer Nana Korolev knows how chlorine and other chemicals can damage hair. That's why she originally created Nana Essence, made from plants used in folk recipes. Its extracts of nettle, white oak and birch gently clean your hair, leaving it feeling full and soft. And unlike many herbal products using nettle, there is no unpleasant smell. The shampoo, conditioner and spray on mask are all EcoLogo Certified.

www.NanaEssence.com

What's Your Lumosity?

So far, mine is 5. But that's because I've only gotten as far as the first session primer. Lumosity is an online workout and brain fitness tool, that's fun to play and helps sharpen your noggin. Developed with experts in neuro science, the Lumosity games and exercises train and improve four basic cognitive functions: memory, attention, processing speed, cognitive control – essentially your brain health and fitness – in about 30 sessions. For about 10 minutes a



day you can play as often as you like, while the program monitors and measures your progress.

"Lumosity users have reported increased alertness and energy, improved ability to remember

names and numbers, better concentration at the workplace, and elevated mood."

Session one quizzes you on your attention span and how you process visual information. At about the time we went to press, my highest scores were in the word bubbles (cognitive control) and lost in migration (processing speed) games, but my lowest score was in the monster garden memory test. But as they say, practice makes perfect, so here's to staying razor sharp!

Learn more at lumosity.com.