# Yoga Fitness • Lifestyle a <br> <br> Heal yourself <br> <br> Heal yourself <br> <br> poee 

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HAS THE REMEDIES

## winter <br> beauty survival tips

## More <br> Bounce to the Ounce

bosu ball workout

## Biolle

 110 12 Iriventeres Pany it sor wataKevin Becker and Katherine Calder-Becker

## DYNAMIC HUSRAND AND WIFE DUO

Kourn Pecker and Ketherino Calder-Becker area force to bo rockorad with. Named 20 L Canzoian Ute Distince Male and Fomela Trethives of the Yeor, what began in 2003 as 2 joamSprint Trithion has now brought theneround the world to Spe 2

- Germans Franes Brat Moxico tha Untod States and Cins. 5 for a totalot 87 ironman evorts to date
ewhats the secroch herodiont ofthar phinorienal finess diccors? Tme mansgement and fun Xatherins scyes Wo have a very strong family bond and heve become masters of time manogement dommonstrathg thet its amazng what you can accomplish $f$ you by out a plan and stick to it: With a treck record Be thein. youdd think recing was their full-trioe gio. Not sa. In addtion to both of them workirg ful-tima they also herw a 23 yearcid
daughter whopust gracuatedfrom Cartion Unwersty and is thei bioget ten: She has aways been a huse supportor of our efforts and has been there to cheer us on and cifer encouregemert when we nogded is not? As ambassedor of tulatomontup know the imperterof of commenty support in any firis endoavolf. Kovin sys, Cur hope fs to nispre ten peoplo and then have thoce ten pooplo insp. 0 ten others and so on. treasimple payRforward attrude that brings so many wondertul revards on various levels.
Theyve nspired us alredys thats tor soret fe

CONNECTING TO COMMMUNTYIS ANINTEGRAL PAST OF THE SWEAT EOUITY MANDATE. LULULGMON BUIDS COMMUNITY THROUGH THEIR AMBASSAOOR PROGRAM. EACH SEASON WE PICK A ULULEMONAMBASSADORTO PROFILE-SOMEONE WHO SHARES THISPASSIONAND HAS SOME GREAT FASHIONSENSEI


## Kevin \& Katherine's picks

1 PASSION CROPLL $\$ 92$
-Cruehyour ab worhout- no backzippers meanyou can crunch and twist with ease

- Swast-wicking Luxtrome ${ }^{*}$ fabric is four-way stratch -Full-On Luatremef fabric back panel provides great covarage
- Added LYCRA' for shape retention
-Waistband pouches and secure zipper leg pochots worft interforewith your workout
-Low profle reflectivity
2 THINK FAST PLLLOVIR $\$ 90$
-Deeigned to keep you warm and let you vent during chilly morning workouts
-Brushed Luxtromee fabric is sweat-wicking and four-way strotch
- Added LYCRA" fibre for shape retention
-Dual head front zipper for venting without opening the collar
- Rofloctivo dotalls holp you shine bright
-Deeigned with thumbholss and Cuffins* fold-over finger covers

3. FLUFFOFF JACICT $\$ 108$ -800-fill-powor goces down makes this jachat your ultimate winter run buddy

- Soft swoot-wicking Ruluse fabric side panels have added LYCRA ${ }^{\text {e fibre to let you move }}$ freely
- Gyde fabric keeps the down in and ropols light rain
- Urzip the vents in the core and the arms to cool down
- Secure zipper pochats
- Reflective datails help keep you bright in low light
- Cuffins** finger covers are the run gloves you cant forgot

4. SWEAT SESSION $1 / 2218$, $\$ 118$

- This will help cut the chil when you're cut on the trail
-Soft Rullu" fabric is sweat. wicking and four-way stretch
- LYCRA ${ }^{\text {efibre holps for long. }}$ lasting comfort and shape retertion
- $1 / 2$ zip kts you blow off staam
- Thumbholes are hidden
- Refloctive datals help keep you bright in low light conditions

"Our hope is to inspire ten people and then have those ten people inspire ten others and so on It's a simple pay-it-forward attitude that brings so many worderful rewards on various levels."


